



## **JANUARY 2026 NEWSLETTER**

**Top Stories in this Newsletter.....**

**CALLING ALL BOOK  
LOVERS**

**INTEREST GROUP  
NEWS**

**MEMBERSHIP  
MATTERS**

**SPEAKERS' CORNER**

**Your Newsletter is brought to you Monthly by  
Stephanie Benjamin at [newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)**



## **From the Chair**

**Dear Members,**

**Firstly, we wish you all a Happy New Year and good times in 2026!**

**Very cold and icy weather out there but the evenings are already getting longer and we'll have warmer Spring weather soon too!**

**We have very interesting speakers booked for our monthly meetings at the Metropolitan. Our Speaker Secretary, Pearl is booking speakers for the whole of 2026, and we always have details of the next 3 speakers on the website, so you can always check this out and keep up to date!**

**We have over 50 Interest Groups covering a wide range of topics - again, look on the website for details. Several Groups have a waiting list, so if any of you might consider becoming a Group Leader to help run a new Group , do have a word with the Committee who will give you the support. I think you'd enjoy the role!**

**Should you have any questions or other things to raise, do contact our Committee Members via the Contact page on the website. Or come along to the Monthly Meetings and talk to the Committee Members in person.**

**Any new Members coming to the monthly meeting please make yourself known as we'd be delighted to meet you!**

**We look forward to supporting you throughout 2026 and beyond with our Monthly Meetings, Interest Groups, Events & Outings – and more!**

**Regards,**

**Andrew Gunton, Chair**



**Last year was a busy year where we held our Monthly Meetings with guest Speakers on a wide range of subjects.**

**There were Visits, Outings, Holidays to interesting places, near and far which were enjoyed by a great many of our members.**

**There were Group activities across the board and some new Groups formed.**

**What do we have for 2026 - a lot is still in the planning but you can look out for lots of interesting and entertaining Speakers at our Monthly Meetings. Sometimes, the subject title might seem strange but you will be guaranteed to pick up on and be surprised by some facts that you did not know before. You will also have the opportunity to meet up with old friends and meet new ones over a cup of coffee/tea.**

**Carry on with your Groups! Find a Group of Interest or Start a new Group!**

**There will be Outings and Visits to Places of Interest. This is all in the planning. So, if you have a place you want to go to with an organised group and with a guide - let our team know! They are always waiting for input and new ideas! They could also do with the help! Its all for your enjoyment!**

**You've joined up - make the most of what's on offer and make the most of your spare time!**

**Best wishes,**

**Stephanie, Newsletter Editor**

## THIS MONTH'S MEETING

20th January 2026 AT 10.00am prompt

Metropolitan Bushey, Aldenham Road,  
Bushey WD23 2TR

*It's the 21st Century—the digital age!!!*

*Do we really know what we're doing???*

Our Speaker this month is CHEN TSUI

on

“Cyber Protection”

Chen Tsui is a Cyber Protection Officer for Hertfordshire Police within the Serious Fraud and Cyber Unit. She is a public speaker on the topics of online safety, digital footprints and cyber security awareness. She will be talking about how we can help stop ourselves falling prey to online and telephone scams.

### A FRIENDLY REMINDER!

Please remember to bring your Membership Card to gain scanned entry to the Meeting. The last scanned entry will be at 9.55am to allow the Meeting to start uninterrupted at 10.00am

Also note that Replacement Membership Cards are charged at £5.00

### SUGGESTION

Take a screen shot of your Membership Card on your phone and save it in your “phone “wallet” this can be scanned at the Registration desk!

## **DATES FOR THE DIARY**

**17<sup>th</sup> February 2026**

**Sandra Simmons – “Life Under a Veil” Part 2**

**Sandra spoke to us last year and told us how she left home at 17yrs to join the Navy. She went to Portsmouth to HMS Collingwood where she met her future husband an Iranian Naval Officer. She returns to continue her story about her life in Iran before the 1979 revolution, including her experiences of living “under a veil” and her escape.**



**17th March 2026**

**Alison Wall - Pandemics**

**A look back to history and its relevance today!**

**Alison is a semi retired health nurse having worked as a nurse, midwife and Health Visitor. Working at a medieval Manor House where she is a volunteer guide, she developed an interest and researched, plague cottages/pestilence houses and how they were used in the 15th Century. She links their use with the public health issues of today.**

**Alison’s presentations are both informative and engaging, offering valuable insights into the evolution of public health practices. Her enthusiasm for uncovering historical connections makes her talks particularly appealing to audiences interested in the intersection of history and healthcare.**

## **INTEREST GROUPS**



### **NEW YEAR – NEW YOU!**

**Are you looking for a new activity for the New Year? Are you hoping to get a bit fitter this year? Our group has vacancies at the moment, so how about giving Yoga a try!**

**Yoga is a holistic practice which has many potential benefits - physical, mental and spiritual – all of which can be very helpful to us as we get older.**

**Physical benefits: Yoga can improve muscle and joint strength and flexibility. Improves respiration, energy, and vitality. Helps to maintain a balanced metabolism. Promotes cardio and circulatory health and can help to lower blood pressure. Relieves pain. Helps you look and feel younger than your age!**

**Mental benefits: Yoga helps you relax and handle stressful situations more easily. Teaches you how to quieten the mind and can help to relieve stress and depression. Encourages positive thoughts and self-acceptance.**

**Spiritual benefits: Yoga builds awareness of your body, your feelings, the world around you, the needs of others. Promotes an interdependence between mind, body, and spirit.**

**So come and give it a go! We welcome all comers - whether you're a complete beginner or more experienced, we'd be very happy to see you at our small, friendly, mixed group meeting every Monday in St James's Church Hall in Bushey.**

**Contact our Group leader Pam on [pamhall39@gmail.com](mailto:pamhall39@gmail.com) to arrange a taster session or to find out more.**

## ***NEW ZOOM GROUPS***

**Our amazing and indefatigable Thomas Kingston is starting a new course!**

### **“One Thousand Years of English Poetry”**

**Looking at the development of English poetry from its beginnings to the present day, as well as the development of the English language from Anglo Saxon days.**

**The course will run for approximately 8 months**

**Every 2nd and 4th Thursday at 10.00am on Zoom**

**Contact Thomas through the [Bushey u3a website Group Page](#) to register your interest and get the Zoom details!**

Thomas has just concluded his very interesting course on British Prime Ministers and a new Course will be starting on Thursday, 15th January 2026 at 10.00am

## The History of some British Cities

A course extending over 20 weeks which will look at the history of 20 selected British cities, how, where and why they were founded and what contributed to their development historically, politically, commercially and culturally .

My selection was guided by a variety of factors, all of which connected with the longer view of historical development of Britain as a whole }

- |                      |                       |
|----------------------|-----------------------|
| 1) <i>Belfast</i>    | 11) <i>London</i>     |
| 2) <i>Birmingham</i> | 12) <i>Manchester</i> |
| 3) <i>Bristol</i>    | 13) <i>Nottingham</i> |
| 4) <i>Cardiff</i>    | 14) <i>Plymouth</i>   |
| 5) <i>Edinburgh</i>  | 15) <i>Sheffield</i>  |
| 6) <i>Exeter</i>     | 16) <i>Stornoway</i>  |
| 7) <i>Glasgow</i>    | 17) <i>St, Albans</i> |
| 8) <i>Leeds</i>      | 18) <i>Watford</i>    |
| 9) <i>Lerwick</i>    | 19) <i>Winchester</i> |
| 10) <i>Liverpool</i> | 20) <i>York</i>       |

We shall begin on THURSDAY, 15<sup>th</sup> of January, 2026 at 10 am on ZOOM, AND THEN meet every 1<sup>st</sup> and 3<sup>rd</sup> THURSDAY of the month .

Everybody is welcome, and I invite you to contact me to register your interest.

**Contact Thomas through the Bushey u3a website Group Page to register your interest and get the Zoom details!**

**OLDEST RECORDED TOWN IS COLCHESTER.**



***Have You got Spare Time?***

***Are you looking for something to do?***

***How do you fill your day?***

***Why not join like minded people at one  
of our many Interest Groups?***

**WE HAVE A TOTAL OF 50 INTEREST GROUPS  
CURRENTLY WE HAVE 26 GROUPS  
(21 FACE TO FACE IN PERSON AND 5 ZOOM)  
THAT ARE STILL ACCEPTING MEMBERS**

**You can find a full list of Groups, meeting days and times on  
our website under the Groups page and also on the  
noticeboard at the monthly Metropolitan meetings.**

## EVENTS & OUTINGS GROUP



**We had a very enjoyable Christmas lunch at  
Blue Check.  
85 members were served by David's staff with  
efficiency, charm and hot food.**

**Look out for our festive lunch this year!**

**We are looking to plan our 2026 programme, but need some  
help.**

**If you have ideas of interesting places to visit, and more  
importantly, can give some time to help arrange the outings,  
please do get in touch. If you just plan one outing a year it  
would be an enormous help and you would get lots of advice  
and support!**

**Please contact Denise at [barrden@gmail.com](mailto:barrden@gmail.com)**



## **BOOK REVIEWS**

**Book Worms - Avid Readers**

**What have you read recently?**

**Is there a special book that has stayed with you as such a memorable read?**

**Are you a member of a Book Club?**

**Please share your thoughts and reviews with our**

**Bushey u3a Members**

**Send your Reviews to Stephanie**

**At**

**[newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)**

## **MEMBERSHIP RENEWAL SUBSCRIPTION**

***Renewal is taken annually on the anniversary of your joining date.***

***A payment of £20 is taken via Go Cardless from your bank account.***

***Please be aware that this can show on your bank account at the time of your renewal date and should not be cancelled or it will void your***

***Membership. Most Renewals take place in April but for newer members this will be in the month of your joining!***

### **WHAT DO YOU GET FROM YOUR MEMBERSHIP?**

**MONTHLY MEETINGS WITH INTERESTING SPEAKERS**

**YOU CAN JOIN AN INTEREST GROUP WITH SPACES**

**OR SET UP A NEW GROUP WITH SUPPORT!**

**ALSO, OUTINGS, DAY TRIPS, HOLIDAYS!**

**THE CHANCE TO MEET OTHER PEOPLE WITH SIMILAR INTERESTS AND MAKE NEW FRIENDS**

**This Newsletter is for you the Membership!**

**Feel free to contribute with your articles, thoughts and ideas! Stephanie would love to hear from you!**

**[newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)**

### **Postage Stamps**



Please remember to save any stamps you receive on cards and letters. I collect them all year round to help raise funds for the Peace Hospice Care in Watford. You can give them to me at the monthly meetings. If you do not attend these, please pass them to a friend who does. Thank you very much for all your continued support of Peace Hospice Care, it is very much appreciated.

Judy Dorée