



FEBRUARY 2026 NEWSLETTER

Top Stories in this Newsletter.....

BOOK REVIEWS

INTEREST GROUP
NEWS

DENBIES WINE ESTATE

SPEAKERS' CORNER

THE MUSEUM OF BRANDS

Your Newsletter is brought to you Monthly by
Stephanie Benjamin at newsletter@busheyu3a.org



From the Chair

Dear Members,

Well, we are heading towards Spring – but weather-wise we are not quite there yet! A little further off, we can look forward to evenings on the patio in the garden watching the sun go down and with perhaps a BBQ for family and friends, it'll happen!

A little background to our Bushey & District u3a – we are one of about 650 such u3a's in the country! We have about 750 members and as such contribute a lot to the local community. We are all volunteers, and I give a big 'thank you' to all who contribute.

There are 11 on the Committee, who meet monthly and exchange lots of emails, so that we can deliver what we consider is best for the membership. We have Group Leaders for each of our 54 Interest Groups, who ensure that the group runs smoothly. Also, there are many more volunteers working 'behind the scenes' – such as those who check us in to the monthly Met meetings, and serve us coffees and teas.

We also have a gentleman who regularly maintains our website at <https://bushey.u3asite.uk/>

So, well done all of you! I am very grateful for all the effort, work and time that you give on an ongoing basis.

Kind regards,

Andrew Gunton, Chair

SPEAKERS' CORNER

THIS MONTH'S MEETING

17th February 2026 AT 10.00am prompt

Metropolitan Bushey, Aldenham Road,
Bushey WD23 2TR

17th 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.

***2026 and the people of Iran are in the
midst of another Revolution!***

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

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.



21st April 2026

**Robert Wilton – Bad Boys and Gutsy Girls
early British travellers in the Balkans**

Robert Wilton was Private Secretary to the UK Secretary of State for Defence, advisor to the Prime Minister of Kosovo in the period before the country's independence and head of an international human rights mission in Albania. He has lived and worked in the Balkans for most of the past 15 years. Robert also writes on history, culture and international intervention in the Balkans

Protect yourself from (online) fraud & cyber crime

Resources, advice and
further reading inside!



Cyber and Fraud Aware?

Stay safe & secure online

cyber & fraud crime prevention experts to answer your questions.

- Password & 2-step verification
- Phishing and social engineering
- Phone, email, text scams and other top tips

FREE event
No tickets or booking required

Cyber crime & fraud awareness events coming to a library near you.

For dates and library venues
<https://www.hertfordshire.gov.uk/libraries>
(look for 'cyber crime' under 'Events and things to do')

A yellow arrow points to the URL.

Always report scam emails, texts, websites, adverts & phone calls

At our monthly meeting on Tuesday 20th January we were delighted to welcome Officer Alan Mordey from Hertfordshire Constabulary's Serious Fraud & Cyber Unit. Our members were enthralled by his talk which gave us an insight to how scammers operate and tips on what to look out for. There were many questions and pointers - just two of which are

1. Scam messages often contain spelling or grammatical errors - this you probably already know, but he told us they are intentional. The aim being to self-deselect anyone who recognises these errors and only attract more vulnerable people who are less likely to spot a scam.
2. If you recognise you are being scammed you can report this immediately to all Bank fraud departments by dialling 159 on your phone (diagonal keys on your key pad) BUT if you have just received a scam call use a different phone OR wait 10 minutes (as scammers may wait on the line for up to that length of time).

Lots of information is available from the links:

[Useful resources and news | Hertfordshire Constabulary](#)

If anyone who attended this seminar is able to complete the Herts Police survey they would find this very helpful

<https://www.smartsurvey.co.uk/s/HertfordshireIndividuals>

All of the information from these documents will also be available on the documents page on our Bushey u3a website.

INTEREST GROUPS

Walking Groups in January



The Five Milers

Despite the sometimes inclement weather, both groups managed successful walks this month.

The Five Milers took a route around the picturesque lakes of Rickmansworth Aquadrome, created by digging out gravel for the original Wembley Stadium. We paused at hides which provide opportunities for spotting a large variety of water birds. A flooded road meant a slight diversion and we walked back along the Grand Union Canal, past locks and an interesting collection of houseboats so it didn't detract from our enjoyment of the walk.

The Wanderers walked from The Angel, Islington to Highgate, along the route of the New River, originally dug in 1604 to bring fresh water from Hertfordshire to the Capital because the Thames was so polluted. The route took us through Clissold Park and Woodberry Wetlands, opened by the London Wildlife Trust in 2016, home to at least 50 species of birds. From there, we walked through Finsbury Park, then along a disused railway line which originally linked Alexandra Palace to Finsbury Park station but closed in 1970, leaving a lovely wooded walk to Highgate.

The Wanderers



Our lunch stop in Clissold Park



Woodberry Wetlands



Finsbury Park

Both groups welcome new members.

**The Five Milers meet on the fourth Thursday of the month,
The Wanderers on the fourth Tuesday.**

Please contact the Group Leader via the website



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 54 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.**

THE OUTINGS GROUP
DENBIES WINE ESTATE



26th May 2026 – 9.30am to 3.30pm (approx.)

**Price: £51.50 to include coach & tip for driver. Tour with wine tasting,
a two-course lunch (main plus dessert)**

Denbies Wine Estate in Dorking is in the heart of the Surrey Hills opposite Box Hill. It is one of England's largest single estate vineyards. There are 380 acres and has a production capacity of 1 million bottles. There are wonderful photo opportunities.

We will get 10% off wine as well as 10% off any purchases in the excellent Gift Shop. There is also, an Art Gallery and a local produce shop.

We will have lunch together in the large conservatory with a choice of main course and desserts. Special diets can be accommodated.

Pick Up:

Red Lion bus stop, Bushey Village

Top of Elstree Road bus stop, opposite Bushey Synagogue

To Book please contact Denise

barrden@gmail.com

Bookings will be on a first come first served basis.

Book Early to avoid disappointment!!



Tour of the Museum of Brands

111 – 117 Lancaster Road
Notting Hill, W11 1QT

Wednesday 29 April 2026

Fascinating and nostalgic exhibition, the 'Time Tunnel' tells the story of 150 years of brands, packaging and advertising, showing how our consumer society has evolved since Victorian times, exhibits that will bring back happy memories of food, cinema, television, toys, travel, special events.

Meeting at 10.45 am for 11.00 am talk and tour.

Five minute walk from Ladbroke Grove Underground Station
(Circle and Hammersmith & City Line)

Tickets £13.00 (20 ticket available)

The Museum is fully accessible and there is a small café and gift shop

Please contact ggurner@aol.com to book your place on the outing

Limited space so book early!

EVENTS & OUTINGS GROUP

The Events & Outings Group is busy planning an interesting programme throughout 2026.

***There are visits planned for April, May & June!
So watch this space!***

Don't miss out ! The events are likely to prove very popular so you will need to get in early to secure your place!

Remember, if you see it, fancy it then book it!



Our first Book Review comes from Sue Baxter Group Leader of our *Read With Us* group.

They recommend “Outbreak” by Frank Gardner (BBC Security Correspondent) a Spy Thriller. A very good read and some aspects are very close to what is happening in the world today.

Read With Us meets the first Monday of every month at 2pm in a home in the Rutts, Bushey. They have space for more members if you would like to join in. Contact the Group Leader through the website

<https://bushey.u3asite.uk/>

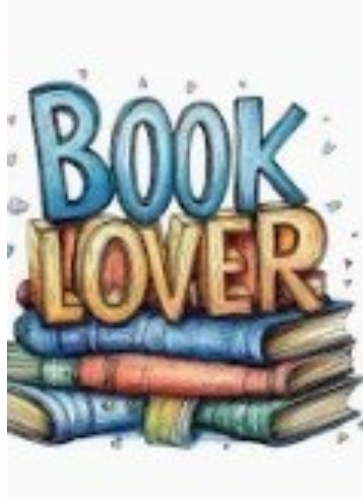
Another comes from Penny, Group Leader of our *Book Lovers* group.

They have recently read THE GO BETWEEN by L P Hartley. The story is set just after the First World War. Leo is staying with a school friend at Brandham Hall and is out of his depth socially. He becomes unwittingly the messenger between the lovers Marion who lives at The Hall and Ted a farmer. He slowly realises what he is involved in. Beautifully written. An unusual story. They loved it !

Book Lovers meet the first Tuesday of the month at 2.00pm

Contact Group Leader Penny through the website

<https://bushey.u3asite.uk/>



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

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

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