



HASLEMERE MEMBERS NEWSLETTER

OCTOBER 2026

Dear Members,

A quiet symphony of falling leaves and fading light.

Autumn is certainly making its presence felt. The woods are beginning to ignite in red and gold, before the branches become bare and the winds take on their winter tones. There is something rather beautiful about this changing season – a reminder that change can bring its own opportunities.

And there's certainly no sign of things slowing down at Haslemere u3a! Our groups are well and truly back in action, with plenty of opportunities to learn something new, keep active, enjoy old interests, discover new ones and, of course, meet up with friends and have a good chat along the way.

A date for your diary! On **Monday 9th November at 1.40 pm @ Haslemere Hall**, we will hold our **Annual General Meeting (AGM)**, combined with a **Speakers Meeting** on ***“Churchill's Secret Army, the Special Operations Executive.”***

The AGM is a valuable opportunity to hear what has been happening within Haslemere u3a and, importantly, to have your say about its future. It is your u3a and your opportunity to help shape what happens next. I hope you'll come along, play your part and enjoy what promises to be a fascinating afternoon.

Warm regards,

Roger Abayasekera, Chairman

NEW MEMBERS! ***A huge u3a welcome to: David and Linda Heugh, Terry Dixon, Susan Thornton, Patricia Seabright, Maureen Ruddock, Dominique Guardiscione, Andrew Williams, Susan Elks, James Halfhide, Carolyn and Wayne Gibson, Ann Lovell, Jilly Burton, Hilary Hayward, Richard Trent, Michael Alves, Barbara O'Callaghan, Tony Day, Tom Melling, Anne-Marie***

Greenway, Sandy Young, Andrew Franklin, Geoffrey Cheetham, Naimh Dodd, David and Ros Hampson, Pam Francis, Sara Smith and Tish Hardy

HASLEMERE U3A NEEDS YOUR SUPPORT

Behind the activities and events we enjoy as Members, is a team of volunteers working to keep the Haslemere u3a running smoothly. We currently have some Committee vacancies, particularly the role of **Secretary**. We will also need a new **Excursions Secretary** and, looking a little further ahead, a **Newsletter Editor** and **Safety Coordinator**.

To continue providing the range of activities and services our members enjoy, we need to maintain a u3a Committee of 12 members. If you feel you could contribute, or would simply like to find out more about any of these roles, please get in touch.

You don't need previous Committee experience – just a willingness to get involved. Job sharing is also an option, so please don't rule yourself out if you could only take on part of a role. If you would like to find out more, please contact me at: chairman@haslemereu3a.org.uk (or use the Contact page on our website to message the Chairman).

OCTOBER SPEAKER – MONDAY, 12TH OCTOBER, 2PM @ HASLEMERE HALL – “MY HIGH LIFE” WITH IAN BAILEY

Ian Bailey, is a very experienced speaker and one of our very own Haslemere u3a members! A retired water quality research scientist, Ian worked in South Africa for 30 years before retiring to Haslemere, where his father was once Haslemere Town Mayor.

Ian will give a fascinating illustrated talk – with his presentation being displayed on Haslemere Hall's Cinema screen! - of his lifelong passion for mountaineering: the challenges, hardships, successes and disappointments!

First, you'll visit South Africa's Drakensberg mountains – three times higher than any in the UK and the ideal training ground for adventure sports. Then follow expeditions to the Chinese, Pakistan and Indian Himalayas, as well as ascents of the highest peaks in North and South America and Africa. An intriguing lecture awaits!

Non-members are welcome for a trial visit and there is no charge – so why not bring along some friends and introduce them to the Haslemere u3a! Complimentary tea and coffee will be served after the talk.

READY TO START SOMETHING NEW WITH HASLEMERE U3A?

Haslemere u3a is always looking for enthusiastic Members to develop new Groups. Whether you want to share a lifelong passion, a favourite hobby or simply want to bring people together, everyone has the ability to be a **Group Leader**. You won't be doing it alone either! Our Group Co-ordinators and Committee Team are ready to back you up with all the support, advice and information you need to succeed. Interested? Send the Group Co-ordinators an email via the Contacts Page on the Haslemere u3a website and let's get started!

GOOD TURNOUT AT THE BEACON HILL FETE



U3a Volunteers welcomed several members of the interested public to our stall at the recent Beacon Hill Fete, including the Haslemere Mayor, Jacquie Keen and a certain Panto Dame, pictured here with Judith Forde, Membership Secretary and Allen Chubb, Group Leader, Desert Island Music. What a day!

OCTOBER MEMBERS' COFFEE MORNING - PLUS THE "TEA & TECH" HELP SESSION



Do come and join us at our next Members Coffee Morning on **Thursday, 8th October from 11.00-12.00am** at the lovely Mill pub on the Shottermill Road. There's plenty of parking and the pub is on a bus route too. There is a delicious lunch menu if you would like to stay longer!

The monthly Coffee Mornings also now feature our friendly **"Tea & Tech"** help sessions. This relaxed support

is specially tailored for anyone who feels a bit stuck or overwhelmed by technology. Bring your smartphone, tablet or laptop and receive patient, hands-on help with the basics and find out how to get onto our website and access newsletters, groups, events etc.

Future Coffee Morning dates for your diary – **Wednesday, 4th November, 11.30-12.30pm @ The White Horse pub, Haslemere High Street** and **Wednesday 9th December from 11.00-12.00am @ Haslewey Community Centre opp Tesco's.**

LEARN ONLINE VIA THE NATIONAL U3A

All u3a members can access a wide range of free online talks, workshops and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations. To find out more, **CLICK [here](#)**.

NEWS OF GROUPS

To contact a Haslemere u3a Group or find out more information, please go to the Groups page of the u3a website – just control/click on www.haslemere.u3asite.uk/groups and you'll go straight there! For enquiries about starting a Group or anything else related to Groups, please contact Claire Coxwell or Richard Mason, our Group Co-ordinators, via the Contacts page on the website – <https://haslemere.u3asite.uk/contact/>

FUN & FITNESS GROUP CELEBRATES ITS FIRST BIRTHDAY!



Members of this popular Group meet on Tuesday and Thursday mornings at Haslemere Leisure Centre and celebrated their first birthday in mid-September. Here they are with yummy cakes and coffees! The Fun and Fitness

Group takes place every Tuesday and Thursday from 9.30 to 12.45 and Haslemere u3a members have access to the pool, the gym and various activities such as racketball and table tennis. You can choose what time you arrive at these sessions and there is a break in the mid morning when members can meet in the cafe and socialise. The price is just £3.00 per session.

Want to find out more? Search for Fun & Fitness on the Groups page of the Haslemere u3a website. You will need joining information before coming along.

NEW - LINE DANCING CLASSES FOR BEGINNERS!

Calling all potential line dancers! We are delighted to announce that there will be a Beginners and a Refreshers session on **Thursday 8th and Thursday 22nd October** at Fernhurst Village Hall from **2.00-3.00pm**. No experience or partner required. Why not come and join in the fun and see if Line Dancing is for you!

NEW – TAI CHI and QIGONG CLASSES!

In response to a number of requests, we are pleased to announce that Alison, a new u3a Member, will be now offering classes in Tai Chi and Qigong. She has over 25 years experience and has developed a class, using her experience as a nurse and acupuncturist, that is suitable for Beginners.

Tai Chi (flowing movement sequences) and Qigong (stand-alone breathing-based exercises) are among the oldest health related exercise systems we know of. Numerous research studies have shown the benefits of both for



balance, falls prevention, stress relief and cognitive function. They do this by regulating body, breath and mind. ***This 2,100-year-old Qigong Mawangui scroll shows some of the movements.....***

You will get the most benefit from attending weekly, but there is no requirement to remember anything from one week to next!

If you are comfortable standing and moving around for 45 to 60 minutes, you will certainly enjoy the class. There will be chairs for anyone who needs to have a rest, but it is not a seated exercise class. Thin soled flat shoes and

comfortable clothing is best. The classes will include exercises to loosen up the joints, balance work, learning a short Tai Chi form, and practicing some seasonal Qigong breathing. There will be time afterwards for discussion and any questions.

If you interested in attending a class, please email groupcoord2@haslemereu3a.org.uk. Once we know how many people are interested, we will arrange a taster session at which point you can get more information and decide if this is an activity for you going forwards.

NEW - BASIC LIFE SUPPORT TRAINING COURSE



The course will be run by Dr. David Lee FRCS, and administered by Hilda Russell. The Basic Life Support Training course is a valuable introduction to First Aid and will be held on **Friday 23rd October** at the Methodist Church in Weyhill, Haslemere. The duration of the course is two hours, from 2.00-4.00pm and there is **no charge** for u3a Members. If you are interested in joining the course, please contact Hilda Russell via the First Aid Group on the u3a website.

ENJOY “A NIGHT IN THE TAVERNA!”

The uber popular U3a Group, **Cooking for Men** aka The Gourmet Geezers, famed far and wide across Haslemere for their culinary delights, cookbooks - and having a good time! – are proudly joining together with the Rotary Club of Haslemere to hold a fund-raising Greek Dinner Evening in support of the **Haslemere Educational Museum** which recently celebrated 100 years on the High Street!

This gastronomic extravaganza, serving a veritable cornucopia of delicious Greek dishes cooked from scratch by the Gourmet Geezers, is to be held at Haslewey Community Centre – opposite Lion Green - on **Saturday 21st November at 7.30pm.**

Tickets are £35pp and there will be a cash bar available.

You can purchase your tickets here by clicking on this link - <https://buytickets.at/haslemererotarycio/2349408> and you will then kindly support the Gourmet Geezers, support the Museum and support the local Community which adds so much value to life in Haslemere and, of course, ENJOY a great Greek night out!

CONGRATULATIONS TO U3A MASTERCHEF SIMON!



Back to **Cooking for Men!** The u3a Group, which meets on the 2nd and 4th Monday at the Haslemere Hall annexe, has announced its prestigious and highly competitive Cook of the Year Award for 2026 was presented to Dr. Simon Wilden earlier this month for his Mexican themed menu of delicious Tortilla Bake and scrumptious salad, followed by divine lemon pots with ginger shortbread – yum!

“The tortilla bake is a spicy version of a Mary Berry recipe and uses tortilla wraps instead of pasta sheets and it’s really tasty,” said Simon.

Simon joined the u3a Cooking for Men Group three years ago as a total newbie to cooking, following his retirement. He won the wooden spoon in his first year which progressed to being runner up the following year and, of course, Gourmet Geezer success in 2026!



The Cooking for Men group has been running for over 25 years, during which time it has developed into a well-honed social gathering of enthusiastic, fun-loving, amateur wannabe chefs. They take it in turns to bring recipes to the cooking sessions, together with sufficient ingredients to feed the group a two-course meal, whilst directing the rest of the group in its preparation and cooking.

Sometimes things don’t go quite according to plan - which all adds to the fun! - but the Group always enjoy eating the fruits of their labour, washed down with a glass or two of wine! Attendance fee is £15 which covers the ingredients and the Annexe and Kitchen hire with a maximum of 17 in the Group. For more information, go to the Groups page on the u3a website.

