



OCTOBER 2026 NEWSLETTER

Top Stories in this Newsletter.....

OUTINGS

INTEREST GROUP
NEWS

AGM

SPEAKERS' CORNER

HOLIDAYS

XMAS LUNCH

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



Bushey & District U3A Website

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

From the Chair

Dear Members,

So, here we are in Autumn having survived a very hot summer! Now we can focus on the things that interest us and I think that your Bushey u3a can fill the gap.

Don't miss out on our monthly meetings held at the Metropolitan where we engage interesting Speakers all experts in their field who entertain us on a wide range of subjects. Don't forget it's always the 3rd Tuesday of the month. All details are in the Newsletter and on the website – so mark it in your diary!

The Christmas Lunch at the Blue Check, Bushey on Friday 11th December is selling out fast! Don't be disappointed and book your place now!

It might seem a bit early to be talking about holidays next year but in June 2027 we will have a 5-day tour to Ilfracombe and Highlights of North Devon including outings to Clevedon on the Severn estuary, a drive across Exmoor and a visit to the magical village of Clovelly. In September 2027 there is a 5-day tour to the Blackpool Illuminations, the picturesque Ribble Valley, Tales of the Pendle Witches, and the Settle to Carlisle Railway. All these trips are organised by the very capable Ann Hodge and are most enjoyable.

For more information about these trips go to the Events page on our website! If you are free and interested in joining us, please contact Ann, our Travel Group Leader.

Now I am sure you all love to go on Outings because in the past they have always sold out and have been enjoyed by everybody who participated. As mentioned before, Denise Rickwood who organised the Outings & Events for many years is standing down. We have asked people to come forward with ideas and offers to help organise an Outing (with support from Committee Members) but to be honest, the response has been negligible and I am most disappointed. Surely, if you want to be part of something, you can contribute?

Don't be a spectator – join in!

Andrew Gunton, Chairman



Bushey & District 21st Annual General Meeting

To be held on Tuesday 20th October 2026 at 10.00am at the Metropolitan, Bushey.

In accordance with Clause 14(ii) of the Constitution, this letter constitutes Notice of the 21st Annual General Meeting to be held at the Metropolitan, Bushey on 20th October 2026 at 10.00am.

The Main purposes of the Meeting are:

A. to adopt the Accounts for the year ended 31st March 2026

B. To review Committee Members for the coming year

Officers

Name	Position	Status
Andrew Gunton	Chair	Appointed until 2026 (agreed to extend to 2027)
Ann Wright	Vice Chair	Appointed until 2025 (agreed to extend to 2027)
Richard Lampert	Treasurer	Appointed until 2027
Gillian Gurner	Membership Secretary	Appointed until 2028
Susan Galan	Business Secretary	Appointed until 2025 (agreed to extend to 2027)
Gill Freed	Interest Group Co-ordinator	Appointed until 2027

Committee Members

Name	Position	Status
Tony Baron	Audio Systems Manager	Appointed until 2025 (agreed to extend to 2027)
Stephanie Benjamin	Minutes Secretary	Appointed until 2026 (agreed to extend to 2027)
Pearl McManus	Speaker Secretary	Appointed until 2028

Co-opted Members

Name	Position	Status
	Events & Outings	<i>New person(s) to be found</i>
Laurie Steele	Equipment Manager	Appointed until 2026 (agreed to extend to 2027)



Bushey & District 21st Annual General Meeting

The following documents will be found on the website:

Accounts for the year ending 31st March 2026

Chairman's & Treasurer's Reports

AGM Agenda

It is our aim to conduct the AGM meeting in an efficient a way as possible and it is therefore, not the intention to read through these papers in detail at the AGM. I would therefore, ask you to review them prior to the meeting and let me have any questions in good time before the AGM, so that I may give them proper and detailed consideration and give as full an answer as possible.

Please contact Andrew at andrew@gunton.org

Andrew Gunton

Chairman— Bushey & District u3a

SPEAKERS' CORNER

THIS MONTH'S MEETING

20th October 2026 AT 10.00am prompt

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

**The AGM for the Bushey & District U3A
will take place followed by our
Monthly Speaker**

The very knowledgeable and entertaining

PETER ABRAHAMS

*(Professor Emeritus in Clinical Anatomy at Warwick Medical
School)*

Is gracing us with his presence once more

“The Hand of God”

**Not a typical religious sermon, maybe a reference to
a certain Argentinian footballer?**

**The title in Peter's context is a creative way to refer
to the marvel of the human hand from an
anatomical, cultural and artistic perspective!**

PLEASE NOTE

***With reference to your payment for Parking
at the Metropolitan!***

***When you pay by cash and you do not get a
Receipt you have no proof of payment!***

***We recommend that you pay by credit/debit card
so that your payment will show up on your
Statement and will be your “proof of payment”***

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

**17th November 2026 at 10.00am prompt
Metropolitan Bushey, Aldenham Road, Bushey WD23 2TR**

We welcome back

**GILLIAN LLOYD
“Walking with Polar Bears”**

Gillian has been an experienced photographer and Speaker for over 10 years. After being presented with her first camera and a trip to South Africa, she fell in love with both photography and wildlife. Gillian shares her experiences from the field supported by a backdrop of her impressive photographs to present engaging and informative talks!





INTEREST GROUPS IN THE SPOTLIGHT

Photography Group outing to Chinatown

On Monday 14th September, seven of us intrepid photographers from the Photography Group, made our way to Chinatown in London's Soho. Unfortunately, Tony, our group leader was unable to join us, as his wife Sue, had spent the previous week in hospital. I'm pleased to say that she is now well on the road to recovery.

Tony has an uncanny knack of somehow, only choosing dates for our photoshoots, when the weather is going to be good. It was in fact, somewhat overcast on that day, maybe because Tony wasn't there, but overcast is not necessarily a bad thing for photographers, as long as it doesn't rain. In fact, bright, sunny days can make photography difficult and professionals, when shooting outside, will often opt for early morning - before the sun has fully risen, or dusk.





I don't think it would be unfair to say that Chinatown is a little past it's heyday. Occupying, predominantly, Lisle Street and Gerrard Street, which both remain full of Chinese businesses, maybe 90% of them restaurants, we all felt that it had lost a lot of it's 'buzz'. However, we all managed to get some interesting shots over the course of a couple of hours until, inevitably, we were faced with the difficult decision of where to have lunch. Obviously, the food was only ever going to be Chinese but which of the (maybe) one hundred restaurants would we choose! Everyone, of course, had a view and I'm not entirely sure how we eventually made the decision but everyone thought that the food we had was absolutely delicious. That said, if you can't get excellent Chinese food in Chinatown.....

Laurie Steel

Walking groups in September

Both groups enjoyed beautiful weather this month!



The Wanderers met at Trent Park House. Built in the 1780's, it was extended in mid to late 19th century and then inherited in 1912 by Sir Phillip Sassoon, who set about extensive work destroying most of the Victorian additions and creating the Georgian style mansion as it is today. He died in 1939 and the house was requisitioned by the Government to house captured German officers during World War II who were well treated, but unaware that all their conversations were being listened to by secret microphones in the house and gardens. The recently opened Trent Park House of Secrets recreates the splendour of the Mansion on the ground floor and the basement demonstrates how the conversations were overheard and documented, revealing many German military secrets. Well worth a visit.

We met at the Museum café, but too early for lunch, so walked around the splendid woods and vistas of Trent Park, taking in Camlet Moat, a small isle first documented in local records in 1440 and reputedly the haunt of Dick Turpin in the 1700's. There is also an obelisk, originally built around 1732 in Wrest Park, Bedfordshire, and moved by Sir Phillip Sassoon in 1934 who created a line of sight from the obelisk to the house.



Lunch was at the park café, before going on to Monken Hadley Common, a remnant of the Royal Forest of Enfield Chase, and Jacks Lake, a large fishing lake.

Lunch was at the park café, before going on to Monken Hadley Common, a remnant of the Royal Forest of Enfield Chase, and Jacks Lake, a large fishing lake.



Back through Monken Hadley Common to our start point, still in sunshine

Five Milers

Meeting in Cassiobury Park, we walked to the Grand Union Canal, noting The Crepe Craft, a barge selling crepes and drinks, for the way back. The Canal path took us to the Grove Hotel, where we walked along the Musical Trail (outdoor musical instruments: drums, bells, xylophones). We came across a monument and headstone for the 5th Earl of Clarendon, who died in 1914, erected by his son. The Grove itself was built for Thomas Villiers, 1st Earl of Clarendon in the early 1700's, with subsequent modifications, although the first house on the site was built in the reign of Elizabeth I. It was converted into a luxury hotel in 1996 and we saw the walled garden where an open-air cinema operates in the summer, near to the swimming pool.





Onwards around the busy golf course into Whippendell Woods, a Site of Special Scientific Interest due to its variety of woodland habitats. 165 acres of woodland, believed to be over 400 years old. Back along the Lime Avenue, checking for flying golf balls as we crossed West Herts Golf Course twice, to the canal where we stopped at the barge for coffees before ending our walk.



**If you would like to join our walks, we welcome new members.
The Wanderers is on the fourth Tuesday of the month and
the Five Milers on the fourth Thursday.
Please contact Gillian Gurner membership@busheyu3a.org**

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 & EVENTS



We Invite You

to join us for a

Festive Christmas Lunch

at the

***Blue Check, Bushey for our on
11th December 2026!***

***3 course meal £27.50 including tip
drinks extra***

Reserve your place on a first come/first served basis!

Limited places available

Contact Denise Rickwood to reserve your place!

barrden@gmail.com

OUTINGS & EVENTS

Tour of the Garrick Club

On a rainy day in September, a group of members, looking very smart as we had to adhere to the Garrick Club's strict dress code (no trainers or jeans, and jackets for men) visited the Club in Covent Garden.

Our guide, Sarah Hughes, gave us a fascinating and enlightening tour, beginning with the Club's history before taking us around its remarkable art collection, which represents the history of the theatre. The collection contains more than 1,000 paintings, drawings and sculptures, as well as a wealth of theatrical memorabilia.



The Library

The Club was founded in 1831 as a place where people from the worlds of drama, literature and the arts could meet. At the time, these professions were considered to be among the lower echelons of society and they were excluded from the gentlemen's clubs of the West End of London. Originally based in King Street, Covent Garden, the Club moved to its present premises in Garrick Street in 1864 as its membership grew. The Italianate-style building, designed by Frederick Marrable, was constructed during the slum clearance of the area.

The Club was named in honour of David Garrick who, although he had died some 50 years earlier, had been a prominent actor and theatre manager and a major influence on 18th-century theatre. Sarah told us that, although Garrick was instrumental in popularising Shakespeare's plays, he was not averse to altering their plots, even giving tragedies a happy ending. For most of its history, the Garrick was a men's club, but in May 2024 the members voted to admit women. The Queen is now a member.

The art collection was started by the actor Charles Mathews in the early 19th century and was originally exhibited at his home in Highgate. He had hoped to sell the collection to the Club when he needed to raise funds, but the members were reluctant to complete the purchase. Eventually, a wealthy member bought the collection and presented it to the Garrick.

Sarah then guided us through the magnificent library and splendid dining rooms, their walls covered with portraits of actors, either as themselves or playing characters from different plays. Actors in the 18th century were often depicted in the flamboyant clothes of the period. One painting, for example, shows Macbeth dressed in rich and elaborate garments, providing fascinating evidence of the way plays were costumed and staged in Garrick's day. We are, of course, more accustomed to seeing a sombre (and distinctly Scottish) style in modern productions of the play.



David Garrick and his wife by Zoffany

Among the famous artists whose works are displayed are Johan Zoffany, Thomas Lawrence, George Clint and Gainsborough Dupont. The collection also includes a notable portrait of Sir Henry Irving by John Everett Millais. Irving, a friend of Bram Stoker, was the first actor to be knighted, in 1895, and is said to have been an inspiration for the character of Dracula.



Sir Henry Irving by Millais

Literary figures also feature prominently in the collection, including Charles Dickens, Oscar Wilde and Agatha Christie. In 1956, A. A. Milne bequeathed the rights to the Winnie-the-Pooh books to four beneficiaries, one of which was the Garrick Club. It proved to be an extraordinarily generous legacy, becoming even more valuable when Disney acquired the rights in 2001, after the Club had licensed them to Disney for a number of years. The Garrick's share was reportedly around £60 million.

We finished our tour in the Bar, where the portraits are of more modern actors, many of them wearing the distinctive pink and peppermint striped Club tie. This prompted plenty of pointing, reminiscing and cries of, "Do you remember?"

One of the Garrick Club's latest commissions is a painting of Dominic West, Matthew Macfadyen and Benedict Cumberbatch. We left the Club comparing notes and sharing memories of favourite actors and plays, a fitting end to a fascinating glimpse into the history of theatre and one of London's most intriguing clubs.

Gillian Gurner

OUTINGS & EVENTS



As you know Denise is stepping down after many years of organising some wonderful Outings & Events that have been greatly enjoyed by our Members. She will be missed greatly but we are sure you want us to continue offering interesting and varied trips and activities.

What sort of U3A would it be if we didn't have any Outings or Events???

Don't be passive and just wait for things to happen!

Please step up and let us have your ideas & help!

We are looking for 2 or 3 people— you can do your own thing or work together as a team and we will give you all the support based on our experience. You will find it very rewarding and satisfying, knowing that people had had a good day out and you made it happen!

If you are able to give your time please contact Denise barrden@gmail.com

OR

Make yourself known to any Committee Member at the Monthly Meetings or through the website

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



The picturesque Ribble Valley, Tales of the Pendle Witches

Blackpool Illuminations & Settle to Carlisle Railway

A 5-day tour commencing Wednesday 8th September 2027

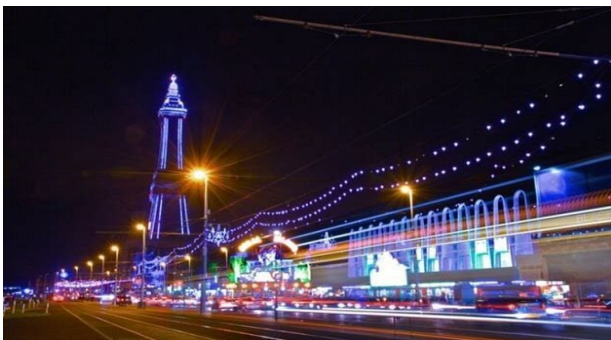
Dear Travel Group Members,

It only seems like days since we launched the Ilfracombe Tour next June. In order to secure a break for the autumn, we have booked the following holiday which includes a drive through the world renowned Blackpool Illuminations and would like to offer you the opportunity to join us. We are, again, using the services of Alfa Holidays, an employee-owned business. We will be staying at the Queens Hotel, located between Blackpool's South and Central Piers with both tram and bus stops and the promenade close by. We have put together a varied itinerary including a journey on the world famous Settle-Carlisle Railway; a drive through the Ribble Valley based around the Witches of Pendle; a day in Lancaster to include entrance to Lancaster Castle where the Pendle Witches were tried; an evening drive through Blackpool Illuminations. Please note that the ascent to Lancaster Castle is steep and on uneven ground so may not be suitable for all travellers.

We have a better allocation of single rooms than usual for this tour but would recommend that some of you consider sharing a twin room with a friend or relative.

Bookings are now being taken.

Kind Regards , Ann



YOUR 5 DAY ITINERARY

Wednesday: After our pick-ups in Watford and Bushey we shall head north to Blackpool. En route, we will visit Dunham Massey, a National Trust historic house, parkland and gardens in Cheshire. 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. There will be time to take lunch before we continue our journey to the Queens Hotel.

Thursday: We will enjoy a scenic journey through the Ribble Valley, with an expert guide bringing local myths, legends and the Lancashire countryside to life, Look forward to tales of the Witches of Pendle... We will return to our hotel for dinner and then head out for a drive through the world famous Blackpool Illuminations. .

Friday: Following a scenic drive to Settle, we will board the train to journey along the 72 mile route over the Ribbleshead Viaduct and through Blea Moor taking in some of the most dramatic scenery to be found on our shores. Time for lunch at leisure will be accommodated in the itinerary.

Saturday: We will make our way to Lancaster, the county town of Lancashire, for a visit to Lancaster Castle where the Pendle Witches were tried and convicted and an opportunity to explore this historic city. There will be time to take lunch at leisure.



Lancaster Castle



Pendle Hill in the distance

Sunday: As we head south, we will make stops for coffee and lunch as we make our way home to Bushey and Watford.

PRICE and GENERAL INFORMATION

Price per person: Minimum 40 persons—£449

Minimum 30 persons—£479

Cosy Double room for SINGLE occupancy — £60 supplement

Sea View - £28 per person

Alfa Peace of mind Guarantee -

alfatravel.co.uk/peace-of-mind-guarantee £28.00 pp

Price includes: Return Coach Travel; 4 nights half board accommodation in a 3 star hotel; trip on the Settle Carlisle Railway; evening drive through Blackpool Illuminations; scenic journey through the Ribble Valley with an expert guide relating myths and legends about the area including the Witches of Pendle; outing to Lancaster to include entrance to Lancaster Castle.

Your Hotel: The Queens Hotel is situated in Blackpool. All bedrooms have en-suite facilities, are equipped with flat screen TV, tea/coffee making facilities and free wi-fi and hairdryer. Porterage is available on arrival and departure.

BOOKING CONDITIONS: The tour must have a minimum of 30 persons to operate. Balance payment will be due by 1st July 2027. A deposit cheque of £50 per person, made out to Alfa Holidays 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 Holidays, a well established, award winning UK tour operator. Your money is safe; Alfa Holidays 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.

**FOR MORE INFORMATION AND TO BOOK YOUR PLACE CONTACT
THE GROUP LEADER - ANN HODGE VIA THE WEBSITE**

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



**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

**IF YOUR EMAIL ADDRESS HAS CHANGED PLEASE LET US KNOW AS
WE WILL NEED TO UPDATE OUR RECORDS TO ENSURE THAT YOU
RECEIVE ALL NOTIFICATIONS!**

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