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u3a Aston Clinton - Information

October 2026

Up Coming Events

Date	Event	Cost	Payment Deadline	Details/Contact
Mon 26th October	Mela Meal with Cilla Black		See details below	Maggie E
Friday 20th November	Quiz night, Anthony Hall	£7	20th October	Val H/Claire S
Monday 30th November	London Museums trip	£22	30th October	Chris B
Saturday 13th March	50s/60s night	TBA		Linda H
Sunday 25th April	St George's day lunch	TBA		Peter S
Note: If your name is on the event/trip interest list, payment is required to secure your place.				
Paying for Events Note: Payments by Cheque or Bank Transfer are accepted - no cash payments Bank Account: Aston Clinton u3a General, Business Account - Yes Sort code: 30-90-38, Account number 03218530				

A Message from the Chairperson

You may remember some months ago the Third Age Trust asked our u3a to take part in the U3a and Me survey. Apparently some 10,000 members nationwide took part, including some of our members, and here are the headline findings of this survey.

95% said u3a had improved their life in some way – 90% said u3a gives them opportunities to keep learning and stay curious.

79% said u3a had expanded their social connections – 77% said their sense of wellbeing had improved since joining. 66% had said that u3a helped them stay mentally and physically active and 45% said being part of u3a had reduced feelings of loneliness.

Whilst these results confirm what we all suspected, there's also a wider experience of friendships formed, confidence renewed, skills shared and a stronger sense of purpose. The u3a is an organisation with an ethos that members give their support and knowledge to other members. We are totally reliant on members giving their time and energy to run groups or be a trustee on the committee. I'm pleased to say all our new groups have convenors, and I thank all Group Convenors for their continuing commitment.

Having said that, I would like to see a few more people on the Committee – we are still short of a Trips Co-ordinator and an Events Co-ordinator. It would be great if we could fill these posts by the time of our AGM in February. I can report that due to a committee resignation a few months ago, we have co-opted Janice Talmer on to the committee. Janice has taken on the job of Secretary, and I am delighted to have her on board.

I look forward to seeing you at our main meeting on Tuesday, 20th October at the Baptist Church and if anyone wants to talk to me about joining the committee I am available during teatime and would be delighted to chat then.

Claire
Chair

Main Meeting – Tuesday 20th October - 2.30pm at the Baptist Church

This month's talk is 'Jack the Ripper – Who Dun it' by Carl Whitmore.

The Whitechapel Murders in Victorian London are the greatest 'Who Dun It' in criminal history with the perpetrator never being caught. This talk looks at the case and tries to come up with a potential solution.

Who were the victims and what were their backgrounds? Was Martha Tabram the first victim? What part did the police and the press play in the reign of terror? Were vital clues missed? Who are the main suspects for the murders?

Can modern police detection methods lead us to the most likely candidate. Something to remind us we are close to Halloween

Peter S

Speaker Coordinator

Mela Meal with Cilla Black - Monday 26th October 7.00pm

Thank you all for paying the balance. Unfortunately there is a couple who have to pull out so if anyone else (new member(s) perhaps?) would like to join us please let me know as soon as possible.

Please also let me know of any dietary requirements or allergies.
As before, the meal will be served at 7.30 but PLEASE DO NOT ARRIVE BEFORE 7.00. I look forward to seeing you all there.
Remember drinks are not included so order from the bar on arrival.

Maggie E

Quiz night Friday 20th November - 7pm at the Anthony Hall

Cost £7 to include nibbles. Bring your own drink and glass. The organiser, Val H, will be at the Main Meeting to take names of those who are interested. Otherwise contact Claire at acu3achair@gmail.com to put your name down.

London Museums trip - Monday 30th November

Our annual day out to London Kensington, where you can visit any or all of the three Museums - Natural History, Science Museum or the V&A, or do your own thing in London for the day.
Please use the contact button on the web-site to sign up or give your name in at the next Main meeting.
Cost is for the coach only (the Museums are all free) and will be £22. Please pay by 30th October to

secure your place.

Chris B

Group news

Please refer to the group pages on the website for details of regular group meetings. Enquiries about a group should be sent to the relevant email contact on the group page. All scheduled group meetings are also listed on the website Diary Page

The Suggest a Group button on the Groups page of our website provides an opportunity for members to request a new group they would like to join. Note that this doesn't imply that the proposer will be its convenor.

Italian Beginners: This group will meet on the fourth Wednesdays at The Bell from 1-3 pm and on first and third Mondays at The Churchill Hall from 1-3 with the first meeting (with a tutor) at The Bell on 21 October. If you are interested, please let the group convenor know using the Italian Beginners group page.

Book Group 4: This group has started but is now full. There are a few spaces in Book Group 1, contact the convenor should you wish to join this book group.

Strength and Balance: Two groups have started: Strength and Balance 1 meets on Tuesdays from 11:30-12:30 at Weston Turville Village Hall and Strength and Balance 2 meets on Thursdays from 11:00-12:00 at The Churchill Hall. Both groups are overseen by a professional. Please contact the convenor should you wish to join either of these groups.

Bowls group Planning for next year's bowls sessions is underway. Please contact the convenor Andrew A for more information about this group.

Craig
Groups Coordinator