



## May 2026 Activities

### CHAIR'S CHAT

- The recent AGM minutes have been e mailed or posted out with this newsletter.
- The new Committee held our first meeting in May and we welcomed Mari who has joined us
- Due to a special event at St Johns, the July 31<sup>st</sup> Open Meeting will be a week earlier on Friday July 24<sup>th</sup>.
- If cycling to St Johns please lock your bike to the front racks or to the handrail beyond the garden of remembrance.
- St Johns have reminded us that all users of the kitchen areas should please use their own Tea towels.
- If you have any thoughts or ideas for new groups then please do contact me and we can organise an initial chat.
- Any ideas or comments (positive or negative .. either is fine) about our u3a then please do let me know.
- Please see special notes below about Titchfield Theatre Group, Bird Watching and Recorders.

Graham [Chair@locksheathu3a.org.uk](mailto:Chair@locksheathu3a.org.uk)

### MAY MEETING SPEAKER

Unfortunately, Alan Chambers who was going to talk about the Centre Court at Wimbledon had to cancel for health reasons. We will try and book him again in the next year or so.

Your Speaker Team managed to book a new Speaker, Susan Purcell who will give a talk entitled "The Story behind Crosswords". Susan is a linguist who in addition to doing crosswords also edits and produces them and so can give you an insight into the 'tricks of the trade'.

Susan says this is a light-hearted talk starting with the history of crosswords with various episodes and anecdotes including how intelligent services and revolutionary groups have always taken a close interest in crosswords.

Les

### INTEREST GROUP NEWS

#### TITCHFIELD THEATRE GROUP – now – THEATRE GROUP



Sadly, as many of you will know, due to a range of circumstances, Titchfield Festival Theatre has gone into administration and has closed.... I have sent our thanks to June at Solent u3a, who for many years organised the tickets etc. We have now renamed the group the 'THEATRE GROUP' and will initially be attending occasional productions at

Fareham Live.

All members will be included in the new Theatre Group list but as with the successful Let's Go Together group, if you would prefer to not be included please let me know.

The first play that we are planning to go to has Tamzin Outhwaite starring as one of the most iconic characters in British theatre – the unforgettable Beverly in Mike Leigh's ferocious black comedy of suburban life in the 1970s 'Abigail's Party'.

We will be going on Friday July 3<sup>rd</sup> at 7:30pm. Tickets are £49. If you would like to go, then please let me know by Thursday May 28<sup>th</sup> so I can forward you payment details. Transport may be possible depending on who wishes to attend. Evening parking is free in the carpark next to the Theatre. **Graham** [Chair@locksheathu3a.org.uk](mailto:Chair@locksheathu3a.org.uk)

## BIRD WATCHING

This group was previously organised by Solent u3a but are now 'branching out' with our own Locks Heath group. The aim will be to focus on very local 'twitter' areas to avoid lots of driving. If you might be interested then do come along at 3:45pm after the May Open Monthly meeting at St Johns Church in the Grove Room for an initial 'roost' where we can 'spread our wings' and consider how to 'take flight'. **Graham** [Chair@locksheathu3a.org.uk](mailto:Chair@locksheathu3a.org.uk)

## RECORDERS

Warsash u3a are looking for a few recorder players who can read music and may have learned at school and not played since. We are a very friendly group. There are a few instruments available. We play at a very leisurely pace in a member's home in Warsash every Monday between 2-4pm. **Please reply to Hazel Oxenham on website**



## BOOK FRIENDS

Last month saw us discussing Tim Weaver's book 'the Black Bird' with a real twist at the end. We are meeting in June at Maureen's house to talk about the book 'The Hate U Give' which has 'Black Lives Matter' as its theme. **Maureen and Diana**



## SKITTLES

Our next meeting is on the 1<sup>st</sup> June at the Kings Head, Wickham Square , 1pm for 1.30 start. Another good turnout for our May meeting with the chatting volume levels requiring the Scorer to raise her voice quite often!. Philip (not Phil our Treasurer) won the John Trophy for the first time. Les won the Mary Drew Cup for the second month running. Thanks Skittles members for understanding and accepting the Subs increase. **Les**

## CANASTA



We had a good number of members for both our April meetings with two new players joining us. They picked up the game very quickly and found it very enjoyable so if you would like to join us as a beginner or a more expert player, you will be very welcome. We meet on the 2nd and 4th Thursday of the month at the Victory Hall in Warsash between 2pm-4pm. **Liz and Pauline**

## HERITAGE AND CULTURES



Over the next few months, we look forward to a series of summer visits to local places of interest. Unfortunately, our first planned visit to Stratfield Saye had to be cancelled, but a replacement trip to the Sir Harold Hillier Arboretum near Romsey was a success for the small group who attended. Despite poor weather forecasts, they explored about half of the gardens and admired the many different trees and flowers, especially the irises and peonies which were in full bloom. They were also delighted to see the gunneras flowering. It was a quiet, peaceful morning, with the rain not arriving until lunchtime.

Further guided walks/tours to the Old Cemetery, Southampton, the newly renovated Diving Museum in Gosport and to Old Fareham have been planned for the rest of the summer. **Dilys**

## LUNCHEON GROUP



Our next lunch is at Strawberry Fields Tavern, Locks Heath Centre on Wednesday, 17<sup>th</sup> June at 12 for 12:30pm.

If you would like to join us please see me at the Open Meeting on Friday, 29<sup>th</sup> May.

Thank you, **Rachel**

## ALL THAT JAZZ



Our meeting on 18<sup>th</sup> May was attended by eight members and there was an apology from one member.

The theme was "U.S. bands, playing abroad" otherwise U.S. bands having been recorded anywhere in the world except the U.S.

Our Quizmaster asked us to name each tune, name the band and the location of the recording. This was good fun as some of us knew a little, whilst others knew a lot and some almost nothing. Nevertheless, the session was very enjoyable. We played fifteen tracks prompting discussion about the music, the artists and where they were recorded.

Next meeting will be on Monday 15<sup>th</sup> June at 2pm, when the theme will be "Rag". (Rag must be in the title of the tracks played.)

**David**

## PLAY READING



At our April meeting the numbers were down due to holidays and other issues which meant members had to double up reading the various parts. Graham and Will both acted like troupers as they put on falsetto voices and read the female roles. The Royal Shakespeare Company needn't fear but we did have a laugh!

Eventually Steph, waiting outside for her partner was dragged in and very gallantly saved the day by taking a part. We meet again on May 25<sup>th</sup> when we will take a trip down the Strand. **Pat**

## WALKING GROUP



Thank you to all who joined us for the walks in April and early May including Cams Hall Estate, Holly Hill Woodland Park and River Hamble, Portsdown Hill to Fort Nelson and Alver Valley Country Park.

In May and June, we have planned the following walks starting at 10.30am.

Dates, place to meet and walk leader are below with full details for the walks. **27<sup>th</sup> May:**

We will meet at Burseldon Railway Station and walk to Barnfield in Hamble Country Park for refreshments. We will return along the shore of the River Hamble. There are three stiles on the route which we will have to cross twice. This is a 3-4 mile walk and Maureen is the walk leader.

**10<sup>th</sup> June:** We will meet at Wicor Recreation Ground, Cranleigh Road, Porchester (PO16 9BY) and walk along the shore of Fareham Creek to Porchester Castle. We will have refreshments in the café by St Mary's Church before returning along the shore. This is a 3-4 mile walk. If you want to shorten this walk there are parking places on side streets parallel with the creek. Please ask Maureen and she can guide you. Marion is the walk leader

**24<sup>th</sup> June:** We will meet at Bassingwell Street car park in Bishops Waltham (SO32 1PA) and walk out of the town to the hills along the northern edge. We will then skirt the eastern edge coming down to the water meadow and one of the sources of the River Hamble. We will return to the town for refreshments at No 60 Coffee and Wine Bar. This walk is a long walk of 4-5 miles and John is the walk leader

We look forward to catching up with you on one or more of these walks. Wicor Rec and Bassingwell Street car parks are chargeable. Please be aware of weather conditions and bring appropriate clothing, boots, water. Please be aware that when we receive a walk and find adverse conditions, we may have to change the route. Please let John, Maureen or Marion know if you are joining any of the walks so that we know who to expect and avoid leaving anyone behind. Also, please let us know if you need to change your booking. Please try to share transport to the start of each walk to save parking spaces, parking charges and the environment. **Maureen and John**

## SHEPPERD SINGERS



This month we have been learning new songs and revisiting old songs we have done in the past. It's quite amazing the difference.

Unfortunately, one of our singers passed away after quite a long illness. He so enjoyed singing with us. Very enthusiastic with a good voice. He helped everyone and was a credit to us. His family asked us to participate at the funeral. Singing two of his favourite songs, along with the chosen hymns. It was very emotional for us but we did him proud.

I was very pleased that some of our singers who didn't know him came along and supported us that were finding it quite hard. Evidence of our really lovely supportive group.

We have welcomed 3 newcomers to the group this month.

**Carol**

Leader of The Shepperd Singers.

## GENTLE EXERCISE



Because the exercise class coincided with the Spring Bank Holiday, Monday, 25<sup>th</sup> May, it was decided to have the class on Wednesday, 20<sup>th</sup> May.

The classes are held on the last Monday of each month and have grown steadily over the months with three new members joining at the last class. We are a very friendly group and welcome new faces.

The exercises are beneficial to our joints and also promote a well being feel for everyday activity. There is also a good social side discussing everyday topics and not forgetting refreshments. The next Class will be held on Monday, 29<sup>th</sup> June at 2 pm. For further information, please phone Glenice. There is now a waiting list. **Glenice**

## ART AND ARCHITECTURE



Matt's presentation at our April meeting about Brutalist Architecture was well received. A building style of minimalist construction showcasing the bare building materials and structural elements over decorative design. The use of poured concrete creates huge monochrome grey masses with little decoration.

We were shown many examples mainly created during the period between 1950 and 1980. Mostly public buildings like Park Hill flats in Sheffield, the Barbican Centre in London and the impressive Preston Bus station. The ill fated demise of the Tricorn Centre in Portsmouth probably summed up most of the audience liking for a controversial architectural style.

For personal reasons the owner of the Nadia Waterfield Art gallery had to cancel our planned visit in May. Unfortunately, we were not left with enough time to arrange an alternative. However, by now all monies should have been refunded.

On the morning of 9<sup>th</sup> June we plan to visit the splendid chapel at Lancing College where there will be a guided tour. In the afternoon we will also visit the nearby Catholic Church of the English Martyrs at Goring where there is a remarkable ceiling based on the Sistine Chapel in Rome. We look forward to an interesting day and hopefully fine weather!

**Andrew and Ray**

## APPROACHES TO BETTER HEALTH



Next month on the 5<sup>th</sup> June, The Alternative ways to Wellness Group is covering a fascinating therapy relating to the Polyvagal Nervous system. The talk will be given by one of members. The Polyvagal theory developed by Dr Stephen Porges, explains that our nervous system constantly scans for safety and danger and reacts in three distinct automatic stages (or states) to protect us. It shows how our body, specifically the vagus nerve, influences our feelings, behaviours and social connections based on whether we feel safe, threatened or helpless.

I think this will be absolutely fascinating! **Grania**

## CREATIVE WRITING



We continue to meet every two weeks on a Thursday morning, each writing a short story of about 500 words on an agreed topic. Meeting in each other's homes we chat, have a coffee and biscuit(s) then in no particular order read aloud our pieces to the group, currently of five, giving constructive criticism but mostly praise. The last seven titles have

been 'Green', 'A Good Sport', 'The Ides Of March', 'Is He A Bot?', 'Boredom', 'My First Or Last Job' and most recently 'The Opening'. One of the stories took the opening lines from sixty books and turned them into a glorious story of the absurd. The first lines read .. *I write this sitting in the kitchen sink, and I am an invisible man. If you really want to hear about it, the first thing you'll probably want to know is where I was born. In a hole in the ground with a hobbit. If you are interested in stories with happy endings, you would be better off reading some other book. In the beginning God created the heavens and the earth. All this happened, more or less ...it was the best of times and the worst of times..*

Our next title is 'How Long Is A Coffee Break?' ..... Do join us..... **Graham**

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## TABLE TENNIS



In April the table tennis group's third get together took place at Fareham Shopping Centre and the next session is on Thursday May 28<sup>th</sup> 10:30-12:00 with bats & balls (white or orange) provided. Please see the website for more details. No cost, just come on down.

**Graham** [Chair@locksheathu3a.org.uk](mailto:Chair@locksheathu3a.org.uk)

## GARDEN GROUP



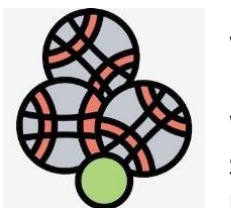
At our May meeting we shared photos, videos and ideas of how we have personalised our growing spaces with objects and items. We had several gnomes, some other ornaments and garden decorations, a birdbath and unusual planters.

In June we will be learning about pelargoniums, and we will have a stall with plants to swap or take for a small donation to charity.

Do take a look at the website to see photos of our activities and contact me if you are interested in joining us.

Our regular meetings are held on the 2nd Friday of each month in The Grove Room at St John's Church, 1:45pm for a 2pm start. **Stephanie**

## PETANQUE



We have had two very successful free trial events of Petanque at Cobbetts Boules in Burridge.

We had 12 people at our first event and four on our second event.

Some of the people attending have now signed up to join the Boules Club. They have 17 lanes to play Petanque and have a friendly group of people playing Petanque.

The cost is £35 for an annual fee and the Boules Club is open every Monday all year round between 2pm and 4pm. You can attend any Monday afternoon to play Petanque.

They also play in Petanque leagues if you want to consider playing in their teams.

If you are interested in playing Petanque, please contact **Richard via the website**

## KNITTING YARNS



This month is passing so fast that we now approach our next meeting. This will be held on the first Wednesday of the month as usual, the 3<sup>rd</sup> June at my house from 2pm-4pm.

**Rosemary**

## RUMMIKUB /CRIBBAGE



The Rummikub group will meet on Thursday 21<sup>st</sup> May at the Victory Hall. Players will be advised of a new game “Cribbage” as well as Rummikub from the June meeting.

The games will be played at the same venue & same time - open to all u3a members.

**Mari**

## CRAFT



In May we started work on mats and baskets using circular weaving. We took wool away with us to complete the projects which we will bring to the next meeting, in July.

There are photos of our creations on the website if you would like to see what we get up to. **Jenny and Stephanie**

## LET'S GO TOGETHER

During May we met up for plant sales in Catisfield and Warsash and also for Titchfield Village Fayre and to see Jools Holland and his Rhythm and Blues band at Fareham Live.

June	Sunday 7 <sup>th</sup> , 1pm	Titchfield Open Gardens, £10	Meet outside St Peter's church
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If you would like to join me at this event, meet me at the place and time stated.

**Stephanie**