

**September  
2026**

[www.halstead.u3a.site.uk](http://www.halstead.u3a.site.uk)  
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# Henry Moore at Kew Gardens



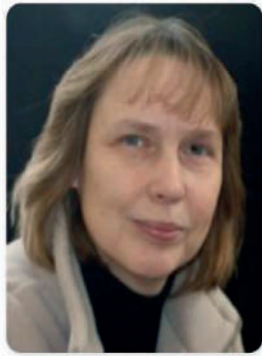
Like the keen gardening members of our u3a, Kew Gardens has been suffering from the record breaking hot summer resulting in swathes of golden brown grass. However, members going on our Travel Group outing to the gardens on Monday 14th September will still have lots to see including the Palm House with its indoor rain forest of tropical plants and The Princess of Wales Conservatory featuring plants from the tropics and deserts.

One thing not affected by the weather is the biggest ever outdoor exhibition of Henry Moore's sculptures. On show throughout the gardens are thirty monumental sculptures plus ninety smaller scale artworks, drawings and sketches on show in the Sherwood Gallery.

Just a reminder, for those who are joining us for the trip, that the coach leaves Butler Road, Halstead at 9.00 am expecting to arrive at Kew between 11.00 and 11.30am. We will leave Kew at 4.00 pm. Please wear suitable clothing, especially footwear, to explore this widespread venue.

We regret that we can no longer take bookings for this trip, but Ann and Jean will be at the October monthly meeting to start taking bookings for our Christmas outing – see page 3 for further details.

## Monthly Meeting



We welcome Barbara Meyer to our monthly meeting on Tuesday 1st September.

Since 2019 Barbara has researched the situation concerning seals in the UK and in particular along the East Coast of England, publishing many articles in regional magazines. This talk covers the two seal subspecies which are native to the UK and can be found in Lincolnshire and Norfolk, facts about them, their distribution and their behaviour, including during the pupping season. Barbara will also cover challenges that seals face in their natural habitat and what efforts are being made in Lincolnshire and Norfolk to help them.

The talk about Seals in Lincolnshire and Norfolk will be based on a film, including Barbara's photos and video footage which she recorded while watching seals in rookeries (breeding colonies) and along the coast throughout the year.

Doors open at the Queen's Hall at 10.00am. Please do not enter the hall until then in order to give our committee and helpers time to prepare the hall ready for the meeting.

### IMPORTANT – CAR PARKING

*Restrictions regarding car parking at the Queen's Hall mean that there are only limited spaces available. Unfortunately, all of these will be taken by the guest speaker, members of the committee and helpers who need to park at the hall as they have equipment to unload.*

*Except for a disabled space, regrettably this means that there will be no available spaces for members to park their cars. The nearest public car park is behind Sainsburys for which a pay and display ticket will be required. Alternatively, car parking for two hours is still free at Tesco in Weavers Court. However please note that your entry and exit times are now recorded on camera.*

## u3a QUIZ ? NIGHT

**Friday 30th October**  
**Queens Hall**  
**7.00 for 7.30pm start**

Our annual quiz night is back once again and has become our u3a's biggest social night out of the year! Last year over 100 members and their families and friends joined in the fun, but there is still room for a few more!

We try and make the questions reasonably easy, covering a wide range of subjects. However the titles of the individual rounds can be a bit misleading – so take care when using your Joker to double your score!

Teams can consist of six or eight people and members are more than welcome to bring along non member friends and family (over 16 years of age). Last year several of our Interest Groups were represented and we hope more will join in the fun this year. Cost per team member is £5.00 which is collected from the tables at half time. Bring along your own drinks (alcoholic or otherwise) and nibbles, and don't forget to buy your raffle tickets.

Because of the number of people involved we can only accept entries from teams and regret that we no longer cannot accept entries from individual members – so form a team of your own either with other members or friends and family.

You will be able to register your team details including team name (which can be confirmed or changed on the night) plus contact name and telephone number at the September or October meetings or by email: [halstead u3athelink@gmail.com](mailto:halstead u3athelink@gmail.com)

**All entries must be received by Friday 16th October**



# Interest Group News

## Travel Group – Ann Beard / Jean Wright



Looking ahead to Christmas (in the current heatwave!!), we will be visiting the charming and ever popular Hever Castle at Christmas.

This will be a magical and fantastic day. The visit will include entrance to the Castle festooned with twinkling lights, Christmas trees galore and cosy log fires. The grounds will also be decked out for the season and, at dusk, you will be able to wander through illuminated pathways as the enchanting story of The Nutcracker comes to life. Follow his thrilling adventure as he battles the Mouse King and rejoice in his victory in the Land

of Sweets with the Sugar Plum Fairy.

We have also arranged an optional two-course Christmas Lunch in the Pavilion Restaurant, at the 12.30pm sitting. Places here must be pre-booked and any dietary requirements confirmed at the time of booking please. Payment by cash or cheque, payable to Halstead and District u3a.

Ann and Jean will start to take bookings for the outing at the October meeting when full details including the cost and the lunch menu will be available.

## French Group – Jane Giffould

Bonjour mesdames, messieurs .....

The on-line French group can take more members to speak, read, listen to French whilst sharing such things as holidays (in French) which have included one member's trip to Japan. It is all good fun. High level French is not required, we are all learning all the time.

We meet on the second and fourth Wednesdays of the month from 9.30 to 11.30am on-line. The Zoom link is sent to you.

Those interested should contact Jane, [jgiffould@aol.com](mailto:jgiffould@aol.com)

## AI Group – Jane Giffould/ Dave Bazely

The AI group is going well. There is still space for a few more members.

We meet on the first Thursday of the month at 10.00am, at the community room at the Men's Shed on Fenn Road. There is parking on the nearby roads.

Cost £3 per session with rotation of members doing the refreshments. Bring your own laptop or phone to take part practically. Hopefully we have sorted out the connection issues so that you can share what you do.

Want to join us? Contact Jane or Dave [jgiffould@aol.com](mailto:jgiffould@aol.com) or [dkbazley@btinternet.com](mailto:dkbazley@btinternet.com)

## Bridge Group – Jane Boulden

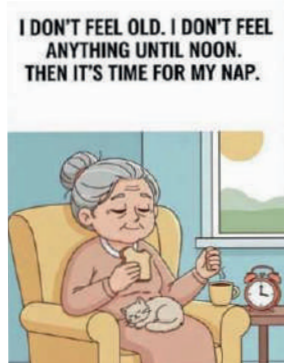
Members of the Bridge Group recently enjoyed their annual summer BBQ with everyone contributing to a wonderful meal and the meat was cooked deliciously well by Bruce. The weather was also very kind to us.

We are a friendly group of members and, as we don't get much time to chat during bridge, we make up for it at our social events!

If you can already play bridge and are interested in joining us on most Monday afternoons, please do get in touch - although numbers are rather tight for our venue. Contact Jane Boulden (07981965751) for more details.



# No way are we “over the hill” or “past our sell by date”!



As u3a members we all have a positive attitude about growing older and living up to the motion of Learn, Laugh, Live.

**LEARN** – belonging to an interest group and/or attending our monthly meeting where guest speakers give talks on a wide range of subjects.

**LAUGH** – enjoying mixing with other members and having fun whether as a member of the Sunday Lunch Group or enjoying a Cream Tea, Christmas Party or Quiz Night.

**LIVE** – going on one of our outings – visiting new places and discovering new horizons.

However, many retired people do not share the same positive outlook on life in general as we do and therefore end up being classed as “old aged pensioners”, “over the hill” and “stuck in their ways”, which campaigners say help “entrench ageism” in society.

Research from the the centre for Ageing Better, based on a survey of 4,000 adults, found that people even in their 40s and 50s encountered common “ageist” or “age-abuse” language.

One in ten people from the age group said they had been branded “over the hill” on at least one occasion, while almost a quarter said they had been told they were “stuck in their ways”, and 8% said they had been told “old dogs can’t learn new tricks”.

Among older age groups, 95% aged 65 and over said they had been called a dinosaur, while 13% of

over-75s had been told they were “past their sell-by date”

When it comes to those who have used “ageist” or “age-abuse” language themselves, almost a fifth (18%) of all adults surveyed admitted having used the phrase “mutton dressed as lamb” about someone older.

Language like this can according to campaigners affect people’s confidence as they age.

## ‘Have a more positive outlook’

Harriet Bailiss, co-lead of the *age without limits* campaign at the Centre for Ageing Better, said the research showed that, “everyday ageist phrases are still commonly used”. She continued: “We probably use these phrases without thinking, but their repeated use helps us to entrench ageism within society, which can limit everybody’s work, health, relationships, ambitions and confidence as we grow older. Our society could have a more positive and less limiting outlook if these phrases were not so common and everyday, and that is why it’s important we all try to stop using them – for the benefit of all of us”.

Katherine Crawshaw, also from the centre, added, “It may seem harmless, but it all feeds into an ever-present prejudice in our society which can mean people being overlooked for a job they desperately need simply because of their age or not being considered for the medical treatment they need”.

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## Correction

Many apologies to Judith Abrams for mis-spelling her name in last month’s Memories publication. However, we were not first – early Annual General Meeting reports also managed to get it wrong with one managing to get the right and wrong spelling on the same page!