

July 2025



Newsletter

IMPORTANT - PLEASE READ

Dear Members

It is hard to believe that it is nearly 3 years since our inauguration and we are delighted to now have such a vibrant, exciting and growing u3a. However, as with all things, we need dedicated people, working behind the scenes to oil the machinery and to make things happen! Our Constitution allows for Committee members to remain in their roles for up to 3 years, after which they must take a break. This means, as the current committee largely came on board together, they may also be taking their “break” from their current roles together. We therefore have an urgent need to include more people in our team to allow for our u3a to continue. Much of the hard work has already been done. There are about 5 meetings a year where we document what we do, make decisions and agree on the way forward. People will also need to be able to work as part of a team and send and receive emails. Currently we have 6 people but really need 12. Obviously the more people we have on board, the less there is for everyone to do. However with no new people coming forward we will have no option but to close the u3a and that will be sad for everyone.

If you think you could help and would like to attend a meeting to see what we do before making up your mind, or talk in detail about the specifics, we will be more than happy to arrange this. Please contact me on 01255 670827 or Chair@FWDu3a.org.uk or get in touch with any committee member you feel comfortable talking to.

I look forward to hearing from you
Lorry Greenall
Chair FWD u3a

WHAT'S INSIDE

**Group News, Speaker meetings, Social Event dates,
national and regional news - and maybe some funnies**

BREAKING NEWS

FWDu3a is now on Facebook

Thanks to Maddie Deason, we now have our very own Facebook page. It has been started to help us advertise and promote our u3a to the wider public.

Maddie would be very happy for Group Leaders – let us know what your group is up to, Events organisers and all members to send in photos, posters and snippets

Please, look up the page, follow and like it

Frinton Walton and District u3a

Don't forget to look regularly on our own ever-changing website

FWDu3a.org.uk

For up to date information, events and contacts

NATIONAL AND REGIONAL NEWS

FWDu3a belongs to the National Third Age Trust – our regulating body and to Eastern of England Region u3a. Both of these send out regular Newsletters full of chat and opportunities to get involved, should you wish, in the wider movement. EofE region in particular arrange a huge variety of Zoom courses and one-offs – everything from AI to Laughter Yoga – well worth dipping into.

NB although we belong to these organisations all u3as are independent and we as members decide how we run our own u3a.

THIRD AGE MATTERS

Third Age Trust also produce a national magazine Third Age Matters. It is issued 5 times per year and posted direct to your home. Currently, if you wish to receive it, it comes as part of your annual subscription. However, following the Resolution passed at the April AGM, as from January 2026, it will cost you an additional £4.00 on top of your subscription. Further details will be given, later in the year when we remind you of the renewal process.

SOCIAL EVENTS



Saturday 6th September

Join us for a **fun evening of
non-serious questioning, mind
puzzles and brain teasers**

Tickets only **£5** – bring your own drinks and nibbles.

McGrigor Hall, Frinton

7.00 for 7.30

Guests welcome £10

Date for your diary: March 7th 2026. A Murder Mystery evening is set in the roaring twenties at a millionaire's mansion in New York. If you are interested in taking part or helping behind the scenes, please contact Maddy Deason at marion@therurallife.co.uk or Karen on 01255 761628 for more information.



Details of tickets will follow in a later Newsletter

Our Social Team, led by Karen Riley, works extremely hard to plan, organise and promote our range of social events, and even harder to run them on the day. It is very disheartening when these events are not supported by members. We do not aim to make a great profit but all events should at least break even which has not been the case lately.

PLEASE support our effort, come along and give new things a try and spread the news amongst friends and family.

If you would like to help with the setting up and running of events or if you have ideas that you think would be popular, please let us know – we are not mind-readers!!

Contact Karen Riley social@FWDu3a.org.uk or 01255 761628

SPEAKER MEETINGS

July 4th **Georgina Rainbird**
The Work of The Dog's Trust Charity

please note this meeting will be held at Soken House
also please read paragraph below

there will be a collection tin for those who wish to donate

There is no meeting in August

Sept 5th **Andrew Babicz**
Great British Gardens

Andrew is a keen plantsman and this year is celebrating 50 years in horticulture! He is also a writer, photographer and broadcaster.

Oct 3rd **John Rayment**
The History of Thames Sailing Barges

John is a member of the Thames Sailing Barge Trust and will be illustrating his talk with slides.

IMPORTANT – PLEASE READ

THERE WILL BE NO REFRESHMENTS SERVED AT THE JULY MEETING

Unfortunately our lovely tea lady Liz has been unwell and will be unable to make the July meeting at Soken House. The decision has therefore been made **not to serve refreshments** after the meeting. However, drinks can be purchased instead from Soken House Tea Bar, or one of the local cafes on your way out. A limited number of cups of water will be available after the meeting for those who need it.

N.B. We now have someone who has volunteered to lead a refreshment team from September as long as she has sufficient people to support her on a rota basis. Currently we have 3 people who have volunteered to help but this is not enough. Please, if you could help 1, 2 or more times a year could you let any Committee member know so we can add you to the team and continue providing refreshments at our monthly meetings.

Thank you

GROUP NEWS

Current Groups:

Art (for beginners), Walton
Books Wot I Have Read, Frinton
Bridge 2, Frinton
Coffee and Chat, Various
Country Dancing, Gt Holland
Creative Writing, Walton
Croquet (Frinton Tennis Club) - hopefully again next spring
Current Affairs 2, Kirby le Soken
Gadabouts (Info re Theatre trips etc)
History 2, Frinton
How Does It Work, Walton
The Knowledge
Latin, tbc
Lunch Group, Various
Music Performing Group, Frinton
Photography, Walton
Poetry Appreciation, Walton
Rummikubs, Clacton
Sewcial Stitching 1 & 2, Frinton
Table Tennis, Walton
Ten Pin Bowling, Clacton
World History, Walton

New groups are being started all the time.

If your particular interest is not represented, if the group you would like to join is full or if you have skills or knowledge you would like to share please contact our co-ordinator to discuss perhaps setting up a new group.

Under reciprocal arrangements members of FWDu3a can apply to join groups in Tendring u3a, if spaces are available. You will need to contact their Groups Co-ordinator.

Whilst it is appreciated and understood that life, family and emergencies must always take priority, several of our current groups are experiencing low attendance – very disheartening for the Group Leaders who put a great deal of effort into producing a programme, preparing the venue, arranging materials etc. If you already belong to a group please continue to support and especially inform the Leader if you cannot attend a session.

Please consider joining a new group – who knows what talents or interests may arise

Contact: Karen Riley, Groups Co-ordinator Groups@FWDu3a.org.uk

GROUP NEWS continued



******New Group******

Wine Appreciation Group

Group Leader – Diana Fitchett (d.fitchett@sky.com)

PLEASE LET DIANA KNOW IF YOU WISH TO ATTEND

When: Every 2 months commencing 18 July, then 12 September and the final one for 2025 will be on 21 November.

Time: 11:00am until 1.00pm

Where: 11 Central Avenue, Frinton on Sea CO13 9NW

Cost: To be discussed and set when number of participants has been set. Canapes will be served.

Remit: To introduce different wines from a variety of wine growing regions throughout the world.

At each meeting there will be an expensive and cheaper product purchased from different supermarkets. The group will then discuss the pros and cons of each wine and choose their favourite. A list will be compiled and added to after every meeting.

Going forward, there will be a visit to a vineyard in the locality and even an opportunity of attending a quiz night at the local wine bar in Frinton.

The wine group hopefully will evolve over a period of time and ideas from the members will be welcomed.

Flexibility and positivity are the aims of the group, together with a willingness to learn more about wine in a relaxed environment.

GROUP NEWS continued

Proposed Groups: Interest has been expressed in the following – please let our Co-ordinator Karen, or the potential Group Leader if given, if you would like to be added to the list.

PICKLEBALL



CARD MAKING BASICS*

Fed up with shop bought cards? Want to make something special for someone special? Come and learn the basic skills and let your imagination fly.



Group Leader:

Phyllis Deer

flisshoo@yahoo.co.uk

RECORDERS*

Beginners and Improvers

Professional back tracks

No need to read music

Helps with breathing

Helps with finger flexibility

Make fun music together

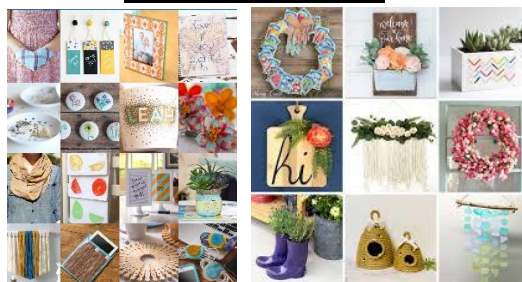


Group Leader:

Phyllis Deer 672160

flisshoo@yahoo.co.uk

WHICHCRAFT*



Dabble in a programme of easy, inexpensive crafts – make and take in 1 session (usually). Reuse / upcycle.

Group Leader:

Phyllis Deer 672160

flisshoo@yahoo.co.uk

*** Many thanks to those who “signed up” at the meeting on June 6th – your names are already on my lists and I will be in touch soon

GARDEN VISITS

SPANISH

BIRD WATCHING

PLANT AND VEG SWAP

HOW TO CONTACT US

Lorry Greenall Chair / Business Secretary
Chair@FWDu3a.org.uk 01255 670827

Mark Riley Treasurer / Website Manager
Treasurer@FWDu3a.org.uk 01255 761628
WebMaster@FWDu3a.org.uk

Karen Riley Groups Co-ordinator / Social Events Team Leader
Groups@FWDu3a.org.uk 01255 761628
Social@FWDu3a.org.uk

Karen Woolley Speaker Secretary
Speaker@FWDu3a.org.uk 01255 676076

Kate Collins Governance
Governance@FDu3a.org.uk 07840 987861

Angela Hillier Minutes Secretary
angesh31@gmail.com

Phyllis Deer Acting Membership Secretary / Newsletter Editor
info@FWDu3a.org.uk 01255 672160

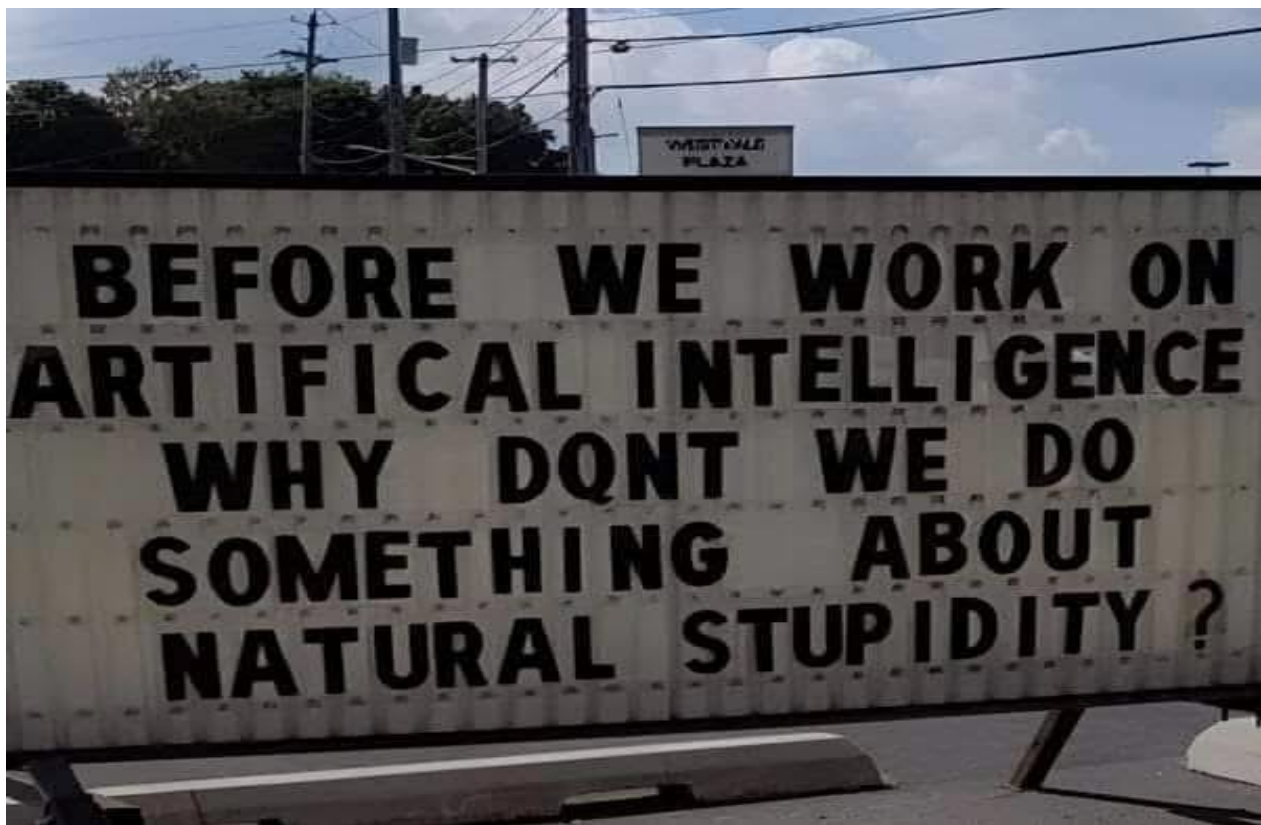
Maddie Deason Facebook Moderator / Refreshments Co-ordinator
marion@therurallife.co.uk

Mo Collins Health and Safety Officer
typemoc@outlook.com

The next issue of the FWDu3a Newsletter will be produced in August ready for the start of the new season. It will be delivered to all members by email / hand or post. Any intermediate communications will be by email only.

If you have any items or photos you would like included (I am the Editor, not necessarily the sole writer!!) please send to Phyllis by early to mid August

Thank you



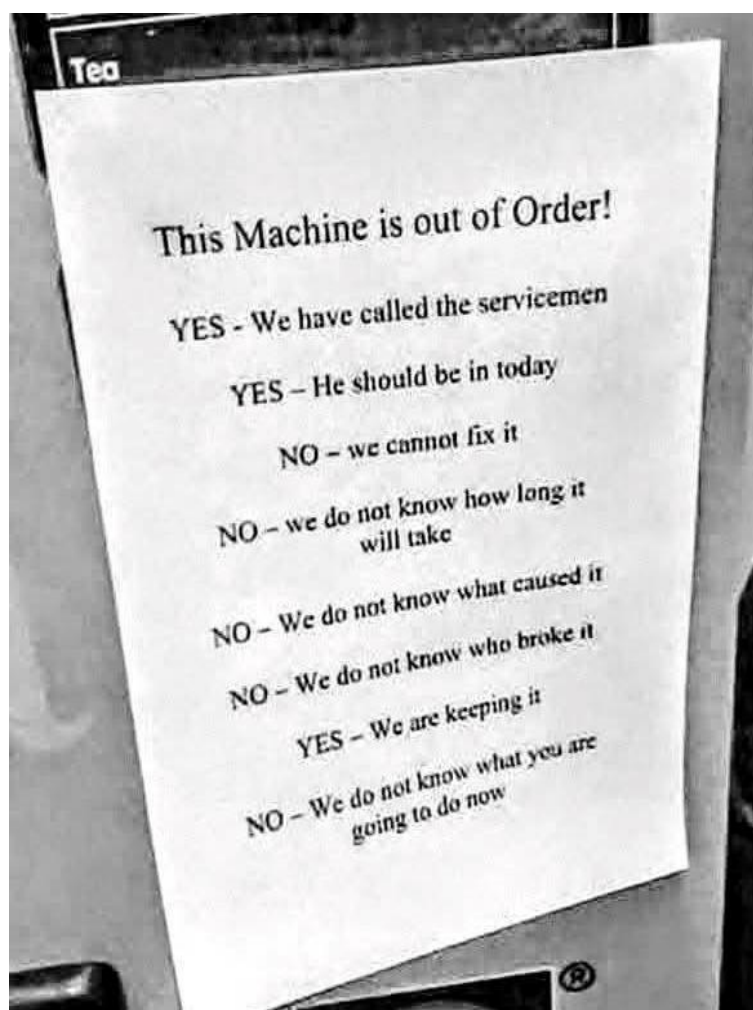
I know many of you don't believe this sort of stuff but I have sychic powers.

For example I know what many of you are now thinking.

"This chap's an idiot..... that's not how you spell psychic".



**I got an e-mail saying, "At
Google Earth we can read
maps backwards!" and I
thought to myself...
that's just spam.**



One jar of coffee, one box of teabags £10. When I've saved up for the electricity I'll put the kettle on and make a cuppa 📺📺📺



My Wife: "It takes 43 muscles to frown but only 17 to smile."
Me: " But it only takes 6 muscles to stare rudely, so save yourself some energy."



I know that some of you enjoy a good riddle on a Saturday so here is a one for you to ponder.

What do Alexander the Great and Winnie the Pooh have in common?

The answer is in the riddle below.....



WHY....

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave vault doors open and then chain the pens to the counters?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?