

Eastbourne Central u3a Summer 2026 Newsletter

I hope you are managing to keep cool in the high summer temperatures we are experiencing. We have now reached the end of this academic year and are fast approaching the new 2026 – 2027 year. This year we had a membership of 515, continued to put on a range of interesting, well received talks twice a month and our group leaders hosted 35 different groups. We also moved most of our communications and membership processes online to reduce printing and postage costs. All members who do not have email receive paper copies of documents posted to them by Amanda Farthing, our Membership Secretary.

Our Committee

Our committee was agreed at the well-attended AGM back in March. Its members are:

Chairman: Kevin Davis

General Secretary: Ann Bridgwood

Membership Secretary: Amanda Farthing

Treasurer: Veronica George

Groups Coordinator: Kath Boak

Speakers Secretary: Gill Morris

Beacon Administrator: Tony Norman

Committee member -Christine Morley

Andy Lynam looks after our website. I would like to thank them all for all their hard work in keeping our u3a going. There are currently vacancies for a Vice Chair, a newsletter editor and another general committee member. Please let any of us know if you would be willing to help. Two former committee members continue to help on a regular basis – Alan Wenham sets out the hall for each of our meetings and Erik Starkie looks after audio-visual facilities.

Membership Renewals:

During August, Amanda Farthing, our Membership Secretary will send out renewal invites by email or post. When you receive her email or form, check that your details are correct, especially that your contact details are up to date and, if you have agreed

to Gift Aid your subscription in the past, that you are happy to continue to do so. Please also ensure that you make the correct payment. **Full membership** for the year is £13 plus £4 if you want the Third Age Trust to post their magazine Third Age Matters to you. Associate membership is £9 if you belong to another u3a group and pay its full subscription.

ICE (In Case of Emergency) Details:

We advise you to carry emergency contact details with you in case you are taken ill at a u3a talk or when you are with a u3a group so that we could let your next of kin know what has happened. We can add your emergency contact details to our members' records database if you are willing to share them with us. When you receive your membership renewal email or form, this is a good time to let us have these details if you are happy for us to have this information

Group Leaders Meeting

I am looking forward to meeting our group leaders at 11:30 a.m. on Thursday 20th August to thank them for their efforts and to run through any issues and future plans. In advance of our meeting, if you are a group leader, could you check that your Risk Assessment document is up to date (simply sign and date a copy if there are no changes) and check the website to see that the details for your group (especially time, place and dates of your meetings) are correct.

Meet Our Group leaders:

On Thursday 27th August from 2 to 4 p.m. in Saint Saviours Church Hall in South Street we are holding our annual event, where you can come along, meet our group leaders, find out about their groups and sign up for any that you would like to join. Amanda Farthing, our Membership Secretary, will also be there to collect subscriptions. For those not on email, you can hand in your signed renewal form with a cheque.

Talks

We are no longer producing the **booklet** containing the list of talks and group details. Instead, we will attach a list of talks and groups at the end of each newsletter. The most up to date information will be found on our website. Gill Morris, our Speakers Secretary, has completed the programme for this year's talks. Meetings with talks are on the first Wednesday of the month at **10:30 a.m.** and the last Thursday of the month at **2pm** from September to June. We kick off the 2026 -2027 programme with Anna Astin talking about '**The History of Women in Motoring**' on Wednesday 2nd

September and Neil Nixon talking about '**How random events shaped the music we love**' on Thursday 24th September. The full talks list is on page 6 and groups list on pages 7 – 9.

You are warmly invited to spend a day with u3a at our History study day

We are part of the East Sussex East network of 10 local u3as. Together we are putting on a study day on Thursday 22nd October from 10:00 a.m. to 4:00 p.m. at the Birley Centre in Carlisle Road so Eastbourne residents do not have far to travel.

The day will centre around 3 keynote speakers, talking about '**A Musician's Life**,' '**The History of the Kent & East Sussex Railway**' and '**Children in Medieval Times**.' There will be an exhibition open all day with exhibits to look at and talk about provided by the 10 different u3as that make up our network, including the 960th anniversary of the Battle of Hastings, sea shanties, a working display of ancient wood turning, the history of rope making in Hailsham, traditional pub games, military modelmaking, exploring an artefact box from Rye Museum (Victorian Life or Life in World War Two) and a History quiz. There will also be two sign-up activities running throughout the day - a guided walk around Eastbourne's Devonshire Quarter with Kim Adams and a chance to experience History through VR (Virtual Reality) headsets.

Teas and coffees will be served throughout the day but for lunch those attending are advised to either bring a packed lunch or use one of the local cafes. Anyone who would like to volunteer to help on the day, please contact me by emailing chair.ebu3a@gmail.com or speak to me at any of our events.

Tickets are likely to cost £15 and can be purchased for u3a members and **friends who are not members but interested in seeing what u3a is about**. I will let you know the address of the booking portal once the final programme and price are confirmed. I hope this will be as successful, but maybe not as melodious, as the network's last study day, which was a singing workshop.

News from Kath Boak, our Groups Leader.

Kath has written to draw your attention to a new study group, an opportunity to learn Bridge and an event that you might like to attend

"Art History and Visual Culture Group

We have a new group starting this September called Art History and Visual Culture. The Group Leader will be Michèle-Anne Dauppe whose background is in teaching Art and Design History at the University of Portsmouth. Both Michele-Anne and I were amazed by the extremely positive response from our members; 65 applied

to join within 2 days. As it is clearly a subject of great interest to many of you, Michele-Anne has agreed to run 2 Groups., and a reserve list is also in place.

Bridge Group

Bridge is a whist-like card game combining strategy, teamwork and logical thought; there are many benefits including meeting companionable like-minded people and keeping your brain active. For those who have mastered the basics of Bridge, David Lampert, a very experienced and likeable teacher, runs our u3a group on the first Monday in each month. But if you are new to Bridge and want to learn, there is a Beginners Course run by the Eastbourne Bridge Club, every Friday morning **starting on 25th September**. If you are interested in either joining our u3a Group or the beginners' course, please contact David Lampert via our website or on 07712 808236

Airbourne Afternoon Cream Tea

On Saturday **15th August**, your u3a will be hosting a table at the Chaseley Trust's seafront garden on South Cliff (by the Hydro Hotel). We have 8 people so far, but we could have a second table if more members want to come. So, if you'd like to escape the crowds and enjoy watching the action in the sky from a relaxed setting, please book your ticket first, then let me know you want a place on our u3a table at eastbournecentralgls@btinternet.com by **1st August**. The gardens will be open from 12 – 5 p.m. serving a cream tea at 2 p.m. Tickets cost £27 and are available from www.tickettailor.com/events/thechaseleytrust/2147209 All proceeds will go the Chaseley Trust, a charity-owned care home dedicated to caring for people with neurological disabilities, brain injury, stroke, spinal cord injury, and progressive conditions such as Multiple Sclerosis, Cerebral Palsy, Motor Neurone Disease, and Parkinson's."

A research project

I have been contacted by Shannon Edwards, a trainee clinical psychologist at the University of Leicester about a research project. She writes

"Are you over 65 and have been let down by someone you trusted with your money? Shannon Edwards, trainee Clinical Psychologist at the University of Leicester, is conducting doctoral research on something that doesn't get talked about nearly enough: fraud committed not by strangers, but by people we know, such as a partner, a family member, a friend, or even a professional we trusted.

If this has happened to you, we'd be honoured to listen. It's a one-to-one conversation, up to 75 minutes, on Microsoft Teams. Completely confidential and fully ethically approved by the University. All eligible participants will be given a £20 Love2Shop voucher as a thank you for your time. What you share may help to shape how psychologists and clinicians actually support people in this situation, because right now, there's very little out there. If you are interested in participating, email Shannon Edwards at se220@leicester.ac.uk “

And finally

After 4 years in the role, increasing care commitments mean that I will need to step down as Chairman at our next AGM in March 2027. I will still be involved in our u3a but need to cut back the time I spend on office work and meetings behind the scenes. Please let me know if you would like to take on this role. I can be contacted at chair.ebu3a@gmail.com or speak to me or any of my committee at any of our meetings.

Kevin Davis
Chairman Eastbourne Central u3a
July 2026

Eastbourne Central u3a - General Meetings September 2026 – June 2027	
Wednesdays at 10.30am	Thursdays at 2pm
Sept 2 nd , 2026: Anna Astin The History of Women in Motoring	24 September 2026: Neil Nixon Top Ten Chances – How Random Events Shaped the Music We Love
Oct 7 th , 2026: Piers Warren British Native Trees	Oct 22 nd , 2026: John Wyatt Bomb Disposal
Nov 4 th , 2026: Blay Whitby Life in the Age of AI	Nov 26 th 2026: Jamie Baird Medical Detection Dogs
Dec 2 nd , 2026: Martin Lloyd Passports, Assassins, Traitors & Spies	Dec 10 th , 2026 Quiz – Barbara Hadlow
Jan 6 th , 2027: Mike Sheehan Optical Illusions, Art & the Brain	Jan 28 th , 2027: Nick French The Advent of Open-Heart Surgery
Feb 3 rd , 2027: Ian Gledhill Origins of Art Nouveau Architecture	Feb 25 th , 2027: Ian Porter The Real Wolf Hall
Mar 3 rd , 2027: Bobby Darbyshire A beginning, a muddle and an end. Where do novelists get their ideas from?	March 25 th , 2027: AGM followed by Helen Astrid's talk A Night at the Opera
April 7 th , 2027: Jay Ashworth Guyana – Land of Giants	April 22 nd , 2027: JJ Heath-Caldwell What Went Wrong with British Engineering
May 5 th , 2027: Bob Lewis Medi Tech Trust – Changing lives through medical aid and training	May 27 th , 2027: Rachel Richards 10 Women Who Changed Westminster
June 2 nd , 2027: Stephen Goss Opulence, Innovation & Intrigue: The History of the Orient Express	June 24 th , 2027: Julius Bannister A Musician's Life

Eastbourne Central u3a Groups

- [Aspects of Science Group 1](#)
Status: Waiting list
Monthly on Tuesday
mornings 10:30 am-12:00
pm
3rd Tuesday of the month
- [Aspects of Science Group 2](#)
Status: Active
On Friday mornings 10:30
am-12:30 pm
3rd Friday 10.30am
- [Barn, Folk & Country
Dancing](#)
Status: Active
Weekly on Wednesday
afternoons 1:45 pm-4:00 pm
- [Book Group 1](#)
Status: Waiting list
Monthly on Thursday
afternoons 2:00 pm
Third Thursday of every
month
- [Book Group 2](#)
Status: Waiting list
Monthly on Thursday
afternoons 2:00 pm
Third Thursday of every
month
- [Bridge](#)
Status: Active
Monthly on Monday
afternoons 2:00 pm
1st Monday of the month
- [British Ceramics 1750-1850](#)
Status: Active
Monthly on Thursday
afternoons 2:30 pm-4:00 pm
2nd Thursday 2.30-4pm
- [ÇA SE DISCUTE](#)
Status: Waiting list
Monthly on Tuesday
mornings 10:15 am
Last Tuesday of the month
- [Coffee Morning](#)
Status: Active
Monthly on Thursday
mornings 10:30 am-12:00
pm
- [Craft Group](#)
Status: Active
Fortnightly on Tuesday
mornings 10:30 am-12:30
pm
1st & 3rd Tuesday
- [Creative Writing](#)
Status: Active
On Tuesday mornings 10:30
am
2nd Tuesday of the month
- [Current Affairs](#)
Status: Active
On Friday afternoons 2:30
pm-4:30 pm
1st Friday of the month
- [Easy Outings](#)
Status: Active
Monthly on Thursday
mornings 10:15 am
Usually 2nd Thursday of the
month
- [Gardening](#)
Status: Active
Weekly. Friday morning
- [In the News](#)
Status: Active

Monthly on Thursday
afternoons 2:00 pm
2nd Thursday of the month

- [Kurling](#)
Status: Active
Monthly on Thursday
mornings
Morning, 10am - 12 noon
- [Local History](#)
Status: Active
Monthly on Wednesday
afternoons 2:30 pm-3:30 pm
3rd Wednesday of the
month
- [Lunch Group](#)
Status: Active
Monthly afternoons 12:30
pm
Various days
- [Military History](#)
Status: Active
Monthly on Tuesday
afternoons 2:00 pm-4:00 pm
1st Tuesday of the month
- [Opera Monday group](#)
Status: Waiting list
Monthly on Monday
afternoons 1:30 pm-4:00 pm
1st Monday of the month
- [Opera Tuesday group](#)
Status: Waiting list
Monthly on Tuesday
afternoons 1:30 pm-4:00 pm
1st Tuesday of the month
- [Opera Wednesday Group](#)
Status: Waiting list
Monthly on Wednesday
afternoons 1:30 pm-4:00 pm
1st Wednesday of the
month
- [Photography for All](#)
Status: Active

Monthly on Wednesday
afternoons 2:30 pm-4:30 pm
4th Wednesday of the
month

- [Pub Games \(NEW!\)](#)
Status: Active
Monthly on Monday
afternoons 2:30 pm-4:30 pm
2nd Monday of the month
- [Scrabble group 1](#)
Status: Active
Monthly on Wednesday
mornings 10:00 am-12:00
pm
3rd Wednesday of the
month
- [Scrabble group 2](#)
Status: Active
Monthly on Thursday
afternoons 2:00 pm-4:00 pm
1st Thursday of the month
- [Shakespeare 1](#)
Status: Waiting list
Monthly on Monday
afternoons 2:00 pm-4:00 pm
2nd Monday of the month
- [Shakespeare 2](#)
Status: Active
Monthly on Tuesday
mornings 10:00 am-12:00
pm
3rd Tuesday of the month
- [Tai Chi & Qi Gong](#)
Status: Active
Weekly on Tuesdays
10:30am to 11:30am, and 12
noon to 1pm
- [Tap Dance Group](#)
Status: Active
Weekly on Friday mornings
10:30 am-12:00 pm

- [The English Novel 1800-1950 \(Group 1\)](#)
Status: Waiting list
Monthly on Wednesday
mornings 10:00 am-12:00
pm
3rd Wednesday of the
month
- [The English Novel 1800-1950 \(Group 2\)](#)
Status: Waiting list
Monthly on Thursday
afternoons 1:00 pm-3:00 pm
1st Thursday of the month
- [Theatre Group](#)
Status: Active
Monthly
- [Walk and Talk](#)
Status: Waiting list
On Wednesday mornings
Every Wednesday morning
- [World War 2 Social History Q&A](#)
Status: Active
Monthly on Tuesday
afternoons 2:30 pm
2nd Tuesday of the month