

# Woodside

u3a  
learn, laugh, live

Newsletter

May 2026

MEETING AT THE STANBOROUGH CENTRE WATFORD

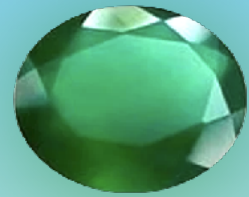
<https://u3asites.org.uk/woodside>

Charity Registration Number.: 1182140

*This Months Birthstone*



Hello everyone



*Green Onyx*

**W**elcome everyone to our **May Meeting**. This is our last meeting before the AGM. I would like to thank all of you for renewing your membership. I will be standing for another year as Chair, obviously with your backing as Woodside U3A members.

Ken Cotton and myself attended a Cluster Meeting recently. This means we get together with all the other U3A`s in the area. It gives us the chance to meet with all other Chairs and committee members to discuss how to improve and help each other in the future. We are always looking for new committee members so if you would like to join us on the committee please speak to myself or any of the current members of the committee. I have enjoyed my first year as your Chair and hope to see you all in the year ahead. The wheels are in motion for this year's Christmas Lunch, more details will be given in July and September.

*Dave*



**Today's Speaker:-**Richard Furnival Jones "The Palace of Knightsbridge"  
History and life of his 40 years at **Harrods**

# SPEAKERS REPORT

**A**t the April meeting we had a very interesting presentation from Paul Campbell about Medical Detection Dogs - accompanied by a beautiful dog who is currently being socialised. Medical Detection Dogs are not as well known as Dogs for the Blind, but have a variety of roles. These dogs have an amazing sense of smell - they can, for example, detect one teaspoonful of sugar in two Olympic-sized swimming pools, and they can breathe in and out at the same time. The charity was founded on the understanding that dogs can smell disease, and was jump-started with a very generous donation of £800,000. It costs £29,000 to train a dog over two years, and there are two types



of dogs trained - Detection Dogs that can detect diseases from samples (for example, they can smell bowel cancer in urine with 95% accuracy) and Alert Assistance Dogs, which are trained to support one person. For the Alert Assistance Dogs there are waiting lists of up to five years. To run this charity it costs £2.5 million a year, and an impressive 77p out of every £1 goes directly to training and supporting the dogs. This fascinating talk was enhanced by a range of slides which were very helpful to those at the back of the room, and to those who cannot always hear very clearly. Many of our members made very generous donations at the end of the meeting.

*Heather Lace*

**NEW GROUP!**

## Creative Writing

If you are interested in joining this new group please contact:

**Libby Crawford on 01923 247847**

Group meets 1st Wednesday each month starting on June  
from 2-4pm



## Photography Group



**T**he Photography Group met at Elstree Aerodrome for this month's competition. This is the first time that all members of the group (even those unable to attend) voted. Well done to **Carol Jones** for winning with her well composed picture

## 'Listen To Music Group': Looking For One New Member

**T**he group is called Listen to Music and we meet once a month on the second Monday at 14:00. We meet in my house (near Aylesbury) and also in Watford and Abbots Langley, because I live further away. We have a different theme every time. Last time we did Music wars U2 vs Simple Minds and each person brings one song for each band, we listen and then vote for our preference over hot drinks and biscuits. It's very relaxed and enjoyable. We currently have 3 ladies and 2 men. The meetings usually last for an hour and half and sometimes we go out for lunch, beforehand

Lawrence Pearlman: 07752 367664 or email [pearlyman58@gmail.com](mailto:pearlyman58@gmail.com)

**NEW GROUP!**

## Quilting Group



Quilting Club and the contact is Anne Price on: 07304 118768. They meet the 3rd Thursday of the month at 2.00 until 4.00pm.

## Drama Group



**T**he Drama Group had a lovely lunch out at the Royal Oak in Abbots Langley recently . We all thought it was a "Perfect Performance " *Sue Brown*

## My Favourites

Name: **Marcus Coulrup**

Place Of Birth: **South India**

Favourite Food: **Curry**

Favourite Film: **Magnificent Seven**

Favourite Kind Of Music: **Rock n, Roll**

Favourite TV Program: **Any Sport Program**

My Hobbies: **Darts, Books, Crosswords**

My Bucket List: **To See England Win World Cup Cricket**

Who Would you Most Like To Meet (Living Or Passed Away):

**Elvis Presley**

Favourite Holiday: **Peru, The Inc Trail**

Where Would You Like To Visit: **Australia**

Who Would You Not Want To Be In A Lift With:

**Donald Trump**

1st Car: **Vauxhall Viva (Blue)**



# WordSearch

## Characters From The Muppet Show



P	O	R	A	M	O	P	H	Z	L	L	D
G	E	B	O	Z	U	E	S	E	I	O	R
E	P	N	N	W	Z	P	G	L	B	S	I
B	I	O	R	L	L	E	P	O	E	S	B
B	G	M	F	E	I	F	B	E	S	E	G
J	I	M	H	E	N	S	O	N	T	R	I
O	S	F	I	O	E	A	R	W	A	S	B
W	W	C	O	S	O	R	I	E	T	K	E
A	A	Z	O	O	S	S	S	W	L	E	A
L	L	H	M	O	R	P	C	D	E	R	K
D	T	L	F	I	T	A	I	A	R	M	E
O	E	D	Z	E	S	E	Z	G	R	I	R
R	R	Z	O	E	L	E	R	P	G	T	L
F	O	Z	Z	I	E	B	E	A	R	Y	P

- Muppets
- Jim Hensen
- Kermit
- Miss Piggy
- Fozzie
- Bear
- Gonzo
- Pepe
- Rizzo
- Rowlf
- Beaker
- Scooter
- Bobo
- Waldorf
- Statler
- Walter
- Big Bird
- Oscar
- Elmo

<https://thewordsearch.com/puzzle>

### This Months Joke



What is Spider Man's dream job?.....Designing Websites!



### £ 'BACS' PAYMENTS £



**This is our preferred method of payment!** Here are the details you'll need.

Account name:- Woodside U3A, Sort code 20-45-45, Account number 13245691.

**Please fill in the REFERENCE.** If it's a renewal then it's your membership number, if it's a trip then the reference is the name of the trip. **The reference is very important as the treasurer will know what you're paying for".**

## Interest Groups Contact Details: N.B. ★ Indicates *Group Full With Waiting List*

Art	Contact: Sue Walters on 07989 250483, Group meets fortnightly 10-12am at Tanners Wood Hall.
Badminton ★	Contact: Susan Coultrup on 01923 334387. Group meets weekly on a Wednesday at Woodside Leisure Centre 2-3pm (This is a joint group with SWH)
Board Games	Contact: Sue Brown 07812 840047 or email <a href="mailto:susanmaybrown@hotmail.com">susanmaybrown@hotmail.com</a> February 10.30-12.00 pm at members houses
Books ★	Contact: Libby Crawford on 01923 247847. Group meet every 3rd Wednesday @ 10.30am
Bridge Improvers	Contact: Judith Evans on 01923 260354 or 07960 642651. Group meets 1st and 3rd Mondays at 1.30 - 4.30 at Asda Room 3 (this is a joint group with SWH)
Canasta	Contact: Reg Breese on 07796 446148. or email: <a href="mailto:reg2@sky.com">reg2@sky.com</a> Group meets 3rd Tuesday of the month at Asda Community Suite at 2.00pm
Cinema Group	Contact Pam Clark 07941 661603 (Members To Suggest Films)
Craft ★	Contact: Jo Bromwich on 01923 443758. This group meets on the 4th Wednesday of the month at Abbots Langley Cricket Club at 10 until 12 am
Creative Writing	Meets 1st Wednesday Starting in June. Contact: Libby Crawford on 01923 247847
Drama	Contact: Joyce Holton 07795 193405 This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am
Family History	Contact: Bea Luffrum on 07711 709039. Group meets monthly on the 1st Wednesday morning at members houses (this is a joint group with SWH).
French	Contact: Heather Lace on 07951 937064. Group meets fortnightly on a Monday at 2.30p at members houses
Garden Visits	Contact: Teresa Brunswick on 07712 710811. Watch out for news of visits at the General Meeting.
History Group ★	Group meets 2nd Monday of the month at Asda. Contact Anne Osborne 07746 481487
Line Dancing	Contact: Judy Lovell on 01923 893368. Group meets 1st and 3rd Mondays. First session 10.15am. (Second sessions 11.15am - Currently Full) This is a joint group with SWH)
Listening To Music ★	Group meets on the 2nd Monday of the month at 2pm. Contact: Lawrence Pearlman on 07752 367664 or email <a href="mailto:pearlyman58@gmail.com">pearlyman58@gmail.com</a>
Local Theatre Group	Contact: Valerie 07813 733461 and Antoinette 07963 450985 Trips to be advised. Payments to be made at the time of putting your name down for a trip. Travel will be shared vehicles.
Lunch Group	Contact: Joyce Gray on 01923 263213 or <a href="mailto:rejoyce.gray@gmail.com">rejoyce.gray@gmail.com</a> Monthly. Days and venue vary.
Mexican Train	Contact: Bernice Caffrey on 01923 672359. Group 1 meets every 4 weeks on a Thursday at 2.00-4.00pm. Group 2 meets every 4th Monday 2.00-4.00pm
Murder/ Mystery	Contact: John Simpson 07531 542605 - Group meets on an ad hoc basis in group members homes.
Pathfinders	Contact: Patrick Turner on 0923 263511 or 07954 640263. Meets on the 1st Tuesday morning of the month. (this is a joint group with SWH)
Philosophy	Contact: Jeanne Johnson on 01923 263598. Group meets monthly on 1st Monday 2.00-4.00pm. (This is a joint group with SWH)

Photography	Contact: Ken Jones on 01923 264855. Group meets most months at a venue to be decided, to take a photograph and have a social time at a local cafe.
Play Reading For Fun	Contact: Derek Giles on 01923 270971. 4th Wednesday at Asda at 10.00am -12.30pm and again 1st Monday at Asda at 2.00pm - 4.30pm (This is a joint group with SWH)
Pub Lunch And Darts	Contact: Ken Cotton 01923 269720. Group meets at the Unicorn Pub, Abbots Langley. Meets On 1st Tuesday Of The Month at 12.30pm
Quiz Evening ★	Group meets on the 3rd Thursday of the month. 7pm Lawrence Pearlman on 07752 367664 or email <a href="mailto:pearlyman58@gmail.com">pearlyman58@gmail.com</a>
Quilting Club	Meets on the 3rd Thursday of the month Contact: Anne Price on 07304 118768
Spanish ★	Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley.
Sewing	Contact: Tina Photi on 07427866825. Group meets Wednesday at 10.00-12.00am at Tina's home.
Sequence Dancing	Contact: Janet Moles on 07835 260967 Next meeting Friday 9th December at All Saints Church Hall from 2.00pm until 4.00pm.
Sign Language	Contact: Sue Brown on 07812 840047. Group meets 1st & 3rd Friday of the month. 2.00-3.30pm. Contact Sue for venue. Joint Group with Chiswell Green u3a
Singing for Pleasure	Contact: Ady Shaw 01923 518021. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda.
Social Outing Group	Please Contact Bernice Caffrey : <a href="mailto:caffreyba@gmail.com">caffreyba@gmail.com</a>
Table Tennis	Contact: John Simpson on 07531 542605. Group meets fortnightly at 10.00-12.00am at the YMCA Haines Way.
Ten Pin Bowling	Contact: (initially) Bernice Caffrey on 01923 672359. Group meets on the 2nd Monday of the month at Hollywood Bowl at 2.00pm.
Trips	Contact: Martin Rodel on 01923 442417. Available trips advertised at General Meetings.
Ukulele	Contact: Trevor Boardman on 01923 244016. Group meets 1st, 3rd and 5th Thursday and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Community Room (this is a joint group with SWH)
Weekenders	Contact: Teresa Brunswick on 07712 710811. Watch out for news of visits at the General Meeting.
Woodside Walk Five	Contact: Derryck Croker on 07941 401421 for details of next meeting. Group meets monthly on the 2nd Wednesday. (This is a joint group with SWH)
Wednesday Walkers	Contact: Derryck Croker on 07941 401421 Group meets on the 4th Wednesday of the month (This is a joint group with SWH)
Yoga Group	Meeting Thursday Mornings At The Stanborough Centre. 2 Sessions 9.45am and 11am. Cost £8 (£2 if you join but can't attend) <b>Just turn up!</b> Joint with SW Herts

**We are always looking for new interest groups If you have any ideas then please speak to Bernice at the general meeting.**





General Meeting Talk Next Month:



# AGM+ Singing for Pleasure & Drama

## Refreshment Rota:-

Today: **Family History and French.**

Next Month:  
**Garden Visits and History Group**

## WANTED FOR OUR NEWSLETTER

News & Photos

Maximum 150-160 Words Please

**\*Copy Date Is 1st Of The Month\***

Send to Ken Cotton, 01923 269720

or

email:- [woodsidesu3a22@gmail.com](mailto:woodsidesu3a22@gmail.com)

## ALSO: NEWS & PHOTOGRAPHS

suitable for publication please send to

The Webmaster, Andrew Cummings

at:

[webmaster@woodsidesu3a.org.uk](mailto:webmaster@woodsidesu3a.org.uk) or

[andrew.cummingsu3a@btinternet.com](mailto:andrew.cummingsu3a@btinternet.com)

The newsletter is available online at

<https://u3asites.org.uk/woodside>

**S**o our u3a can be as environmentally friendly as possible, you are invited to bring your own mug to our monthly general meetings. These are easier to drink from and will save using plastic cups.



## The Committee Contact Details:

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07956 218801



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Newsletter Editor  
01923 269720



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**Next General Meeting  
June 16th 2026 (AGM)**