

Dates for your Diary

2025 Events

Members

August 27th Group Enrolment for 2025/26
11.00 to 12.30 at The Church
on the Heath, Elvetham, Fleet

Group Leaders' Meetings

July 4th Group Leaders Lunch
Victoria Hall, Hartley Wintney.
12.00 to 14.00

Sept. 26th Group Leaders' General
Meeting, Victoria Hall, Hartley
Wintney 14.00 to 15.30

Monthly Meetings 2025 - The Harlington, Fleet, talk 11.00 to 12.15, coffee from 10.00

June 18th Gongoozling for Beginners, Life
on the Canals.
Speaker: Neil Sadler

Visits

June 10th Chartwell & Emmetts garden

July 16th Buckingham Palace

Sept 12th Kynren - 4 night visit

Sept. 26th Fawlty Towers Experience
(Fully booked - waiting list)

November Magic Circle tbc

PLEASE HAVE YOUR RENEWAL COMPLETED

on-line, by Bank Transfer or by post

BY MONDAY 14TH JULY 2025

On Thursday 17th July a team of volunteers will post out your new Membership Cards and Fleet U3A Programmes to all those who have renewed on time. After that date, the team cannot guarantee that late renewals will receive their Membership Cards in time for Group Enrolment Day on Wednesday 27th August. **Without an up-to-date Membership Card you will not be able to enrol for any classes. There will be no facility whatsoever to process renewals on Enrolment Day itself.**

♦ **If you renew on line, using Beacon, you do not need to complete a renewal form.**

♦ **If you renew by Bank Transfer or by Cheque the request is very straightforward:**

PLEASE COMPLETE and RETURN YOUR RENEWAL FORM TO ME BY Monday 14th JULY 2025

Anne Morley, Membership Secretary, 1 Whin Holt, Fleet, GU52 7TS

Chat from the Chair

As we come to the end of our 2024/25 year I would like to give a very big thank you to all our group leaders who all work so hard to run all the 100+ groups during the year. Without them, Fleet U3A would cease to thrive. If you are considering putting yourself forward as a group leader for next year for a potential new group or to help an existing group, please do not hesitate to contact any of the committee members.

I hope you all enjoyed the monthly meetings at the Harlington this year. We managed to get a wide range of speakers, and we are working hard on finalising our speakers for next year. Please do come along if you haven't been for a while. I particularly enjoyed our last speaker, local crime novelist Michelle Salter, who sets many of her books in the 1920s in the Fleet area.

We aim to provide a wide range of groups from Art to Zumba as well as our regular visits to local attractions and weekends away and strollers, etc. We aim to be as diverse as possible and welcome people who are retired or in part time work to join us, no matter what their background. If you think of a subject that would potentially be of interest to other members please do get in touch with the committee.

I've noticed that "Artificial Intelligence" is becoming the next big thing and members may think it's for the younger generation. The National U3A runs online courses on AI. I've started to put my toe in the water and it is absolutely amazing what you can do with AI software. If you're interested why don't you access their courses via our website at fleet.U3Asite.uk.

Finally, a big thank you to the members of the Committee. We've had a few changes this year and we are always looking for new Committee members to help out. Again, if you're interested, please contact me.

I hope all our members have a very good summer break and I look forward to meeting some of you at our enrolment day for next year which takes place on Wednesday 27 August at The Church on the Heath, Elvetham.

If you have any questions on the above or any other aspect of our U3A please do contact me at chair@fleetu3a.org I look forward to meeting as many of you as I can in the coming months.

Stephen Grosvenor

Fleet U3A Health and Wellbeing

For our May meeting we welcomed back John McCarthy a ambassador from the Sepsis Trust. John has previously spoken to us and gave a very inspirational talk about his battle with Sepsis.

John innocuously banged his leg while at the Cheltenham Races which led to a four month stay in hospital of which three weeks was in ICU and necessitated the amputation of his right leg above the knee. His talk was based on his journey following the accident and his understanding of Sepsis.

He highlighted that in the UK 250,000 people suffer sepsis with a mortality rate of 50,000 and the rapid fulminating spread of the infection.

The disease is easily treated once detected often with intravenous antibiotics, but rapid diagnosis is essential and awareness within the health care service needs to be raised. He distributed cards which indicate symptoms that indicate you may be subject to a sepsis infection.

Stuart Williams, Health and Wellbeing

CHILDREN

A child may have sepsis if he or she:

- **Is breathing very fast**
- **Has a 'fit' or convulsion**
- **Looks mottled, bluish, or pale**
- **Has a rash that does not fade when you press it**
- **Is very lethargic or difficult to wake**
- **Feels abnormally cold to touch**

ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

WHAT TO DO IF YOU SUSPECT SEPSIS:

Call 111 or **contact your GP** if you're worried about an infection.

Call 999 or **visit A&E** if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

Monthly Meeting

Michelle Salter delivered an eloquent talk about the historical and geographic settings of her Iris Woodmore series of novels. The novels are set in the 1920's and based around the sufferette movement. All of the books, apart from 'A killing at smugglers cove' are set in the Fleet and Crookham areas.

The Phyllis Tuckwell chocolate raffle draw was won by Barbara Jones, our Venues Secretary, I'm sure she shared it with her husband Alan, our Group Leadership Liaison Secretary.

Next month Neil Sadler, a returning speaker, will be giving a light-hearted description of his experiences on some of our 2000 miles of inland canals. Neil will begin his talk at 11.00.

For new members we meet at the Harlington for tea, coffee & biscuits in the small hall at 10.00.

A welcome table will be ably manned by members of the committee. Visitors are always welcome as long as they sign in.

The visits team will be in attendance from 10.15 to take bookings for the upcoming trips, if space is still available.

I look forward to seeing lots of you on 18th June.

Mark Goodwin

Creative Writing

Rogue brogue by Alison Edwards

Detective Inspector Marsha Bodie surveyed the scene. Police tape was already in place, securing a boundary, behind which a gaggle of people, some with mobile phones pointing in the direction of the white clad forensic team that were assembling a tent over a crumpled body about a hundred feet from the perimeter. A uniformed constable, young enough to still have acne, was asking people to put away their phones reminding them that this was a tragedy for the individual and their family. Marsha showed her warrant to another PC, who recorded her arrival on a clip board. She took her time donning plastic booties and latex gloves and the white coveralls. Would this body be like the last one? The location was similar, a picnic area near to a public carpark. She carefully checked for signs of CCTV – these locations were prone to fly tipping and local councils were being more proactive in, she smiled to herself, policing them.

Approaching the now erected tent, she spotted Aidan Flynn, her detective sergeant, suited and booted, his carrot red hair just visible beneath the crime scene hood.

‘Morning, Guv,’ pointing to an area of disturbed grass and mud leading back to the carpark, ‘looks like she was dragged from over there. One shoe is missing. I’ve included that area in the scene to be processed.’ Marsha nodded, following him into the tent. The body was that of woman, wearing a tweed skirt, one sensible brogue shoe on her left foot. Marsha could see the parcel tape that held it in place. The other foot was scraped, showing mud and grass at the heel from where she had been dragged. No tights. Moving closer she saw that she was wearing a round necked jumper, covered in a matching cardigan. There was a double set of pearls at her throat, matching her earrings. Beneath the necklace Marsha could see a ligature.

‘Nylon stocking, Ma’am. Like the one last week. Twin set, pearls, brogues, sorry, brogue...’

‘Last week the shoe was on the right foot. It looks like that is match – a pair? Both women of a certain age – say early fifties? Carla Bowen was fifty-two and her social media had shown her only ever wearing colourful leggings with sporty tops. Never tweeds and a twinset. She had been dressed to look like somebody else. Maybe this time we will get something from the clothing. This woman, has the hair been arranged like before?’

‘I’d say recently cut, permed, shampooed and set. This killer wants his victims to look like a woman from the sixties.’

Marsha thought that the murderer was trying to replicate somebody – his mother -maybe? Perhaps she had died recently, and he was trying to recreate an image of what she looked like. But then again, who dressed in twinsets and pearls in the twenty-twenties?

‘Do we know who she is?’

Aidan consulted his notes.

‘Possibly Caroline Francis, aged fifty-two. Reported missing six days ago.’ He held up his phone – the distorted face of the dead woman certainly resembled the picture he displayed.

‘Let’s hope we don’t have another missing fifty-two-year-old tomorrow. CCTV?’

‘None installed here, Guv. I’ve got a team knocking on doors and asking for domestic camera footage. Nearest camera is at the junction with the main road. Hopefully that will give us something.’

Amongst the observers was an older man, dressed in walking gear, sensible boots, a black labrador sitting by his feet. He nodded to the acned PC when asked to move on and duly left the area. He carried on walking the dog, returning to his car about forty minutes later. His was an older labrador, one that needed help getting into the boot. Had you glanced inside you might have spotted a shoebox with a picture of a woman’s brogue type shoe on the end. *Next time, maybe*, he thought, *I shall leave both shoes on. Shake it up a little.*

Alison Edwards

Phyllis Tuckwell stall at the May monthly meeting

Thanks to everyone who visited our stall and contributed to our total of £110. We sold a record number of handmade cards, kindly donated by the card making group, lots of Linda's marmalade and Margaret's 'Teddy Bear' sunflower plants proved very popular. Congratulations go to Barbara Jones for winning the chocolate raffle. Linda will happily accept empty Bonne Maman jars, the ones with the red and white checked lids, for her next batch of jams and chutneys.

Margaret Garrod and Linda Martin

Visits trip to Beaulieu



Thanks in large part to the fabulous warm, sunny weather we all had wonderful day!

Although the Gardeners' World open day was the main attraction, there were so many other things to do and see in just one day: the car museum, the house with its newly opened bedrooms and bathrooms, please note the gold bath is not real gold. The falconry talk with flight and hunting demonstrations was amazing especially



when the hawk flew between the observers instead of over their heads.

I took a walk in the fairy inspired woodland by the lake which was calm and relaxing, then a walk around the gardens with its colourful display of Azaleas, Camelias and Rhododendron bushes.

The cloisters were a lovely cool area to relax and visit the exhibition of monastery life in the Abbey detailed in tapestries and images. The monorail was running most of the day until the bees decided to swarm on the rail preventing it from running later on. Most people had wisely chosen the morning to travel around the gardens on it, except me, so I missed out on

the monorail this time, maybe next time!



Gardeners' World exhibits were stunning as usual and the plant stands were plentiful and doing a roaring trade. We saw Adam Frost signing his book for visitors who bought a copy.

We listened to a variety of music, including some in the Glen Miller style, with two lovely ladies singing, to give a lovely 40's vibe. Ice cream was an essential ingredient to enjoy the lovely hot weather, there were queues

but these did not deter us and they moved fairly rapidly.

With the coach hold full of plants, tired and a little sunburnt we set off for home.

A thoroughly lovely day out!

Sue Dalton



Jazz and Blues Appreciation Group

A new Group for lovers of jazz, blues and their derived music is taking shape and will have its first session on September 18th. The Group will be modelled on the present Jazz Appreciation Group – which it will replace.

The Group will showcase a widened range of music and will appeal to all lovers of jazz and blues originated music in the 20th century.

Group meetings will be held once a month on a Thursday from 10.30 to 12.30. Come along and share your musical tastes with others in a pleasant and sociable way. Taster sessions will be available on request. If you are interested, please contact either of the co-Group Leaders, Fid Chetcuti (sallyandfid@btinternet.com) or Martyn Bennett (martyn@radios.eclipse.co.uk)

Ballroom Dancing - Beginners

Beginning in September 2025 we would like to start a new beginners' Ballroom Dancing class on Tuesday afternoons at the Crookham Memorial Hall. Put on your dancing shoes, learn the dancing steps in a relaxing and fun way with our professional tutor, enjoy the beautiful way of exercise with music.

If you are thinking of paying a visit, for a tasting session which will include a small fee, please contact Jenny Cotton on 01252 668 148 or email her : jennylecotton@hotmail.com for further information.



Katherine Fryer

University of Oxford Research Project

I am currently leading a research project at the University of Oxford that I believe may be of interest to Fleet U3A's members. The study, which has been approved by the University's Ethics Committee, explores the health and wellbeing of older adults who spent part of their childhood in residential or foster care. I would be very grateful if you would consider sharing information about the project in your newsletter or via email with your members. Below I've included some suggested text which explains a bit more about the project:

Study into the health and wellbeing of adults who grew up in foster or residential care

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population.

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

If you, or someone you know, would like to learn more, please contact Jono on Jonathan.Taylor@ndph.ox.ac.uk or 01865 617912.

Jonathan Taylor, Researcher

Email: jonathan.taylor@ndph.ox.ac.uk | Tel: +44 (0)1865 617912

Applied Health Research Unit | Nuffield Department of Population Health

University of Oxford | Old Road Campus | Oxford OX3 7LF

A vibrant watercolor illustration of a group of diverse elderly people, including men and women of various ethnicities, smiling and looking towards the viewer. The background is a mix of blue, purple, and yellow washes.

Study into the health and wellbeing of adults who grew up in foster or residential care

Researchers are holding focus groups to understand the health and wellbeing concerns of people who spent all or part of their childhood in foster or residential care.

If you spent time in care in England as a child and are now aged fifty or above, and would like to find out more, please contact Jono Taylor by:

- Email: Jonathan.Taylor@ndph.ox.ac.uk
- Telephone: +44 (0)1865 617912

Pickleball

My Pickleball Adventure

I have enjoyed the relatively new experience of playing Pickleball. I have been playing for about 6 months with both the Fleet and Hartley Wintney U3A Pickleball groups. We play regularly on Monday and Thursday afternoons respectively.

I decided that it would be useful to find out what skill level I was currently at. Pickleball uses a skill scale called the DUPR rating: Beginners are 2.5 and Professionals (yes.. people get paid to play), are 6.0. I rated myself 3.0, and decided to confirm this by entering into a singles competition.

I checked out the ruling body, Pickleball England for future events, and found that there was a singles tournament in Loughborough. It turned out to be the Nationals!, and it was being run at Loughborough University, at the Dan Maskell Centre, (though the young receptionist in the building, did not know who Dan Maskell was!.... I say!)

We stayed at a very comfortable hotel, on the campus, which was very convenient for the tournament. I entered the over '70s competition and played 6 games in 4 hours, won 3, and lost 3 (one by just a single point) and had a whale of a time. The organisation was excellent and the experience was enriching, and "I will be back"

Glenn Sweeney

Comment by Group Leader David Lawes: We are very proud that Glenn has taken part in and performed so admirably in pickleball at the national competition level. It shows how U3A can nurture and encourage individuals to excel at their chosen subject and that the sky is the limit. Very well done Glenn.

Agreed Ed. and all our Pickleballers

Introduction to Duplicate Bridge September 2025 to June 2026

If you have ever thought about learning to play Bridge or brushing up your skills then now is your chance. In Fleet U3A we have a tried and tested method of learning and practising bridge in friendly and supportive group sessions. We meet on Tuesday afternoons at Zebon Copse Community Centre. I am currently collecting names of anyone interested in starting the new class in September 2025. Just contact me at paddy.powell@hotmail.co.uk You do not need to have a partner to join the class.

The Introduction to Duplicate Bridge course starts from the very beginning so is suitable for those with no experience of Bridge in any form. It is also aimed at those who have experience of playing Bridge informally but who may wish to find out more about the Acol bidding system that we use in Fleet U3A. Acol is the most common bidding system in England. We learn to play Duplicate Bridge because it is played in other U3A Bridge groups and in Bridge Clubs in Fleet. However, this doesn't preclude the playing of Rubber Bridge if that is your preference.

I look forward to hearing from you soon.

Paddy Powell

GL, Introduction to Duplicate Bridge

Thanks go to Liz Fisher for the painting of the 2019 bridge group.



Your U3A Needs You!

Do you have expertise in marketing?

Have you experience in Publicity?

Do you like writing articles?

Are you good at Networking?

Are you a good communicator?

Are you an enthusiastic U3A member?

Do you enjoy being part of a team effort?

If you answer yes to just one of these questions, we need you in our newly forming Publicity Team. There are three of us already so bring your ideas and come and join us. **Paddy Powell** PaddyU3A@gmail.com

Adult Ballet Classes

We are investigating the level of interest in having Adult Ballet Classes for Fleet U3A members from September. The sessions would have a paid tutor who already teaches ballet for adults and the classes could be either weekly or fortnightly depending on the group preference. If interested please contact Fleet U3A member Ellie Baxendale on email - ellie@baxendale.org

U3A Lip-Reading Group – 2025-2026

Woking U3A are establishing a Lip-Reading Group beginning in September 2025. It is open to members of any U3A and all those interested are invited to join at no cost. The group will run via Zoom on the following Fridays at 10:00 to 10:40 am.

Dates:

2025 - Sept 5, 12, 19, 26 - Oct 3, 10, 17, 24, 31 - Nov 7, 14, 21, 28 - Dec 5, 12

2026 - Jan 9, 16, 23, 30 - Feb 6, 13, 20, 27 - Mar 6, 13, 20, 27

2026 - April 10, 17, 24 - May 1, 8, 15, 22, 29 - June 5, 12, 19, 26

The Group is primarily for those with mild or moderate hearing loss to learn and practise the skill of lip reading. The course comprises a series of short weekly meetings covering the principles of Lip-Reading. Each meeting will cover one chapter of a recommended textbook and there will be the opportunity for additional online activity using the same book.

If you are interested, please contact the Woking Group Leader Tony Edens at ajedens@btinternet.com

Group Leaders - Important

We are now paying for all booked sessions at the majority of venues. If you have to cancel a session will you please let Barbara, the Venues Secretary, know a.s.a.p. as she can then try to avoid paying for the venue on that occasion.

COMMITTEE & EMAILS



Chair & Webmaster	Stephen Grosvenor	chair@fleetU3A.org.uk webmaster@fleetU3A.org.uk
Vice Chair & Monthly Meetings	Mark Goodwin	vicechair@fleetU3A.org.uk
Secretary	Anne Smith	secretary@fleetU3A.org.uk
Treasurer	Neil Morley	treasurer@fleetU3A.org.uk
Membership Sec	Anne Morley	memsec@fleetU3A.org.uk
Group Leadership Liaison & Beacon & Programme	Alan Jones	groups@fleetU3A.org.uk programme@fleetU3A.org.uk
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Publicity Sec & Hon President	Paddy Powell	president@fleetU3A.org.uk

**PLEASE AVOID TELEPHONING MEMBERS
BEFORE 9 a.m. OR AFTER 5 p.m.**

Fleet U3A Website

Keep up to date with all our activities,
News, Events, Visits Monthly
Meetings on our website
fleet.U3Asite.uk

Find us on Facebook

Find us on Facebook - Fleet U3A has its own Facebook Members' Group, our Facebook page can be found by entering "Fleet U3A" in the search box at the top of any Facebook page. You can then request to join our private Members' only group, you will be asked for your Name and Membership number.