

September-October 2026

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Autumn Edition



**Notes from
the Chair**

“Summertime, and
the livin' is easy”

Well, what a summer
we've had! The

national pastime of grumbling about the weather still delights us, but the subject matter has suffered a distinct change of focus. The extreme heat may have withered our spirits to attend some of the u3a events over the Summer but it does not however appear to have dampened our flow of ideas and new groups. We have seen the formation or early stage development of new German, Spanish, Astrology, Yoga, Classical Books, AI (Artificial Intelligence), Art for Beginners and Disco Dancing groups. The next couple of months should also see the launch of an Abstract Art group, two AI groups and a Winter Dippers group for those of a completely unsound state of mind.

Do let me know if you have any ideas for a new group no matter how crazy! It only takes a few crazy people to form any group.

You (perhaps with a few friends) might want to create a new, more local version of a current or new group. We are starting to approach the kind of numbers where we may be able to foster some local groups. One of the persistent

criticisms is that everything appears to be Newport-centric. As we increase in size we should be able to form more local groups. Speaking of which ...

We have also celebrated another small milestone in the growth of our branch. We officially breached 400 members for the first time!

A sad farewell and a hearty welcome. Last month saw the departure of the wonderful Mim Weller from the committee. Her joy, application and humour were a great tonic, and she will be sorely missed. We wish her well. At the same time, we welcome Phil Tarling officially onto the committee as Business Secretary. A role that becomes ever more important as we move towards our registration with the Charities Commission. Many of you will know Phil already from the great work he is doing with Facebook and Risk Assessments, as well as being the driving force behind the Not Golf Group (excuse the pun).

If you or anyone you know has an unfulfilled lifetime desire to support the committee, or even join it, we might just be able to make their dream come true 😊. Drop me a line.

Chris Ryan, chair@u3awight.uk

u3a Isle of Wight Diary — September 2026

Capacity key: ① Full—no availability ② Some capacity ③ Significant capacity ④ Public event

September at a glance — Groups and Events by day of month

1st	③ Cycle Out (Easy)		
2nd	④ Coffee - Newport	② French Conv 3	② Recorder Group
3rd	③ Singing for fun		
4th	① Bookworms	② Discussion Group	② French Conv 2
	② German Advanced	① French Conv 1	
5th	② Spanish Step up	② Italian Step-Up	
7th	② Spanish Improvers	② Creative Writing	② Chair Yoga
	② German Beginners	② Yoga	
8th	① Wine - Cowes	③ RandReads WestW	② Spanish Fun
	② Italian Beginners	② Italian Conv	
9th	④ Coffee - Niton	② Walk/Talk Gardens	② French Conv 3
10th	④ Speaker	② Bamboo Pipes	
11th	② French Conv 2	② German - Intermed	① French Conv 1
12th	② Spanish Step up	② Italian Step-Up	
14th	④ Coffee - Yarmouth	② Spanish Improvers	② Poetry
	② Chair Yoga	② Yoga	
15th	③ Cycle Out (Mod)	① Vinyl Tracks/Chats	② RandReads Newport
	② Family History		
16th	② French Conv 3	③ Ten Pin Bowling	② Recorder Group
17th	④ Coffee - Cowes	① Psychology	① Wine St Lawrence
18th	② Discussion Group	② French Conv 2	② German Advanced
	② Scrabble	① French Conv 1	
19th	② Spanish Step up	② Italian Step-Up	
21st	② Spanish Improvers	② Chair Yoga	② German Beginners
	② Yoga		
22nd	④ Coffee - Ryde	② Spanish Fun	② Italian Beginners
	② Italian Conv		
23rd	② Walk/Talk Gardens	② French Conv 3	
24th	④ Coffee - Sandown	② Bamboo Pipes	
25th	③ Lunch Out	② French Conv 2	② German - Intermed
	② Playing the Sax	① French Conv 1	
26th	② Spanish Step up	② Italian Step-Up	
28th	③ K-dramas	② Spanish Improvers	② Spanish Beginners
	② Chair Yoga	② Yoga	
30th	② French Conv 3	① Classical Books	

Query Hotline: **0300 102 1747**

Capacity key: ① Full—no availability ② Some capacity ③ Significant capacity ④ Public event

October at a glance — Groups and Events by day of month

1st	③ Singing for fun		
2nd	① Bookworms	② French Conv 2	② German Advanced
	② Discussion Group	① French Conv 1	
3rd	② Italian Step-Up	② Spanish Step up	
5th	② Chair Yoga	② Creative Writing	③ Games
	② German Beginners	② Spanish Improvers	② Yoga
6th	③ Cycle Out (Easy)		
7th	④ Coffee - Newport	② French Conv 3	② Recorder Group
	② Walk/Talk Gardens		
8th	④ Speaker	② Bamboo Pipes	
9th	② French Conv 2	② German - Intermed	① French Conv 1
10th	② Italian Step-Up	② Spanish Step up	
12th	④ Coffee - Yarmouth	② Chair Yoga	③ Games
	② Poetry	② Spanish Beginners	② Spanish Improvers
	② Yoga		
13th	② Italian Conv	② Italian Beginners	③ RandReads WestW
	② Spanish Fun	① Wine - Cowes	
14th	④ Coffee - Niton	② French Conv 3	
15th	④ Coffee - Cowes	① Psychology	① Wine St Lawrence
16th	② Classical Music	② French Conv 2	② German Advanced
	② Scrabble	② Discussion Group	① French Conv 1
17th	② Italian Step-Up	② Spanish Step up	
19th	② Chair Yoga	③ Games	② German Beginners
	② Spanish Improvers	② Yoga	
20th	① Vinyl Tracks/Chats	② Family History	② RandReads Newport
21st	② French Conv 3	② Recorder Group	③ Ten Pin Bowling
	② Walk/Talk Gardens		
22nd	④ Coffee - Sandown	③ Lunch Out	② Bamboo Pipes
23rd	② French Conv 2	② German - Intermed	② Playing the Sax
	① French Conv 1		
24th	② Italian Step-Up	② Spanish Step up	
26th	② Chair Yoga	③ Games	③ K-dramas
	② Spanish Beginners	② Spanish Improvers	② Yoga
27th	④ Coffee - Ryde	① I Can't Do Art	② Italian Conv
	② Italian Beginners	② Spanish Fun	
28th	② Beach Walks	① Classical Books	② French Conv 3
29th	③ Cycle Out (Moderate)		
30th	② French Conv 2	① French Conv 1	
31st	② Italian Step-Up	② Spanish Step up	

Contact groups@u3awight.uk • 0300 102 1747 • www.u3awight.uk

New - Classical Book Group

A classic book group for vintage readers!!

The lovely Lynne Askey has kindly volunteered to lead a new book group concentrating on the classic authors of the last century such as J B Priestly, Virginia Woolf, Daphne du Maurier, George Orwell, John Wyndham, Iris Murdoch etc ...

The first book will be " 'The Good Companions' by J B Priestley.

To add to the ambience Lynne has secured the use of the lovely "Library Room" at the recently refurbished Albion Hotel in Freshwater. I can vouch for the room and location. It is quite spectacular.

It will meet on the last Wednesday of every month. The first meet will be Wednesday 30th September at 11am for two hours.

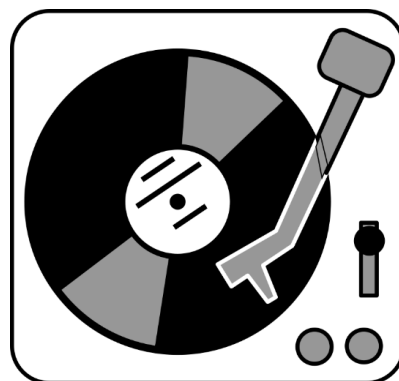
There are only ten spaces available and will be allocated on a first come, first serve basis so get your name on the list as soon as possible!!

Venue -
Library Room
Albion Hotel,
Freshwater



If this is something you think you might enjoy, please complete the form below and we will get back to you

[Click here to get your name on the list ...](#)



Vinyl Tracks and Chats - This one came out of a random chat about a u3a magazine article with someone who is a keen and enthusiastic music lover. We even managed to persuade him to join us just to lead the group!! We have about 15 people currently interested.

[Click here if you have not already registered](#)

New Group – Experimenting with Drawing, Painting and Colour led by Marilyn Mittelheuser

Thursday afternoon, six weeks, starting mid-October in Ventnor.

It is aimed at people who enjoy playing with paint but feel that some fundamental tuition would help them get more out of it.



The medium will be acrylic.

Contact Marilyn via sally@u3awight.uk if you are interested.

News from the Groups

We try to avoid publishing personal email addresses for GDPR reasons.

Please direct contact requests to groups@u3awight.uk and ask for your email to be forwarded to the Group Leader, etc.

Psychology Group

We continue to meet monthly for two hours in Newport. We have covered a range of topics to date, and are currently focusing on biological aspects.

The aim is to encourage general discussion and learning. Numbers are capped at ten to allow for this.

However, I am happy to be contacted by anybody who might be thinking of joining so I can add your name to the waiting list.



Jeremy Turk



The u3a is an organisation which exists under the umbrella of the [Third Age Trust](#). The u3a also has a membership oriented marketing web site called "u3a Friends Extra" which offers many commercial discounts if you sign up for it.

Check it out at "[u3a Friends Extra](#)".

And, if not enough to do here and the weather changes, visit u3a Learning-online centre [here](#) for learning, competitions and online games.

Discussion Group

You are very welcome to join our friendly group to enjoy lively discussion of a wide range of topics. You can introduce topics that interest you and also join in discussions of topics that others bring. Please email groups@u3awight.uk for further details. Meetings are twice monthly on the first and third Fridays. They are on Sept 4th & 18th and October 2nd & 16th, 10.15-11.45, at Utilita Hub, 121 High St., Newport.

Recent discussions have included whether

- There is such a condition as **shopping addiction**. There was a suggestion there could be an addiction to spending someone else's money!
- There has ever been an **age of honourable politicians** and, if so, when was it.
- **Reading fiction** is 'better than' reading non-fiction.
- **Fly-tipping** both locally and nationally can be stopped and, if so, how.

Pauline Hunter



Playing with Watercolour

We have had some really colourful sessions this summer and even a very full house - not quite sitting on each others laps but not far off.

Continuing from splashing paint about, we did a little more refined playing to produce some very bright and colourful sunflowers, always a lovely easy subject to do. No drawing because we think we know how a sunflower looks roughly! Just dribbling and a bit of blowing to create the effect, good game and incredibly easy to do.



The second pic shows splashing again with brilliant colour and the using dark paint over the top to create a tree and toadstools. A little imagination and a little doorway appeared! A definite autumn feel and a glow in the dark effect.



Hope you like and will share more of our artistic next time.

Barbara



Kay Evans "[I Can't do Art Group](#)"

(Click on above images for experimental slide show.)

Monthly Lunches

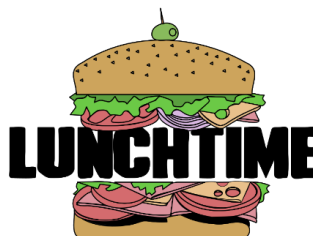
The monthly lunches are open to everyone. We meet at various pubs around the Island. If you have a favourite let us know!

The September lunch will be on Friday 25th at The Blacksmiths, Calbourne Road, and October at The White Mouse, Thursday 22nd.

The monthly lunches are held in different eateries around the island - usually about 16-20 attend on a first-come-first booked basis. If you have a favourite eatery that you would like to recommend, please let me know.

Please let me know if you would like to join a lunch - or you have a local favourite pub that you would like to propose. The monthly lunches are held in different eateries around the Island - usually about 16-20 attend on a first come first booked basis.

sally.u3awight@gmail.com



Sunday Lunch

Sunday Lunches are hosted by anyone and open to everyone. Restaurants are booked by whoever feels like hosting a Sunday Lunch. Let us know and we will advertise the event and collect the names of attendees.

Please - if Sunday lunch is your thing make a plan and let me (Sally) know.

I am happy to handle the initial bookings.

Sally sally.u3awight@gmail.com

News from the Groups - Books etc.

Bookies' Favourites

Bookies Favourites met to discuss "Verity" by Colleen Hoover. This was billed as a best-selling thriller but we were unimpressed on many, many levels. The question did arise that maybe it was aimed at a younger target audience but it didn't hit the spot with us!



We would love to include a couple of new members to our group.

If this is of interest let me know if you would like to join our group in the future.

Steph

Random Reads Freshwater

A second book group where the focus is on what you have read rather than all reading the same book.

Just bring your favourites and your disappointments and be ready to discuss them over a cup of coffee. At the **Freshwater café after 14.00.**

Jane Stevenson

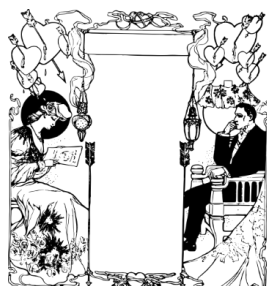
Note - please direct all enquiries through email, e.g. groups@u3awight.uk
(emails will be forwarded)

Poetry Group

The subject of time was our challenge for last month. As with poems there are some deep thoughts including what is the concept of time.

Poetry Group are looking at the Irish Poets for the September meeting.

Helena Hewston



Creative Writers

Sometimes it seems the topics chosen are difficult to write about but every month the variety of what has triggered an approach is considerable and not difficult in the end.

The Writers continue having thoughts about Fairies and Telling the Truth - see next edition for what they come up with!

See the [link pages](#) for examples of our work.

Regards,
Helena Hewston



News from the Groups - Books etc contd.

Bookworms

formerly Wootton Books

Our group continue to enjoy reading and discussing a variety of authors. In August, we met at Wolverton Manor instead of East Cowes to enjoy a shared lunch and to discuss 'The Artist' by Lucy Steed. All but one of us loved the book. It is beautifully written with vivid descriptions of art, food and the landscape of Provence during a scorching summer in 1920.



We are not meeting in September due to many members being away on holiday. In October we resume on the first Friday of the

month, back in East Cowes, to discuss 'Time of the Child' by Niall Williams.

Allison Rogers



Random Reads (Newport)

We meet and share thoughts and opinions about books we have read recently. Mostly fiction but not always. It's a great way to find out about new authors and discover a different perspective on old favourites. Be ready to chat, listen, ask questions, offer opinions and borrow and lend books in a friendly and positive group.

Spaces remaining 3

Kate Rickman



Abstract Art

Six week afternoon course starting in Ventnor 5th October with Mary King.

...for literally anyone who wants to try a new medium and spark up new neural pathways. No previous experience required.

In this hands-on workshop Mary King's expressive mixed-media art emphasizes intuitive exploration.

[Click here to get your name on the Abstract Art group ...](#)

Age of QR codes - practise scanning these QR codes with your mobile phone. On the left the QR code takes you to our Facebook page; on the right to a warning from the BBC about how QR codes can be used by scammers. A QR code usually offers you a website, but you can see the website link before you click it. Do check that the link looks OK before clicking.



News from the Groups - Music

Singing for Fun

Singing for Fun meets on the 1st Thursday of the month at St John's Hall in Newport at 2pm for 2:15. (Please bring along a £2 cash contribution to the room hire.)

We sing popular songs, with occasional accompaniment by guitar or pianist.

The next meeting is September 3rd.
I look forward to hearing from you.

If you are interested and have not received the lyrics sheets for the September meeting please let me know and I will add you to our circulation list.

Sally

sally.u3awight@gmail.com - and come along and join the fun.



Playing the Saxophone

Our new saxophone ensemble is up and running. We have decided to hold our numbers steady at this point.

If you are interested then please register your interest on groups@u3awight.uk and we can let you know when that changes - or there are enough people interested to start a second group.



Classical Music Appreciation

For each meeting we focus on a particular topic, and listen to relevant recordings.

We have recently enjoyed music by the Russian composer Scriabin, and a range of pieces by Bach, Brahms, Mozart and Janacek - music that captivated a member of the group on first hearing.

For September we will listen to some of our editor's favourite piano pieces (mostly from the romantic era). Programme [here](#).

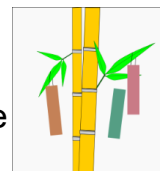
There are a few spaces available - why not try this group? 4th Friday p.m. Newport.

Geoff
(and Roger)



Bamboo Pipes

Making and Playing Bamboo pipes - meet in Cowes on 2nd and 4th Thursday mornings. We make and play our own instruments!

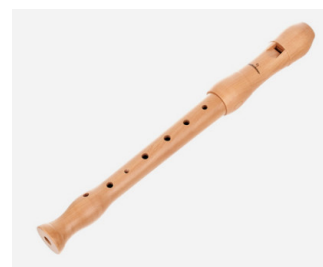


June Foster

Recorder Group

We meet on the 1st and 3rd Wednesday of the month, 2 to 3.30pm in Newport, to enjoy playing a variety of recorder music.

Anne Baylis



Isle of Wight u3a Directory of Groups with Categories

View Groups on our open website at www.u3awight.uk

Art

Can't Do Art Various, monthly; irregular intervals - **Kay Evans**
Spaces Remaining: 1

Experimenting with Art
Ventnor, Tuesday October 22nd - November 24th - **Sally Forster**
Spaces Remaining: 0

Playing with Water Colours
Various, 2nd Wednesday - **Barbara Howard**
Spaces Remaining: 0

Culture

Classical Books Last Wednesday of the month -
Spaces Remaining: 25

Disco Revival To be agreed - **David King**
Spaces Remaining: 8

K-dramas Members Home, 4th Monday evening - **Roger Skidmore**
Spaces Remaining: 7



Exercise

Beach Walk All Around the Island, Last Wednesday - tide dependent - **Julia Seabrook**
Spaces Remaining: 14

Chair Yoga Various, Every Monday - **Chris Ryan, John Cranwell**
Spaces Remaining: 0

Cycling Out All Around the Island, Tuesday mornings - **Dave Vodden**
Spaces Remaining: 7

Moonlight Swimmers

Yaverland, During the Summer - **Sally Forster**
Spaces Remaining: 30
Yoga and Chair Yoga All Around the Island, To be decided - **John Cranwell, Chris Ryan**
Spaces Remaining: 5

Food and Drink

Lunch October: The Wight Mouse Various, Thursday October 22nd - **Sally Forster**
Spaces Remaining: 15

Lunch September: The Blacksmith Newport, Friday September 25th - **Sally Forster**
Spaces Remaining: 4

Wine Appreciation Cowes
Cowes, 2nd Tuesday - **Jennifer Hale**
Spaces Remaining: 0

Wine Appreciation St Lawrence St Lawrence, Usually 3rd Thursday of month - **Frank Kelly**
Spaces Remaining: 0

Games Indoor

Bridge Newport, Two games a month - **Tony Williams**
Spaces Remaining: 11

Bridge Lessons Niton, Weekly - **Philip Tarling, Sue Tarling**
Spaces Remaining: 0

Quizzing All Around the Island, Irregular - **Tony Williams, Beryl Wells**
Spaces Remaining: 11

Scrabble Various, 3rd Friday - **Alison Botha**
Spaces Remaining: 2

Ten Pin Bowling Ryde, Monthly Wednesday am - **Neil Guy**
Spaces Remaining: 4

Games Outdoor

Padel & Pickleball Ryde Tennis and Padel Club, To be agreed - **Chris Ryan, John Cranwell, Terry Webb**
Spaces Remaining: 8

The Not Golf Group All Around the Island, Different days Different venues Different times - **Philip Tarling**
Spaces Remaining: 15

Garden

Garden Group Members gardens or allotments, Twice a month (summer) - **Sally Forster**
Spaces Remaining: 5

Walk & Talk About Gardens
Various, Wednesdays twice a month - **Beryl Tillman**
Spaces Remaining: 2

General

Discussion Group Newport Utilita, First and Third Friday - **Pauline Hunter**
Spaces Remaining: 5

History

Family History - Group 1
Newport, 2nd Thursday of the Month - **Amy Brading, Anne**

Baylis, Gillian Fortune

Spaces Remaining: **1**

Family History - Group 2

Newport, 3rd Tuesday of the month - **Peter Fedden, Jacqui Phillips** Spaces Remaining: **0**

Languages

French Conversation I Lake, every Friday morning - **Alexandra de Trey** Spaces Remaining: **0**

French Conversation II Newport, every Friday afternoon - **Tom Finnegan** Spaces Remaining: **4**

French Conversation III Newport, Wednesday - **Corinne White, Kay Evans** Spaces Remaining: **7**

German 0 Beginners Various, To be agreed - **Mary Longley** Spaces Remaining: **0**

German I improvers Roman Villa, Brading, Alternate Friday mornings - **Mary Longley** Spaces Remaining: **1**

German II Inter/Advanced Roman Villa, Brading, Alternate Friday mornings - **Mary Longley** Spaces Remaining: **3**

Italian Conversation Group Leaders Home, 2nd and 4th Tuesday pm - **Chris Ryan** Spaces Remaining: **6**

Italian for Absolute Beginners Various, Second and Fourth Tuesdays - **Chris Ryan** Spaces Remaining: **5**

Italian: Step Up Newport Library, Saturday 2pm to 3pm - **John Mittelheuser** Spaces Remaining: **2**

Spanish - Step Up Newport Utilita, Saturday 1pm, Utilita, if

closed, the Library - **Brett Clark** Spaces Remaining: **1**

Spanish for Absolute Beginners Newport Utilita, 2nd and 4th Mondays - **Margaret Armstrong** Spaces Remaining: **21**

Spanish for Fun Group Leaders Home, 2nd and 4th Tuesday - **Chris Ryan** Spaces Remaining: **3**

Spanish Improvers Online, Monday 4pm Zoom - **Brett Clark** Spaces Remaining: **4**

Literature

Bookies' Favourites Ryde, Various - **Stephanie Edwards** Spaces Remaining: **1**

Bookworms East Cowes, 1st Friday - **Allison Rogers** Spaces Remaining: **0**

Creative Writing Newport Utilita, Monthly - 1st Monday pm - **Helena Hewston** Spaces Remaining: **3**

Poetry Members Home, 2nd Monday - **Helena Hewston** Spaces Remaining: **2**

Random Reads Newport, Occasional Tuesdays - **Kate Rickman** Spaces Remaining: **3**

Random Reads - Freshwater Freshwater, Every 2nd Tuesday - **Jane Stevenson** Spaces Remaining: **2**

Music

Bamboo Pipes Cowes, 2nd and 4th Thursdays - **June Foster** Spaces Remaining: **3**

Classical Music Appreciation Members Home, Various Fridays

- **Geoffrey Simmons** Spaces Remaining: **3**

Playing the Saxophone Various, Varied - **Nikki Mannix** Spaces Remaining: **4**

Recorder Playing Newport, 1st and 3rd Wednesday - **Anne Baylis** Spaces Remaining: **2**

Singing for Fun St John's Church Hall, 1st Thursday - **Dave Vodden, Sally Forster** Spaces Remaining: **0**

Vinyl Tracks and Chats Newport Utilita, Every third Tuesday - **Lee Simmonds, Raymond Batchelor, Matthew Dodge, Kay Evans, Jane Stevenson** Spaces Remaining: **0**

Science etc

AI Group St John's Church Hall, To be agreed - Spaces Remaining: **50**

Astrology To be agreed - **Diana Eccleston** Spaces Remaining: **2**

Psychology Congregational Church, Third Thursday afternoon - **Jeremy Turk** Spaces Remaining: **0**

Ask to go on waiting list if the chosen group is full.

groups@u3awight.uk

News from the Groups - Games & More

Bridge Players

Great news for The Bridge Group. We are growing again with more people joining.

We meet in people's homes and we usually hold one or two regular games every month. So if you are a casual player or even a regular club player you would be welcome to join us.

Tony Williams



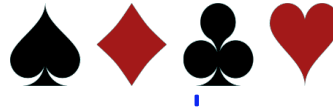
Bridge Lessons

We now have our first graduating couple who are now happily enjoying playing this addictive game.

If you would like to find out how they did it then contact Sue on

bridgelessons3a@gmail.com

with your phone number to find out more.



Yoga We have our initial Taster Session in July where we covered several branches of yoga as well as breathing. I think the heat may have kept several people away who might otherwise have joined in. The level is very much beginner/easy on the body. There was sufficient enthusiasm to commit to starting a full yoga group and after chatting with Sarah (our wonderful yoga instructor) it looks like this will start on

September 14th at the Unitarian Hall on Newport High Street. You will most probably have seen the messages by now, but do get in touch if your are interested.

The **Chair Yoga** is a huge success. We are fully booked for the next group of sessions and may need to split into two groups if we continue to grow at this rate. The new season starts on September 14th.

Ten Pin Bowling

Ten Pin Bowling at Ryde Superbowl has proved quite popular and will resume on September 16th after the summer holidays. We play for fun so any ability is welcome even if you've not bowled before.

Price at time of writing is £8 per adult game including shoe hire; we can extend to a second game for those who might like to on the day.

For more information - **Neil**



Padel & Pickleball

With almost 30 people interested, this has now moved to action status. There are taster days which you can book to be followed by a couple of training sessions for those interested in progressing with the group after the Taster Day. If you are interested fill in the form below.

[Click here if you have not already registered](#)



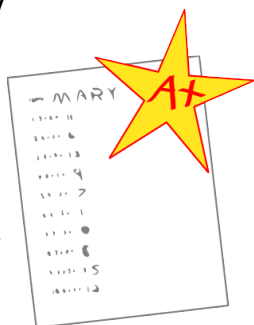
News from the Groups - Games & More

Quizzing

Summer has been quite an active time for some people in our group. Members have regularly gone to quizzes at a few venues: Flanagan's in Sandown, The Chine Inn in Shanklin, Snacks and Ladders in Newport and The Cedars in Wootton. In addition, we've had u3a quiz teams at Newclose Cricket club and at the Hospice quiz at Ryde Rowing Club. Summer social quizzes have also been held at Jennifer's and at Tony and Mary-Anne's - a lovely way to spend a Sunday afternoon, at least for the guests.

If you would like to be part of quiz teams at any of our regular venues, please get in touch. The Crab in Shanklin should also restart their weekly quizzes soon and we plan to go to those too.

We're also looking for other quizzes at pubs/cafes etc where people can easily get to on dark evenings. If you find a quiz that you'd like to go to as part of a u3a team, particularly in town centres such as Yarmouth, Freshwater, Cowes, Newport or Ryde, then get in touch.



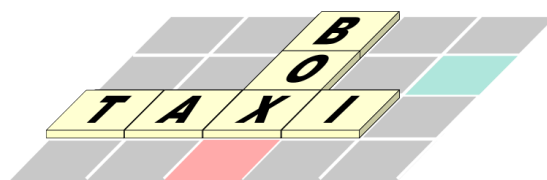
Scrabble

The Scrabble group members are a friendly bunch who basically just enjoy getting together once a month to pit their wits against each other in as many games of Scrabble as we can fit in to a couple of hours (plus a fair bit of chatting of course). We have players at all levels and try to match up like-for-like as far as possible, but at the end of the day luck plays as much a part as skills do. No-one is going to score very highly with a rack full of vowels and no consonants or vice versa!

We meet in the homes of those who volunteer to act as host if they so wish – no pressure! Our regular meeting date is the THIRD Friday of every month at 2pm, so our next couple of sessions are Friday Sept 18th and Friday October 16th.

We would be more than happy to welcome new members – drop me an email or give me a call on 07805 773097.

Alison Botha



Beryl Wells

Language Groups welcoming new members

Click below for more details and register interest:

[Click here to apply for the Conversational French group](#)

[Click here to apply for the French Beginners Group](#)

[Click here to sign up for the Beginners German group](#)

[Click here for Beginners Spanish](#)

مرحبا العالم! Hallo Welt!
Hej Värld! Hello World!
ハローワールド! Ciao Mondo
¡Hola mundo! 世界您好!
Salut le Monde!



News from the Groups - Gardening

Gardeners' Group

The garden group is open to everyone who is interested in things gardening.

We meet in each others' gardens and talk about the weather, the soil, propagation, colour schemes, tools, you name it, we talk about it.

Also of course the tea and cake. We occasionally go on visits to places like Ventnor Botanic and Farringford.

Please contact Sally on sally.u3awight@gmail.com



Walk and Talk about Gardens

As you are all aware the last few weeks have not been the easiest for gardeners, but we must learn from our losses and start adapting to changing weather patterns. We have had to cancel a couple of meetings but those of us who have braved the heat have not been disappointed.

A shady garden in Shanklin was a very pleasant respite. It is a garden with secret hidden corners and surprises, as there are a number of unusual objects serving as plant containers.

In July we visited a challenging garden, open to strong winds which was showing signs of the drought conditions but the large pond area was a delight and has some very interesting planting and has developed into a haven for newts. This garden has some high raised vegetable

beds which are a blessing as we get older, but they take a lot of compost for initially planting. The vegetables looked very lush and plentiful and are obviously worth the initial effort.

The most recent garden visited was full of colour, which is sadly lacking in many of our gardens at the moment. It is densely planted and after five years is nearing maturity. The state of the garden reflects the amount of compost and manure, which is added yearly to improve the soil and has helped the plants to survive this challenging weather. The strong planting of grasses in the front garden gives privacy and interest and is in complete contrast to the back garden.

Each visit was completed with tea, cake and chat of course.

Beryl Tilman



News from the Groups - Languages

German I & II

Alternate Fridays,
Brading Roman Villa



German Improvers

Intermediate Group - Term starts on Friday 11 September Please come along to Brading Roman Villa at 10.30am and dip your toes in!

German Advanced Advanced Group - Term starts Friday 4 September. Please come along to Brading Roman Villa at 10.30am and dip your toes in!

STOP PRESS! - New Beginners Group will start Monday 7 September at Brading Roman Villa at 11am - 1pm. This group is designed for absolute beginners, so absolutely no prior knowledge is required. If you have a smattering, or have been working with DuoLingo, this might also suit you. Why not come along and try?

Mary Longley

Spanish Beginners "Plus"

The group is now much as before, concentrating on simple everyday necessary sentences which might seem simple and easily learnt, but the need to understand them without having to translate them is the constant goal. So repetition although boring is what we are practising between ourselves: that and an appropriate "immediate" response. We have also heard that there might be another group of Beginners, perhaps, Beginners' "Basic" being formed. So shall we continue calling ourselves "Spanish Beginners "Plus" or morph into something else - needs to be discussed, perhaps in Spanish, eh?

Brett Clark

French Conversation

Friday am: Lake

Friday pm: Newport

Wednesday pm: Newport



These three conversation groups are all aimed at having fun while endeavouring to speak French. There is no teacher and we share the responsibility for supporting each other to improve, or at least not lose, what French we have.

French 1 - with Ally de Trey - is held in a lovely room at Co-op Funeralcare in Lake on Fridays at 10 am. There are 10 group members and we generally have six to eight present at each meeting. Some of us are more fluent than others, with one a fluent speaker who can correct our French.

French 2 - with Robert Carter - meets at Utilita's room in Newport on Friday 2pm. Meetings are very informal with no preparation and an unstructured conversation so as to achieve as natural and loose a flow as possible.

French 3 - with Kay Evans and Corinne White - meets at Utilita's room in Newport on Wednesday 2pm. We have 12 members with varying levels of French, although all able to join the conversation.

french@u3awight.uk

Spanish Improvers

Zoom on Mondays from 4pm - 5pm

Listening to Lola reading a short story and then speaking in turn ourselves to master the pronunciations has been the highlight of recent weeks, On Zoom of course we cannot do as the Italian groups seem to be doing with their coffee and cannoli but we of course do not have to travel through the chaos of the road works "obras viales" and can have all our books and learning material to immediate hand. It is still fun and educational and long may it continue.



Brett Clark

News from the Groups - Languages

Absolute Beginners' Italian

The Summer has seen the "Principiante" group growing in numbers and still maintaining the joy and enthusiasm as if we just started. Our host Mary-Anne continues to amaze us with her generosity, culinary skills and now even her Italian!! We are a very mixed group in terms of ability, with some true beginner still joining the mix, but somehow everyone still seems to enjoy the journey!



Our WhatsApp Group is: [here](#).

If you are interested, please also join the Absolute Beginners Italian group on our Beacon Database through the membership portal.

Chris Ryan - chair@u3awight.uk

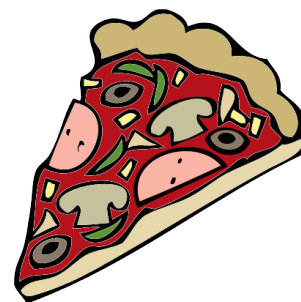
Italian Conversation

A small but beautifully formed group of people who manage to struggle through an hours conversation covering a variety of topics. We continually aspire to be better at the "Bella Lingua", but usually we are just are grateful to revel in mediocrity together. We do have some fun doing it though. Don't be put off by the term Conversation. We are happy to string a few sentences together and even happier if someone understands them.

Our WhatsApp Group is: [here](#).

A la prossima !!

Chris Ryan - chair@u3awight.uk



Spanish for fun

Only one session was held in July. The group is very keen and really enjoying themselves. We are currently having a splendid time relearning our English Grammar in order to forge forward on all

things Spanish. The great thing is that no-one is taking the sessions or themselves too seriously, so happy to make lots of mistakes. Although there is an official break in September the group have decided to keep meeting and progressing.

Hasta luego

Italian: Step Up

Saturday Newport 2pm - 3pm Our group continues its way through our textbook and I'm pleased to say that we've now reached the halfway point. Having only a weekly one hour session with our Professore Giovanni really emphasises the fact that one needs to see, say and sort one's Italian on a daily basis.

Our current group membership has been together for two years now and really enjoy

our get-togethers. We have one or two vacancies in our group, so if you are interested in joining us, please contact me, or if you want to see at what stage we're at, please feel free to join us on a Saturday afternoon. You'll be more than welcome.



John Mittelheuser

Beach Walkers

Thankfully, there was a welcome sea breeze for our walk on Wednesday 29th July. We took it slowly and enjoyed the wonderful clear views across to the mainland. Hurst Castle was particularly stunning and there were lots of boats too. We stopped at Colwell for ice cream, before heading back. Although this walk covered a very short distance there was plenty of time for chatting and getting acquainted with each other. On the return walk we had a spectacular view of The Needles before they vanished behind the headland. Next month's walk will be at Yaverland. (Late in the month so usually miss the newsletter deadline!)



Beach Walk - Colwell to Totland and back.

Julia

Cycling Groups Less Experienced and More Experienced

After our summer break, when the weather was often too hot for an enjoyable ride, cooler weather now approaches and so we can restart our cycle rides again, at least until the end of the year.

The format will be basically the same as before - unless ride members would like to do something different of course (e.g. mainland rides), so we will run one ride for the less experienced along one of the cycle tracks (usually Merstone to Newchurch), and one for the more experienced which can be anywhere on the Island. See our u3a diary for dates and times.

If you haven't used your bike for a while now would be a good time to check your bike over to ensure it is in satisfactory condition.

Full details of annual cycling maintenance are on this supplementary page - [Cycling Maintenance with Dave](#).

Happy cycling!

**Dave
Vodden**



Cowes Wine Appreciation

The Group recently assembled together, courtesy of our ever-welcoming Gurnard hosts, to enjoy a vinous visit to Italy, a truly well stocked land of wine and grape varieties, with something surely to suit all tastes, refined or otherwise! The evening commenced with the sampling of two Proseccos, one an organic product that resembled a Rose', and allegedly extra dry, but not so, expressing fruit notes of cherry, strawberry, and cranberry. Truly a 'hidden hint of sweetness' so not necessarily accurate to always believe what's written on the bottle label, it seems?

The second Prosecco was a Valdo Spumante, again allegedly dry, but the hint of sweetness eventually evident, when the tasting focused upon.

An interloper next, caused by a lack of Italian wine selection when shopping by one member, but still fascinating to sample, namely a French La Dame en Rose, and bought from Marks & Spencer's. Back then to the Italian selection, with a Saracosa Toscana of 2024, and the enjoyable evening finally rounded off with yes - you've guessed it, the traditional "sweetie" namely a Sourgal Moscato d'Asti, just 5% alcohol, but still spritzzy and refreshing, and tasting of grapes - what else !!

Plans in place for a hoped for Summer of exploring further afield maybe, with some suggestion for trying the Kiwi wines, so we'll await and see?

With kind thoughts,

Maurice Fairall

Contact Jenny Hale

St Lawrence Wine Tasting

Hello wine lovers and heathens,

We were right on trend in July, sampling chillable red wines. Normally these include the lighter styles of red – almost see through if you hold a bottle up to the light.

In France these might be made from Pinot Noir or Gamay grapes (Burgundy or Beaujolais), and in Italy perhaps a Bardolino or a Barbera would fit the bill.

Sainsbury's had a delicious Frappato (Sicily) on offer, but most of the wines came from Majestic, and generally were good value, around the £10 mark.

A standout was a gorgeous, chilled dessert wine from Valpolicella – expensive (£18.50 a half bottle at Majestic), but well worth it for a special occasion.

In August we tried a wine 'flight'. In other words, wines to match a virtual tasting menu from aperitif through the courses to dessert and cheese, starting with a sparkling wine through white, rosé, red and finishing with a sweet dessert wine. This novel idea was realised by one of our group members and was a lot of fun.

Again, the standout was the dessert or 'digestif' wine – a chilled Pink Port (50cl from M&S £10). I think I see a trend emerging here.....



In other news, a recent large study of UK adults found that moderate wine drinkers had a 21% lower risk of cardiovascular death compared with never or occasional drinkers, and better outcomes than beer or spirits drinkers. Hooray!

If you consume all three though there is no hope for you!

Of course, all this is to be taken with a pinch of salt, preferably on a plate of French fries!

Cheers!

Frank

Independent Living Show held at Havenstreet Station on Sunday 12th July 2026

Our stalwarts Andy Buckman, Lorraine Buckman and Phil attended and promoted IOWu3a to the people of the island in the main marquee throughout the show. u3a was among 30 other exhibitors offering information and advice to about 150 visitors who passed through during the hot day.

Asking many people both exhibitors and visitors, it was soon realised how many people have still not heard of us but there was a good level of positive interest from everyone.



Nigel Hartley's High Sheriff campaign is called "*My Life, My Death, My Plan*".

The campaign urges Isle of Wight residents to plan their end-of-life arrangements early while still healthy and able to make decisions. Nigel suggests that having these conversations can avoid unnecessary distress for families and increased pressure on NHS, social care, and hospice services.

He encourages people to make a will, check digital legacy planning and be prepared to definitely have those "difficult conversations" with nearest and dearest. Also to consider an advance care plan.

He says early planning "reduces chaos and distress for loved ones" and prevents crises that occur when people neglect such important issues.



What is
The [Blue Lamp Trust](#)?

We hope the Blue Lamp Trust will give a talk to us about their work at some point. And find out!

Stop Press!

Nigel Hartley is booked as speaker for Thursday 11th February.



Know your Committee 2026:

Andy Buckman -	Treasurer
Chris Ryan -	Chair
Dave Vodden -	Without Portfolio
Phil Tarling -	Business Secretary
Roger Skidmore -	Newsletter
Sara Gilding -	Speaker Meetings

Sherlie Burridge -	Membership
Sherlie Burridge -	Acting Vice-Chair

We meet monthly apart from July, August and December.

Speaker Meetings

Second Thursday of the Month
2.00 pm St John's Hall, Newport, PO30 1LN

Speaker Meetings are open to all.
Refreshments and chat available.

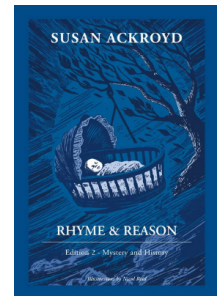
Thursday 10th September 2026

Susan Ackroyd - "Rhyme and Reason, a look at English History through Nursery Rhymes."



[Website](#)

Why was a baby in a treetop? Who was Georgie Porgie, the little boy blue, Mary Mary? Little Jack Horner's family continued to enjoy the plum property he took from those intended for Henry VIII, until the 20th century.



[Podcast](#)

October Meeting:

Colm Watling has worked in technology from long before it was fashionable. He talked to us in February about Artificial Intelligence for Beginners and will be returning to tell us more on **Thursday 8th October**.



Thursday 12th November -
talk on Climate Change

December - **Christmas Party!**

January 14th - Mitch Jones - Life as
a Yeoman

February 11th - Nigel Hartley (Island
High Sheriff)

March - TBA

For more information contact Sara at speakers@u3awight.uk

Newsletter edited by Roger Skidmore

Call 07732 480201 or 01983 822900
or email editor@u3awight.uk

To print out, possibly set your printer to
"booklet" format (unless you want full A4
size - 20 pages).

Note - underlined
words are usually web links.



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