



At last! Some rain! We've just returned from Dorset, where the grass looks a little greener. It's one of my favourite counties; a slower pace, beautiful scenery, lovely walking and as for the seafood! Sitting in a lovely café in Bridport, (Gelateria Beppino since you asked, with its lovely Italian pastries and ice cream made by the owners Giuseppe and Suzanne Bosi), I was struck by how like Farnham Bridport is; a lot of independent shops, some good bookshops, a thriving market and a pretty good local arts centre, though Farnham wins hands down on that front. It tempted me to look at whether or not it had a local u3a and of course it does and it too looks to be thriving, it must be that the people there are every bit as engaged in the local community as those in Farnham, on which note ...

Welcome to the June 2025 edition of eNews!

The Editor's part

I went to the Farnham Town Sustainability Festival a couple of weeks ago to help out on the u3a stand for a while. This was a first for us and one of several steps we are taking to raise the profile of Farnham u3a locally. We had a steady flow of interesting and interested people to our stand, drawn not only by the fact that we run an active and well attended Climate Change Group but also by the list showing the very wide range of our activities. What struck me, talking to some of these people and to



Picture by Farnham Community Farm

many of the stallholders who were also charities was, yet again, how strong the representation of volunteer effort is in Farnham. On which note let me make the usual plea that we are always looking for new group leaders. No need to step straight in to what is, for many, a daunting prospect, just offer to help out in a group you are already in. And we really do need more language leaders!

A brief note on safety at the Maltings. Andrew Morgan, our previous Chair, aided by Bruce Merrells, one of our members, have, over the past few months, been working with the Maltings on a review of how u3a members should react in the event of a fire at the Maltings. New guidance has been issued by the Maltings. This is the personal responsibility of each member. Farnham u3a's role is to ensure that you are aware of your responsibilities and that we take all reasonable steps to support you. I will shortly be sending an email to all members giving more detail. Please do read the email.

Important dates for your diary

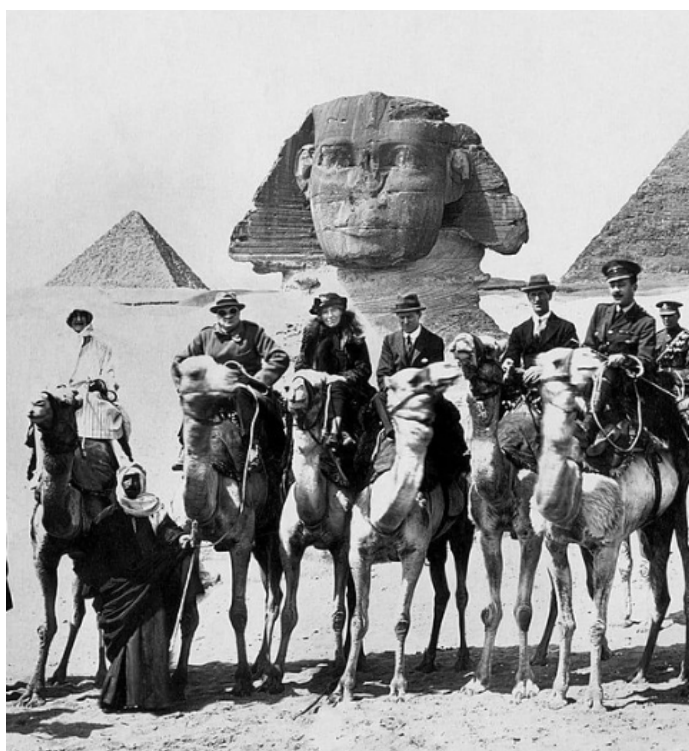
Tell Me Your Dreams by Philip McKay



Monthly Meeting

On the 9th June at 2pm, the last monthly meeting of our year will feature Jennie Bray, the organizer of the monthly meeting programme, giving a talk entitled **Quirky Photographs**. More than this I cannot say!

Theme Meeting



This remarkable picture shows **Gertrude Bell** seated on a camel between Winston Churchill and T.E. Lawrence. **Lorna Thomas** will introduce us to the story of this remarkable writer, traveller, political officer, administrator, and archeologist. In the last Theme Meeting of the year Lorna Thomas will discuss this amazing woman who was simultaneously an Iraqi nationalist and a British imperialist. Described by some contemporaries as an arduous and dangerous adventurer – who was she really? Hear all about her on **June 20th at 10:30 am**.

From Jane Moberly and Sally Bowden

Important dates for your Diary

60's disco Tuesday 10 June

Cuppa and Chat Monday 16th June, 21st July and 11th August

Quiz Thursday 5 June

Open Morning Monday 7 July

The welcome appearance of warmer weather, burgeoning hedgerows and verdant gardens all promise that summer is on the way. Our u3a has much to offer in terms of social opportunities over the next few weeks and we hope that you will get involved.

60's Disco Tuesday 10 June

This inaugural social event for members and non-members to celebrate the fun and achievements of the u3a 2024/25 year will be held in the Cellar Bar from 6.30-9 pm on 10 June. The bar will be open.

The DJ is ready to spin the discs and everybody's talking about the 60s disco. There is definitely something in the air, those were the days - we're hoping for a sunny afternoon. It was my generation; there was a groovy kind of love. So, if you want to be walkin' back to happiness why not come and join us (unless of course you're still in San Francisco)? There should be good vibrations...

Hope to see you there.

Tickets will be on sale, £5 in cash please, at Cuppa and a Chat 9 June, at the Theme Meeting and also at the quiz on 5 June. Or contact Jane Moberly via membereng@farnhamu3a.org to book your ticket or pay on the night at the door.

Cuppa and a Chat Monday 16 June, 21st July and 11th August

Although many groups pause over the summer months, Cuppa and a Chat continues right through to the new u3a year. So do pop in and enjoy the company of friends old and new in the reception area of The Maltings between 10-12 midday.

The Quiz Thursday 5 June

The last quiz of this year will be on Thursday 5 June and it is a sellout - if you have already booked a place and are unable to attend please email membereng@farnhamu3a.org.uk as there is a waiting list.

Six further quizzes are planned for the next u3a year.

Open Morning - Monday July 7th from 10:00 to 12:00

A great opportunity for your friends and family to find out about the range of activities that we have on offer at Farnham u3a but also for you as an existing member to discover new groups and activities.

We will be at The Maltings, in The Great Hall and Barley Room.

At this year's Open Morning there will be a further opportunity for the books you have enjoyed but no longer need to find new shelves and new readers. Bring them along to the Barley Room on Monday 7 July. We will be accepting books from 9 am onwards. There will be a donation box for those who wish to make a contribution. Books remaining at the end of the morning will be taken to local charity shops.

We look forward to seeing you at one or even all of these events soon!

Jane Moberly and Sally Bowden (u3a Secretary)
Membership Engagement

As always, details of all of the quizzes and C&Cs are on the u3a website. You can find them here <https://farnhamu3a.org.uk/social-events/>. You can reach me, Jane, on membereng@farnhamu3a.org.uk

From the Marketing team, Steve and Lynda

Farnham u3a is taking part in the **Bourne Show (12:30 - 5pm) on 5th July**. Help is needed to give out u3a leaflets to visitors and to chat to potential new members so if you have an hour or so to spare, please let Steve Tilburn and Lynda Robinson know by emailing Marketing@farnhamu3a. This type of event can usually be combined with a lovely afternoon out! And it's only an hour of your time. And you'll meet lots of lovely people. And there's a Brass band and a vintage car show. And it's free! Your help would be much appreciated.

News from the groups

U3A Day Trip to Brighton on 22nd May



38 day trippers headed for a day out in Brighton.

We were dropped off by the pier and members headed off in every direction to explore the Brighton i360 which is Europe's tallest moving viewing platform, visit Brighton Pavilion and gardens, take a stroll along the promenade or visit the art galleries and unusual shops tucked away in a maze of narrow lanes. Heading back to the coach was an ideal time to enjoy the obligatory ice cream.

Dates for the diary:

17th July - Seal Safari

21st August - Weald & Downland Museum

11th September - Hawk Conservancy Trust

29th October - Autumn Colours at Sheffield Park

20th & 27th November - Kew Christmas Lights

Photography Group



This wonderful photograph from an anonymous photographer in the Photography Group (more please!) is titled 'Golden Spirit'. Can you identify it?

CPR and Defibrillator Instruction – Courtesy of the **British Red Cross**



Over one hundred and ten members attended these refresher sessions with British Red Cross trainers. There were six sessions over three days earlier in May to try and provide an opportunity for everyone who wanted to attend.

We hired the Spire Church Hall and the Daniel Hall for our sessions. Whilst having a serious purpose the atmosphere was informal and members were able to learn the critical actions to take in the event of a cardiac arrest.

The **British Red Cross** make no charge for these sessions as they are provided under their Community Support programme. Individuals may make a donation if they wish to via the BRC website.

Farnham Carnival 2025!

Not strictly a group but we still need some volunteers to help to increase our local visibility by giving up a couple of hours early in the evening of 28th June. If you can help please contact Paul Sacha at p.sacha@sky.com.

The organisers of the entire carnival - Farnham Hedgehogs - are also a little short of marshals for the event. Running this takes around 100 marshals so if you can spare a couple of hours to help them please contact

Karl Fusaris at marshals@karlf.com. Farnham Hedgehogs is a small charity with a very big local heart so anything you can do to assist them would be greatly appreciated; you don't have to be a member of Hedgehogs or u3a.

Another member offer

A member has sent the following potentially very useful offer to me.

"I have come across a brilliant UK based company who sell TENS/Pulse machines. These are used by people with arthritis and similar conditions to reduce pain in various parts of the body. I have just bought a couple of machines from Med-Fit UK and I'm very impressed. I have less pain and, as the only UK based supplier, they have a helpdesk so you can easily ask questions and get help.

You also get VAT relief if you say you have a medical condition (such as arthritis) and I have managed to get us a 10% further discount if we put in the code U3A10 when buying. So, feel free to circulate the details to all the older folk with painful parts! "

The website has other offers too – see <https://med-fit.store>

A Very Worthwhile cause and a call to action

Help people find work – volunteer advisers needed

Can you spare a few hours a week to assist job seekers find employment?

Guildford Advice To Employment offer guidance and support to those seeking employment. For further information see <https://guildfordadvicetoemployment.co.uk/>

To answer any questions you have, or to take this further please contact

John Hope on 07713 654715 j.hope@virgin.net or Geoff Averill on 07843 850858 , GeoffAverill@aol.com



GATE Operates Job Clubs at Farnham and Guildford at the following times:

Tuesdays 10:00am – 12:30pm at Hale Community Centre, Upper Hale Road, Farnham, GU9 0JH

Tuesdays 1:00pm – 3:00pm at Farnham Town Council Offices, South Street, Farnham, GU9 7RN

Mondays 10am to 12.30 at St Nicholas Church Community Hall Bury Street, Guildford, GU2 4AW

Tailor your Home to help Swifts

5 Ways to help swifts – they need our help!

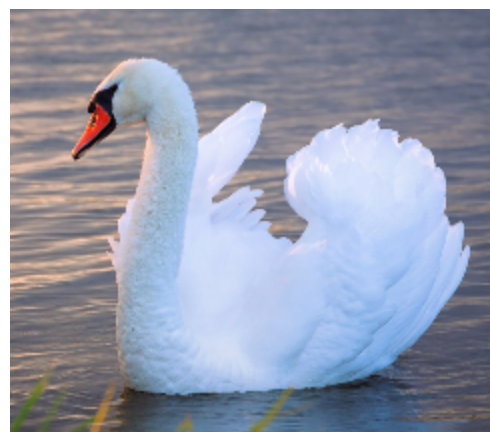
1. Add plants such as *daucus carota* (wild carrot) and *Eutrochium maculatum* (Joe Pye weed) which in turn attract clouds of smaller insects
2. Make a pond in your garden – it will encourage lots of winged insects
3. Allow areas of your lawn to grow into flower-rich long grass or sow an annual meadow with pollinator-friendly flowers
4. Leave anthills in your lawn – flying ants are on a swift's menu
5. Avoid using any insecticides or fertilisers



Other dates of interest

The Occam Singers' Summer Concert 'The Silver Swan' and picnic in aid of the Shooting Star Children's Hospices

Member of Farnham u3a Pete Graham is also a member of the **Occam Singers**, who for the first time, are holding their summer concert in Farnham Maltings. The concert presents madrigals and anthems by **Orlando Gibbons** in the 400th anniversary year of his untimely death at the age of 42, which was a significant blow to English music only a short time before the tumult of the Civil War. As a musical successor to William Byrd, Gibbons was a hugely versatile musician, writing madrigals, instrumental and sacred works, all of which will be represented in our programme tailored to a summer's evening. In addition to his music the concert will feature compositions by his contemporaries as well as later part-songs which adhere to the same musical values. More details are on the Maltings website.



Please note the start time for this concert, Sunday 29th June at 5pm. This is to encourage audience members to bring picnic chairs and hampers, and to join us for an alfresco picnic across the road in **Gostrey Meadow** after the concert, weather permitting!

A note on the Charity which has two purpose-built centres, one in Hampton and one in Guildford. The cost of staffing and running these buildings and providing the full range of services is about £10 million a year, so constant fundraising is essential. Volunteers from the charity will be collecting donations at this concert, so please give generously if you have enjoyed your afternoon!

From the Maltings own programme:

Each month we highlight three or four events from the Maltings programme.



On **Wednesday 25th June** at the normal film times a rare insight into the early life of one of Britain's greatest actors. In **Mr Burton**, Toby Jones stars as an unlikely mentor to the young Burton, played with great skill by Harry Lawley.



We all need a good laugh and the Maltings is very lucky (clever?) to be on the circuit where comedians both old and new try out their **Edinburgh Festival Fringe Shows**. The performances take place in the Cellar Bar at **8:pm on Fridays, on 6th June, 20th June, 4th July, and 18th July** and each performance features two separate comedians.



Still on the comedy front **Matt Chorley** brings his new show **"Making a meal of It"** to the Maltings. For two decades Matt Chorley has feasted on politics, stalking the corridors, pubs and restaurants of Westminster. Now the award-winning writer, podcaster, comedian and BBC Radio 5 Live presenter has all the ingredients to cook up a hilarious new show looking at parliament's feuding food factions and how politicians really are what they eat.

WARNING: Politics may contain nuts. **Tuesday 1st July at 7:30**

Jazz fans will love this one. Direct from London's world-famous jazz club and combining world-class live jazz, narration, rare archive photos, and video footage, the Ronnie Scott's All Stars take to the stage to celebrate the **The Ronnie Scott's Story**. Mixing classic music from the jazz greats who have performed at Ronnie Scott's over its incredible history, alongside tales of old Soho, miscreant musicians and police raids, this is a unique evening celebrating one of the world's most famous venues, its music, and history. **Thursday 31st July at 7:30**



News from the Committee

I can now confirm that membership of Farnham u3a will cost £50 for the year beginning in September 2025. As I noted in the last newsletter, a small rise in the fees at the Maltings and a need to build our reserves have been the major contributing factors allied to the costs of raising our profile locally to ensure a steady flow of new members.

Amongst other matters, we also agreed to hold a separate AGM as we did last year and the provisional date for this is 15th September at 2:30 in the Barley room. The speaker will be Nick Patrick, the project manager for the project which aims to restore the 15th century Tower of St Andrew's Church in the very heart of Farnham and, in addition;

- create a bellringing centre of excellence at St Andrew's to teach the unique British art of 'change ringing' and engage more people with this tradition,
- develop a walking hub which builds on the long history of walking and pilgrimage in Farnham which stretches right back to the Neolithic – a place for walking groups to gather, provide interpretation which explains more about these ancient routes and the global tradition of pilgrimage, and encourages Farnham to get active,
- showcase and celebrate Farnham's arts & crafts tradition.

We also reviewed the proposed fire safety plan and agreed a course of action, which involves writing to all members.

...and finally

Now that I've reached my 70s my hearing has started to go. It's what the doctors call a selective deafness. I can hear some things and not others. For example, I can't hear words like "Help me with the washing up", "Lend me a tenner Dad" and "It's your round Philip"

"How old are you?" asked the little boy. "Very, very old" I replied. "50?" quizzed young lad. "Best think very, very, very, very, old" I said softly.

The trouble with retirement is that you never get a day off.

I met my wife at a singles night. I was surprised because I thought she was at home with the kids.

These two are true....

Year seven students will be presenting Shakespeare's Hamlet in the church basement on Friday at 7:00 pm. The congregation is invited to attend this tragedy.

The new vicar unveiled the church's new campaign slogan last Sunday: "I upped my pledge - Up yours!"

Enjoy the summer, we'll be back in September! Philip

