



August 2025 Newsletter

TODAY'S MEETING

7th Aug - Mathew Turvey "The Morris tradition in Stratford upon Avon"

DATES FOR YOUR 2025 DIARY (All talks start at 2pm)

4th Sep - Ray Barrett "Driverless cars are they the future ?"
2nd Oct - Mark 791 "The work of the Samaritans in Stratford"
6th Nov - Dr Gill White "The most dissolute man in London"
4th Dec - Jules O'Brian "Starting Stand-up comedy at nearly 50."

* Please check the website for a list of speakers for 2026

FROM THE CHAIR

Welcome to Your August Edition!

As the golden days of August unfold, we welcome you to a month traditionally filled with warmth, relaxation, and cherished moments with loved ones. Whether you're enjoying the laughter of grandchildren home from school or university, planning a scenic coach or train tour, or simply finding a quiet corner to lose yourself in a good book—this is a time to savour life's gentle pleasures.

August invites us to explore the beauty of Britain in bloom. Perhaps you'll wander through a National Trust garden, marvel at the grandeur of a stately home, or discover the stories hidden within ancient castle walls. These timeless treasures offer not only just history, but a sense of peace and quiet inspiration.

Here at Heart of England u3a, our interest groups are celebrating the season with stories, indoor and outdoor events designed to bring joy, connection, and a touch of adventure to your summer. So put the kettle on, settle in, and let this month's newsletter be your companion in making August truly memorable.

It gives me pleasure to write again that the informal coffee morning at Coffee 1 is being attended by an increasing number of members. This popular and friendly gathering is enjoyed by everyone who comes along. The next coffee morning will be on Wednesday 6th August 2025, from 10.30am. Everyone is welcome – just turn up.

David

David Haggarty

**August is named
after
Augustus Caesar**



**Lammas Day
1st August**



**Cowes Regatta
August 2nd to 8th**



JULY SPEAKER REPORT

Tim Folan

Paul had a career in local authority pest control and went through the commoner household pests. He opened with the observation that no one reads the instructions on cans of insecticide but, if used properly, a single can should last a decade. Rats thrive because humans are so messy and provide the perfect habitats - the problem is made worse by modern buildings being badly made and sewers improperly installed. Paul always puts the seat down on the toilet. Rats carry Weil's disease and are too clever to be caught by traps. Mice constantly gnaw and can set your house on fire - some insurance policies exclude rodent damage for this reason. Learn to love wasps, hornets & bees - they are rarely interested in us. Fleas breed in your pet's bedding - the washing machine and vacuum cleaner are your friend. Paul closed with several revolting pictures of bed bugs which got us all itching.

ALL THAT SWINGS AND JAZZ

Sue Tringham

At our July meeting John Stagg presented a great programme of traditional jazz combined with so much information about the tracks and the jazz musicians playing them. There is no meeting in August so the next meeting is on Thursday 25 September at 2pm at the Methodist Church. Edna Jacobs will be presenting her programme.

BOOK CLUB – MONDAY

Jackie Biggs

We read Joanna Trollope's City of friends about a group of high achieving women who studied economics together at university and remained close friends. It was very much about first world problems for rich, self-indulgent, middle class North London women with top jobs living in luxurious houses and wearing fabulous clothes. Their life style was totally different from any of our own lives and experiences. It was well written but definitely not one of her better works. We all preferred her earlier books like The Choir and The Rector's Wife.

BOOK CLUB – WEDNESDAY

Gillian Caveney

Some of us were away this month so four books were discussed, all novels. Stay, by Jane Bailey, a Covid psychological thriller; The Survivors, an Australian noir by Jane Harper; The List of Suspicious Things by Jennie Godfrey, set in Yorkshire at the time of the Peter Sutcliffe murders and The Shadow of the Wind by Carlos Ruiz Zafon, a story in the Spanish Gothic tradition, translated by Lucia Graves, the daughter of Robert Graves. As always, we enjoyed the very different choices and the lively discussion.

COMPUTER GROUP - offering I-T assistance for our members.

Robyn Nicoll

The short course is now completed. Do let Robyn know if you are interested in another course in the Autumn. If members are interested, then a course will be arranged. For more information please contact Robyn, redbird22@hotmail.co.uk

CARD MAKING CLUB

Angela Ramsey & Jane Edkins

At the July workshop, members used their paints, pencils, and inks to colour stamped images which were then cut out to create toppers for cards. Ann and Angela advised members how to obtain the best effects using water colouring techniques.

A donation of £100 from the sale of cards has been sent to "Hearing Dogs for Deaf People".

Anyone interested in joining us for a relaxing few hours, including a buffet lunch, would be very welcome. Base cards of different sizes and colours, A4 white and coloured card, backing papers and accessories are all provided. Next workshop: Friday, 22nd August, 12.30 to 4.00, in the new room.

For more information, please chat with Angela and Jane at the card sale table.

CHINWAGS

Glynis Holloway

We are a small friendly group which meets on the 4th Monday of each month at 12.30pm in Bistrot Pierre to enjoy a nice lunch and good conversation.

(There will be no meeting on August 25th because it is a Bank Holiday).

We are full at the moment but we have a waiting list so please contact me if you would like to join us at glynisa.holloway@gmail.com

CHOIR

David Haggarty

We meet at the Methodist Centre, every Friday from 10.30 to 12.00 and welcome singers of all abilities. We sing for enjoyment. If you are interested in joining, come along or email me d-haggarty@outlook.com

CLASSICAL MUSIC

Edwin Lilly

We had an unusual selection of lesser known composers in the programme for the July meeting. All appeared to enjoy the programme, although the presenter did manage to leave one of the discs in his home player. We hope to hear these at the August meeting.

David Laverty is busy preparing the programme for the next meeting. Please make every effort to attend. We meet as usual in the Community Room at the Guild Cottages in Church Street at 13.45 for 14.00 on Monday 11th August. New members are welcome.

CREATIVE CRAFT GROUP

Robyn Nicoll

The Crafters meet on the 2nd Monday afternoons at the Methodist Church, 2.00pm to 4.00pm in the reception area. Members are busy knitting/crocheting poppies to support the project, initiated by Marie McDougall, to decorate the tree trunks along the pathway to Trinity Church for the month of November. If anyone has some red wool, and would like to join us for a cuppa and produce some poppies then come along to the August afternoon. If you require patterns, please email Robyn and she will send them as pdfs.

Next Get-together: 11th. August. For more information about the Group please contact Robyn Email,redbird22@hotmail.co.uk

CURRENT AFFAIRS

Sylvia Bevan

We will meet on Wednesday 13th August at 2pm in the community room at the guild cottages . Enter through the double doors opposite the council offices and someone will greet you . We are a small friendly group and discuss a range of topics . Newcomers are very welcome . Sylvia .

DINAHS

Sylvia Crooks

Dinahs meet on the 1st Tuesday in the month. Our next Lunch date is Tuesday 5th August at the Pen and Parchment 12.00. Look forward to catching up over an enjoyable meal.

FINE DINING

Hazel Miller

Sorrento the Italian family-run restaurant in Ely St. has finally reopened since December with just the father as chef and one son at the helm as we understand. And it didn't disappoint. The food was delicious, piping hot and well presented from a select menu. The serving staff are eager although may need a little time to settle in. Next month we are going to The Town House in Church Street. A firm favourite. The group is at full complement but if you would like to go on the wait-list contact Ingrid Rooney.

TUESDAY DINING GROUP

Sue Short

In July the Dining Group enjoyed delicious meals at The Blue Boar in Temple Grafton. Amazingly, we were the only diners in that evening, which is unusual for that hostelry. However it worked in our favour as there were ten of us that night. As ever, we all delighted in the company and conversations around the table.

FAMILY HISTORY GROUP

Edwin Lilly

We had a quiet meeting with very few members at the July meeting. We looked at how to record information. There will not be a meeting in August as I feel a lot of members will be off doing holiday related things and they may not want to spend the time in a stuffy lecture room.

The next meeting will be on Wednesday 10th September at 2.00 pm in the lounge at the Methodist Church Centre I look forward to seeing you then.

GARDEN APPRECIATION GROUP

Suzy Genge

In July, we visited Coughton Court on a very hot day. We started early but forgot that the walled garden doesn't open until 11! A lovely shady walk around the river was suggested . A lot of the roses had finished, but the lavender was fantastic and full of bees.

Next month is to Badsleigh Clinton on August 12th. Meet in car park at 10am

HISTORY GROUP

Robert Tringham

We met on 17th July where we looked at the history of films, film and movie making, Our next meeting will be on Thursday 18th September 2025 when we shall be delving into the history of holidays and festive occasions, the stories behind the celebrations we cherish, and how holidays have shaped our lives and communities We will be asking what is the meaning behind our festive days, and finding some surprising origins of our favourite festivities. Also we will be considering the spirit of celebration as a historical tribute to togetherness. Finally, we will watch some interesting videos including "A whistle-stop tour of holiday traditions." Tea, Coffee, cake and biscuits will be available to enjoy at the end.

GRUMPY OLD MEN

Graham Mitchell

We meet on the 3rd Wednesday of each month to discuss a variety of topics and have an enjoyable lunch. Next meeting is on Wednesday 16th August at the Stratford Sports Club. New members welcome.

KEEP FIT

Jan Jones

Our small friendly group consists of both males and females of mixed abilities. The class is designed for our age group, with standing and sitting exercises (we do not have to get onto the floor!). We meet every Thursday morning from 10 - 11am in the Parish Centre at St Andrews Church in Shottery. We really enjoy the exercises and a chat. At present there is a waiting list, but please contact me if you are interested in finding out more about the group and being added to the list. Jan Jones email, janijones5@aol.com

PLAY READING

Sylvia Crooks

Play Readers met on Thursday 17th July. We began reading a new play "Ladies in Retirement" a play in 3 acts by Edward Percy and Reginald Denham. We next meet Thursday August 21st, 10.30am for coffee.

SCRABBLE, DOMINOES AND CARD GAMES

Sue Tringham

We meet on the 1st and 3rd Mondays of the month from 2pm until 4pm in the Foyer of the Methodist Church playing Scrabble, Dominoes and Card Games. It's a light hearted afternoon of fun, laughter and conversation! In August we will meet on the 4th and 18th. Tea, coffee and biscuits at 3. All welcome!!

SNATTS

Mike Genge

Our July trip to the Shakespeare Distillery was only attended by 4 of our members. Some didn't like gin. The visit was very informative, and we did get to taste some of their gin and rum, both of which are distilled on the premises, although only the rum is fermented from molasses on site. We have a month off in August and our next meeting will be on Friday September 12th at 14.00 when we will hear from a guest speaker about the Secret Life of Trees.

THEATRE GROUP

Glynis McDougall

Our August visit to the Attic is The Wizard of Oz Thursday 14th at 7:15. tickets £15, hope to see you there. Sign up at the monthly meeting or email me for a ticket. I usually buy the tickets in advance so last minute cancellations will still need to be paid for

WALKING GROUP

Lin Randall

Our next walk is in Wednesday 13th August at 10am and starts from the Saxon Fields car park (it's free and by the roundabout) in Bidford-on-Avon, B50 4JA. This is a lovely, easy walk of about four miles alongside the Avon, through pretty villages of Barton, Brickmarsh and Marlcliff and across beautiful countryside. Bring a drink with you..... there are plenty of places in Bidford to have lunch afterwards.

** MAGAZINE EDITOR REQUIRED **

The role will involve maintaining an organised archive system, digitizing records for accessibility, and collaborating with team leaders to curate exhibits or publications that highlight our rich history and activities of the Heart of England u3a, and produce a quarterly magazine for publication on our website. For more information please contact David Haggarty at d-haggarty@outlook.com



Dinahs Lunch at Pen and Parchment – August 2025

Garden Group at Burton Hall June 2025



TEA /COFFEE ROTA 2025/26
Refreshment Co-ordinator
Sue Tringham, email: suetring75@gmail.com

Below is a list of the interest Groups that will be responsible for serving tea and coffee each month. Group Leaders please check the Newsletter for your rota.

Aug – Dinahs	Sept -- Jazz	Oct - Chinwags
Nov – Classical Music	Dec -- Current Affairs	Jan - Computer