

Dates for your Diary

2026 Events

- April 15th** **Open Morning 2026 at 11.00**
The Harlington, Fleet
- August 26th** **Group Enrolment for 2026-2027**
Church on the Heath, Elvetham

Group Leaders' Meetings

- July 3rd** **Group Leaders' Lunch at**
Victoria Hall Hartley Wintney
- Sept. 25th** **Group Leaders General**
Meeting

Monthly Meetings 2025/26 - The Harlington, Fleet, talk 11.00 to 12.15, coffee from 10.00

- May 20th** **Grace Darling**
Darling's daring rescue of steamship passengers off the Northumberland coast brought her international fame and celebrity.
Speaker: Dr James Taylor.
- June 17th** **The Saxophone and my life as an Army Musician**
Jon joined the army at the age of 16 and served in HM Life-guards band for 25 years
Speaker: Jonathan Woodhouse

Visits 2026

- Sept. 14th/18th** **Potters Resort, 4 day visit to**
Hopton-on-Sea

Visits 2027

Dates To Be Confirmed for :

- Jan** **Houses of Parliament**
- Feb** **Bricklane Music Hall - Adult Panto**

Rollers trip to Uppark House

On Monday June 1st we will be leaving at 10am from Cody Sports Club car park. The cost will be £20 per person and we are using the accessible coach. There is a £10 entry fee payable by non National Trust members. We will be returning at 4pm Tickets for this trip are available Contact - Jenny Teagle

As the first signs of spring are starting to appear my “chat” this month is focused on volunteering. Fleet u3a is a thriving, member-led organisation with almost 2,000 members and over 120 interest groups. Every aspect of these groups as well as our monthly meetings to administration and events is powered entirely by volunteers. As a volunteer-led organisation, we depend on our members' willingness to contribute time, skills, and enthusiasm to sustain learning, friendship, and community for people no longer in full-time work.

We are always looking for volunteers, and the opportunities are diverse and flexible, allowing members to match their contributions to their availability, experience, and interests. Consider being on the committee (or initially shadowing a committee member) to help steer our future direction. Many groups promote role-sharing or job-sharing to distribute responsibilities, making these roles more manageable and encouraging teamwork.

Leading or co-leading interest groups forms the heart of our activities. Members share their knowledge and passions—whether in history, languages, crafts, science, walking, technology, or creative pursuits—by organising sessions, sourcing venues, and facilitating discussions. Groups Coordinators assist by promoting new ideas, supporting leaders, and helping form new groups to meet demand and reduce waiting lists. Sharing leadership within groups (e.g., rotating who leads sessions or handles admin like venue fees and communications) lightens the load and fosters collaboration.

Practical, hands-on support keeps operations running smoothly. Volunteers organise and host monthly meetings, arrange visits, welcome newcomers, meet and greet attendees, set up venues, serve refreshments or provide IT help. Other valuable roles include producing newsletters, updating websites, managing social media, handling publicity, coordinating speakers or trips, and supporting fundraising. We are always actively seeking helpers for these behind-the-scenes tasks and celebrate volunteering through events like group leader lunches.

Volunteering not only ensures the continued success and growth of Fleet u3a but also enriches volunteers' own lives through purpose, social connections, and skill-sharing. To get involved, please get in touch with a committee member. Offering specific skills or expressing interest opens doors, with support always available. Go on our website to find out more!

Stephen Grosvenor

Important Message for Group Leaders

With Open Morning coming up there will be interest from new and existing members in joining groups or going onto the waiting list for groups that are currently full. Group Leaders must always endeavour to create space for new members. This could be achieved, as an example, by removing those members' where attendance has been less than 75% across the year. This is only fair to prospective group members who may well attend the group more frequently.

Alan Jones, Groups Liaison Secretary

Tai Chi I'm delighted to say that we have been able to set up a new Tai Chi beginner's class, Tai Chi 5, and that it will be starting on Friday 1 May, at 12.45, at Our Lady's Church Hall. The class is an hour long and follows on from our two other Friday classes, with the same instructor. It will run for 9 weeks, ending on Fri 26 June, and become a permanent fixture in the Fleet U3A programme from September.



Do come and join us and if you want to reserve a place in this new class, or find out more about it, please contact either of the Friday class Group Leaders; our details are in the programme booklet. If you are interested in our Wednesday classes, please get in touch with Vic Knight, the GL of Tai Chi Group 1.

The Fleet U3A website has information about all our Tai Chi classes and explains what you need to know when you start. All our classes are relaxed and friendly and the GLs from all 5 classes will be at the Open Morning.

Ken Molyneux-Carter

This week's quote: *Preventing falls in the elderly can help people live independently for longer and reduce hip fractures. Guidance to physiotherapists, by the Cochrane Group, recommended an exercise programme for elderly people at risk of falling, including strength training, balance and three-dimensional movements such as dance and Tai Chi. The guidance cited a research review which showed that people who did the gentle art of Tai Chi were 35 per cent less likely to fall, than those who did not.*

Fleet Win the 15th Inter u3a Quiz!

Congratulations to Fleet's quiz winners, Always Inquizitive who won this year's quiz between members of the North West Surrey and North East Hants u3a network group with a score of 189/200 points. Milford & Godalming were second and Overton third. Fleet have now won the cup 5 times!

It was great to see a full hall with 12 teams from as far afield as Woolmer Forest, near Liss and Overton, close to Basingstoke. They all enjoyed an afternoon of quizzing, with questions ranging from our Solar System to Ancient & Medieval History set by our Quiz Master, Brian Proctor and a lovely cream tea provided by the Catering team, led by Jackie Cresswell.

Many thanks to all our volunteers, Brian, the Scorers and the Catering team.

Diane Baldock

Jazz and Blues Appreciation Group (JABA) - Being in the right place at the right time

The place? SS Philip and James Church in King's Road.

The time? 10:30 on Thursday 12th March.

Those present heard **Vasilis Xenopoulos** give a memorable presentation to members of the Jazz & Blues Appreciation Group. Well-known to local jazz fans – he's played a number of times for Fleet Jazz - Vasilis is an accomplished 'straight ahead' jazz saxophonist and an inspiring teacher.

By the end of the session, not only did we all understand what is meant by 'straight ahead' jazz playing, we also increased our understanding of how jazz interpretations and performances are created.

Vassili revelled in the AV facilities which make 'P&J' a favourite venue for the U3A. The electric piano was used for demonstrations, and for recording backing tracks to accompany occasional sax solos.

The Bluetooth connectivity not only allowed him to demonstrate a wide variety of music but also to share a variety of backing tracks in different genres and at different tempi.

And through it all Vassili's expertise on the saxophone shone through, as he patiently and engagingly demonstrated many of the ways a 'standard' song – *think Night and Day?* – could be played by jazz musicians, and in contrast how pieces written as jazz originals offered different, often more limited, opportunities for musicians.

It was a fascinating insight into the ways jazz is created and a memorable demonstration of the scope of 'JABA'. It meets monthly, and welcomes guests and members, new and old.

John Gawthorpe

Creative Writing

The Door To Another World by Jill Low

When I was first in my job, we were trying to invent a television series aimed at preschoolers. The working title was 'The door to another world' but we were finding it difficult to come up with a novel idea. From Playschool's 'what's through the window?', through Mr Benn and his changes of clothing to classics like Alice and Narnia the concept had been thoroughly explored. So, could we devise something different?

That weekend I went to see my sister Emma and to celebrate the second birthday of my niece, Polly. My enjoyment of the lavish tea was somewhat impaired by the frequent dashes of Polly and one or other of her parents to the bathroom.

'We're trying to potty train her,' Emma whispered to me after one of these excursions, 'but she insists on using the loo. She's fascinated by the flush! Whoops, here we go again...' and off they rushed.

Later, enjoying the quiet calm of my flat, I thought about Polly and inspiration struck. She was surely not the only small child who was intrigued by the workings of lavatories.

My stories were about a three-year-old boy called Roger (three because he would have more language, a boy so that my sister wouldn't be embarrassed) who one day climbed into the loo, operated the flush and got whisked off to another world. Where could he go?

Ideas flowed. Roger could go to the zoo, to a pantomime, to the park. He could go into space, under the sea, into a cave. More realistically, he could go to the dentist, have his hair cut or visit the shops. How he would return I had not yet imagined.

I spent the rest of the weekend putting flesh on the bones of my idea. By Monday, I had a fat file of drawings and scripts to take into the office.

The six of us met at ten. I was the only person to have brought more than a notebook but as the newcomer I knew I'd have to wait. Sure enough, my boss invited the others to contribute before turning to me.

'May I introduce you to Roger and his Magic Toilet?' I said, starting to pull out the paperwork from my folder. Then I looked at my boss. He had his hand over his eyes.

'Not a magic toilet,' he groaned. 'No, no, no!'

'Why not? Has it been done before?' I asked.

'It's been thought of before but never commissioned. One thing we all know about our target audience is that they copy what they see on television. I can't be responsible for flooding the nation's bathrooms or for fire brigade callouts to extricate toddlers' feet from U-bends. Sorry, but no.'

I made it into a book instead. There are fourteen in the series.

Jill Low

AI Introduction (Artificial Intelligence)

This new group will be a monthly group held between September 2026 and January 2027.

Over five months, we will explore something that many people are talking about, using **Artificial Intelligence, or AI**.

You may have heard about it in the news, from friends or family, or seen it mentioned online.

It may sound complicated or even a bit intimidating, but the goal of this group is to show that **AI can be simple, useful, and even fun**.

This group is designed for people who may not feel very confident using some mobile apps or newer technology. You don't need any technical knowledge to take part.

So, we will look at how AI tools can help in everyday life such as: Finding information; Family History; Planning trips or activities; Writing letters; Learning new things; Solving everyday problems; Colouring old black and white photos etc.

We will also learn **how to use AI safely and sensibly**, including its limits and protecting your privacy.

By the way, this note was generated by AI!

The group size is limited to 12 and you should be familiar with using a mobile.

If you are interested, please contact Ian Stephenson Email: ianstephenson1212@gmail.com

Shorter Walking Group

Kit Mitchell led our group on a lovely four mile walk from The Wellington Statue up to Caesar's Camp, a former Iron Age hill fort where the defensive trenches can still be seen. We came across lots of dog walkers taking advantage of the spring sunshine, a herd of cows and could hear woodpeckers in the trees. On a clear day it's possible to see Canary Wharf and Wembley Stadium arch, but the view wasn't so good on the day of our visit.

If you are interested in joining or finding out more details about the group, please contact Sally Mullin whose details you will find in the programme booklet.

Margaret Garrod



Group Leaders & Members

Important

We are now paying for all booked sessions at the majority of venues. If you have to cancel a session please be aware that you will still have to pay the venue for that session

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.

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	Alan Jones	groups@fleetU3A.org.uk beacon@fleetU3A.org.uk
Venues Sec	Barbara Jones	venues@fleetU3A.org.uk
Newsletter & Programme	Sandy Redman	news@fleetU3A.org.uk programme@fleetU3A.org.uk
Events Sec	Diane Baldock	events@fleetU3A.org.uk
Outreach Sec & Enquiries	Jenny Teagle	outreach@fleetU3A.org.uk enquiries@fleetU3A.org.uk
Minutes Sec	Julie Lysaght	minsec@fleetU3A.org.uk
Publicity Sec	Di Smith	publicity@fleetU3A.org.uk
Hon President	Paddy Powell	president@fleetU3A.org.uk

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

South East u3a Forum Summer School

Monday 7th – Thursday 10th September 2026

University of Chichester



South East u3a Forum Summer School 2026

The **dates** for 2026 are:

- **Thursday 2nd April** 2026.- **Course list and details** go 'live' at **11.00am**
- **Friday 8th May** 2026.- **Bookings** will go 'live' at **11.00am**

Courses

- AI** – Beginners
- Art History** – The Male Gaze
- Craft** – English Paper Piecing - Beginners
- Jazz Appreciation** - Introduction
- Life Story** – Social History
- Linguistics** – Onomastics: What's in a name?
- Mahjong** – Beginners
- Mathematics** – for Life
- MPT** - Memory, Perception & Thinking
- Poetry** – Australian
- Philosophy** – Introduction
- Spanish** – Beginners



Otter's Restaurant, Chapel Courtyard

- Yoga** – Seated, Mat and Standing

These 13 courses are now finalised and complete the list of courses on offer this year.

Costs

The prices for 2026 summer school are as follows:

En-Suite Accommodation £390.00	Standard Accommodation £360.00
Non-Residential with dinner £220.00	Non-Residential no dinner £175.00

The residential prices include accommodation; all meals and refreshments offered at break times. A 'Welcome' drink on the first evening, with a 'Farewell' drink on the last evening, both prior to dinner. Also, the evening entertainment is included; available on campus each evening at 8.00pm.

Theatre - We have managed to secure a block of seats for, 'a small and quiet light' production at the Minerva Theatre for Tuesday 8th September, evening performance. The Minerva is the smaller sister theatre to the Festival Theatre and is situated opposite the main theatre. More information on the play will be available in April.

The next update - The Subject and Course Overviews go 'live' on **2nd April at 11.00am**, on the Forum's website. No further information is available at present. Current information on 2026 Summer School can be found on the South East u3a Forum's website, here is the web link:

[2026 - South East u3a Forum](#)



Left - Mahjong
Centre - Latin
Right - Yoga
Summer School
2025

The Summer