



JULY 2026 NEWSLETTER

Top Stories in this Newsletter.....

BOOK REVIEW

**INTEREST GROUP
NEWS**

ROYAL GUNPOWDER MILLS

SPEAKERS' CORNER

LINE DANCING GROUP

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



From the Chair

Dear Members,

Wow, what hot weather! I've read that this is one of longest-lasting heatwaves since 1976. I hope that you are not suffering too much and taking the necessary steps to keep cool and stay hydrated.

The Day Trips to Denbies Wine Estate in May and to the Royal Gunpowder Mills in July were on very hot days but the participants had the benefit of an air-conditioned coach. There is a trip to the Seaside of Margate in August and again, a lovely air-conditioned coach is provided. All these Outings were sold out quite quickly, so if in future - you see it, want to go on it – then book it!

On 5th October there is a 5 Day holiday to Liverpool and Port Sunlight. It was sold out – but I've just heard that a twin room has just become available (more information later on in this Newsletter). I booked a place early and I'm really looking forward to it!

We are all Volunteers working to offer our Bushey u3a members the best in terms of Events, Speakers and Interest Groups. 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, have a word with a Committee member who will support you in setting this up. I think you would enjoy the role and at the same time you will be in an Interest Group that you wanted to join in the first place! You might even like to come along to one of our Committee Meetings and see what we do!

Regards,

**Andrew
Chairman**

SPEAKERS' CORNER

THIS MONTH'S MEETING

21st JULY 2026 AT 10.00am prompt

**Metropolitan Bushey, Aldenham Road,
Bushey WD23 2TR**

HELEN FRY

“Women in Intelligence - the Spies who should be remembered”

Helen is a renowned British historian, author and broadcaster specialising in WWII, espionage and intelligence. She is known for her books on German refugees in British Forces, “Women in Intelligence” and the “Secret Listener” eavesdropping operations.

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!

DATE FOR THE DIARY

18th August 2026

CHRIS TRURAN

**Retired Metropolitan Police Officer after over 38 years' service in
London**

“A Funny Thing Happened on the Way to the Old Bailey”

All the stupid things that criminals do to get themselves arrested.



TRAVEL GROUP

Twin room available for Liverpool Tour on 5th October

A twin room (for two people) has unexpectedly become available for the Liverpool Tour leaving on Monday 5th October. We are a friendly group of 40+ and it would be great if you could join us.

If you are free and interested in joining us, please contact

Ann, Travel Group Leader now via

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

***See details for the
Liverpool and Port Sunlight Trip
On the next 2 pages***



TRAVEL GROUP

Leader : Ann Hodge

Group on web site

Con-

The History, Culture and Music of the vibrant City of

LIVERPOOL and PORT SUNLIGHT

A 5-day tour commencing Monday 5th October 2026

Dear Travel Group Members,

Following our sell-out tour to Exmouth, we have decided to do a city-based tour and would like to offer you the opportunity to join us. We are, again, using the services of Alfa Travel, an employee-owned business. Staying in the Aloft Hotel, housed in the Grade II-listed Royal Insurance Building, we have put together an exciting itinerary, starting with a city guide on board the coach to highlight some of the best places to visit. We only have a small allocation of rooms for single occupancy for this tour and would recommend that you consider sharing a twin room with a friend or relative. Please take into account that there is a considerable amount of walking involved at Port Sunlight and the Shugborough Estate on this tour.



Royal Liver Building & Mersey Ferry



Beatles Statues

YOUR 5 DAY ITINERARY

Monday: After our pick-ups in Bushey and Watford we shall head north to Liverpool. En route, we will make comfort breaks for coffee and lunch, before continuing on to the Aloft Hotel in Central Liverpool.

Tuesday: This morning, we will be joined on the coach by our City Guide to take us around the sights in and around the city and give us inspiration as to what to plan for our free day tomorrow. A treat later in the day will be a trip on a Mersey Ferry.

Wednesday: Today is a free day for us to explore the city at leisure,

Thursday: We will visit Port Sunlight, arguably the finest surviving example of early urban planning in the UK that has remained largely intact since its foundation by William Hesketh Lever in 1888. The village is home to more than 900 Grade II Listed buildings set in 130 acres of parkland and gardens. A 90 minute walking tour has been booked for us followed by entry to the museum. There will be time to take lunch at leisure.

Friday: As we head home, we will visit the Shugborough Estate, a National Trust property and gardens that house the apartment of Patrick Lichfield, 5th Earl and fashion photographer.

National Trust members should bring their membership cards to gain entry and non-members must pay an entry fee that will be confirmed in due course. We will later continue our journey to Bushey and Watford.



Royal Albert Dock



Port Sunlight Village

PRICE and GENERAL INFORMATION

PRICE per person: Minimum 40 persons—£459 Minimum 30 persons—£489

Room for **SINGLE** occupancy — £120 supplement

Alfa Peace of Mind Guarantee – alfatravel.co.uk/peace-of-mind-guarantee £28

Price includes: Return Coach Travel; 4 nights half board accommodation in a 3 star hotel; guided tour of Liverpool; trip on the Mersey Ferry, visit to Port Sunlight including 1.5 hour Walking Tour and entrance to the Museum; coach to Shugborough.

Your Hotel: The Aloft Hotel, part of the Marriott Hotel Group, is situated in Central Liverpool, a short walk from The Pier Head and The Royal Albert Dock. All bedrooms have en-suite facilities, are equipped with flat screen TV, tea/coffee making facilities and free wi-fi and hairdryer.

BOOKING CONDITIONS: The tour must have a minimum of 30 persons to operate. Balance payment will be due by 17th August 2026. A deposit cheque of £50 per person, made out to Alfa Travel Limited, should be sent to Ann Hodge as soon as possible to secure your place(s). This will not be banked until we have the minimum number of bookings to operate the tour. Once your deposit has been banked, it is non-refundable. This tour is being organised by Alfa Travel, a well established, award winning UK tour operator. Your money is safe; Alfa Travel is fully bonded through ABTOT (a government approved consumer protection scheme, offering a regulated financial protection scheme to comply with UK Travel Regulations recognised and respected by the UK Travel Industry). Their ABTOT number is 7089. Passengers are expected to take out the Alfa Peace of Mind Guarantee or have their own travel insurance. Late cancellations of less than 7 weeks will incur charges according to the length of notice given prior to departure.

Bushey U3A cannot entertain financial claims should a member suffer any losses through the tour operator defaulting on their obligations.



INTEREST GROUPS IN THE SPOTLIGHT

Walking Groups

Our June walks were postponed because of the heat wave so they will now take place in July. On Thursday 23 July, the 5 Milers will walk a circular route from Sarratt to Commonwood and Chipperfield Common, just over 4 miles, through attractive woodlands and fields, some easy inclines, with refreshments available at the end at pubs in Sarratt.

On Tuesday 28 July The Wanderers will walk along the Dollis Valley Greenwalk, starting and finishing at Woodside Park, with lunch at Finchley Nurseries (a really lovely location). The walk goes through woods and farmland, a couple of easy inclines, approximately 8 miles.

If you would like to join either or both, please contact Gillian Gurner
membership@busheyu3a.org

Theatre Studies Group

We are a group of theatre lovers, meeting on the third Monday of the month in each other's homes, 10.00 am to 12.00 noon.

We discuss plays we have seen or are going to see as well as topics of interest in the theatre world. We don't arrange group visits but often a few of us will go together.

We welcome new members! You can come along for a meeting and see if you would like to join our group.

For more information, please contact Gillian Gurner

membership@busheyu3a.org

The PHOTOGRAPHY GROUP had a fun day out in Kings Cross and the Coal Drop Yard and this is what they captured







Denise & Barry presented with their "Retirement Mugs" at the June Monthly Meeting

After 2.5 years, Barry has decided to step down as leader of the World Religions Group. Sadly, if no-one else feels able to pick up the baton this Group will now have to close.

On behalf of the Committee and all u3a members I would like to take this opportunity to thank Barry and Denise for all their hard work, inspiring talks and visits whilst running this Group.

We are delighted that Barry will continue to lead the Art 2 group and Denise the Rummikub 1 and What the Papers Say groups, as well as continuing to coordinate our Events & Outings, including this year's Christmas Lunch!

We all appreciate the dedication they have both shown for many years and continue to offer to Bushey & District u3a .

Thank you Barry and Denise from us all.

Gill Freed - Interest Group Co-Ordinator

**IF YOU ARE FREE ON MONDAYS BETWEEN 4 AND 5 PM
THIS AUTUMN PLEASE READ ON:**

**We are about to launch a COMPLETE BEGINNERS LINE DANCING CLASS
From 4 to 5 pm on Mondays at the Niland Centre, Elstree Road, Bushey Heath**



by Unknown Author is licensed under

All you need for this Class is:

a pair of indoor shoes (trainers, plimsoles, etc)

a good sense of humour

**a willingness to try out a new exercise with a group of equally left footed
beginners! Stetsons and fringes completely optional!**

The cost for the course will depend on the number of participants signing up – We are aiming for at least 15 people which will work out at £8 per person per week (10 week course fee payable in advance) but if we have considerably more joining the fees will reduce – or we may even run two groups on alternate weeks.

For more information about this and our 10th August “Taster Session”, which is only for those of you who can make the Monday commitment for the whole Autumn term* (Monday dates tbc but may start at the beginning of September and resume after the High Holydays and Liverpool trip).

Please email Gill at interestgroups@busheyu3a.org giving both your phone number and Bushey u3a membership number.

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.**

<https://bushey.u3asite.uk>

***If there is a Group that you want to join but it has a
Waiting List - don't be put off!***

***Why not start a second Group?
Full Support will be given!***

OUTINGS GROUP

Royal Gunpowder Mills



After, a short 40 minute journey we arrived at the Royal Gunpowder Mills site in Waltham Abbey and were greeted with tea & coffee before our tours began in one of three groups.

Once aboard a large trailer pulled by a tractor, we were driven around a large part of the site listening to a commentary on the history of the Gunpowder Mills. We then went on to the main exhibition with a visit to the Armoury where one of the many volunteers proceeded to explain in detail the various arms on display.

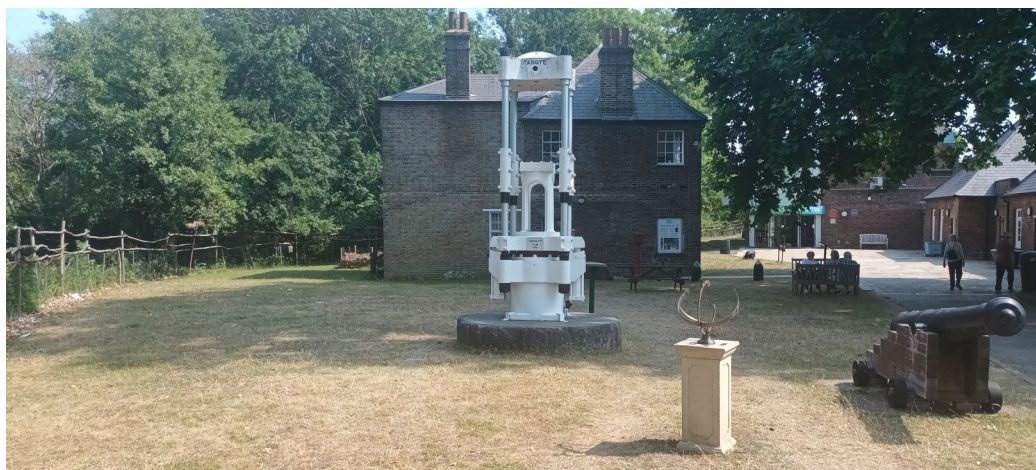
We then returned to the Restaurant for a fabulous buffet lunch provided by Isabella and her great staff who could not do enough for us.

After lunch and a chance to cool down, we boarded a vintage train for a tour of part of the 170 acre site with a commentary. Then back to the Rocket Exhibition and finishing in the customary Gift Shop.

After what was a great, if not very warm day, we were back to the lovely air-conditioned coach and returned to Bushey!

Tony Baron, Group Leader





GUNPOWDER PRESS

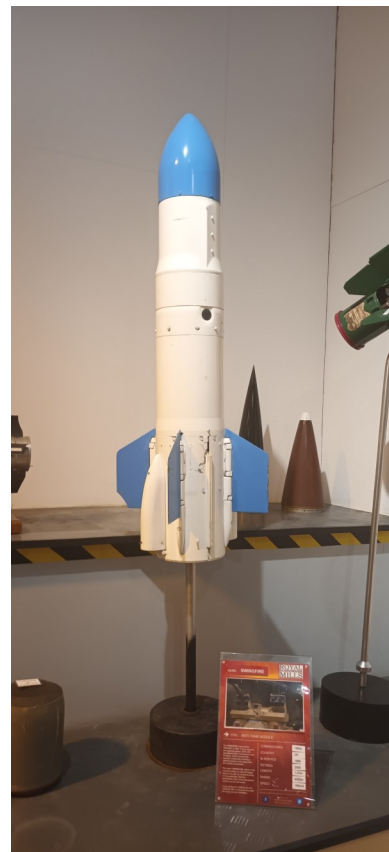


DISPLAY OF WEAPONS TESTED AT FACILITY





ROCKET DISPLAY



OUTINGS GROUP

SAVE THE DATE – TUESDAY 8 SEPTEMBER

TOUR OF THE GARRICK CLUB



Situated in the heart of London's West End and Theatreland, in Old Covent Garden, The Garrick Club was founded in 1831, under the patronage of the King's brother, The Duke of Sussex. Its purpose was to be a place where 'actors and men of refinement and education might meet on equal terms', where 'patrons of the drama and its professors were to be brought together', and where 'easy intercourse was to be promoted between artists and patrons'.

Cost will be up to £20 each, depending on numbers coming.

More details later, but if you want to register for the tour,

please email: ggurner@aol.com



Diane Pratt of Book Lovers' review of “The Dig” by John Preston

The Dig in question was that of Sutton Hoo in Suffolk, the stunning Anglo-Saxon treasures of which now reside in the British Museum.

This was a short but gentle read, based on fact, about those involved in the 1939 excavation. They were an interesting social mix. For instance there was Basil Brown, a self taught working class amateur archaeologist, and a snobbish Cambridge academic and professional archaeologist.

The site was on the land of sad widow Edith Pretty who was one of four narrators along with Basil, Peggy Piggot (a young recently married woman working on the dig) and finally Robert, Edith's son.

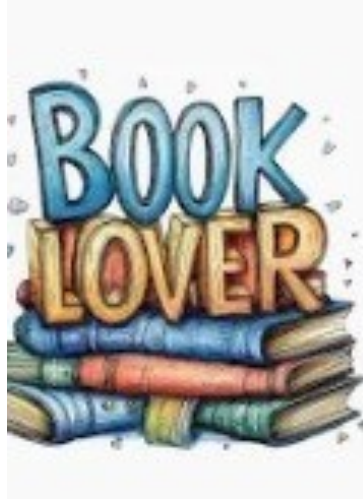
Although it was about the Sutton Hoo find, it was very much a story about people and their relationships. Our group enjoyed the novel but it's probably best read before seeing the film version starring Ralph Fiennes as Basil.

For more information about our Book Groups

“Book Lovers” or “Read with Us”

Go to our Website
<https://bushey.u3asite.uk/>

Our Book Groups provide a friendly atmosphere where you can join like minded people, have the opportunity to discuss the chosen book, exchange ideas and get together for a chat over a cup of tea & cake.



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

THE ARTS SOCIETY BUSHEY

If you are interested in every aspect of the Arts, our Society offers talks by world-class lecturers on the fourth Wednesday of the month in Bushey Heath. Our programme is extremely varied and recent talks have included theatre design, Brazilian art and architecture, American artists and the Monopoly Board.

Future talks will cover Dutch art, Royal Parks, Georgian London, The Age of AI and Art on the Underground

**For more information please contact
asbushey.members@gmail.com or phone me on 07986 056347
and I'll be happy to help.**

**Lynne Dorff
Programme Secretary**



**COME & JOIN US
BE PART OF GROWING
OUR BUSHEY U3A
INTO THE BEST IT CAN BE**

YOU HAVE SOMETHING TO OFFER!

GIVE US YOUR IDEAS!

GIVE US YOUR HELP!

**COME AND SIT IN ON ONE OF OUR
COMMITTEE MEETINGS TO SEE WHAT
IT'S ALL ABOUT!**

Contact Stephanie at

newsletter@busheyu3a.org

NOTICE

MEMBERSHIP DATABASE

YOU MIGHT NOTICE SOME CHANGES

***IN OUR FUTURE MAILINGS AS WE ARE NOW USING THE
U3A BEACON DATABASE WHICH WILL MAKE US MORE EFFICIENT!***

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