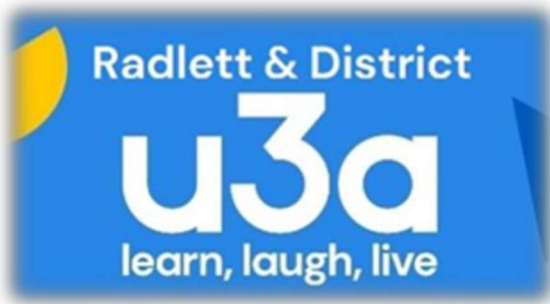




NEWSLETTER AUGUST 2026

Once again, I am on the case... ■ ■ ■ ■ ■ ■ ■ ■

PLEASE, PLEASE, PLEASE wear your lanyards to every meeting and outing.....



Your lanyard is not just an identification badge—it also contains your emergency contact details, which could be vital if something unexpected happens. Recently, we had an incident at one of our meetings where an ambulance had to be called for one of our members (see later article) Thankfully, we were able to deal with the situation, but it highlighted just how important it is for us to have immediate access to emergency contact information.

Please take a moment to think about this: **what if it had been you?** If you were unable to communicate and you weren't wearing your lanyard, we might have no way of knowing who to contact on your behalf. No one wants their family to find out later that we couldn't reach them because we didn't have the necessary information. As organisers, we are not in a position to make personal decisions or take responsibility for contacting the right people without the information you provide. Wearing your lanyard is a simple step that could make a huge difference in an emergency. We are all getting older and more vulnerable.

So, please make it part of your routine—**bring your lanyard and wear it at every meeting.** It helps us to help you when it matters most. **Thank you for your cooperation and understanding. Adrienne**



Dear Members,

I am writing to you regarding serious concerns about the registration of car numbers at the beginning of our meetings.

There are problems with Parking Eye, the company which runs the parking service.

Evidently there are too many queries from members regarding entries of registration numbers which are incorrect.

Would you all please have your registration numbers written in your phones or in your diaries so that you can check the number before you press 'CONFIRM'.

This is now very important as if we continue to give them extra work in cancelling parking fines, they will withdraw the ability to sign in easily at the beginning of the meeting and we will all have to queue up at the same time to pay at the meters when the meeting is over.

Please be prepared to take a little extra time when inputting your car numbers and ask for help if you need it. We will have two people manning the machines from now on. **June**



Cooking for one - On 30th June we had another successful meeting when we had a 'stew' of cod, potato and peas with saffron; followed by blueberry crème brulée – all washed down with Louis Latour's Macon Lugny.

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

- **Wednesday 5th August** – in anticipation of a good summer's day(!) Gazpacho; followed by salmon hollandaise, new potatoes and green salad;
- **Thursday 17th September** – Chicken thighs with figs and honey; followed by bananas with Mars Bar baked à la picnic BBQ, possibly with a touch of cream.

Until next time. **Best Wishes Chris**



Longer walks made it to Richmond 3rd time lucky in July as it was not too hot and trains were running!! Our August walk will start at Richmond and go through the park and on to Wimbledon Common and then Wimbledon Park before getting the train home!! 8 miles in all but a bit hilly!! Should be a nice walk.

Fiona Turner

Snooker group

This has been running for our years now. Players come and go but there's a steady core group who turn up on the 2nd and 4th Thursday of the month at Radlett Members Club to enjoy a few frames.

If you are interested., come along and you will be made most welcome. No charge, but you will be expected to join RMC (£10 if over 65) and pay your share of table hire fees. Looking forward to seeing some new faces. **Bernard Groden.**



Improvers Supervised Bridge

I would highly recommend this session.....

The 2 hours Improvers bridge sessions on Monday mornings at the Vision Hall, run by Laurie Shindler with the assistance of his band of experienced players (Adrienne, Bette, June and Tony), is a great way of bringing bridge players back to the game they have played in the past, and in giving confidence to those that can play, but feel they want to do so in a relaxed friendly group with the added benefit of being able to call upon one of the

experienced supervisors when they have a dilemma during play e.g. in respect of bidding, communicating hand strength, determining the best suit or no trump contract, the bid level, and as to conventions. The session is not for absolute beginners, but facilitates players being able to have access to quick occasional guidance from experienced players.

Having attended the sessions for over a year, and played with players of varying ability, I have no hesitation in recommending the group to those seeking to refresh and improve their bridge playing ability and overall confidence in a non-judgemental and helpful environment, where making mistakes is looked upon as a way of improving and learning, and not frowned upon as can occasionally be the case in a more competitive group. **Keith**

Science & Technology Group

Our next Radlett & District u3a Science & Technology group meeting is on **Tuesday 25th August at 11.00am** at The Red Lion Pub/Restaurant in Radlett WD7 7NP.

At our meeting Stephanie Westwood (from Dacorum u3a) will present on **Artificial Intelligence and Medicine.**

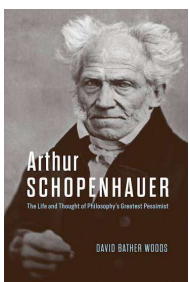
Artificial Intelligence has many uses, from search engines to self-driving cars - but where is it being used in medicine, where could it be used - and where should it be used?

We look forward to an interesting and enjoyable meeting. **Steve Kirsh** stephenkirsh@yahoo.com 07815 061577



Philosophy Next meeting 2.00 PM on Thursday 20th August in the Vision Hall, Christchurch.

Most people are dismayed or even horrified by the wars in Ukraine, the Middle east and in Africa. These conflicts appear to be brutal and never ending.



Schopenhauer (1788-1860), in trying to explain why violence and injustice are rife on every side, pointed out that in the animal kingdom, animals live by hunting down and devouring other creatures, so that everyday thousands of animals are being torn to pieces or eaten alive.

He thought the human world was the same. Though-out the whole of time we are alive we are slaves of our desires, no sooner satisfying one than another takes its place, so that we are perpetually in an unsatisfied state, and our very existence itself is a source of suffering.

Is Schopenhauer justified in reaching this conclusion?

Is there any similarity with Buddhist beliefs? Do his views help to explain the current situations of conflict?

Christopher Langdon Philosophy Discussion Group Leader

Remarkable Women

We have had an interesting year with Remarkable Women since last October and explored the lives and achievements of some fascinating and talented women: Emilia Mayer, composer, Beryl Cook, artist, Amelia Earhart, aviator, Caroline Herschel, astronomer, Prunella Scales, actor, Stella Rimington, head of MI5, and Golda Meir, Prime Minister.

Thanks go to our guest lecturers, David Bagon and Jonathan Bergwerk, and to all those who attended and contributed their thought and views.

There is no meeting in August, but hope to welcome you back on **Monday September 14th** for the new term, learning about more Remarkable Women, there are many more to discover! **Carmel Byers**

Sign Language Course

Following a short but really interesting couple of lessons I am afraid that this Group will not be continuing.

Our teacher Pat did explain that she is not a professional, but what she taught us were the basics and then during the second lesson fundamental words and how to use them so that we can continue the signing should we wish to do so individually.

Thank you all for your interest and to Adrienne for the use of her home and Bette for following up the idea in the first place.

Warmest wishes and happy Summer to you all. **Joan.**

We do try to set up new groups, but they sometimes don't work – thanks to Joan and Bette for trying. **Adrienne**



Another wonderful meeting of THE RECIPE EXCHANGE GROUP

There is no meeting of our **History Group** in August. Our next Meeting will be on Thursday 10th September at Vision Hall. We will have the Deputy Lord Lieutenant of Hertfordshire, Akhtar Zaman who will give a presentation on "The History of Islam". Look forward to seeing you at the meeting.

Reading Books is a Novel Idea

For our July book club, we reviewed The Giver of Stars by Jojo Moyes.

Of our 10 members, one had not read the book, four had finished it for the first time, one had just started it, and four had read it when it was first published, with two of those rereading it.

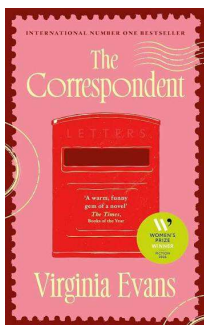
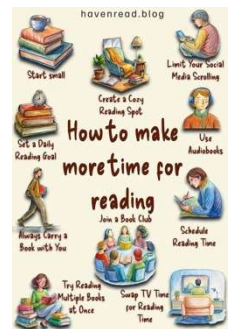
Two thought the first chapter a little boring, however the novel was very well received. Members enjoyed its realistic storytelling, and strong and supportive female characters, the relationships between the characters and the way it explored themes of misogyny and racism.

It was felt that some of the women faced difficult romantic relationships and that added depth to an engaging and memorable story.

We also learnt about the true story behind the Pack Horse Library Project in Kentucky, a New Deal initiative supported by Eleanor Roosevelt. The scheme brought books to isolated communities while providing much-needed employment during the Great Depression, making it a fascinating piece of history that many of us had not known about.

Our discussion centred on Alice's move from her comfortable life in England to the remote town of Baileyville, Kentucky, where she found herself living with her controlling father-in-law. We talked about the challenges of adapting to a completely different way of life and shared our own experiences of moving to or staying in unfamiliar places and how we coped with those changes. Another interesting topic was the limited knowledge women had about the facts of life at the time. Books on these subjects were often censored or discouraged, leading to a lively discussion about our own experiences in similar circumstances.

Overall, we agreed that The Giver of Stars is an unforgettable novel about friendship, courage, resilience, and the power of books, inspired by a remarkable true story. We would definitely recommend it.



Our next book is the Correspondent by Virginia Evans.

Winner of the women's prize for fiction 2026.

Sybil Van Antwerp is seventy-three, slowly losing her sight and always writing letters...

To her children. Her favourite authors. Her ex-sister-in-law. The journalist poking into her past.

Her doctor. Suitors. Kindly neighbours. The infuriating gardening club.

All receive Sybil's witty, wise correspondence, rich with everyday concerns.

But there is one letter that she has never sent. It concerns the darkest period of her life. To post it, Sybil must find forgiveness within herself.

The hardest letter to write is the one you'd never dare to send.

Other Recommended Books

The Girl You Left Behind by Jo Jo Moyes.

The Ship of Brides by Jo Jo Moyes.

The Book woman of Troublesome Creek by Kim Michelle Richardson.

The last letter from your lover by Jo Jo Moyes.

My Friends by Fredrik Backman.

Our next meeting will be on Thursday 6th August 10 am to 12 noon. **Sharon Strong**

Don't forget that there is a new **Scrabble group** starting shortly - Friday mornings at the Red Lion. Contact Ros Jackson—ros.jackson505@gmail.com

Canasta continues on Wednesdays – at the Red Lion.. **Contact Sylvia or Gill.**

Duplicate Bridge

The online duplicate bridge group will play twice this month on the 13th and 27th. If you are not on my mailing list and would like to play, please let me know. **Gary Harding.**

Film & TV group

The Film and TV group is taking a summer break and due to holidays, etc., I expect the next meeting will not be until 5th November. Further details closer to the time. **Gary Harding**

Opera Group

Following my message in last month's newsletter that I am considering closing the Opera Group due to lack of physical attendance at the meetings, no one has come forward with any suggestions or offering to take over the group. I am going to take a summer break in August anyway and will consider then if I get any suggestions or offers to run the group from September onwards. Regards, **Gary Harding.** eMail: Gary.Harding@Gmail.Com or Gary.Harding@outlook.com
Mobile and WhatsApp: 07949 141214

Next meeting Tuesday 11th August at the Metropolitan centre Bushey at 9.45 for 10 am.

Our speaker will be Gary Italiaander on "**The Images that have influenced my Career**". Gary will show us excellent portraits of many well-known people, many of whom will be recognised by the audience. He will explain how and why he got to take these photos with humorous anecdotes and wit. He has produced unique portraits of celebrities and members of the Royal family plus many other significant personalities.

You will not be disappointed I can assure you. Never be put off by the title of a talk- they all turn out much more fascinating than you expect and those of you who don't turn up are missing a treat.

We have plenty of good future topics arranged so make a note in your diary to come along on the 2nd Tuesday of every month at 9.45am. You'll be pleased you did and also get the opportunity to meet up with friends old and new. **Diana and Ralph**

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.

PLEASE NOTE THE FOLLOWING EVENTS ARE SOLD OUT BUT PLEASE ADD YOUR NAMES TO THE WAITING LISTS BY CONTACTING THE COMMITTEE MEMBER AS SHOWN BELOW

THE CAR MAN: Thursday 20th August

Contact: Sandra u3asandra@gmail.com 07770 467381

CATS: Thursday 3rd September

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

SINATRA: Thursday 24th September

Contact: Joan Altman joanaltmanu3a@outlook.com 01923 404920

THE FOLLOWING EVENTS ALL HAVE SOME AVAILABILITY:



TOUR OF DENBIES WINE ESTATE & WINE TASTING

THURSDAY 27TH AUGUST

LEAVE RADLETT 9.30am

£36.50

Denbies Wine Estate in Dorking is one of England's largest single estate vineyards. With 265 acres currently under vine, it has a production capacity of 1 million bottles. The first vines were planted on the estate in 1986.

The 50-minute vineyard train tour takes visitors at a leisurely pace to some of the most beautiful viewing points in the vineyard. A recorded commentary enhances your trip making this an informative and comfortable way to experience the magnificent panoramic views of the Denbies Estate and the North Downs. Throughout the seasons the changing scenery captures the imagination, from the first bud burst of spring to the opulent vines of the autumn. Cameras recommended.

You will then be able to purchase a snack or lunch from their restaurant. Following which we will have a cinema presentation, followed by a guided tour to their cellars and a wine tasting.

Contact: Stephen Gold

sgoldprop@aol.com

07831 559930



BATTERSEA POWER STATION. CIRCUS ROAD W, NINE ELMS, LONDON SW11 8DD

WEDNESDAY 30TH SEPTEMBER

£15 (Excluding Travel)

MEET THERE AT 11am.

Suggested Route: Thameslink to Kentish Town then Northern Line to Battersea Power Station. For your return journey you may wish to take the Thames Clipper to either Blackfriars or London Bridge.

Please join us for a visit to Battersea Power Station, one of the largest brick-built buildings in the world. We have booked the Chimney Lift at 11.30am which takes you up to the viewing area some 109 metres up with stunning 360 degree views of London's skyline. Your journey begins in the Power Station's magnificent Art Deco Turbine Hall A, where there is an exhibition of original records and displays of the building's rich heritage, its architectural significance and enduring presence in popular culture.

Contact: Sandra Clark

u3asandra@gmail.com

07770 467381



NEW NEW NEW

THURSDAY 15TH OCTOBER.

LEAVE RADLETT 11am (MATINEE)

£79.50

A brand new world-premiere play from the Olivier Award-winning playwright, James Graham (Punch, Dear England, Labour of Love) explodes into the West End for a strictly limited 12-week run.

Directed by multi award-winner Nicholas Hytner (The History Boys, One Man, Two Guvnors, Giant) and starring Olivier Award winner Rory Kinnear (Skyfall, The Diplomat) and Royal Ballet principal Natalia Osipova in her West End debut, this blazing new play tells the astonishing story of rebel economist and member of the Bloomsbury Group, **John Maynard Keynes**.

Husband to ballerina Lydia Lopokova. Lover to Duncan Grant. Friend to Virginia Woolf. Keynes moves between the corridors of power in Whitehall and the intoxicating freedom of a radical circle of artists, writers and lovers – all determined to live differently.

But as markets crash, old systems crumble and Britain teeters on the edge of chaos, one question begins to consume him: WHAT IS A GOOD LIFE?

Alive with music, dance, desire and debate, The Standard of Living is a thrilling, funny and deeply moving portrait of a man who dared to imagine something better.

Contact: Joan Altman

joanaltmanu3a@outlook.com

01923 404920



SING- ALONG -A -GARETH AT THE MOVIES

SATURDAY 21st NOVEMBER

AT

WYCOMBE SWAN THEATRE , HIGH WYCOMBE

LEAVE RADLETT 2pm (MATINEE). £54.50

GARETH MALONE - THE MAN WHO GOT THE NATION SINGING - IS BACK ON THE ROAD THIS AUTUMN WITH SING-A-LONG-A-GARETH: AT THE

MOVIES, A BRAND-NEW LIVE SHOW CELEBRATING THE UNFORGETTABLE SONGS THAT HAVE HELPED MAKE MOVIE MOMENTS MAGICAL.

FOLLOWING THE SUCCESS OF LAST YEAR'S SINGALONG TOUR, GARETH NOW TURNS HIS ATTENTION TO THE BIG SCREEN. FROM SWEEPING CINEMA CLASSICS TO FEEL-GOOD FAVOURITES, AT THE MOVIES WILL BRING AUDIENCES TOGETHER FOR A NIGHT OF ICONIC MUSIC, SHARED MEMORIES AND THE IRRESISTIBLE THRILL OF SINGING AS ONE.

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

SAVE THE DATE

NEW YEAR'S DAY CONCERT, BARBICAN

Friday 1st January matinee

SINGING IN THE RAIN – MILTON KEYNES

Wednesday 24th March



Total, not from Radlett, Solar Eclipse of 12th August 2026

There will be a total Eclipse of the Sun on Wednesday 12th August 2026. Unfortunately, totality is not visible from Radlett – to see that you need to go to Greenland, Iceland, Spain or a boat in the Atlantic!

However there will be a significant Partial Eclipse visible from here with about 92% of the Sun hidden at it peak (about 19:13 BST). Here is a rough view of what it might look like:

Note despite the large amount of the Sun that will be hidden you **MUST NOT** try to look directly at it without proper Solar Eclipse glasses or film. Sunglasses, Builders Glass, Fogged

Film, etc. will not filter out the visible and **invisible** rays from the Sun which can cause immediate damage to your eyesight and even blindness.

If the weather is good (i.e. a largely clear sky) and I can find an appropriate location (the Eclipse will be close to sunset and so will be low on the horizon) I may have a 'viewing' party, possibly with an appropriate Telescope and some other methods of seeing the Partial Eclipse which starts at about 18:17 BST. If you would like to be kept informed about this please let me know.

Note you will be able to see the Eclipse, including totality, online – e.g. see <https://science.nasa.gov/eclipses/> or <https://www.timeanddate.com/live/eclipse-solar-2026-august-12>

Gary Harding



Missed an Excellent Talk

Last month's speaker, Dr Paul Rabbitts, gave what can only be described as an outstanding presentation, and it was a great disappointment that so many members were unable to attend. Those who were there were treated to a fascinating morning that combined an absorbing subject, great photographs and a wonderful sense of humour. Paul brought the history of parks to life in a way that was both entertaining and informative, proving that even a topic which might not immediately catch your eye can turn out to be a real gem.



It does make me wonder why our attendance was so low. If you decided not to come because the title of the talk didn't appeal, you really missed out. One of the pleasures of belonging to our u3a is discovering new interests and hearing speakers who are experts in their field. Time and again we have found that it is not so much the subject that makes an event memorable, but the quality, enthusiasm and personality of the speaker.

Many of you will remember one of our most popular talks, which was on the London sewers! At first glance, that hardly sounds like a riveting subject, yet it proved to be one of the most fascinating and entertaining presentations we have ever enjoyed. It is a perfect example of why we should never judge a talk by its title alone.

Our programme is carefully chosen to provide a wide variety of subjects, with speakers who are knowledgeable, engaging and passionate about what they do. You may be surprised at just how much you can learn—and enjoy—from a topic you would never normally choose for yourself.

Part of his talk.....

Parkitecture: the Buildings and Monuments of Public Parks -So what makes a great park? what are the ingredients of a great park? what is it that we enjoy when we visit? The legacy of our great Victorian parks includes the fantastic features within them - drinking fountains, bandstands, park lodges, palm houses, boating lakes, cafes, bridges, mansions, museums, glorious gates, statues, monuments and sculpture. I call this 'Parkitecture'. The architecture of the park. Join me on a journey through some of Great Britain's finest public parks and enjoy the feast of features within them - parkitecture!

So please, before deciding to give a meeting a miss, come along and make up your own mind. You might just discover that what appears to be an ordinary subject turns out to be one of the most enjoyable talks of the year. We would also love to see more old and new faces in the audience, not only to support our speakers but to enjoy the fellowship and friendship that make our meetings such a pleasure. **Adrienne**



I was lucky recently to be introduced by one of our members to the local lady who has a magnificent collection of pelargoniums (for those not in the know they are like geraniums). She had actually inherited a lot of the collection from her father who brought many from South Africa (Southern Africa is the global epicentre for *Pelargoniums*, hosting roughly 220 of the world's 270 wild species.) and she has continued and enlarged the collection. She has been on TV Gardener's world and is a real expert in keeping and propagating them. It was so impressive and colourful and her knowledge and enthusiasm were amazing. **Adrienne**



We also had a great outing to the Barbican to see High Society – a little old fashioned but very pleasant with nice music and pretty costumes and scenery. I think that those of us who remember the original (my first dance song at my wedding was True Love, as I am sure many others used.) found it could not quite match up. However, thanks again to Events !!!!

Don't forget to pass on to them any ideas that you have for outings – it is really hard to keep coming up with new ideas.

Adrienne

A Lesson I Never Knew (And Wish I'd Learned Less Dramatically)

It started the other Wednesday afternoon, in the middle of running our bridge group of forty. Over the years I've made a few memorable exits from the bridge table – passing on a hopeless hand, nipping off for a biscuit – but blacking out mid-afternoon and being carried out by paramedics was, I'll admit, a new one. My cumulative points score was pretty good that day, which somehow makes it worse. The next thing I knew, I was in an ambulance, though I have absolutely no memory of agreeing to that particular lift.



After a battery of tests, the doctors delivered their verdict with all the gravity you'd expect for something far more sinister: I was dehydrated. Not poisoned, not struck down by anything exotic – just, in the most literal sense, dried out.

As it happens, my unscheduled afternoon out cost me more than just my dignity: I missed the dinner in the park, and the best part of the England semi-final. Still, I came away with a rather more useful life lesson instead – learned, as ever, the hard way.

The Lesson I'd Never Learned

Turns out that after eighty-odd years of drinking water like a sensible, responsible adult, I'd been doing it slightly wrong the whole time. Who knew? (my kids did!) What I hadn't understood is that when we lose fluids – through a warm afternoon, exertion, or simply the business of a busy day – we don't just lose water. We lose electrolytes too: essential minerals like sodium and potassium that keep the heart beating steadily and the muscles working, rather than staging a walkout mid-bridge-session. The hospital staff explained that as we move into our eighties, two things change quietly in the background, without so much as a memo:

- Our bodies become less efficient at conserving water.
- Our sense of thirst fades – like a garden hose left out one winter too many – so we can be dehydrated well before we ever feel it.

There's a sting in the tail too: drinking large amounts of plain water without replacing lost minerals can actually dilute the salts we have left. Apparently, the body is not, in fact, impressed by sheer enthusiasm alone.

What I'm Doing Differently Now



I got straight on to Amazon (available from other pharmacies or retailers!) - I now keep a box of dissolvable electrolyte sachets in the kitchen cupboard and stir one into my water most days, especially after a busy or warm afternoon. It makes me feel faintly like an athlete in training, albeit one whose most strenuous event is calling "no trumps." It's a small habit, but it may be the difference between a normal Wednesday and an ambulance ride.

My thanks to everyone at the session that day, who kept their heads admirably while I lost mine. I'm very grateful, and very lucky to have such a good group around me.

If any of this sounds familiar – unexplained dizziness, tiredness, or a fall – do mention it to your GP.

It's worth ruling out, and rather less dramatic to catch early than to discover it mid-bridge.

Jerry Packman

Savill Gardens

45 travellers set out on the outing, which had been cancelled recently due to the excessive heat, to Savill Gardens. A delightful trip as on many occasions in the past years. As always it was impeccably organised, everything on time in spite of M25 road accidents. There was time to browse the shop, where a surprising number of plants and garden ornaments somehow found their way onto the coach, followed by a leisurely lunch before setting off on a relaxing afternoon boat trip. As always, there was plenty of chatting, and it was delightfully relaxing looking at the beautiful properties on the riverside.





Our annual evening at the Café in the Orchard at Shenley Park

once again proved to be an unqualified success. It has become one of the highlights of our social calendar, providing members with the perfect opportunity to relax, catch up with friends, and enjoy each other's company in the beautiful surroundings of the park.



We were particularly fortunate with the weather this year. Instead of the umbrellas, raincoats and extra layers that have been necessary on some previous occasions, we were treated to a warm, balmy summer evening. The pleasant conditions allowed everyone to make the most of the outdoor setting, creating a wonderfully relaxed and convivial atmosphere throughout the evening, although the football did separate some of us. As always, the food was excellent, with a varied and delicious menu that was enjoyed by all. The friendly service and welcoming ambience of the Café in the Orchard added to the occasion, making it easy for everyone to settle in and enjoy a leisurely evening of conversation and good food. The event was very well attended, and it was encouraging to see so many familiar faces, along with some newer members, all enjoying the opportunity to socialise outside our regular meetings.



Gatherings such as this play an important role in strengthening the friendships and sense of community within our group. Adding to the fun (hopefully) was our ever-enthusiastic (or perhaps nutty!) Chairman, Adrienne, who fully embraced the occasion by dressing from head to toe in England colours and football-themed attire. Her patriotic outfit certainly attracted plenty of smiles and laughter and helped create a festive atmosphere as everyone looked forward to cheering England on later in the evening.

The only disappointment of an otherwise perfect evening was the football result, which failed to match the high standards set by everything else. Nevertheless, it did little to dampen the spirits of those present, and everyone agreed that the evening had been another memorable and thoroughly enjoyable success. Thank you again to our Event's committee and look forward to next year. **Adrienne**

A guided walk round a London Village.



Much is now written about how socialising in one's later years keeps us "years younger" mentally. It goes without saying that our U3A is certainly a huge proponent of that theory through the range of activities and social events provided by its many volunteers.

So, it was 9 of us who recently set off with Sue Gil from the London Palladium Theatre in the mid-July warm morning sunshine for her guided walk through London's largest village Soho via one of London's most iconic shops Liberty's. Soho was once populated by the waves of immigrants and refugees from all over the world who chose London for their new home. Many of the early newcomers settled there and built a thriving button making industry for their well-to-do customers in London. Soho is now home to many local residents but in not so attractive high-rise flats which compare poorly to the many Georgian terraces

which are now protected from development. One housing block is named after the poet William Blake who was once a local resident. What he would make of Soho now is not known.

How much of London do we really notice as we walk through from A to B with no time to stop and stare? Look up we are reminded by Sue to see the different coloured plaques dotted around on buildings celebrating the names that make them and London famous.



One of our fellow walkers remembered delivering goods to a business in Beak Street some years ago. It is now Polpo, an Italian restaurant, but he had never noticed the plaque on the wall which recorded that the painter Canaletto had once lived above the shop for 9 years. He was there to paint the portraits of the rich and famous in London.

Soho has its detractors but search as we did, we found little evidence of its earlier steamy reputation.

The sex shops have now been replaced by an overwhelming number of coffee shops, bars and restaurants, food shops, delicatessens and clothes shops spreading well beyond the original Carnaby Street boutiques of the 1950's and 1960's. It seems as if every possible food taste is accommodated there.

It was nevertheless reassuring to see some of the old places still around such as Maisonette Bertaux, Quo Vadis...where Karl Marx lived in its upper floors, The French House and the Pizza

Express Jazz Club. Remarkably the 2i's coffee bar is still there in Old Compton Street, where Lonnie Donnegan and his skiffle group played in 1956.

Little did the pioneer physician Dr. John Snow know that his discovery of the source of the cholera outbreak at a water pump in Broadwick Street, in 1854 would result in his name being remembered many, many years later after being given to a public house in the same street.

I have fond memories of drinking in the famous Coach and Horses pub in Soho in

my article clerk days in the mid 1970s, when you didn't need a credit card to buy a pint of Guinness. Other beers were available.

From Liberty's to Chinatown, Soho Square to Golden Square (with their London plane trees giving respite cover from the sun to the U3A members and workers on their lunch break alike) The tour was as much a trip down memory lane for us as a reminder of how this part of authentic London still has so much to offer its visitors and inhabitants. The adjacent new Elizabeth Line in Dean Street also provides a quick hop to Thameslink. No excuse then for not revisiting the village one day. You won't be short of somewhere to eat. **Alison Sinclair**



Checking Repeat Prescriptions: A Small Habit That Can Save Trouble..... from Banksy

Many of us reach a stage where the breakfast table resembles a modest branch of Boots: tablets, capsules, sprays, drops or creams — all apparently essential, though not always remembered with perfect clarity.

Repeat prescriptions are wonderfully convenient. They save appointments and keep regular medication flowing. But “repeat” should not mean “never looked at again”. It is worth giving our medicines the occasional calm inspection before something runs out, goes missing, or turns up in a suitcase over the Bay of Biscay.



First, check that every medicine on your repeat list is actually for you. Obvious, perhaps, but households may contain more than one patient, and medicine names are often about as memorable as car registration numbers. Check the name on the box, the strength, and the dosage instructions. If your GP has changed a dose, make sure the box matches what you are now taking.

Next, check how and when each medicine should be taken. Once daily, twice daily, or “as required”? Morning or evening? Before food, with food, after food, or independently of meals? Some medicines work best at particular times or in particular ways. If in doubt, ask the pharmacist. Pharmacists are not merely people who vanish behind shelves and return with white paper bags; they are highly trained medicines experts.

It is also sensible to ask occasionally whether a medicine first prescribed years ago is still needed for your current condition. Bodies, diagnoses and lifestyles change. NHS England says structured medication reviews consider the benefits, risks and alternatives of taking medicines, and notes concern where medicines are no longer clinically indicated, where combinations may cause harm, or where taking several medicines becomes difficult or distressing. In plain English: the medicine may still be exactly right — but it is worth checking.

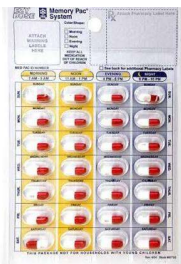
This matters particularly if you take several medications. Include non-prescription items too: painkillers, supplements, herbal remedies and the occasional “my neighbour swears by this” tablet all count. Interactions do not become harmless simply because something came from a health-food shop.



Ordering needs discipline. Do not wait until the last tablet is staring accusingly from the blister pack. The NHS advises requesting repeat prescriptions up to five working days before you need the medicine, allowing time for approval, preparation and collection. If you are going away, especially for a longer holiday, ask well in advance about an extra supply.

Travel adds its own theatre. Keep a few days' medication in hand luggage in case checked baggage goes on an independent adventure. GOV.UK says medicine containing a controlled drug should be carried in hand luggage when entering or leaving the UK, and travellers may need proof it was prescribed for them. It also advises checking destination rules with the embassy before travel. Carry an up-to-date list of medicines, doses and strengths, in case you need medical help while away.

The National Travel Health Network and Centre — NaTHNaC — advises keeping medicines in their original pharmacy packaging, with a copy of the prescription and, where appropriate, a prescriber's letter. Some countries restrict medicines that may be ordinary over-the-counter items in the UK. GOV.UK's foreign travel advice gives country-by-country information on entry requirements, health risks and legal differences. Finally, return unwanted or out-of-date medicines to a pharmacy for safe disposal. They do not improve with age, unlike good cheese, good wine and — naturally — Radlett U3A members.



FILM AND TV TO WATCH.....

We watched a quirky French series, with subtitles, called POLAR PARK, and it is quite amusing in spite of being a murder story. It's a Walter Presents 6 part series on Channel 4, and a killer stages murders as iconic artworks in an alpine village. A Parisian crime writer called David Rousseau who has severe writer's block travels to the remote village called Mouthe and gets pulled in to help with the hunt for the murderer. The two main actors are very good, with a great supporting cast. It's unusual, quaint and touching and we enjoyed it.



We saw a good film on Sky called ONE LAST DEAL starring Danny Dyer, who plays a character far removed from his usual ones. He is Jimmy Banks, an old-school football agent racing to secure a final, secure payday his star striker, who is awaiting a verdict in court for rape. Jimmy meanwhile is battling his personal chaos, shady past dealings and a mysterious blackmailer. Although there is a lot of swearing, at only 89 minutes duration it is well worth seeing. It shows how his character unravels and his acting is superb.



As we'd enjoyed the first AVATAR film in the cinema about 10 years ago we thought we'd

at the 2nd one in the series called AVATAR: THE WAY OF WATER on Disney+. It's directed by the great James Cameron and shows the wonderful connection between the original Avatar family, who have to move from their jungle home to a new world of people who live mainly under water because of a terrible threat to their lives. Although it's not the type of film we would usually enjoy, it's so cleverly filmed with spectacular animals and characters and is visually amazing. We can quite understand why it was the highest grossing film in 2022. There is a third Avatar film called AVATAR: FIRE & ASH, also on Disney+ but I think we'll try to see that in the cinema to be able to appreciate how incredible it all is. If that's not available now we'll have



to settle for TV again.....

BILLY & MOLLY: AN OTTER LOVE STORY on Channel 4 was the delightful real life story of a Scottish man living in the Shetland Islands called Billy who became very depressed, and a wild otter that washed up on his jetty whom he named Molly. Billy, his wife Susan and their sheepdog Jade find themselves with a unique new member of their family. It's a heart-warming story about the ability of love to reawaken us to the beauty of nature and we really enjoyed it.



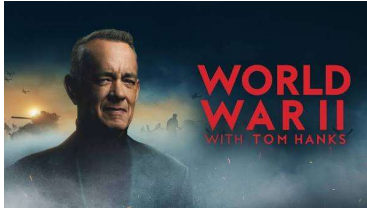
Then there is MAXIMUM PLEASURE GUARANTEED on Apple TV. It's a dark comedy thriller in 10 episodes and is quite unusual. The story starts with Paula, played by Tatiana Maslany, an attractive but lonely divorcee, who enjoys interacting with a young male porn star online. The blackmail and chaos that follows turns into a series with a fast pacing plot and excellent writing, with comic undertones. She has an ex husband called Karl who had an affair with Mallory his work colleague, who he has since married, and a daughter called Hazel who she adores and for whom she is fighting a custody battle. It has been left open for a further series to be made.





LUCKY is another series on Apple TV which stars Anya Taylor-Joy as Lucianna (known as Lucky), a con artist who is forced to go on the run when a multi-million dollar heist goes sideways. She's pursued by both the FBI and a ruthless crime boss, and has to fight for her life and a way out. It's a "caper" type 7 part series so is quite far-fetched but the acting and action make it worthwhile. Annette Bening also stars.

ANN DROID on BBC is a 6 part comedy series set in 2029 and starring (and co-written by) Diane Morgan as a humanoid android, and Sue Johnston as Sue, the lady who is looked after by her. Sue has called her android Linda and has to come to terms with living with a robot after her son, who moved out of her house to try and fix his marriage, has no time to help her in her old age..... we've only watched 2 episodes so far and so far it's very well written and amusing, with an interesting premise. Good to have a giggle!



We decided to tackle the series WORLD WAR 2 WITH TOM HANKS on Sky History. It's in 20 parts and the great actor Tom Hanks mainly narrates it, and is at the beginning and end of each episode. There is amazing previously unseen footage throughout of this awful war. We have learnt so much now that we had no idea before about - what actually happened in the interaction between the American and British governments and the strategies they used, with insights from many leading historians from America, Britain, Japan and Germany throughout.

It's really worth-while seeing, very well done and so interesting.....



And lastly there is FAITHLESS on Sky, which is a Swedish series with subtitles in 6 parts that is based on the screenplay of Ingmar Bergman. It is about two very good friends from University days, David and Markus, and Markus's wife. Her name is Marianne and she is a beautiful actress and in love with both men, and the relationships are told across two time periods. David as a young man was a struggling film director going through a bitter divorce and when he and Marianne meet again decades later he is an

acclaimed director. They are forced to confront the effects their secret affair and its fallout had. We thought it was pretty good.

Happy watching. Terri & Brian



Unfortunately we end the newsletter with sad news.....

Our members Peter Brent, Leslie Sharp, Peter Strauss, Susan Altbach and Angela Rubens have passed away and Steven Starr has lost his brother.

We have sent our most sincere condolences to all the families

Dingbat answers

- Grandstand
- Big Dipper
- First Aid
- One In A Million
- Life Begins At 40 -or - Life After 40
- West Indies
- Apple Pie
- The Three Degrees
- Making Up For Lost Time
- Missing You
- Up Before 8
- Play To Win

enjoy
* your *
weekend