u3a Locks Heath

Charity Registration No 1170681

September 2026

CHAIR'S CHAT



Thank you to Richard our Membership Secretary for sending out to each member their personal details that we hold on Beacon, our secure data base, and asking you to please check that all is correct and up to date. This includes name, address, phone numbers, e mail address and ideally the name and contact of somebody who could be contacted in case of an emergency. Please only reply to Richard if a change or addition needs to be made.

We are still looking to get a Chess group up and running. All levels, just let me know if you might be interested and we'll set up an initial gathering. Kings, Queens and Bishops are especially welcome. Additionally, a prospective member has said that he would like to establish a Guitar Group. If you would like to get together with others and strum along then do please let me know.

Also please note below the launch of 'Crafts Revisited'. Thank you to Linda for coming up with this idea and moving things along. Incidentally a lovely venue at which to meet.

Good news from Joyce's Open Meeting book stall. Another £100 has been collected from sales and this has been duly forwarded to 'Communicare' the excellent charity who provide transport to local people who need this type of assistance. Many thanks to Joyce and all her supporters.

A follow up reminder, this year on Friday December 18th at St Johns we will be having a seasonal get together with music, quiz, games, etc. If there are any individuals out there who could perform a short piece of entertainment, then please don't hesitate to get in touch.

And do take a look at our website with its monthly calendar and lots of information & photos. Easy to do, just go to locksheath.u3asite.uk and if you are unsure how to add our website to your phone's home screen then the instructions are on the information board which is on display at open meetings. If in doubt, please ask. The instructions are now also on our website under the 'Information' tab at the top of the website.

National u3a week runs from September 19th to 27th. At Locks Heath we will be having a membership drive with increased publicity and leaflets. If you think someone you know or happen to meet might be interested in joining our merry band then please do bring them along to give it a go. **Graham** Chair@locksheathu3a.org.uk

THIS MONTH'S MEETING

This month's Open Meeting is on Friday 25th September. The Speaker will be Alan Jones with a Talk entitled 'Can you say that again please?'

Have you ever wondered why we "let the cat out of the bag" or "hit the nail on the head"? Alan will "spill the beans" on the origin and strange stories behind these phrases so the next time you hear them they won't "throw a spanner in the works"

Les

INTEREST GROUP NEWS

CRAFTS REVISITED



Do you have unfinished stitching or craft projects that you've always intended to finish 'one day'? Would you like to get started again in the company of others who are in exactly the same boat!?

If so, the new Crafts Revisited group is for you. We'll meet on the first Tuesday morning of each month, 10:30am to 12noon. Our initial venue will be the lounge at the Orange Grove Hotel on Coldeast Drive, and our first meeting will be on Tuesday 6th October. You can bring along any small item of hand sewing or craft that you'd really like to finally get done, no matter how long it's been since you started it!

We look forward to seeing you there, just come along. No cost but good to buy a cuppa. **Linda**

SKITTLES



I must start by apologising to Chris who won the John Trophy in August but said it was Pam in the Newsletter item.

We had an increased number attending this month so thanks for doing this. You also came early so for the first time ever we started at 1.30pm! We managed to have our 3 rounds of normal Skittles despite the higher number playing. We also finished these earlier than usual. We had another first-time winner again this month as the John Trophy was won by Zoe. We continued this month to lose our lives quickly in Killer because there were only 1 or 2 skittles left to aim at most of the time. Mike won the Mary Drew Trophy by being the only person left with 2 lives. We have never finished Killer so early before.

Our next meeting is on 5th October at the Kings Head in Wickham Square. Doors are open from 1pm with the aim of starting at 1:30pm

We have space for a few more members, so you are more than welcome to come and have a go at Skittles. Just let me know you are coming You can talk to me at the monthly meeting or send me an email **Les**

BOOK FRIENDS



I think we all enjoyed our last book 'The Sea' by John Banville. We also looked at his biography and could see how his past influenced his writing. This month's book 'Girl A' by Abigail Dean is completely different and possibly not one to read at bedtime!

We meet at Diana's house in October. **Maureen**

COACH IT



In next month's newsletter we will give a report of our first coach trip which is to Battersea Power Station on October 6th. Will they go up inside the Chimney lift ?

Do check out the day trips offered by Lucketts coaches and let us know if you see a trip you'd like to go on and then we can publicise the trip for other members maybe to also come along**.** https://lucketts.co.uk/tours/Day_Excursions/overview It's probably best if the trips aren't too far away and also to check that they pick up at Locks Heath Shopping Centre …most do.

Glenice & Graham

KNITTING YARNS



Our next meeting of this small, friendly group is Wednesday, 7th October 2026 from 2pm - 4pm at my house

Please note we have a vacancy for someone who wishes to socialise whilst creating something beautiful at the same time It might be knitting, sewing or crochet - whatever interests you. **Rosemary**

HERITAGE AND CULTURES



Members of the group are looking forward to our final outing of the year on 22nd September - a guided walk around Old Fareham. Thank you to Les for organising this and we know this will be an interesting and entertaining walk guided by Andrew Negus.

Our October and November meetings will be held in the Grove Room of St John's Church on the third Tuesday of each month. Details of these meetings can be found on the website. We would like to take this opportunity to welcome new members to the group - if you are interested in joining us please contact us.

Dilys and David

CANASTA



Once again we had well attended meetings this month. If you would like to join our friendly laid back group you will be made most welcome. Most of the members were new to Canasta on joining, so if you have never played Canasta before we will teach you at your own pace. You can normally learn the game within a couple of weeks. We meet on the second and fourth Thursday of the month at the Victory Hall at 2pm - 4pm. We make a nominal charge of £2 to cover the hire of the hall. **Liz and Pauline**

LUNCHEON GROUP



Luncheon Group and Christmas lunch details.

Our next lunch is at Avenue 141, Fareham College, Bishopsfield Road, Fareham, PO14 1NH on **Tuesday,** 20th October at 12 for 12:30pm.

This is for either a 2 course lunch for £15 or a 3 course lunch for £18.

If you would like to come, please see me at the Open Meeting on Friday, 25th September.

The College have requested that the lunch is paid for by a single transaction so it will be necessary for you to make your payment at time of booking and making your menu choices.

Preferred method of payment is by Bank Transfer (BACS). If paying by BACS please use our Lloyds Business Account. Cheques made payable to Locks heath u3a.

No cash payments accepted.

The restaurant would prefer that drinks obtained from the bar are paid for by cash. Card payments are accepted but this takes longer as there is only one machine.

Car Registration numbers are needed to enter the College grounds, so if you intend to go by car, please let me have your registration number.
Parking spaces are limited and parking is not guaranteed.
If you are unable to attend the meeting and wish to come to the lunch, please contact me by email Rachel

Christmas Lunch.
The Christmas lunch is to be held at Avenue 141, Fareham College, Bishopsfield Road, Fareham, PO14 1NH on Thursday, 10th December at 12pm.
We are limited to 50 places so it will open to Locks Heath u3a members only on a first come first served basis.
Bookings will be taken at the Open Meeting in September and October.
Closing date for booking and payment 31st October.
The cost of the meal is £27 including gratuity and **must** be paid at the time of booking.

Car registration numbers are required to enter College grounds, so if you intend to go by car please let me have your registration number.
Please note that does not guarantee a parking space which are limited.

Payments for the meal can be made preferably by Bank Transfer (BACS) into our Lloyds Business Account

Please note we are not accepting cash payment for the Christmas lunch.

If you are not attending the Open meeting in September or October and paying by BACS please email me your menu choices.

THE CHRISTMAS MENU
IS AT THE END OF THIS NEWSLETTER

PLAY READING

The Play-reading group met in August and with full attendance ploughed our way through a Mike Leigh play - Grief. We've certainly enjoyed other plays more than this one.

We meet again on Monday September 28th and the play we a will be reading remains a bit of a surprise as the library hasn't informed me yet, but whatever it is, I'm certain we will have an interesting morning reading it! **Patricia**

CINEMA GROUP - Contact: Kathy Kanji, Solent u3a.



Our September film, "Sunny Dancer", began with a warning of strong language and sexual content: there was certainly plenty of both! Ì suspect that that, along with a strange twist at the end, spoiled for many what could have been an uplifting story.
Our next film, on 8th October, is "Pressure", a complete contrast. It is a tense war drama depicting the role of meteorologists prior to the Normandy Landings. Based on a stage play of the same name by David Haig it stars Andrew Scott as meteorologist James Stagg and Brendan Foster as Dwight Eisenhower, alongside Kerry Condon, Chris Messina and Damien Lewis.
As usual, Kathy will be emailing members once her "booking office" is open and anyone not on email and wishing to attend should contact me. **Celia**

WALKING GROUP



All walks start at 10:30am. Please contact the walk leader to let them know you are joining the walk. Walks as follows:

23rd September: Meet at Salterns Car Park, Hillhead and walk to Lee. Refreshments at On the Water or Cafe Zero. Decide on the day. (Details as in last month's newsletter). Maureen is the walk leader

30th September: Meet outside St Mary's Church, Church Road, Warsash. This long walk will be across fields with stiles and return via Warsash Common. Refreshments will be at the end at the Silver Fern. (Details in last month's newsletter). John is the walk leader

14th October: We will be walking at Lakeside Country Park, Eastleigh. Meet by the station cafe. This will be a short circular walk with refreshments at the end in the station cafe. John is the walk leader

28th October: Meet in the car park outside Bayside Cabin, Stokes Bay, and walk along the shore to Pebbles, or further, returning to Pebbles for refreshments. John and Maureen are away. Marion and Sheila are the walk leaders

Please be mindful of the weather and terrain. **Maureen**

THEATRE GROUP



If you come across any productions or performances that you would like to go to then let me know and we can put together a group outing. This includes Fareham Live, The Mayflower in Southampton and possibly the Kings Theatre in Portsmouth. **Graham**

GENTLE EXERCISE



The class met on Wednesday, 2nd September as the last Monday of the month was a Bank Holiday.

It was a small class this time as holiday arrangements had been made, therefore, only a few were able to attend.

We discussed certain exercises that we could add to the next class programme which will be held on Monday, 28th September at 2 pm and look forward to trying them out and getting feedback. **Glenice**

DOMINOES



Dominoes are set up in the Grove Room about 3:15pm following each monthly open meeting.

Just join a table, chat, relax and enjoy. The room is booked through till 4:30pm. Many thanks to John Dalby for donating two sets of 'nines' dominoes …. Makes for even more interesting games. **John & Graham**

WORDLE



Wordle is a free daily game which can be accessed on PC, tablet or phone. https://www.nytimes.com/games/wordle/index.html Six attempts to guess a five-letter word.

Green correct, yellow correct but in the wrong place and grey incorrect.

Then in a very relaxed way we share our daily results on the LHu3a WhatsApp group

A good way to get the brain up and running and most importantly its just a bit of fun.

Do Email me your mobile number to join the group. **Graham**

FRENCH CONVERSATION



We are continuing to grow in confidence with our French conversation. More and more of us are starting to converse easily without always needing our notes. We have listened (and mostly understood) videos of native speakers and are ready to move on to watching a French film. We do have a couple of spaces if you would like to join us, we can accommodate people from beginners to intermediate level so if you fancy giving it a try please do, we are very friendly.
Sue

TABLE TENNIS



The next ping pong will be on Thursday September 24th, 10:30 at Fareham Shopping Centre near Waterstones bookshop and thereafter on the fourth Thursday of the month. Bats and balls are available to borrow.
To make contact or for more information please go to our website
- locksheath.u3asite.uk **Graham**

GARDEN GROUP



At our September meeting we considered how we can help birds 'Beyond the birdfeeder' by growing a variety of plants in our outdoor spaces. We also made some apple and sunflower feeders to hang outside.
Next month, on 9th October, we will be learning about Hyacinths.
Do take a look at the website to see our plans for the next few months, 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**

BIRD WATCHING



This month 7 members of our fledgling group paid our second visit to Titchfield Haven. The weather was kind and we made the most of our 2 hours by visiting both sides of the reserve.
First of all, we walked to the west side, with a quick look at the turnstones by the harbour. These waders are recently arrived migrants following their breeding season in the high Arctic tundra. Their numbers will increase over the next few weeks and they will be with us until next spring. Once in the reserve we spent some time in the hide overlooking the south scrape and birds we saw included: black headed gull, herring gull, heron, redshank, black tailed godwit, lapwing, snipe, shoveler, gadwall, starling and Canada goose.
After that we walked to Meadow Hide on the east side. We had good views there of the Highland cattle that have been grazing the meadows during the summer. These handsome cattle are there to improve the biodiversity of the habitat. From the hide we saw heron, little egret, glossy ibis, cormorant, crow, stonechat and greylag goose.
The afternoon finished with welcome refreshments at the cafe.
Our next meeting, on Monday Oct 12th, will also be at Titchfield Haven when we hope to see more of the birds that fly hundreds of miles to overwinter along our coast. New members will be very welcome: we meet outside the Haven booking office at 2pm. Entrance is £5.50 for seniors, payable parking on the seafront or you can usually park for free on Cliff Road. **Celia**

UNTRADITIONAL BOOK GROUP



The weather may be unpredictable, but you can always depend on the Untraditional Book Group finding you something good to read. Here are this month's recommendations:

The Family Upstairs - Lisa Jewell - a compulsive thriller. Two entangled families and a house with the darkest of secrets...

Ask For Andrea - Noelle Ihli - a pulse-pounding read for fans of 'The Housemaid.'

A Good Girl's Guide to Murder - Holly Jackson - an unputdownable murder mystery that became a genre-defining phenomenon.

Beneath the Orange Blossom - Emma Cowell - A lost love. A devastating secret. And a summer that could change everything...

The Artist - Lucy Steeds - a gorgeously escapist novel which transports the reader to the heat of sun-soaked 1920s Provence.

A Killing in November - Simon Mason - an Oxford-based, police whodunnit introducing an unlikely duo from different sides of the tracks.

Innocent Guilt - Remi Kone - a debut crime thriller. Victim or murderer? Can DI Leah Hutch discover the truth? ...

On We Go - Mike Gayle - a funny and moving story about love, loss and what it means to be a family. Further details of all these books can be found on

https://locksheath.u3asite.uk/u3a_groups/the-untraditional-book-group/ **Nichola**

ALL THAT JAZZ



Our group will be meeting on 21st September, and the theme chosen will be "the piano". We hope to be playing several tracks from famous pianists and also those who are not so well known. **David**

ART AND ARCHITECTURE





Both of the September talks were very well illustrated. Matt Dolan's presentation about Portsmouth's Spinnaker Tower included a history of the Gunwharf site and the complication it made being so close to water. It stands on 84 reinforced concrete piles up to 50 metres deep which is why the tallest building (174 metres) on the south coast hasn't yet fallen over! We saw the construction taking place with pictures at every stage. The result has been a project way over budget and hopelessly late, but nevertheless an edifice of great architectural merit and beauty.

Colin House reminded us that Southampton Town Hall and civic offices are nearly 100 years old.
Designed by the architect Ernest Berry Webber it was begun in 1929 and completed in 1939.
Described in its day as "a most ambitious civic building", it still holds its place and is grade 2 listed. The story to establish the height of the clock tower caused great mirth. A red balloon on a cable was raised in the sky which needed to be visible from various locations to establish the clock tower's eventual height. It was an ingenious scheme which must have caused great fun. The presentation was very informative and being about a local landmark much appreciated.

Our next meeting will be on Tuesday 13th October when David Lee will present the architect Frank Gehrey, designer of the Guggenheim Museum in Bilbao, etc. Come and join us, a warm welcome awaits. We will meet in the Grove Room in St. John's Church at 10:10 am. Admission £2 includes tea or coffee and biscuits.
Andrew and Ray

CRAFT



In September we used macramé techniques to decorate jam jars. There are photos on the website so do take a look.

In October we will be using air-drying clay to make small items which we will paint at our meeting in November. **Jenny & Stephanie**



SCRABBLE 2nd Monday morning each month at my house from approximately 10:00 to 12:30, with a break for refreshment and chat. At the moment we have nine members but can now accommodate a few more, especially as not everyone is able come every time. If you would like to try us out please contact me for more details.
Rosemary

WELLBEING



The Wellbeing Group had a wonderfully calming and enjoyable meeting learning chair yoga. Our Practitioner, Yoga teacher and Life Coach, Lisa Maniatis, led us in a beautiful yoga/meditation. The exercises were fluid and able to be enjoyed by everyone. I hope she can come back!
Next month, October, I am planning to work on tips to boost our immune systems before winter and look at the extraordinary powers of true Manuka honey. **Grania**

LET'S GO TOGETHER

Sixteen of us met up at the local Hampshire Open Studios venues in early September. We chatted as we admired the art and craft on display and some of us stayed on for refreshments. Coming up are a variety of events that you might like to join us for.

Sunday 27th September	Tabletop sale, Abshot Community Centre	Meet at the entrance at 10:30am
Saturday 3rd October	Jumble Sale at Age Concern, Locks Heath Centre	Meet at the entrance at 10:00am
Saturday 10th October	Fareham Art Group Exhibition, Titchfield Community Centre	Meet at the entrance at 2:00pm

If you would like to come along make a note of these dates and meet at the times given at the entrances. There is no need to let us know if you are coming.

Stephanie and Graham

GEOLOGY



We all live on a dangerous planet. Whilst we, quite rightly, may be concerned about Vladimir Putins threats they are insignificant compared to the giant asteroid collisions of the past. The largest known asteroid strike is the Vredefort dome in south Africa. 2.02 billion years ago a giant space rock 12 to 15 miles wide created a staggering impact scar the Vredefort Dome.

This impact was far greater than the asteroid that killed the dinosaurs. The impact from the Vredefort released energy being equivalent to billions of atomic bombs. An impact of this size would, most likely, kill all human life

There are about fifteen different identified events that could cause serious loss of life. These events make our daily problems irrelevant. Our daily problems, starting from near the bottom include, our next golf lesson, parking tickets, speeding fines, rows with neighbours and acrimonious divorce's, etc, etc.

Food for thought !! **Michael**

POETRY READING



I am pleased to say that the poetry reading group met in August after a couple of missed months due to the very hot weather and members holidays. We have a number of themes for the next few months. For September 24th we shall have the theme of Fire. For future months we have chosen Trees, and then winter and for the new year relationships. Do come along, it would be great to have new members. **Jenny**

CHRISTMAS LUNCH MENU

STARTERS

Smoked salmon
Citrus Dressing , Capers

Curried Parsnip Soup
Parsnip Crisps

Ham Hock Terrine
Piccalilli, Green Leaves

MAIN

Traditional Roast Turkey
Apricot & Sage Stuffing
Pig in Blanket
Cranberry Sauce

Braised Feather Blade Steak
Bourguignon Sauce

Goats Cheese, Mushroom & Spinach Pithivier
Wholegrain Mustard Veloute

Served with Roast Potatoes & Seasonal Vegetables

Menus may be changed if items are not available, but in most cases a like for like substitution will be made.

DESSERT

Avenue 141 Christmas Pudding (V)
Brandy Sauce & Red Currants

Chocolate Orange Tart, Cointreau Cream

Duo of Cheese- Stilton & Cheddar,
Spiced Chutney & Crackers

COFFEE & MINCE PIE

Payments for the meal can be made preferably by Bank Transfer (BACS) into our Lloyds Business Account. Card payments can be made at the open meeting. Cheques made payable to Locks Heath u3a.

Please note we are not accepting cash payment for the Christmas lunch.

If you are not attending the Open meeting in September or October and paying by BACS please email me your menu choices to:- **Rachel**