

u3a Medway

MONTHLY NEWSLETTER – June 2025

Message from the Chair June 2025

I am pleased to introduce June's Newsletter. I can't believe we are almost halfway through the year.

In last month's introduction I mentioned that we were nearly 600 members strong. I can reveal that we have now crashed the 600 barrier at 606. This is 25 up on this time last year and 62 up on 2023.

Meanwhile, monthly meeting attendance continues to average around 130 members. We could accommodate as many again before we need to find a larger venue, so why not come along to one of the meetings and see what goes on?

If you are planning to visit the Kent County Show this year do visit the u3a stand. A number of volunteers from u3a groups around the County will be staffing the stand across the three days, hoping to improve awareness of the organisation and increase membership. The show takes place from the 4th to 6th July at the County Show Ground, Detling.

I am sure some of you will be aware of the recent reorganisation of the management structure of the Third Age Trust. As part of this, Regional Trustees have been replaced by Council Members. The Council, according to the Trust, will "act as a conduit between u3a members and the new Board of the Trust, feeding members' thoughts, ideas and concerns into the ongoing development of the u3a movement."

The Council Representative for the South East Region has been announced as Sally Ingledew. If you wish to share your thoughts about the u3a with Sally, get in touch with me and I will share her email address with you.

Our Speaker Organiser, Cazz Wrate, is now putting the finishing touches to this year's History Study Day. Full details including the cost and booking details will be announced in the next couple of months. In the meantime, save the date - Thursday 6th November at Rochester Guildhall - admission from 10.00am, when the Museum opens.

Kevin Booth
Chairman

Welcome to the following new Members

Kaye Applegate, Robert Darby, Emma Gundry, Toby Marsh,
Karen Morton, Paul Stephens

Monthly Meetings – Corn Exchange, Rochester

All monthly meetings start at 1.55pm – doors open 1.30pm

11th JUNE 2025 – Julia Heath – RECYCLING IN MEDWAY

Julia Heath is a 'Binfluencer' from Medway Council's waste team. She is on a mission to improve recycling rates in Medway and will share her passion for waste management. Julia will explain why Medway's recycling figures are lower than hoped but are on the rise, and she will discuss the challenges behind them. She will delve into why recycling alone isn't the ultimate solution and emphasise why it's crucial to get it right when we can. Her expertise sheds light on how small changes in our habits can make a big difference.

9th JULY 2025 – Lucy Allen - FROM TITANIC TO BATMAN -THE HIGHS AND LOWS OF A STUNTWOMAN'S LIFE

A talk about her life as a stuntwoman. After a long career of 33 years, how did she get into it? What does it actually entail? And what are the highs and lows of this profession?

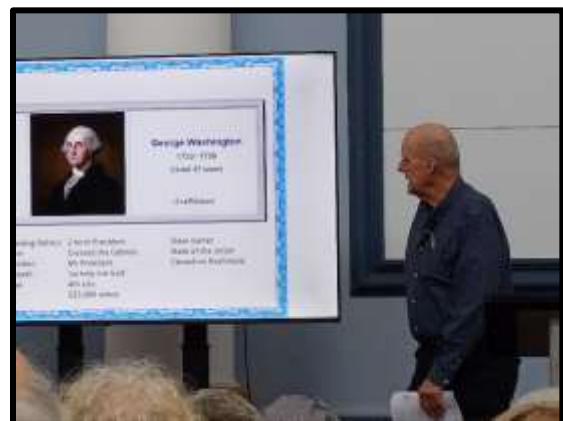
13th AUGUST 2025 – Fran Sandham – SOLO ACROSS AFRICA

Fran returns to Medway u3a to talk about being the first person on record to cross Africa from the Atlantic to the Indian Ocean – entirely on foot – and alone apart from a disastrous donkey. Members will remember Fran's highly entertaining talk about Stanley and Dr Livingstone and be keen to hear the story of his 3,500 mile journey. Fran's book about his journey was serialised in the Sunday Times. He has travelled to over 50 countries and was an editor for Rough Guides for several years.

Monthly Meeting held in May

Joe Mendell was our speaker at the May meeting.

He gave a very interesting, and amusing, talk about America's Presidents – from George Washington to Donald Trump. Lesser-known facts included which President kept pet alligators in the White House, and who enjoyed skinny dipping!



u3a Friends Extra

Are you aware of u3a Friends and u3a Friends Extra?

u3a Friends provides regular and special issues of the online national u3a Friends Newsletter, via email, as well as access to learning opportunities. U3a Friends Extra features discounts, offers, and additional services across a range of areas.

You can find out more via this link:

[u3a - u3a Friends](#)

Groups

Wine Appreciation Group



10 members met up for our May get together. The theme for this month's meeting was the letter 'W', although just to bring a white wine would not be considered ok!

First, we sampled 3 white wines from Aldi and Lidl ranging in price from £4.09 to £8.99. The most popular was a Pinot Blanc from Baden, Germany, known as Weisser Burgunder.

Then, after much conversation and laughs, we went on to the reds! The reds were more popular than the whites and all cost £6 on offer from Tesco. The most popular was the Wakefield Cabernet Shiraz, from South Australia.

An enjoyable afternoon was had by all.

Sue Daykin



All Things Vegan Cookery Club



“All things Vegan” had a lively meeting in May with four members - and an extra husband. Thanks go to Jan for hosting and giving a demonstration on cooking two vegan curries from scratch - both were delicious!

At our next meeting in June, we plan to make hummus & dip varieties. Maybe July’s meeting will be a taster trip to the PurePlanet Cafe in Cliffe?



Vicki Leeds

London Studies 2

Twelve members of this group had a lovely wander around Bloomsbury last month. Thanks go to Sandra and Steph for organising the day.



A statue of Mahatma Gandhi



One of the last taxi drivers' shelters, now converted into a coffee shop

Lin Hinkley

Group Leaders and Group Members – please remember to send your inputs for the newsletter to _____ so other members can see what you get up to!

Volunteering Opportunity

Threads of Remembrance



To commemorate the 80th anniversary of the end of the Second World War, The Historic Dockyard Chatham are joining forces with Nucleus Arts to create a striking installation of 11,000 handcrafted poppies.

“Threads of Remembrance” will be displayed at the National Destroyer Memorial at The Historic Dockyard Chatham during the “Salute to the 40s” event on the 20th and 21st September, honouring those who served and sacrificed during the War.

To bring this ambitious tribute to life, they are asking for help. Whether you knit or crochet, make one poppy or a hundred, every stitch counts towards their goal of 11,000 poppies.

Please follow this link for more information:

[Threads of Remembrance - Chatham Historic Dockyard Trust](#)

Where Can You Find This?

Answer on the next page



Local Events

“Love Gillingham” – Sunday 20th July

“Love Gillingham” returns to Gillingham High Street on Sunday, 20 July. It is a free, family-friendly event – throughout the day, visitors can enjoy a wide variety of live entertainment, including musicians, street performers, and a show-stopping wrestling match!

There will also be interactive workshops for all ages, giving both children and adults the chance to get hands-on with crafts and creative activities.

The high street will be lined with unique shopping stalls featuring local traders, artisans, and makers—perfect for picking up something special while supporting small businesses.

Chatham Historical Society

Chatham Historical Society will be holding an event at St Stephens Church Hall, Maidstone Road, Chatham, on Wednesday 9th July, 7.00pm-9.00pm, to celebrate their 75th Anniversary. All are welcome to attend and take the opportunity to find out more about the Society.

[Chatham Historical Society - Home](#)



Where Can You Find This? - Answer

In the grounds of Fort Amherst, near the woodland walk. Vice Admiral Horatio Nelson learned to sail on the River Medway and his famous ship, HMS Victory, was built and launched at Chatham Dockyard. The statue commemorates Nelson's victory and his contributions to British naval history.

Editorial Panel: Sue Bullock, Marilyn Curtis, Judy Milton, Rosemary Moss, Ann Palmer, Sue Westrup