

Its AGM time again and changes are happening. Your Committee are very sorry to be losing Howard and Loretta Mather and Nicholas Levin from their Committee roles, and we wish them well. All three have given many years of time, effort and hard work in order to progress our U3A in many ways. Howard has kindly agreed to continue leading groups, to develop our Facebook page and to liaise with other local U3As. The idea being that some activities can be shared to the benefit of all, giving us additional choices of groups to attend. See more news on this matter within the Newsletter.

However, this now means that we are seeking new members on the Committee. New people who will bring different skills and ideas. Please put yourself forward if you wish to be considered. Speak to Elaine, our chairperson, or any other Committee member to discuss further.

U3A is an organisation that expects all its members to contribute in some way. It may be that you lead a group, or give your home for an activity, or even help register attendees or make the tea at Open Meetings. The only reason our fees are so reasonable and there is such a wide choice of activities to attend, is because all the work is done by us, the members. Did you know the main way we gain new members is by word of mouth? You can play your part, by telling friends and acquaintances about U3A, and inviting them to come to an activity or meeting with you.

In this Newsletter as well as our usual features, you will find **HOT OFF THE PRESS** our Summer Coach Outings Schedule. All outings start and end at Gants Hill Car Park, so couldn't be more convenient. Contact Denise Kaye to book your seat, as every year our outings fill quickly and are very popular.

FEBRUARY OPEN MEETING AND AGM

We look forward to seeing you at our Open Meeting and AGM with special guest speaker Wes Streeting MP. Monday 26th February 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 very delighted to welcome Wes Streeting, our local Member of Parliament. Wes is the Labour MP for Ilford North and Shadow Secretary of State for Health & Social Care. He 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. He will tell us of his amazing journey from the East End (via Cambridge University) to Westminster.

We are also honoured 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.

PLEASE NOTE: All monthly Open Meetings will now be held at Wanstead Library.

GROUP NEWS

NEW REDBRIDGE GROUPS RUN JOINTLY WITH RODING VALLEY U3A

Curry Club

Wine Appreciation

Whist

Bridge, (For players only, no tuition)

For further information contact Howard.

ARTHOUSE CINEMA

Our film on **Tuesday 27th February** will be *The Story of Adèle H. (L'Histoire d'Adèle H.)*, a 1975 French historical drama film directed by **François Truffaut**, and starring **Isabelle Adjani**, **Bruce Robinson**, and **Sylvia Marriott**. The film is based on the diaries of Adèle Hugo, the daughter of writer Victor Hugo, whose obsessive unrequited love for a military officer leads to her downfall. Running time 1:33.

MAINSTREAM FILMS

On **Thursday 14th March** our Mainstream film will also be French: *La Cage aux Folles* (1978) is a comedy film directed by **Édouard Molinaro**, based on **Jean Poiret's** 1973 play of the same name. It stars **Ugo Tognazzi** and **Michel Serrault** as a gay couple operating a drag nightclub in a French resort town. The film won the Golden Globe Award for Best Foreign Language Film and was nominated for three Oscars. Running time 1:37.

Film Screenings start at 2:00 pm at OLRS and all u3a members - and even guests for a one-off - are welcome, providing you let me know in advance that you are coming. Please note that refreshments will not be served. Contact: **Liz Kite**.

SUNDAY PUB LUNCH

This month we will be visiting our local Wetherspoon's in Barkingside, **The New Fairlop Oak** at Fullwell Cross Roundabout. Lots of buses going there, and they have a car park as well, so it should be easy to get to. Join us on **25th February** for a leisurely Sunday afternoon in good company, and - not to forget - a nice meal. All are welcome, but I need to know you are coming as I must confirm numbers with the pub. Remember that there is no sharing the bill. You only pay for what you have. Contact: **Liz Kite**.

BRING YOUR OWN LUNCH

We seem to have got quite a nice little group together by now but we always have space for you. If having your lunch alone at home is boring, why not pack it up and bring it along to our Bungalow on

Wednesday 14th March. You can enjoy it together with the rest of us and have a chat and cup of tea or coffee to boot. Please let me know in advance that you're coming. Contact: **Liz Kite**.

TENPIN BOWLING

A new group has started with huge enthusiasm and laughter. We meet on the last Friday of each month at Namco Funscape, The Brewery, Romford, and bowl from 11am to 1pm with tea and coffee for £7.00 each.

Lunch afterwards is an optional activity, but the real test is trying to get into a car afterwards. Please contact Howard for further details and to join us.

FREEDOM PASS WANDERERS

This group has now been established for a year. Not only do we visit London gems, but it has morphed into a social outing, defining u3a fellowship. Come and join us, we go monthly but not on a fixed day. If there is large interest in a particular Wander, multiple groups can be arranged.

Please contact Howard to join us.

GOLF FORE FUN

We will commence this activity in late March as we're far too delicate to golf in the Winter.

We'll start with Mini Golf, just for fun, then as the weather warms, we'll try Pitch n Put and then a Par 3 course. Who knows we may end up starting a sub group playing on a regular basis. No pressure, just good company, a little exercise and lots of laughter.

Please contact Howard to find and register your interest.

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.

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 him:

Morris Davis.

MONTHLY QUIZ

Need a fun work out for your grey cells?

Our monthly quiz provides ten fun circuits that will not only put you through the mill but entertain you too. And what's more you can bring friends to share your struggles. — sorry, efforts!!

Contact Guy for more info.

BACKGAMMON is on 1st Tuesday of the month at Linda Mishkin's home in Gants Hill, 2pm till 4pm. A chance to concentrate on an unusual game, with a stop for tea and biscuits. Contact me if you want to come along.

LINDA'S QUIRKY QUIZ 4th Tuesday of the month, on Zoom 11am till 12pm.

An enjoyable variation on a quiz. If you wish to come please contact: Linda Mishkin.

TASTE OF MUSICALS - 2 groups meeting on 2nd Tuesday of the month

(A) ZOOM GROUP: 11am to 12pm. Please note that the sound quality for this Zoom group is now excellent and is accompanied by Tony's very entertaining videos.

(B) GROUP B:- At Linda's home in Gants Hill. 2.00pm-4pm

The same wide variety of musicals but also including a break for tea and biscuits and a chat.

Please contact: Linda Mishkin.

ANTHONY'S MUSIC APPRECIATION & QUIZ on ZOOM

The third Monday each month from 2-4pm Anthony chooses a theme and plays music videos covering the late 50's to the 90's with anthologies about each track. There is a fun music quiz in between the videos. The second half is devoted to member's music requests. No waiting list - all are welcome! Anthony.

ANTHONY'S MUSIC APPRECIATION & QUIZ LIVE (at Oaks Lane)

The last Thursday each month, 2-4pm. Anthony plays 20 songs covering the late 50's to the 90's with anthologies about each track. Refreshments are served at half time (bring 50 pence to cover costs). Please show your interest by emailing Anthony, the more people attending creates a better atmosphere.

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 there are around 15 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. Barbara Lewis.

TRY SOMETHING NEW IN MARCH WITH OUR ONE-OFF TASTER SESSIONS VIA ZOOM

Read, Discuss, Enjoy - Monday 11th March 4pm – 5pm

This taster session is a spin off from the monthly Zoom Book Group.

The 1 hour session will explore, using video clips and discussion;

- 1) Popular novels that are made into films
- 2) Discussing novels with a group
- 3) How to find your next great read

To attend/enquire: contact Hazel Earwaker.

Finding Justice - Tuesday 12th March 4pm – 5pm

This taster session is a spin off from the Justice & Law group.

The 1 hour session will use video clips and discussion to explore a few basic aspects of our justice system;

- 1) Defending defence
- 2) Who can afford justice?
- 3) Punishment or rehabilitation – does prison work?

To attend/enquire: contact Hazel Earwaker.

SUMMER OUTINGS - Here Comes the Sun!!

Wednesday 8th May 2024 - Greenwich

We will be going across the Thames near the O2 centre. Greenwich is an interesting town with lots of things to do. For example, go on board the newly built Cutty Sark, visit the marketplace, shopping centre, National Maritime Museum, the Old Naval College, the Queens House, walk up the hill to the Royal Observatory or have a leisurely lunch in the many international restaurants. £18.50 per person.

Tuesday 18th June 2024 - Tour around the pretty Oxfordshire Villages with commentary

The area has a connection to the tv programme Midsomer Murders.
There will be 2 stops in Wallingford and Thame. £24.00 per person

Thursday 4th July 2024. - Southend Sur Le Mer

Attractions for everyone. Walkers can take a stroll on the promenade to Chalkwall and Leigh Sur Le Mer or to the casino. Don't forget the train to the end of the pier or walk to the shopping centre or Cliffs Pavilion for lunch or afternoon tea. Visit the Aquarium or play area and have a go on the roller-coaster and many more rides or just sit on a bench watching the tide and the world go by - eating Rossi's ice-cream. We will be spoilt for choice in restaurants. £19.00 per person.

All prices include £1.00 per person tip to our coach driver, Matthew.
To book your place on these popular outings please call Denise Kaye.

FREE DIGITAL TRAINING SESSIONS

The friendly team at U3A have offered to run free training sessions to boost your skills with mobile phones, laptops, computers and tablets. Group or individual sessions can be arranged at your pace and tailored to your needs.

Get training on topics including: • An Introduction to the Internet • Getting to know your mobile or Tablet • Staying Safe Online • Getting started with Email • Using Social Media, e.g. Facebook • Watching TV online • How to access Public Services • Downloading Apps • How to make a video call • How to manage your health online • How to bank and shop online

If you would like to join a session then please contact Stuart and I will get back to you with the date, time and Zoom link if and when it is set up. Stuart Wallman

VERY SPECIAL OFFER - KEW GARDENS VISIT - ADMISSION FREE

Open to Redbridge U3A Members only
Travel by London Transport
Thursday 23rd May 2024. Time TBA
Numbers limited - so first come first on the list.
Contact if interested: Rikki.

Message from Stuart Wallman, Treasurer

Please ensure that if you pay any money into Redbridge and District u3a's bank account by BACS (ELECTRONIC BANKING) that you include a reference so that we know what you are paying for . We receive many payments and need to correctly place the funds to ensure that each group covers costs for tutors and trainers.

Please note we have adopted a new door entry procedure at Oaks Lane

When members arrive at the green gates, please announce you are from the u3a and what group you are attending. No need for your name.

Can the first member of your group please put the main building door on the latch. Then when it is the start time of your group, can a member of your group please take the door off the latch and Deborah will let in any stragglers.

Deadline for submission to the March Newsletter is 15th March

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

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|-----------------|------------------------|
| 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 |