

## Eastbourne Central u3a Spring Newsletter 2026



Spring, the sweet spring, is the year's pleasant  
king,  
Then blooms each thing, then maids dance in a  
ring,  
Cold doth not sting, the pretty birds do sing:  
Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country houses gay,  
Lambs frisk and play, the shepherds pipe all day,  
And we hear aye birds tune this merry lay:  
Cuckoo, jug-jug, pu-we, to-witta-woo!

Thomas Nashe

Welcome to our Spring newsletter. After such a prolonged period of wet, grey days, we are looking forward to the colour and sunshine of springtime, if we have not already decamped to warmer climes.

### A.G.M.

Our A.G.M. takes place at 2 p.m. on Thursday 26<sup>th</sup> March at Saint Saviours church hall and you are all invited. The meeting is usually quite short and will be followed by Wayne Newport's talk on 'Theatrical, Myths, Legends and Superstitions.' Jane Bradley, our Speakers Secretary writes "There are many superstitions, myths, legends – whatever you want to call them – associated with the Theatre. We probably all know at least one, but do you know their origin or what that really means for those that work in the industry. Double, double toil and trouble; Fire burn, and caldron bubble (Macbeth). Wayne will take you on an illustrated talk through some of the most common, the most wonderful and the most bizarre Theatrical Superstitions, Myths & Legends." I hope as many of you as possible will find time to join us.

The main committee positions are (subject to the meeting's approval) filled, but there is room for one or two extra general committee members. If you are interested, please fill in the attached nomination form. We are proposing to keep the annual membership fees for 2026 – 2027 pegged at £13 (£9 associate membership).

Stepping down from the committee this year are two of our stalwarts. Jane Bradley has been Speakers Secretary for the last 6 years. She has always put together a great programme of speakers on a wide range of topics. The two talks a month alone represent value for money from your membership. Gill Morris has offered to take on this role.

Erik Starkie is also stepping down after many years in several key roles. His knowledge of u3a policies and practices is second to none so I know I will continue to look to him for advice on occasions. I thank them both for their contributions.

### **Group News from Kath Boak, Groups Coordinator**

Julia Galvin is going to set up a **Meditation & Spiritual Discussion** group (max 7 people) to explore spiritual connection with mutual support. Each meeting will last 90 minutes, include sound and breath work, followed by a meditation, concluding with sharing of experiences and tea. If you're interested please contact Kath Boak [eastbournecentralgls@btinternet.com](mailto:eastbournecentralgls@btinternet.com), then Kath and Julia will get those interested together to discuss this further and decide on dates and times.

We already have one well-running **English Novel 1800 - 1950** group led by Gill Collins and a waiting list of 7. Paul Johnson has agreed to be our Group Leader for a second Group. Please contact Paul via our website if you're interested in joining.

If you've been watching the Winter Olympics and fancy yourself as a medal winner at an indoor winter sport, why not try **Kurling**. The difference is that it's not on ice, it's indoors on floorboards. If you want to know more, contact our group leader Cliff Norris via our website.

Spring is finally on the way, so if you fancy joining the **Gardening** group, helping to spruce up our Seafront Gardens, you can join Friends of Eastbourne Seafront. We have members who join them on Friday mornings. Contact our Group Leader Mary Hopkins via our website to find out more.

### **Local Networking:**

I continue to liaise with our local network ESE (East Sussex East) of 10 u3as. It is planning a History study day in the autumn, and I will send out details of venue and activities to choose from when these are finalised. It is also organising a free session in May in Battle for group leaders who would like to learn more about marketing or publicising their groups. If you are interested, let Kath Boak know.

I am now meeting up regularly with the chairs of the other two u3a groups in Eastbourne. We have put out publicity posters and handouts across Eastbourne. I still have some left if you think of somewhere that would agree to put up a poster for us or has a rack for leaflets. Eastbourne Wealden have invited us to their Spring Quiz on 23<sup>rd</sup> April, and we have a team of 6 quizzers, signed up to represent Eastbourne Central. We would also like the three U3as in Eastbourne to organise a joint social activity and would like you to suggest ideas for something that we don't currently do and which you would like to

attend. So far, we have had suggestions like a Race Night or a Murder Mystery evening. Please let me know any suggestions you have.

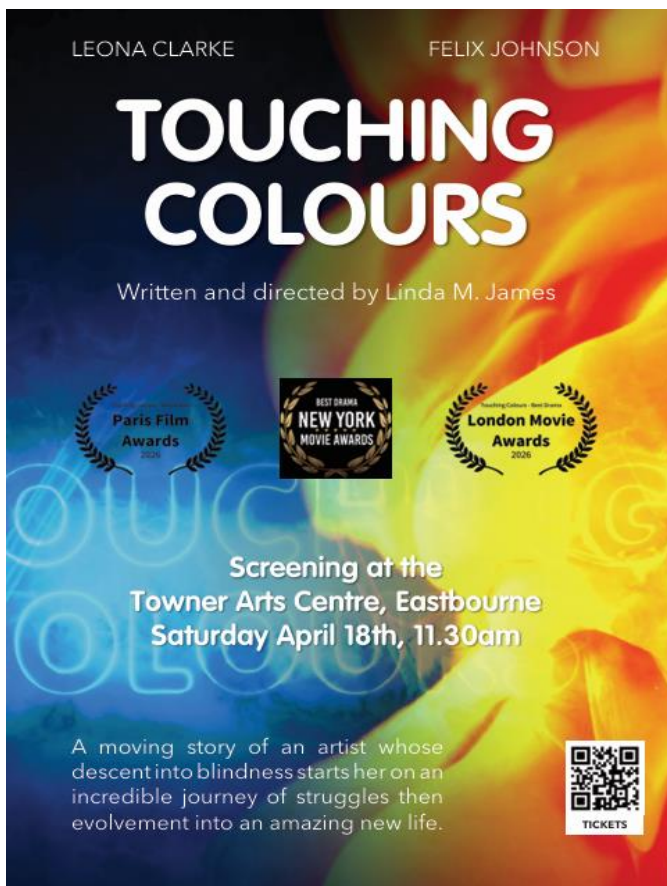
### **u3a Festival 26:**

The Third Age Trust are reminding us that their u3a Festival 26 takes place in York from 1<sup>st</sup> to 3<sup>rd</sup> July. Ian Cassidy, the CEO writes “We’re currently finalising the programme, but until then, we’re delighted to share a list of the activities so far. Sherburn & Villages u3a member Margaret is part of the festival organising team. She says, ‘You might try a new sport such as pickleball or pétanque, enjoy table tennis or walking football, or simply watch and cheer on the teams. There will be some fascinating talks ranging from the Bayeux Tapestry to Egyptology. And of course, plenty of chances to socialise - dancing, quizzes, games and guided daytime walks around the beautiful city of York.’” The website [www.u3a.org.uk](http://www.u3a.org.uk) contains the latest information and booking details. If you decide to go and would like to travel up with others from Eastbourne, let me know and I will see if I can put you in touch with other Eastbourne folk going to the festival from our or the other Eastbourne u3as.

### **Film Premiere:**

Linda James has invited our members to a screening of her short film at the Towner Cinema on Saturday 18<sup>th</sup> April at 11:30 a.m. followed by a Q and A with herself (the writer and director) and the actors. The film was shot in Eastbourne. Tickets are available from Eventbrite and not from the Towner Box Office as this is a private screening. They cost £11.55, which includes a booking fee of £1.55 and 50% of the price (£5) will be donated to Eastbourne Blind Society. Here is the link to Eventbrite if you would like to buy a ticket...

[SCREENING OF THE AWARD-WINNING SHORT FILM 'TOUCHING COLOURS' Tickets, Saturday, Apr 18, 2026 from 11:30 am to 1:30 pm | Eventbrite](#)



**Like all the best magazines, this one comes with supplements;**

Attached to this email newsletter, you will find

- a list of forthcoming theatre events put together by Dave Appleby of our Theatre group
- a list of our groups and forthcoming talks put together by Kath Boak our Groups Coordinator and Amanda Farthing our Membership Secretary
- documents that you will need ahead of the AGM – my annual report, the agenda, the minutes of our last AGM held on 27<sup>th</sup> March 2025 and a nomination form if you would like to join our committee.

I look forward to seeing you at the AGM. Having just filled up my supermarket trolley with chocolate eggs, I don't think it is too early to wish you all a Happy Easter.

Kevin Davis, Chairman

March 2026