

MESSAGE FROM THE CHAIRMAN

Happy New Year to you all and welcome to 2024.

We are now halfway through our membership year and our groups are thriving. However, we are always looking out for new groups and new initiatives. If you have an activity you would like to see on our timetable, or an additional group you wish to start because the existing one is full, then contact Marilyn Hendleman (our group coordinator). She and the Committee will be able to help with the formation, initial set up and running of a new group.

Change of Venue for Open Meetings

PLEASE NOTE THAT OUR OPEN MEETINGS FROM FEBRUARY ONWARDS WILL BE HELD AT WANSTEAD LIBRARY. Our AGM on Monday 26 February 2024 will be at Wanstead. We will be delighted to welcome as our guest at this meeting Wes Streeting, Labour MP for Ilford North and Shadow Secretary of State for Health & Social Care.

Earlier in the week you will have received the papers for this AGM, which includes a list of who is running for Executive office and the rest of the Committee. If you feel you could help with the running of Redbridge & District U3A, do contact me to discuss, or send in your nomination to join the Committee.

I hope to see you all at our next two Open Meetings, details below.

Elaine Mitchell
Chair

NEXT TWO OPEN MEETINGS

Monday 29th January 2.00 pm – ABBA AT OLRS

THANK YOU FOR THE MUSIC

Lennart Christensen will take us on a musical journey through the history of ABBA in the year of the 50th anniversary of their Eurovision victory. We shall dive into the iconic Swedish pop group's history and career in this trip down memory lane, celebrating the timeless magic of ABBA.

Spoiler: Music videos will be played. Singing encouraged. A definite date for your diary.

See you at Oaks Lane Reform Synagogue (OLRS) Oaks Lane, Newbury Park, Ilford, Essex IG2 7PL. All Open Meetings start at 2.00pm prompt, with doors open from 1.30pm.

Getting to Oaks Lane Reform Synagogue (OLRS) Newbury Park IG2 7PL

Various buses stop near Oaks Lane. Turn into Oaks Lane and OLRS driveway is 100 yards down on the right. Good on street parking in Oaks Lane with limited parking at OLRS. Newbury Park Station is 6 minutes' walk.

Monday 26th February – AGM 2024 - Wes Streeting MP at Wanstead Library

Doors open at 1.30. Please be seated before 2.00pm as Wes is with us for a limited time.

We are delighted to welcome Wes Streeting MP. Wes is the Labour MP for Ilford North and Shadow Secretary of State for Health & Social Care. Wes was first elected to Parliament in 2015 and spent five years as a member of the influential House of Commons Treasury Committee, before joining Keir Starmer's Front Bench.

Prior to his election to Parliament, Wes served as Deputy Leader and Cabinet Member for Health & Well-being for the London Borough of Redbridge. Wes comes from a working-class family and read history at Selwyn College, Cambridge. He is a former President of the National Union of Students.

We are also pleased to welcome the Mayor of Redbridge, Jyotsna Islam.

Getting to Wanstead Library Spratt Hall Road E11 2RQ

Various Wanstead Buses, Wanstead Station 6 mins walk. Library Car Park pay card only, Grove Park Car Park 5 mins walk.

GROUP NEWS

ARTHOUSE CINEMA

Our film on **Tuesday 30th January at 2.00 pm** at OLRS we will be showing the Danish film *Babette's Feast* (1987). In a 19th Century village, two sisters, devoted to their austere lives, encounter a French refugee, Babette, whose extraordinary culinary skills redefine their existence. Babette prepares an extravagant French meal for the villagers, challenging their puritanical values. The film is based on a story by **Isak Dinesen** (Karen Blixen) and won the Oscar for best foreign language film. Running time 1 hour 42 minutes.

MAINSTREAM FILMS

On **Thursday 8th February at 2.00 pm** we shall watch *Greenfingers* (2000). Prison inmate Colin Briggs is introduced to gardening and the thriving prison garden attracts the attention of gardening expert, Georgina Woodhouse. She offers to sponsor the inmates in the Hampton Court Flower Show. Directed by **Joel Hershman** and starring **Clive Owen, Helen Mirren** and **David Kelly**, the film is based on a true story. Running time 1 hour 31 mins.

BOTH FILM GROUPS

Any member of Redbridge u3a is welcome to join us for the films and even non-members welcome for ONE visit. However, I need to know who's coming and if there are not at least 10 positive replies, the venue may be changed or the meeting cancelled. Be aware that it

has been decided to skip refreshments for the time being and please be prompt for the film's start at 2.00 pm.

Contact: **Liz Kite**

SUNDAY PUB LUNCH - McCaffertys in Seven Kings - Sunday 28th January.

This is one of our favourite pubs. Easily accessible by car or bus, we shall meet up there. All members are welcome to join us for a couple of hours in the company of friends and good food. Please let me know in advance if you want to come as I must confirm numbers with the pub. Contact: **Liz Kite**

BRING YOUR OWN LUNCH Wednesday 14th February at 12.00 noon.

The menu choices are endless because you will have to prepare your own lunch and bring it along. There will be tea and coffee and enjoyable company and chats about everything under the sun at our bungalow in Barkingside. Please let me know beforehand if you're coming. Contact: **Liz Kite**

ZOOM BOOK GROUP 2nd Thursday of the month, 5pm – 6pm

There is a new year of good reads ahead with this book group, with lots of friendly, vibrant discussion. It is perfect for all types of readers; the reluctant, lapsed and confirmed book lovers will all enjoy the range of novels discussed. With the additional bonus that reading novels is great for mental agility and maintaining memory.

Contact Hazel Earwaker

ZOOM JUSTICE & LAW GROUP

This discussion group meets twice monthly on the 1st and 3rd Wednesday of the month 5pm – 6.15pm. The sessions cover many different justice and law related issues, often using short video clips to introduce a topic, before going into group discussion which may include using zoom break-out rooms. Our first 15 minutes may be spent discussing any current news issues relating to law, crime and justice that interests the group.

Contact Hazel Earwaker

MONTHLY QUIZ

If you want to have a great afternoon, a nice cuppa, meet old friends and make new ones, come along. 1st Wednesday afternoon of every month 2.00pm-4.00 at Oaks Lane IG2 7PL. To join the fun, please contact Guy or Stan

COFFEE MORNING At the Old Maypole Pub, Fencepiece Road, IG6 2NG

3rd Tuesday each month, at 11–12.30. Come for a chat and stay for brunch/lunch or just have tea or coffee! Buses 150, 167 and 247 stop right outside and parking spaces. Looking forward to seeing you and your friends at the next Coffee Morning. Please let me know if you intend to join us. Barb Lewis

CHESS

Are you a chess player or a potential chess-player? Learn or re-learn to play chess. All welcome - including beginners, those who last played many years ago and current players, or just learn to teach your grandchildren to play this classic game – not a screen in sight! The Chess Club is sociable and fun. We meet on the last Wednesday of every month between 10am and 12 noon in South Woodford. Please Contact : Paul Adams

PLAY READING

This very popular Play Reading Group now has a couple of vacancies. It is held in South Woodford on the 3rd Thursday of every month between 10.30-12.30. If you wish to join Morris to read a variety of different types of plays, please contact me

POETRY PLUS

The Group is run democratically with members sharing their enjoyment of poetry, by choosing the poets or topics they wish to explore and taking it in turns to lead. If you have an interest in poetry and would like to sample Poetry Plus you would be made very welcome at their meetings on alternate Monday mornings 10.30-12.00 at Joan's Ilford home. Joan Wheeler

GARDENING GROUP

We met in each other's homes from March to December on the second Thursday morning of the month 10.00-12.00 and have a very light-hearted look at gardening. Gardening has been proven to be so good for an individual's mental health. Hoping you will be interested in joining. Please contact Christina Langdown

SCRABBLE

Like Hercule Poirot - why not "test your little grey cells" and come along to the Scrabble Group. It is great fun as well as improving the brain. Come join us at Oaks Lane every Monday 10.00-12.00. Contact: Peter Hinder

LOOKING AT ART is now full for the time being, but if you would like to find out more or go on the waiting list, please contact Ivor

DO YOU WANT TO HELP MONITOR LOCAL AIR QUALITY?

We Care for Our Air is a project by Redbridge Council to help improve local air quality. We will provide everything required for monitoring and regularly share the results with Redbridge residents. You can watch [this short video](#) to see how the monitoring works in practice. The air quality monitoring will run until the end of September 2024.

This requires a monthly commitment of a few minutes swapping your air tube which you affix to a lamppost outside your house, plus time to collect the new air tube which you will collect each month from a participating library (list below). You will be given a list of swap over dates.

If you would like to be a part of the project, please contact :-

air@mappingforchange.org.uk with the details of where you would like to monitor and the monthly drop off/collection point that is most convenient for you either Redbridge, Fulwell Cross, Goodmayes or Wanstead Libraries.

YOUR COMMITTEE NEEDS YOU!

Could you bring new suggestions or alternative ideas to improve our U3A, or is everything perfect as it is? The Committee would love to welcome new faces. We meet once a month on a Monday afternoon. Send in your nomination form for the February AGM or discuss with a committee member.

Deadline for submission to the February Newsletter is 18th February

Send in your news or group publicity.

Contact us on newsletter@u3aredbridge.org.uk

Explore the **Redbridge & District U3A website** or our **Facebook** page for extended information and pictures of Groups and all matters to do with our U3A Community.

Committee Members

Executive

Elaine Mitchell	Chairman
Lynda Ingram	Secretary & Membership
Stuart Wallman	Treasurer (1)
Maurice Nieberg	Treasurer (2)

Committee

Marilyn Hendleman	Group Co-Ordinator
Nicholas Levin	Speakers' Co-Ordinator
Silva Chamberlain	First Contact
Evelyn Russell	Newsletter Editor
Loretta Mather	London Region Rep
Denise Kaye	Coach Outing Co-ordinator
Andrea Yeshin	Asst Group Co-ordinator