



NEWSLETTER APRIL 2026

The Radlett & District u3a April 2026 meeting will be held at the Bushey Metropolitan Sports Venue on Tuesday 14th April at 10am when our speaker will be Judy Karbritz on "The Victorian Pantry"

Looking forward to seeing you there

It would be appreciated if you would ensure that your mobile is switched off, or on quiet mode, during the event as mobile phones ringing is very distracting for the presenters and very disrespectful to them.

Hi History Lovers



After another very successful meeting in March when Amanda Weinberg gave a fascinating presentation on Italy under Fascism, we have another excellent presentation on Thursday 9th April at 2.30pm at our usual home, Vision Hall, Christ Church, Watling Street, Radlett.

Our speaker will be Geoffrey Smyth, our own member. Geoffrey gave a brilliant presentation on the Byzantine Empire a couple of years ago. This time his talk is entitled The Rise and Fall of the Swedish Empire. Geoffrey has that amazing ability of making his talks come alive and I am sure this one will be equally worth listening to. We

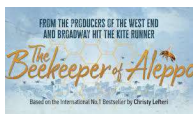
aim to educate and entertain, and I urge you not to miss this talk.

We now have plenty of room at our new venue, so please come to hear this excellent presentation followed by our usual refreshments and a chance to have a chat. Entrance fee as usual £4.00 to cover our expenses. **Stephen Forman**

Intermediate Bridge

Following two successful years of intermediate Bridge on a Monday afternoon in Radlett, we will be starting a new season from June 1st to July 19th every Monday afternoon at Christchurch and St John's Church. We are a friendly sociable group, and everybody is welcome. You don't need a partner, I'm more than happy to partner up anybody up who comes alone. The fee for the season is £40 which equates to approximately £3 per session to include coffee and biscuits with free parking. I have limited room for approximately six new people so if you're interested, please give me a call or email me for further details. Please don't be shy it's a fun afternoon that we all enjoy. **Marilyn 07775 744785 or Marilyn@yellowgrass.co.uk**

Just a bit about the latest u3a AM Book Group.



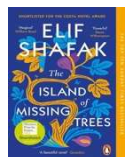
After an initial meeting to decide on a time and place to meet once a month, we are up and running and have read three books over the last three months.

Our first meeting was in January when we read The Beekeeper of Aleppo by Christy Lefteri. Most of us enjoyed the book and subsequently three of us went to Aylesbury Theatre to see it on stage. A very enjoyable evening, not an easy plot to stage, we felt it would have been hard to follow if one hadn't read the book.

February we read Hello Beautiful by Ann Napolitano, a family saga around set around four sisters and their close family and friends and how their relationships were challenged by circumstances. Two of us loved the book, unfortunately the print was quite small and several people struggled to read the book and others were less keen.

March it was Hamnet by Maggie O'Farrell, beautiful use of language but we spent some time discussing how it could have been better!

In April we will be discussing The Island of Missing Trees by Elif Shark. Set in Cyprus at the time of Greek and Turkish separation.



The group is now full and I have three people on a waiting list. **Penny Mauger**



NEW- A Sign Language Group will be held on the 1st & 3rd Thursdays of the month from 11-12 noon starting on the 4th June and meeting at a home in Loom Lane. It should be great fun and If you are interested please contact me at alfabette.t21@btinternet.com

Please come and give a try to the **chair-based yoga group** on Friday morning at 11am. Very good stretching and relaxing for your body and a lovely calming teacher. Upstairs at the library – no need to book.

Snooker group would welcome a few new members. Standard not important. Meet twice monthly in Radlett. **Bernard Groden**
bernardgroden@outlook.com

NEW. NEW. NEW. Sing-a-Long group.

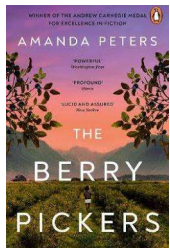
I am writing this after the second meeting of the group, which has brought enjoyment and a positive feeling. We have accompanied The Carpenters, Kenny Rogers, Dionne Warwick, ABBA, Barry Manilow, Neil Diamond & many more. Some of us have been swaying and moving to the music, thereby also getting a “workout”. This is not compulsory!

I am enjoying learning new “computerise” skills in facilitating the group, but mainly I am having fun and feeling uplifted by joining my voice with others without any pressure. It is a relaxed group and it doesn't matter what sort of voice you have, you just need to feel free to give it a go.

Come and join us and share in the joyful experience. You will get a warm welcome. **Iris Berger**



Reading Books is a Novel Idea.



At our March meeting we discussed our latest novel **The Berry Pickers by Amanda Peter**

Nine members of the group had read and finished it and six said they would recommend it.

The book was described as a beautifully written debut novel that explores themes of overprotection and long-buried secrets that shape lives for decades. Several readers felt it was an outstanding and thoughtful story about regret, grief, and the lasting impact of lies within a family.

The novel centres on the disappearance of Ruthie and the decades of guilt and silence that follow, highlighting how hidden truths eventually come to light. During our discussion, we noted that in the modern age of DNA testing, revelations like those in the story have become increasingly common.

Written by a Mi'kmaq author, the novel was praised for its understated style and the powerful connections between its characters. However, not everyone found it easy to engage with. Two readers felt the book was difficult to get into and thought the subject matter might not appeal to everyone. Some criticisms were also raised about parts of the story that felt somewhat unbelievable, particularly the explanation of Norma's skin colour and her recurring bad dreams.

Our next chosen book will be “Don't Let him in” by Lisa Jewell.

He is the perfect man. He says he loves you. You think he might even be made for you. Before long he's moved into your house – and into your heart. And then he leaves for days at a time. You don't know where he's gone or who he's with. And you realise – if you looked back – you'd say to yourself: DON'T LET HIM IN.

Our next meeting will be a week later than usual on Thursday April 9th at 10am to 12 noon because of Passover. Looking forward to seeing those of our members who can make it. **Sharon Strong.**

Bus Pass group trips for 2026

This is an opportunity to leave your car at home using your bus pass and to experience a day out on various buses travelling to places of interest in Hertfordshire.

Meeting outside Gails on Watling Street at 09.45 on Wednesday's returning to Radlett via a different route for around 16.00 The next trip will be on April 22nd. The location for this trip is Stanborough Lakes

We will be taking a short gentle stroll around the lakes with refreshments at the lake cafe after the walk.

As we experienced last year buses do not always run to time and we could encounter some delays on our trips but this just adds to the fun of the day. Plan B then has to come into action.

PLEASE USE THE SIGN UP SHEET AT THE MEETING IF YOU ARE INTERESTED

Dates for this year are April 22nd, May 20th, June 24th, July 22nd, August 19th, September 23rd. **Bob Bassey**

Quiz Group

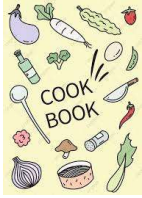
Our fifth quiz group will be on Tuesday 7th April at 14:00 in the upstairs room at Radlett Library, Aldenham Avenue. If you like to attend, please email oliver@cahn.co.uk and bring the exact amount of cash being £4 per person. As always, the judge's decision is final !! **Oliver and Pamela**

Advanced French Conversation group.

We meet in Radlett on the second Wednesday of the month at 11.00 for conversation in French. No lessons, no preparation, just coffee and a friendly chat. We would be very happy to welcome you to our group. **Aida**



Recipe group



I just wanted to say how really lovely and friendly the u3a Recipe Group is, (although because my husband and I live a lot of the year in our house in Norfolk I don't attend as many as I'd like to!). The numbers vary - about 8-10 ladies - and we meet at each other's houses once a month to exchange not only recipes but also many other interesting subjects, mostly food based. We often learn new things between us about cooking items and ingredients and exchange a new recipe from each member every session, and then enjoy tea and delicious cakes afterwards with lively chat! Stephanie is our wonderful leader, and we thank her very much for all her hard work. **Terri Shalson**

Cooking for One

Another successful meeting yesterday evening, when we prepared leek & potato curry with smoked bass fish; followed by Mary Berry's easy sticky toffee pudding (served with additional pouring cream) – all washed down with Coeur de Granit Chénas 2023.

Future meetings for the diaries – all start at 5:00pm at 3 Broadlands as usual:

- **Tuesday 5th May** – Stuffed Chicken breast and Parma ham parcel served with Parmentier potatoes and wilted spinach; followed by lemon posset.
- **Thursday 11th June** – Cod, potato and peas with saffron; followed by blueberry crème brûlée.

Chris

Remarkable Women

We had a full house for our last meeting in March where we enjoyed exploring the life and art of Beryl Cook, best known for her original, instantly recognisable and often comical paintings. However we also saw some of her work that is quite different to the paintings of ladies enjoying themselves that she is well known for, and as a person she was very different to the people she portrayed.

Our next meeting which for this month will be on **Tuesday April 14th at 3.15 pm** (not on our usual Monday) when we will be looking at the life and achievements of Amelia Earhart, an American aviator and aviation pioneer who became one of the most celebrated figures of early flight, and the first female to make a non-stop transatlantic flight in 1932. Her disappearance in 1937 over the Pacific Ocean is still a mystery, and we will look at some of the theories as to what might have happened to her.

This will be at my home as usual. More details nearer the time. **Carmel Byers.**

Film and TV group

As it is the first day of Passover there will be no Film & TV group meeting this month (Thursday 2nd April).

As previously mentioned, we have been a little concerned about the lack of attendance recently at Aida's flat for the personal showing of the film. If this continues it will likely become not cost effective as the two or three people attending do not cover the cost of purchasing a DVD (which we need to do for most films). Please let us know if there is anything we can do to encourage your physical attendance. Alternatively, we may need to just go to showing it online via Zoom and make a charge for watching it via that. If you have any other suggestions, please let me know. **Gary**

Opera group

The Opera group will meet online and at someone's home on Friday 17th April.

The opera I have chosen this month is Donizetti's Maria Stuarda, one that I don't think we have shown in the group before. It stars Joyce DiDonato giving a sensational performance as Mary, Queen of Scots, and Elza van den Heever as Queen Elizabeth. If you would like to watch this and are not on my mailing list please let me know. **Gary**

Music Appreciation

The Music Appreciation Group meets on Monday 20 April 2.30 pm at St. John's Church in Gills Hill Lane Group member Godfrey Manning will present :-"On the Move"; an afternoon of music that suggests motion, transport and travel. This will feature an eclectic mix, with recordings interspersed by some live performances. The afternoon finishes with your chance to join in some community singing.

Please bring £3 for Hall-hire and refreshments (coins are most appreciated!) plus your u3a membership thingie. **Edward Cross**

The Duplicate Bridge Group will play online three times this month on 9th, 23rd and 30th April. These will be the last games covered by our current season tickets as new ones (at a price of £15 pp) will be required from 1st May. They are very good value as they will last at least until February next year, and probably longer, and allow online play in both the Radlett group and the Borehamwood group, so typically 5 games a month. Details of how to renew / take out a season ticket have been sent to all on my mailing list. If you have not got that message and would like to join the group, please let me know.

Last month one of our sessions was a UK wide u3a, and other bridge clubs, charity event. In the end 417 pairs from 30 bridge clubs took part and we did quite well with one pair in the top 10 and another 4 pairs in the top 25! Further details of the results can be seen at <https://www.simpairs.com/default.asp?session=006841> **Gary**

Philosophy Discussion Group

Our next meeting will be at 2.00 PM on Thursday 23rd April in the Vision Hall, Christchurch.

In a world of fake news, dubious videos, social media and AI, how can we know anything is true? What can we do to help ourselves from being influenced from misleading or misrepresentation? How can we prevent our thoughts from being manipulated?

This is a problem that has perplexed people forever.

Over the last 3 months, when we looked at the foundations of modern philosophy, we discussed how Socrates, Plato and Aristotle thought about these problems and their ideas /solutions.

We will continue to look at the problems of how we understand and get knowledge of the world, and how we determine what is true and false knowledge.

When the Church's authority over thought was finally loosened, many people came to believe that the knowledge of the world could be gained by reason alone. In Philosophy this development is known as RATIONALISM. It was launched by Descartes (1596-1650) followed by Spinoza (1632-1677) and Leibniz(1646-1716). Descartes and Leibniz were both gifted mathematicians and for them Mathematics seemed to provide the ideal model for truly reliable knowledge. They believed that if the methods by which mathematicians such as themselves were making new discoveries and acquiring new knowledge could be applied to human attempts to understand the world, the world could be fully explained. If the methods by which mathematicians such as themselves were making new discoveries and acquiring new knowledge could be applied to human attempts to understand the world, then the world could be fully explained.

So purely by thinking and reasoning, rather than by experience, we can get truthful knowledge of the world. What do you think about this? **Chris Langdon**

One of our members **Mel Sims**, aka Simon (his real first name) who is part of our Sing-a-Long group, presents his Simon's Diamonds music show every Monday from 5-7pm on BWR, Borehamwood Radio. He plays an eclectic mix of music from late 1950's to the 2020's.

You can listen online at www.borehamwoodradio.com, on your smart speaker or on DAB Digital Radio at BWR or Borehamwood Radio.



SCAM WARNING

This morning I had a call from a friend saying she had received an email from me, but due to the wording and the fact that I answered her call she concluded it had been a SCAM....The email said that I was ill with laryngitis, unable to speak, needed a favour, could we communicate by email....within minutes I received a few text messages checking if this was me sending it, others letting me know this had happened BUT what I was concerned about was those that though it was genuineThere are so many programs with warnings and examples of the scams that are around and yet it is so easy to be taken in by them. They are very clever, if only that skill was put to good use!!!! It took a lot of effort to sort it out as every time I changed my password they interceptedThankfully for me no harm was done, but for those receiving these emails and believing it they could have passed a lot of money to these rogues.....So please be alert and check before acting upon them....**Vivienne**

Important Notice to Members – New requirement for u3a Outings

Following several comments from our hardworking group leaders that recent visits and tours have been taking rather longer than expected, the committee has reluctantly decided that a small change is necessary.

In order to keep our outings running to schedule, members wishing to join organised trips will now be asked to demonstrate a minimum walking speed of 3 miles per hour.

Members who wish to take part in future outings may therefore book a short walking assessment. Tests will be held every third Thursday of the month, and appointments can be arranged by contacting our Chair, **Adrienne**

PLEASE NOTE:

It is important when booking an outing to please first check availability with the events organizer and have your name added to their list. This represents a firm commitment to attend this outing and you are expected to pay within a few days.

DO NOT MAKE OUR HARD WORKING COMMITTEE HAVE TO CHASE YOU FOR PAYMENT.

You will not have a confirmed place on our lists until your payment has been received.

We do not automatically offer refunds for any cancellations by our members but if you check with the Event organizer to see if we have a waiting list then we may be able to sell your ticket to someone on that list and we will refund you after receiving the new payment.

If we do not have a waiting list then it is up to you to resell your tickets to another u3a member.

When paying for outings and events please only pay by payment card (via the website) or by cheque. No cash please.

We cannot accept payments direct to the Radlett & District u3a bank account.

If you need assistance paying by credit card, to avoid long queues at the monthly meeting, please call Anthea on 01923 85 2274.

If you are paying for two members by credit card please show both names on the payments form.

PLEASE NOTE:

When we organise any of our outings by coach we try to allow sufficient time for you to have a snack or a meal, and whenever possible, we will give advice on where to eat in the locality and recommend you to book in advance. Our committee are now getting many requests to book meals for our members. This is not part of their responsibilities and I cannot ask them to take on extra work. We are not in charge of what you want to do so please make your own arrangements.



MUSEUM OF BRANDS
111-117 Lancaster Rd, London W11 1QT

****WAITING LIST****

ON

THURSDAY 16TH APRIL 2026

****NO COACH** – MEET THERE AT 11.15am**

£13

The Museum of Brands in London focuses on the history of consumer culture from Victorian times to the present day. Discover more than 12,000 original items, from motor cars, music and television to sweets and household goods. 5 minute walk from Ladbroke Grove tube station

Contact: Joan Altman. joanaltman3a@outlook.com 01923 404920



WE ARE DELIGHTED TO HAVE REBOOKED OUR:

TOUR OF THE ROYAL COLLEGE OF PHYSICIANS

AT 11 ST ANDREWS PLACE. REGENT'S PARK. LONDON. NW1 4LE. ON WEDNESDAY 29TH APRIL. £22

MEET THERE AT 11am

NO COACH – MAKE YOUR OWN WAY THERE – **WAITING LIST**

NEAREST STATIONS:

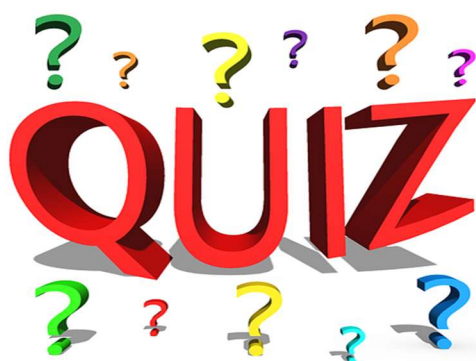
Regent's Park (Bakerloo line; 4 mins); Great Portland Street (Circle, Metropolitan and Hammersmith & City lines; 4 mins);

We will have a tour of the museum, followed by tea & coffee and then a tour of their medicinal garden.

Contact: Peter Brent

peterbrent35@gmail.com

01923 858



**JOIN US FOR A SUPPER QUIZ EVENING
AT**

**BLUE CHECK RESTAURANT
144 HIGH STREET
BUSHEY WD23 3DH**

**ON
THURSDAY 23^R APRIL
AT 6.45 pm for 7pm START
£24.50**

**PLEASE MAKE UP TABLES OF 8, OR LET ME
KNOW WHO YOU WOULD LIKE TO SIT WITH, FOR
A DELICIOUS 2 COURSE MEAL AND A FUN QUIZ**

Contact: Vivien Summers
events@radlett3a.org.uk
01923 856728

SCHIAPARELLI: FASHION BECOMES ART

**JOIN US FOR A VISIT TO WHAT PROMISES TO BE A FANTASTIC
EXHIBITION at THE V & A MUSEUM. London SW7 2RL. on TUESDAY
5th MAY Leave RADLETT 10.15am £32**

Fashion designer Elsa Schiaparelli (1890 – 1973) was a provocateur who took pleasure in challenging typical notions of dress. Witty, elegant and often strikingly surreal, her designs incorporate humour and surprise, inviting the viewer to look and look again.

Contact: Valerie Gold valeriegold3a@gmail.com
07831 562362



ESSEX & HERTS AIR AMBULANCE AT NORTH WEALD AIRFIELD, MERLIN WAY, NORTH WEALD BASSETT, EPPING CM16 6HR
ON WEDNESDAY 27TH MAY

CAR SHARING – DETAILS TO FOLLOW

****WAITING LIST****

LEAVE RADLETT AT 10.15am
£6.50



The visit lasts up to two hours and includes a mix of films, narrative and interactive features in the room. The Earls Colne airbase is home to one of their Augusta Westland 169 helicopters, which you will hopefully see, operations allowing.

Contact: Sandra Clark
u3asandra@gmail.com
07770 467381



**QUEEN ELIZABETH II: HER LIFE IN STYLE
AT THE KING'S GALLERY
BUCKINGHAM PALACE
LONDON SW1A 1AA
****WAITING LIST******

**ON TUESDAY 2ND JUNE
LEAVE RADLETT 9.15am
£22.50**

To mark the centenary of her birth, "Queen Elizabeth II: Her Life in Style" will open at The King's Gallery, Buckingham Palace, showcasing the largest-ever collection of her fashion, featuring roughly 200 items. This comprehensive exhibition explores the late Queen's wardrobe from all ten decades of her life, including her wedding and Coronation gowns, off-duty Balmoral looks, and iconic colourful suits, revealing the personal and diplomatic significance behind her style.

Contact: Valerie Gold valeriegoldu3a@gmail.com 07831 562362



**A VISIT TO SAVILL GARDEN
IN WINDSOR GREAT PARK
****WAITING LIST******

**ENJOY A FULL GROUP DAY OUT WITH A VISIT TO THE
SAVILL GARDEN AND A RETURN BOAT CRUISE FROM
HISTORIC RUNNYMEDE ALONG THE RIVER THAMES.**



THE CRUISES ARE RUN BY FRENCH BROTHERS AND INCLUDE A RELAXED COMMENTARY AND VIEWS OF WINDSOR CASTLE. THE GARDEN VISIT IS FOLLOWED BY A THAMES RIVER CRUISE WITH A CREAM TEA

WEDNESDAY 24TH JUNE DEPART RADLETT 10.15am. £55

Contact: Vivien Summers
events@radlettu3a.org.uk
01923 856728

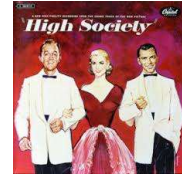
HIGH SOCIETY

AT THE BARBICAN THEATRE
ON TUESDAY 30th JUNE

£78

LEAVE RADLETT 11.45am

****WAITING LIST****



YOU'RE INVITED TO THE MOST SWELL PARTY OF THE YEAR AS THIS SUMMER'S EAGERLY ANTICIPATED PRODUCTION DELIVERS ANOTHER GLORIOUS DOSE OF GOLDEN AGE MUSIC THEATRE ESCAPISM.

Helen George (*Call the Midwife, The King and I*) stars as glamorous socialite Tracy Lord and is joined by **Felicity Kendal** (*Rosemary and Thyme, Anything Goes*), alongside a full size orchestra, delivering a score overflowing with the best of **Cole Porter's** songbook including *Just One Of Those Things, Let's Misbehave, I Love Paris, Who Wants To Be a Millionaire?* and many more.

Contact: Joan Altman

joanaltmanu3a@outlook.com

01923 404920

BRIGHTON

Come and enjoy a day out at the seaside

TUESDAY 28th JULY

DEPART RADLETT 9am

£27.50

Spend time discovering the many delights of this quintessential British seaside resort.

Contact: Valerie Gold



valeriegoldu3a@gmail.com

07831 562362

NEW NEW NEW

A CLASSICAL CONCERT AT
THE CADOGAN HALL
LONDON SW1X 9DQ
ON WEDNESDAY 8th JULY
LEAVE RADLETT BY COACH 4pm.
£38



NATIONAL SYMPHONY ORCHESTRA. LANDSCAPES IN SOUND. 7.30PM

RIMMA SUSHANSKAYA CONDUCTING THE NATIONAL SYMPHONY ORCHESTRA PRESENT AN EVENING OF ROMANTIC WORKS BY SMETANA, (VLTAVA), BRUCH AND RACHMANINOV, INCLUDING BRUCH'S VIOLIN CONCERTO WITH SOLOIST COCO TOMITA, AND RACHMANINOV'S GLORIOUS SYMPHONY NO. 2.

Contact: Sandra Clark u3asandra@gmail.com 07770 467381

NEW. NEW. NEW.

JOIN US AND YOUR FELINE FRIENDS AT REGENT'S PARK OPEN AIR THEATRE LONDON NW1 4NU

ON THURSDAY 3rd SEPTEMBER

LEAVE RADLETT BY COACH 11am (matinee) £59



A brand-new production of Andrew Lloyd Webber's global sensation *CATS* leaps into the magical outdoor setting of Regent's Park Open Air Theatre.

From Euston station to Victoria Grove, the strays and rebels of London gather under the Jellicle moon in the hope they'll be the chosen one. And each of them asks, because each of them dares, who will it be?

Based on T.S. Eliot's *Old Possum's Book of Practical Cats*, and with a legendary score featuring *Old Deuteronomy, Macavity: The Mystery Cat, Jellicle Ball* and the chart-topping hit *Memory*, this production of *CATS*, directed and choreographed by Regent's Park Open Air Theatre Artistic Director Drew McOnie (*Jesus Christ Superstar, Brigadoon*), is sure to be one of the theatrical events of 2026.

Contact: Vivien Summers events@radlett3a.org.uk 01923 856728

Join our RUGS – Make a Difference at Our Monthly Meetings

Our u3a thrives on the warmth, energy, and generosity of its members, and we're looking for a few more helping hands to keep that spirit shining. The Really Useful Group is a small team of volunteers who support our monthly meetings and help make them enjoyable for everyone who attends. We'd love to welcome new members who can spare a little time and would enjoy getting more involved in the life of our u3a. There's no long-term commitment and no special skills required—just a friendly attitude and a willingness to help.

What do volunteers do?

- Serving teas and coffees
- Greeting and showing new members around
- Assisting with car-parking registration and payments
- Making sure anyone attending on their own feels included
- Offering general support wherever it's needed on the day

Interested in joining? Contact: Stephen Summers. Email: u3asummers@gmail.com Phone: 01923 856728.

Or speak to Stephen at the next meeting.

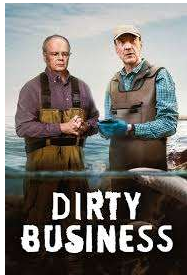


FILM AND TV CRITICS – TERRI AND BRIAN



As we like Keira Knightley we thought we'd watch her latest film *THE WOMAN IN CABIN 10* on Netflix and really enjoyed it. She plays a young award-winning journalist called Laura who witnesses a murder in the cabin next door to hers on a luxury cruise but no one believes her. She had been invited as a guest on the cruise by sinister plutocrat Richard played by Guy Pierce, who wished to transport a party of notables and celebrities to a dinner in the Norwegian fjords celebrating the charitable foundation endowed by his wife, Anne. It becomes quite intriguing as Laura uncovers many more sinister happenings. Also starring Hannah Waddington, Paul Kaye, Art Malik and David Morrissey, it's pretty good and well-acted by all.

DIRTY BUSINESS on Channel 4 is a difficult watch about the true -life story of the film dumping of human waste into rivers and the sea.



It stars Jason Watkins as Professor Peter Hammond and David Thewlis as Ash Smith, two retired men who notice their local river in the Cotswolds has turned a brown colour, and when they tested it they realised how nasty it had become and how all the fish and wildlife had died. They brilliantly embody the stress of being citizens battling opponents who have a vast advantage of money and information. The two men realise that the problem is as much with the regulator, the Environment Agency, as it is with the water companies themselves. The drama-documentary is in three parts and part one shows a family of four who went to the beach in 1999 and one of the girls treads in some sort of raw sewage. She contracts the E. coli virus and dies at the age of 8 years, but the water company insist they are not to blame. The programme goes backwards and forwards in time between 1999 and 2009, and has opened up a whole can of worms about actually how water companies were unsupervised and threw gallons of sewage into rivers and seas. Very well done.

Then there is **LS LOWRY:THE LOST TAPES** on BBC.

In 1972 a young fan of L.S. Lowry called Angela Barratt, with no experience in journalism, art criticism or blunt northern men of a different generation, interviewed him. Sir Ian McKellen lip-synchs with great precision as the artist bares his soul in the many tapes she recorded that have only now been revealed. They uncover much about his life story and the changing north he captured in his iconic paintings. It's very well done and obviously well-acted by Sir Ian, and its fascinating hearing Lowry's actual words towards the end of his years. Despite his many achievements he rejected all awards, including a knighthood, as he stated he didn't care for formal recognition. (He died fifty years ago)

VANISHED on Amazon Prime starring Kaley Cuoco and Sam Claflin as Sam and Alice is in four parts and the story

is about two people who have an intense but far apart relationship. They travel on a train to go for a romantic couple of days, during which Tom disappears. As she searches for him, she realises that she didn't know him as well as she had thought and a French journalist who was also travelling on the train tries to help her. Unfortunately, although the programme seemed to have promise at first, we found it got more and more silly and far-fetched, although we DID watch it to the end as we wanted to see what happened! Any comments? Was anyone else as disappointed as we were.....?



We watched the eight part series **56 DAYS**, also on Amazon Prime. After a seemingly chance supermarket encounter Oliver and Ciara embark on an intense relationship. When a savagely murdered and decomposed corpse surfaces 56 days later in Oliver's swanky Boston apartment, the series delves into their turbulent romance. Two detectives with their own complicated private lives try to solve the awful crime as it intercuts

between the present investigation and the couple's past relationship. We thought this was pretty good, and certainly a bit different as Oliver and Ciara's lives reveal many secrets.

BEING GORDON RAMSAY on Netflix is a six-part series that follows the celebrity chef as he juggles family life, his global empire and his biggest launch yet at 22 Bishops Gate in London. This is a project with two restaurants - Gordon Ramsay High with only 12 covers, Lucky Cat with 120 covers, which is on the 60th floor with amazing views over London - and a chef's academy.

The series shows his closeness to Tana, his wife of 30 years, and his six children aged between 2 and 27, and how he juggles everything from day to day. He comes over as ruthless, driven and brilliant at building his enormous business, but he has also become more mellow and family orientated as he has aged. Very interesting, although we thought the series could have been in just four parts instead of six.....



On Netflix we saw **I SWEAR**, the BAFTA-winning biographical film about the life of John Davidson, a Scottish Tourette syndrome sufferer from a young age, played brilliantly by Robert Aramayo. It is a feel-good but obviously foul-mouthed film that shines a light on Tourette's with humour, sensitivity and heart, showing audiences how to understand this condition. John had a very difficult early life being mocked and ridiculed in school and at home but as a young man found supportive figures in a mental health nurse played in the film by Maxine Peake and his understanding caretaker boss played by Peter Mullan. He subsequently became a great campaigner, raising awareness and speaking about Tourette's, particularly in schools and to the police. He also formed many groups for young sufferers to help them and to support their families, and he was awarded an MBE in 2019. Well worth seeing.



We have started watching a 10-part comedy/drama series called **ROOSTER** starring the great Steve Carell as Greg Russo who writes a trashy but popular detective series of novels featuring Rooster, a private investigator. He returns to Ludlow, New England, where his wife of 25 years had left him, to a liberal arts college to support his daughter, an art history teacher there. She is going through her own marital strife as her husband has left her to pursue an affair with a graduate student. It is a good comedy with a heartfelt father-daughter storyline as Greg attempts to help his daughter whilst navigating University faculty life as a writer-in-residence. We've only watched three episodes so far but are really enjoying it. Just hope it doesn't become too silly.....



Then lastly there is the six part series **GONE** on ITV starring David Morrissey as Michael Polly, a formidable headteacher at a private school in Bristol whose wife Sarah has gone missing. He seems eerily unbothered at first until his daughter becomes distraught and then the police are eventually reluctantly informed. DS Annie Cassidy, played by Eve Myles, finds it strange that he seems so calm about his wife missing especially as he explains that he has 160 pupils about to sit important exams which he implies is more important! Obviously a strange man.....When his wife is found murdered there are many revelations, about their marriage and his school life, and also Annie has problems in her own home life. It's a taut and engrossing drama with great acting and a good ending and we thoroughly enjoyed it.

Terri & Brian

We have the offer of a new monthly contributor to our newsletter – last month the article was on Radlett u3a and here is the piece for this month. It is not me nor is it AI.



Why Sleep Is One of the Best Things You Can Do for Your Brain

Most of us have heard someone say, "I didn't sleep well last night," and many older amongst us feel that sleep becomes more elusive with age. We may wake earlier than we used to, find ourselves awake in the middle of the night, or feel that our sleep is lighter than it once was. It's easy to shrug and assume this is just part of getting older. But sleep is far more important than many people realise, especially when it comes to keeping the brain healthy.

Sleep is not simply a period when the body switches off. In fact, while we are asleep the brain is quietly carrying out a remarkable amount of work. You might think of it as the brain's nightly maintenance shift. While we rest, the brain sorts through the events of the day, stores memories, clears away waste, and prepares itself for the next day's challenges. Think about how much information your brain takes in every day—conversations, television programmes, news, books, errands, and countless small experiences. During sleep, the brain organizes these memories, deciding what is important enough to keep and what can be discarded. This process helps strengthen the memories we want to hold on to while letting go of the clutter.

That is one reason people often find that a good night's sleep helps them remember things more clearly the next day. Sleep gives the brain time to file information properly. Without that time, memories can remain scattered and harder to retrieve.



Even more fascinating is what scientists have discovered in recent years about how sleep actually cleans the brain. During the day, as the brain works hard, it produces small amounts of waste products. Normally this is not a problem, but over time those waste products need to be cleared away. While we sleep—particularly during deep sleep—the brain activates what scientists call the glymphatic system. It functions rather like a cleaning crew that moves through the brain washing away unwanted debris. One of the substances removed during this process is a protein called beta-amyloid. This protein has attracted attention because it is often found in large amounts in the brains of people with Alzheimer’s disease.

During deep sleep, something quite remarkable happens. Brain cells shrink slightly, creating more space between them. This allows fluid to move more freely through the brain, flushing away waste products. It’s rather like opening up extra lanes on a motorway so traffic can flow more smoothly. When sleep is regularly disrupted or too short, this cleaning process does not work as efficiently. Over many years, waste proteins may begin to accumulate. Researchers now believe that consistently poor sleep could contribute to the kind of buildup that is associated with memory problems and dementia later in life.

Of course, sleep alone cannot prevent Alzheimer’s disease. But it appears to be one of the simple everyday habits that can help support brain health. In that sense, a good night’s sleep is doing far more for us than simply helping us feel rested.

Sleep also plays a big role in our emotional wellbeing. Anyone who has had a poor night’s sleep knows how much harder the next day can feel. Small problems seem bigger, patience is shorter, and mood can dip. That happens because the brain areas that regulate emotions are strongly influenced by sleep.

When we sleep well, these systems are better balanced. We are more able to cope with stress, think clearly, and stay positive. In other words, sleep quietly helps us maintain our emotional resilience.

Another benefit is alertness. Fatigue slows reaction times and makes it harder to concentrate. For the more mature amongst us, that can affect everyday safety—things like walking on uneven ground, climbing stairs, or driving. A well-rested brain is simply more responsive and coordinated.

Many of us notice that our sleep patterns change over time. It is common to feel sleepy earlier in the evening and wake earlier in the morning. Sleep may also become lighter, with more frequent awakenings. These changes are largely due to shifts in our internal body clock and are perfectly normal.

Health conditions can also play a role. Pain, medications, or the need to visit the bathroom during the night can interrupt sleep. While these interruptions are common, they do not mean that good sleep is out of reach.

In fact, many researchers now consider sleep to be one of the pillars of healthy aging, right alongside exercise, good nutrition, and staying socially active. Sleep supports the immune system, helps regulate blood pressure, and strengthens the brain’s ability to maintain memory and clear thinking.

So when people say they are “just sleeping,” they are actually doing something incredibly valuable. Each night the brain is quietly repairing itself, organizing memories, and clearing away waste that could otherwise accumulate.

For those concerned about staying mentally sharp, sleep is not a luxury—it is one of the most powerful tools available for protecting the brain. Sometimes the most productive thing we can do for our health is simply to turn out the light and let the brain get on with its nightly housekeeping.



I was thinking about a baby camel who was born at the zoo last week and the poor thing had no hump...So the named him Humphrey.

By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.

Brilliant Bob continues fundraising mission

Written by Dean Shaw

A Radlett pensioner has continued his fundraising mission as he now turns his attention to raising money for Essex and Herts Air Ambulance (EHAA).

Robert Bassey, who is known as Bob and lives in Phillimore Court, is no stranger to raising funds for good causes; in August 2025, he walked 25km and hosted a community birthday fundraiser for The Royal Free Charity.

The 70-year-old is now supporting EHAA and is off to a flyer as he completed The Ultra Challenge Winter Walk on Sunday, January 25.

Bob is not stopping there, as his next fundraisers include an event at Phillimore Community Centre in August, which is expected to include a raffle with many prizes, a game of bingo, guess the number of items in a jar, and a buffet.

Speaking to RADLETTNEWS, Robert said: “The reason I have now chosen EHAA this year is that they



Bob Bassey took on the Winter Walk on January 25

do such an amazing job and are only called out when things are really critical. The cost of the air ambulance going out is around £4,000 per mission. They need as much help as possible, this is why I have chosen to fundraise for them this year.”

Visit www.justgiving.com/page/robert-bassey-2 to donate to Bob.

DINGBATS

HO HO --- +HO	W A T E R	H O M E	M E E N U R A T E
01	02	03	04
MAKE - MAKE = ZERO	legal legal	Iran divided by hymn	HEA DAC HE
05	06	07	08
POL MO MICE	revirdtaes	comp144etence	EgloGgHoT EgloGgHoT EgloGgHoT EgloGgHoT
09	10	11	12

One Liners

Two windmills are standing in a field and one asks the other, "What kind of music do you like?" The other says, "I'm a big metal fan."

I would make jokes about the sea, but they're too deep.

I'm not old, I'm chronologically gifted.

I'm friends with 25 letters of the alphabet. I don't know why.

I finally got my head together—now my body's falling apart'

Just received a card full of rice. It's from Uncle Ben.

Local man killed by falling piano. It will be a low key funeral.

I once had a teacher with a lazy eye. She couldn't control her pupils.

I'm on a Whisky Diet. I've lost 3 days already

For sale: Parachute. Only used once. Never opened!!!

Misfortune: the kind of fortune that never misses.

A senior citizen is just a teenager with more experience.

When two egotists meet, it's an I for an I.

In democracy your vote counts. In feudalism your count votes.

Atheism is a non-prophet organisation?

One of our members has tried and tested this recipe and said it went down extremely well with the grandchildren.

Sandy

BISCOFF BLONDIES

INGREDIENTS

115g of melted salted Butter or unsalted butter or Margarine plus ¼ teaspoon of salt.
180g of soft Brown Sugar.
120g of Biscoff Spread.
1 large egg + 1 egg yolk.
175g of plain flour.
½ teaspoon of baking powder.
100g roughly chopped plain dark chocolate.(Bourneville)
8 Biscoff biscuits broken into pieces.

Method

Preheat oven to 160 degrees fan or 180 degrees Standard.
Grease and line an 8 inch square baking tin or dish with baking parchment ensuring 2 sides overhang.
In a large mixing bowl add melted butter ,sugar and half of the Biscoff spread.
Gently mix together.
Add the beaten egg and egg yolk and stir to combine.
Then add the flour and baking powder until a wet batter forms.
Stir through the broken chocolate.
Pour into the tin and spread to an even layer then dollop teaspoons of the remaining Biscoff spread over the top.
Place the broken Biscoff Biscuits all over the top.
Bake Blondies for approx 28 to 30 minutes until golden on the edges and when shaken looks set. Do not overbake as will be dry.
Leave in the pan to cool completely they will firm up when cool.
Cut into squares to serve.

I'm quite shaken up but will be ok. For those of you who don't know what happened, I was robbed whilst at the petrol station. I got myself together after it happened, my hands were still shaking, I was dizzy and I was probably in shock. My money was gone. I called the police and they were fantastic and called for an ambulance as my blood pressure was through the roof. The police asked me if I knew who did it, and I told them: "Yes, it was pump number 5!" Stay safe people. It's ruthless out there 😞😞



Good mums let you lick the mixer.
Great mums turn it off first.



ARTS CORNER FOR APRIL 2026 NEWSLETTER. From Sandy



HEATH ROBINSON MUSEUM IN PINNER

<https://www.heathrobinsonmuseum.org/>

Open: Thursday – Sunday 11 am – 4 pm Tickets: Concessions £4

This purpose-built museum set in Pinner's Memorial Park, is the only museum dedicated to world-renowned artist, illustrator, humourist and social commentator William Heath Robinson who lived in Moss Lane, Pinner with his wife and children.

As well as temporary exhibitions, this fascinating museum houses a permanent collection telling the fascinating story of his life and work.

For financial reasons William was forced to turn to humorous art to earn a living. As an illustrator and artist, he drew whimsically elaborate machines to achieve simple objectives – his "contraptions", that may well have influenced Aardman Studios when making their Wallis and Gromit films.

The current special exhibition entitled The Life in a Line that is showing until 28 June 2026. This special

exhibition brings together a mix of artists including Mr Doodle, Pablo Picasso, Andy Warhol as well as Heath Robinson who show just how powerful a drawn line can be.

I would recommend the Daisy's in the Park café next door to the museum for delicious food offerings. Parking is either in the small car park right by the museum or if full then the Pinner Memorial Park car park is a mere 5 minutes pretty walk through the park to the museum. There is level access throughout the museum.

THE BAYEUX TAPESTRY @ THE BRITISH MUSEUM

<https://www.britishmuseum.org/exhibitions/bayeux-tapestry#ticket-information>

Booking opens 1 July for September to December 2026 tickets.

Bookings for January to July 2027 will open later in the year.

For the first time since it was made nearly 1,000 years ago, the Bayeux Tapestry is returning to England.

A scene from the Bayeux Tapestry depicting Bishop Odo rallying Duke William's army during the Battle of Hastings in 1066



Following a historic agreement with France, the 70-metre-long tapestry, depicting events leading up to the Battle of Hastings and the Norman Conquest of England in 1066, will be loaned to the British Museum from September 2026 to July 2027.

There is no other object that is as instantly recognisable, as studied in schools and as copied by artists as the Bayeux Tapestry.

The tapestry is set to be covered by a UK Treasury indemnity of around £800million during the loan, covering the embroidery against damage or loss during its transfer.

It will be escorted by French police this summer to Calais, where it will be laid out on a Eurostar train, which will travel at a speed specifically designed to control vibrations and prevent damage.

The control over the piece will be officially handed to the British Museum half-way across the English Channel.

It will then be driven, escorted by Kent Police, from Folkstone to London.

The tapestry will be delicately removed from its crate at the British Museum and put in a display case, where it will sit in a windowless room to prevent sun damage.

The case has been specifically designed, believed to cost around £600,000, to keep the artefact still and at a micro-climate.

I suggest signing up on the website to get booking information as there is sure to be a clamour for these tickets. I can't wait for July 1st to book!



THE BEST IS YET TO COME PODCAST WITH SIR JOHN TUSA

Imagine the surprise and raised eyebrows when John Tusa, iconic broadcaster and much pitched his idea to the BBC to interview other nonagenarians like himself! John was one of the founding members of BBC Newsnight, he went on to run the BBC World Service and subsequently became managing director of the Barbican Arts Centre. He's lived an incredible life, both personally and professionally, spanning the very best in arts, architecture, culture and politics, and there's still plenty more he wants to do. Speaking to other people in their 90s who have lived equally impressive

lives, he shows that although nonagenarians can share stories that traverse generations, they have rich insights for the modern day that we need to listen to.

The first episode has dropped and it starts with the politician Rory Stewart, Tusa's godson, interviewing Tusa himself on his 90th birthday. It really is a fascinating listen and I am looking forward to listening to more. I got it on Apple podcasts.

S LOWRY: THE UNHEARD TAPES ON BBC iPlayer

86-year-old actor Sir Ian McKellen, 86, portrays the acclaimed artist LS Lowry using unheard recordings from his final days. He brilliantly lip-syncs the tapes nearly five decades on from Lowry's death in a new immersive BBC Arts Arena film, exploring the artist's life and the industrial Salford scenes that inspired his work.



Going to Work (1943), commissioned by the [War Artists' Advisory Committee](#)

The one-hour documentary examines how Salford and Greater Manchester's industrial landscape changed over the years, a feature which was often captured in Lowry's art. It features some unheard recordings between the painter and Angela Barratt, a young fan at the time who interviewed Lowry as he recounted his childhood through to his final days and the experiences that shaped him as both a man and an artist. It's an astounding and insightful watch and I highly recommend it.

Who found the April fool piece - first email to me gets an easter egg !!!!



Are you a creature of habit?

It is a sign that you may be stuck in a rut. Tell-tale clues you're set in your ways.....

1. Sitting in the same place on the sofa every night 46%
2. Shopping at the same supermarket each week 44%
3. Buying the same brands 36%
4. Re-watching favourite TV shows 34%
5. Having tea in the same mug every day 33%
6. Sitting at the same place at the dinner table 29%
7. Listening to the same songs playlist 29%
8. Going to the same Restaurants that you like 27%



Spring is here – the magnolia looks great –

and then the wind and rain come and the flowers are gone



Sadly our member Brian Davis passed away. Our condolences to his family

Dingbat answers

1. Tally Ho
2. Waterfall
3. Home Stretch
4. Count Me Out
5. Makes No Difference
6. Paralegals
7. I Ran Over Him
8. Splitting Headache
9. Mother In Law
10. Back Seat Driver
11. Gross Incompetence
12. Two Goes Into Eight Four Times

