

Woodside



Newsletter

September 2026

MEETING AT THE STANBOROUGH CENTRE WATFORD

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

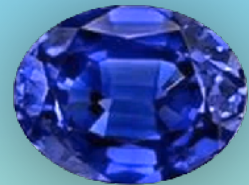
Charity Registration Number.: 1182140



WELCOME BACK!



This Months Birthstone



Blue Sapphire

Good Morning, everyone, welcome to our **September General meeting**. I hope you all had an enjoyable August break, and if you managed to get away on holiday, the weather was kind to you and was not too hot. Although we had no meeting in August some of our groups still went ahead and kept you entertained. So, thank you to all our group leaders for giving up their valuable time, it's most appreciated. I am pleased to say the Littlehampton trip went ahead and proved to be a very good day out, so well done to Marie and Sue for a well organised trip. Looking forward to the next one. While I am writing this the weather is still warm, sunny and very dry which means my flowers have suffered, hopefully we will have had some rain by the time you read this, and the hosepipe ban is over. Well that's all from me for now, stay safe and see you all next time. *Dave*



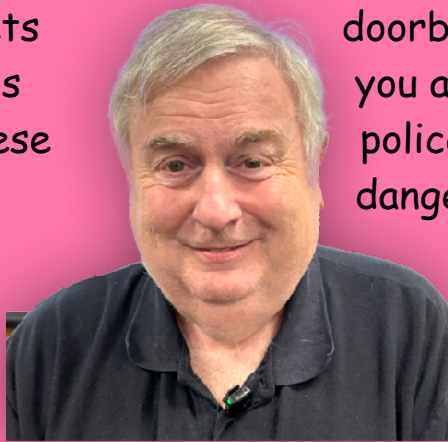
Today's Speaker:-

Lucy Lewis "UK's First Female Bomb Disposal Expert"

To help the environment please remember to bring your own drinking vessel.

SPEAKERS REPORT

Our speaker for July was Chris Truran on the subject of 'Digital Forensics-Who's Watching You'. Chris explained that there has been a huge increase in the use of mobile phones, CCTV cameras, tablets and contactless cards since the 1980's. These can all be viewed by intelligence agencies or hackers alike. Even deleted information can be retrieved and viewed. Trigger words attract the security services for further investigation. Since the outsourcing of work to call centres abroad scam calls have increased massively. Be careful not to give away any information about yourself.



Chris Truran

Register your home with the Land Registry to ask for an alert if someone makes an enquiry about your home. Make sure you are alone when using cash machines and get a parcel box for your doorstep. Ring doorbells are also useful to you and sometimes to the police. Many very dangerous people have now been caught using CCTV and phone information together with the painstaking work of the police. Chris was a hugely informative, interesting speaker who had some anecdotes to lighten the mood of the talk. He has other talks and I'm sure we will have him back.

Louise

WELCOME!

TO OUR NEW COMMITTEE MEMBERS!

A very warm welcome to our three new committee members: Sue Brown, Marie Welsh & John Simpson





by Jo Bromwich

CRAFT GROUP

The Craft Group made 'sock dolls' using a white sports sock and a child's patterned sock. They all have a lovely expression on their faces. The centre one is waiting to be dressed.

SINGING FOR PLEASURE GROUP

The Singing Group arranged a lunch out at the Blue Check Restaurant. Unfortunately, not all could come along but hopefully will next time.

Bernice



GARDENING GROUP



A small group from the Gardening Group made a visit to Capel Manor Gardens and enjoyed a lovely day out. *Sue Brown*



This Months Joke

My Doctor keeps checking my reflexes!
He says he gets a kick out of it.



MY FAVOURITES!

Name: **Marcus Coultrup**

Place Of Birth: **South India**

Favourite Food: **Curry**

Favourite Film: **Magnificent Seven**

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

Favourite TV Program: **Any Sports 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 Inca 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**



WORDSEARCH

Can You Find
These Juicy Fruits?

Apple
Lemon
Babana
Lime
Orange
Watermelon
Grape
Kiwi
Strawberry
Papaya
Blueberry
Blackberry
Raspberry

A	E	Y	R	R	E	B	E	U	L	B	A
P	L	P	S	L	A	N	A	N	A	B	Y
A	I	K	I	W	I	L	Y	G	A	A	R
W	A	T	E	R	M	E	L	O	N	R	E
E	B	Y	U	B	S	W	P	O	A	E	A
A	P	A	P	A	Y	A	M	A	G	Y	N
O	M	N	P	W	M	W	N	N	R	R	O
L	S	R	A	L	R	Y	A	R	N	G	M
R	W	E	A	O	W	R	E	E	R	E	E
E	A	K	E	M	O	B	B	N	E	E	L
L	Y	M	A	P	P	L	E	R	I	L	Y
P	I	M	R	S	B	Y	A	B	E	P	E
L	B	L	A	C	K	B	E	R	R	Y	G
S	T	R	A	W	B	E	R	R	Y	S	B

<https://thewordsearch.com/puzzle>

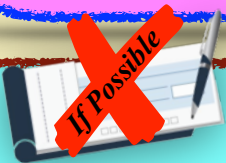
WEEKENDERS GROUP *by Marie Welsh*



On July 5th Weekenders visited Eltham Palace near Greenwich. The Palace was refurbished by the Courtauld Family in the 1930s. The medieval great hall stands magnificently against the distant London skyline where modern buildings such as the Shard and the Gherkin are easily recognised; ancient meeting modern. Many of the rooms in the Palace are decorated in Art Deco style, with sumptuous features such as gilt tiles in bathroom of Ginnie Courtauld and decorative marquetry in the entrance hall. The gardens are many and very popular is the sunken rose garden. In the orangery live music played and members gathered to picnic and take in all the wondrous sights of a stylish era.

CHRISTMAS CANAL BOAT TRIP

There are four people who have yet to confirm that they are joining us on this journey and who still need to pay the outstanding cost of the trip and we do need confirmation from them that they are intending to join us, as shortly I have to pay the boat operators for the hire of the vessel. Payment should be made by **October 20th**, or our October meeting. Unless payment is paid by that date, we will assume that you are no longer able to join us and we will reallocate your place with those from the Reserve List. Secondly, if you have received, by email, a copy of the meal menu, please return the form with the exact funds, in cash, by the **17th November 2026**, with your menu choices and the exact funds please. If you have not received a copy of the menu then copies will be available today from John Simpson.



£ '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 are paying for".

Interest Groups Contact Details:

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 susanmaybrown@hotmail.com February 10.30-12.00 pm at members houses
Books	Contact: Libby Crawford on 07719 582545. 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: reg2@sky.com 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 2nd Wednesday Of The Month. 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
French 2	Meet monthly on 1st Wednesday of each month at 10am until 11.30am starting from 1st July at Libby's House. Contact Libby Crawford on 01923 24784
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 pearlyman58@gmail.com
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 rejoyce.gray@gmail.com 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 A Local Pub 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 pearlyman58@gmail.com
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.
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) Just turn up! 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:

Mark Lewis "Sentinels of the Sea"
History of lighthouses and bravery
of people involved through time.

Refreshment Rota:-

Today:

**Local Theatre Group &
Lunch Group**

Next Month:

**Mexican Train & Murder Mystery
Groups**

WANTED FOR OUR NEWSLETTER

News & Photos

Maximum 150-160 Words Please

Copy Date Is 1st Of The Month

Send to Ken Cotton, 01923 269720

email:- woodsidesu3a22@gmail.com

ALSO: NEWS & PHOTOGRAPHS

suitable for publication please send to

The Webmaster, Andrew Cummings

webmaster@woodsidesu3a.org.uk or

andrew.cummingsu3a@btinternet.com

The newsletter is available online at

https://u3asites.org.uk/woodsidesu3a

So 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.



**Next General Meeting
20th October 2026**

The Committee Contact Details:

Dave Daniels - Chair

daviddanielsu3a@aol.com

07956 218801



**Ken Cotton - Vice Chair &
Newsletter Editor**

01923 269720

woodsidesu3a22@gmail.com



Alison Theobald - Treasurer

a.theobald@sky.com



Lesley Cummings - Membership

Secretary 01923 681478

membership@woodsidesu3a.org.uk



Joyce Gray - Minute Secretary &

Publicity 01923 263213

rejoyce.gray@gmail.com



Bernice Caffrey -

Interest Group Coordinator

01923 672359

caffreyba@gmail.com



Louise Smith - Speaker Organiser

0748 3214815

louise.c.smith@hotmail.co.uk



Heather Lace 07951 937064

huezit@hotmail.com



Sue Brown

susanmaybrown@hotmail.com



Marie Welsh

redditch74@gmail.com



John Simpson

indiabound81@outlook.com



Woodside

u3a
learn, laugh, live

Articles Needed For The Newsletter!

From Any Member (Not Just Group Leaders)
For The Newsletter to Continue. Just A Few
Words About Any Trip Or Group Activity That
You Belong To. A Maximum Of 160 Please. If
Possible Please Include Just One Photo.

Please Send To The Newsletter Editor:

Ken Cotton

woodsideu3a22@gmail.com

Click This Link

Or Ring For More Info: 01923 269720