



MARCH 2026 NEWSLETTER

Top Stories in this Newsletter.....

BOOK REVIEWS

INTEREST GROUP
NEWS

EGM - 21 APRIL 2026

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,

As you will see in the following pages the various Interest Groups have been busy and some have shared with us their activities over the last month. There are interesting Outings coming up and the visit to the Denbie's Wine Estate sold out as soon as it was released. A good reason to book early and not miss out!

On a more serious note, I wish to bring to your attention that as a Registered Charity our Bushey & District u3a is bound by a Constitution. The current one was issued in 2018 and is available to view on the Documents page of our website. Recently, the Third Age Trust issued an updated Constitution for u3a's around the country to adopt. Many of the u3a's have already adopted it - and we are now in the process of doing this. The Committee has drafted an updated version of the new Constitution and our proposed content has been reviewed with the Third Age Trust (many thanks Gill for your hard work and efforts). The new updated Draft Constitution is also available to view on the Documents page of the website.

As per the Regulations, the Members of Bushey & District u3a must approve the new Constitution.

Please review the draft of the new Constitution. Any comments or questions, please email me via the Contacts page on the website before 1st April 2026.

The new Constitution has to be approved by the Membership and we will therefore, hold an EGM on Tuesday 21st April 2026 at the start of our April monthly Metropolitan meeting.

Thanks and kind regards

Andrew Gunton, Chair



NOTICE OF EGM

An Extraordinary Meeting

Will be held on

21st April 2026

At

Metropolitan Bushey, 10.00am

**To approve the new Bushey & District u3a
Constitution**

**The Draft Constitution is available to view on the
Documents page of our website.**

The EGM will take place prior to the Speaker.

SPEAKERS' CORNER

THIS MONTH'S MEETING

17th March 2026 AT 10.00am prompt

Metropolitan Bushey, Aldenham Road,
Bushey WD23 2TR

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.

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

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



19th May 2026

**Andrew Baker
“Liverpool”**

**From Crisis to Renewal - A City's turbulent past and
its resurgence**

Andrew Baker is a highly acclaimed cruise ship lecturer who also gives talks and presentations to schools and to a range of audiences across the country. He is a fluent, engaging Speaker with a particular interest in social, cultural and political change at home and abroad since World War 1

FOOTNOTE!

Sandra Simmonds Talk Last Month

“Life Under a Veil” Part 2

**Was so well received by our Members that she has
been booked for Part 3 next year!
So watch out for that!**

INTEREST GROUPS

The Wanderers — February Walk

The first part of the walk was on the edges of the Munden House and Wall Hall Estates (the latter built in the Gothic Revival style in 1802 and once the home of J P Morgan the banker and after him JFK's father in World War Two when he was US Ambassador to the UK). We followed the mighty River Colne for part of the walk before heading to Letchmore Heath (readers may remember the “Village of the Damned” filmed here in 1960) and Battlers Green Retail Park and thence back to Aldenham across the fields. Due to the heavy going this walk was six miles, a little less than the norm of eight miles.

Our walks are a mixture of rural and urban and usually include a pub lunch or a picnic. A highlight last summer was a cream tea in the churchyard of Little Missenden and a recent urban walk went from the Angel Islington to the delights of Clissold Park with its fine cafe and Stoke Newington with its extraordinary Scottish Baronial pump house.

Walks take place monthly on the fourth Tuesday of each month. We are a friendly group and members are encouraged to curate and lead walks of their choosing but this is not obligatory. New members are always very welcome so please email Gillian via the U3A website if you would like to join in. If eight miles sounds a bit of a stretch there is a five-mile group which walks on the fourth Thursday of each month. Again, Gillian is in charge so email her via the website if you would like to be involved.

Sign up to both if you wish.... the more the merrier!

Alan Guthrie-Jones



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**

**SOLD OUT
BUT YOU CAN JOIN WAITING LIST BY
CONTACTING DENISE**

barrden@gmail.com



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



**THERE ARE STILL A FEW PLACES
LEFT SO CONTACT GILLIAN 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 have planned an interesting programme throughout 2026.

*Some great Outings coming up in June & July
So watch this space!*

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

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



Sue Baxter Group Leader of our *Read With Us* group.

Recommends A Winter Grave by Peter May

This is a very good read with two stories in one. Firstly that of Detective Inspector Brodie and his family and secondly that of the murder investigation that he is undertaking.

The book is set in 2051 and talks about a lot of events and inventions of the future and climate change.

Sue said it was really interesting!

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/>

Penny, Group Leader of our *Book Lovers* group recommends:

“Call of the Camino” by Suzanne Redfearn

A moving story of two women who walk the famous Camino de Santiago in beautiful Northern Spain, one in 1997, and the other in 2024. The women are connected, their stories run parallel and their lives are transformed by the experience and amazing people they meet on the way. The full range of emotions is here including: love, loss, guilt, fear and regret. For a story where the principal activity is walking (500 miles!), the narrative is fast paced and full of surprises. After reading the novel you may be inspired to buy hiking boots and a rucksack to walk your own Camino!

Our reading group, Book Lovers, had an interesting discussion based on the novel with the majority of us thoroughly enjoying this uplifting book.

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



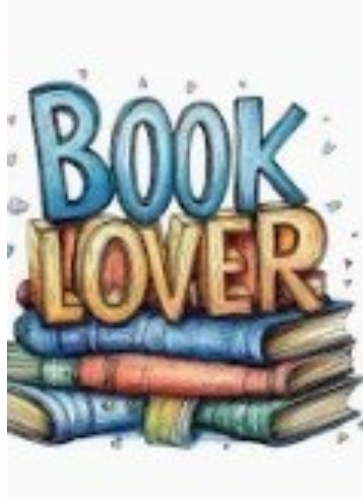
*I Really enjoyed the book **Outbreak** by Frank Gardner which was recommended last month by Sue Baxter's Group - Read With Us . It was an exciting and captivating read!*

And then I went on to read this wonderful book!

Lion Women of Teheran by Marjan Kamali

Tells the tale of two young Iranian girls and their intense friendship exploring themes of class, political turmoil and struggles from the 1950's to the 1979 Revolution. It is so sensitively written and I was emotionally involved from page one. It became more poignant and significant in light of what is happening now!

Review by Stephanie B



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

A REQUEST FROM THE THIRD AGE TRUST

Good day All East of England u3a Chairs and Secretaries.

Could you please pass to ALL your members.

We'd like to invite your members to take part in a national u3a survey that explores what u3a means to them and how being part of u3a has impacted their lives.

*This survey is open to **all members** so please take a moment to fill it out yourselves as well. It is a great opportunity for members to share their experiences and support their u3a to thrive into the future. The feedback will be used to grow membership, demonstrate the impact of u3a and raise our profile.*

Please share the survey with your members and encourage as many people as possible to take part:

<https://www.surveymonkey.com/r/u3a-me>

To thank members for their time, they will be entered in a John Lewis £100 prize draw. The survey closes on 31 March.

Thank you for your support.

The survey results will:

- help u3as attract new members and volunteers by better articulating the value of u3a participation, and identifying the barriers and enablers to getting involved
- raise the profile of u3a as a charity by demonstrating its impact on members' lives
- provide strong evidence to support future communications, campaigns, and partnerships.

The survey is intended for **all types of members**, including you. Please take a moment to share your experience as well:

Thank you very much for your continued support in helping us ensure that the member voice sits at the heart of what we do

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