



SHEPWAY AND DISTRICT

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Registered Charity No. 1149472

Newsletter July 2026

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COFFEE MORNINGS

Dates for the next coffee mornings are

Wednesday 15th July – Voco (Clifton) Hotel, Folkestone 10.30am

Friday 24th July – **Stade Court Hotel**, Hythe, 10.30am

Friday 31st July – Ship Hotel, New Romney 10.30am

It would be very helpful if those attending can bring the correct money for their coffee i.e. £3.00 at the Clifton, £2.50 at the Ship Hotel and see below for the price at the Stade Court Hotel. This will ensure that there will be no problem with providing change.

You will be able to register for groups, book for events, and discuss anything with the committee. If you have friends interested in joining, please bring them along. New members are always welcome.

STOP PRESS

Hythe Coffee morning Friday 24 July 10.30

This will be at the Stade Court Hotel, Stade St, W Parade, Hythe CT21 6DT

stadecourthotel.co.uk

Members will be able to buy their own coffee or tea with prices ranging from £2.50 for black coffee or tea and £3.75 for Latte Cappuccino.

NOTES FROM THE CHAIR

It was years ago somewhere in central London that I first heard about the KISS principle. It was a conference – where and about what, I can't remember. All I can recall about it is the memory of a high-powered lady Finance Director telling a packed auditorium: *Keep It Simple, Stupid!* It seemed rather bold at the time!

And what has brought that to mind is a sentence from a novel called *The Shadow of the Wind* by the Spanish writer Carlos Ruiz Zafon – which yes, I am trying to read in Spanish, though I read the English translation years ago. It says simply: *People complicate life, as if it wasn't complicated enough.*



Well, our life as a U3A has just been complicated a bit more than we would have preferred. The Tin Tabernacle has a new owner, and we have been asked to leave it so that he can move The Shed from 139 Hythe High Street into it. In return, he has offered us the use of 139 High Street on pretty much the same terms as we have at the Tin Tabernacle. It's smaller, but should be fine for most of our groups which currently meet at the Tin Tabernacle. It has a kitchenette and toilet facilities.

The move out – and in - will take place over the weekend of 18 / 19 July. For the larger groups, we are actively seeking alternative accommodation, as we also are for the Coffee mornings and Members meetings. As I write this (in time to meet the copy deadline) the project team the Committee has set up, has had its first meeting a few days ago, and will meet again in a few days' time. So, we are at a very early stage in all the planning. Hopefully by the time you get to read this newsletter, we shall have made much more progress in talking to group leaders, and in finding alternative places to meet where necessary.

The project team consists of myself, Katherine Robinson, Roger Wood, Richard Andrews, and David Warren. Time is short, of course, but the move is achievable within the time scale. And over the next few months we may find that there are some advantages in literally having a shop window on the High Street. (In fact, the building was the old post office). We will need to think through how to exploit this position to our best advantage.

In a sense, *Plus ça change, plus c'est la même chose.* The life of the U3A goes on. We are grateful to all the group leaders and volunteers for the energy and support you give to making it the success it is. New people are joining all the time – and we welcome them.

It can't be bad!

Steve

MEMBERS' MEETING

Wednesday 8th July, Tin Tabernacle 2.00 pm.

Environmental action near you. We welcome **Gemma Adams** to talk about the work done by local environmental community groups and the activities that people, if they are interested, can join in with. See our website for more details.

Steve O'Neill is gradually handing over the running of members meetings to me, John Holloway. We are fully booked with speakers until November, so I am seeking speakers for 2027. If there are any subjects you would be interested to hear about or, especially, you know of anyone or an organisation who could give around a 45-minute talk to us, then please let me know. I can always assist with preparing a PowerPoint presentation, if needed. With over 800 members and varied careers and interests, perhaps some members can provide a Talk? I'm offering to present one myself.

Please contact me on johnhollowayx@hotmail.com (don't forget the "X", it makes me unique). Or, speak to me at a meeting. I'm one of the tall, bald blokes!

COMING EVENTS

CURRY NIGHT

Thursday 30th July.

Following recent successes, I have booked another **Curry Night for Thursday 30th July** at the **Green Spice Tandoori, Sandgate** at 6.00. Please let me know if you want to come using the usual link on our website or at Coffee mornings etc.

Jacqueline

BROOKLANDS MUSEUM

SUNDAY, 18TH OCTOBER 2026

Join our day visit to the fabulous Brooklands Museum for their London Bus Museum Transport Fest!

This event features extensive bus displays, including rarely-seen early examples, coaches, taxis, commercials, military vehicles and more!There will be heritage bus trips, a collectors' market, live music and family entertainment. This event is not just for transport enthusiasts, but fun for all the family as well.

All the Brooklands Museum attractions and displays will be open including cars, motorcycles, bicycles and aircraft.

More details can be found at londonbusmuseum.com

Optional extra is 'The Concorde Experience. Take the Brooklands Concorde Experience & Museum and see inside the world's most famous aircraft. Re-live the excitement of the supersonic age in this fascinating 35-minute tour. And leave with your Concorde Flight Certificate.....find out more [HERE](#)

Optional: Concorde Experience Adult + £7



Pick up points include: Cheriton, Folkestone, Hythe, Ashford



£49pp Exec Coach & Entry

Book online @ www.realsocialising.co.uk
Or email info@realsocialising.co.uk

TRAVEL AND TRIPS WITH VIV KENNY, REAL SOCIALISING – ISSUED 21ST JUNE 2026

REAL Socialising are delighted to share an update, writing this today, the longest day, and mid-point of the year....wow, what a scorcher and an enjoyable one taking in one of the free concerts on Folkestone's famous Leas organised by Folkestone Festivals. Today's entertainment was an ABBA tribute band whose name for 16 years was 'ABBA Chique' but it seems, the real ABBA made them change their name and so band were re-born as 'BJÖRN This Way'they were very good and the crowds thoroughly enjoyed the afternoon!

We get a chance to see the next best thing to the 'REAL ABBA' on 28th June with '**ABBA Voyage**' ...this amazing show has been wowing audiences for 3 years and with a live band playing all the hits, the audience is entertained by stunning film and light shows whilst watching 'ABBA'tars' on stage....after watching this several times, I still don't know how it's done but it's an incredible show and the music is timeless. If you didn't catch our June date, we have **Sunday, 25th October** tickets available too and the show starts at 6pm.

We invite you to subscribe to our monthly newsletter by adding your name to our 'subscribe to news' box on our website then you won't miss out when our new trips are released for booking. We are issuing a new batch of trips with our July newsletter which will include:

A visit to one of Kent's hidden gems in **Allington Castle** and accessed via The Kentish Lady riverboat from Maidstone - 8th September

Crossness Victorian Pumping Station and our first visit on a 'Steaming Day' when the magnificent Prince Consort beam engine is in steam. – 20th September.

A 2 day break in London, with an overnight stay on the luxury **Sunborn Yacht** – 8th -9th November.

Christmas Shopping Opportunities Including **Beautiful Bruges** - Saturday 21st November.....and one or two more surprises to come too!

We also wish to remind you that we have a number of theatre and music events which must close soon too....ticketed events usually come with a short window of opportunity for sale or return, so if any of these are of interest, contact us to book without delay:

Brick Lane – Cockney Music Hall Sing Song – 17th September

A choice from 2 great matinee shows: **The Mousetrap** Or **Mamma Mia**: 24th September

Brick Lane – Murder Mystery Musical....period dress optional! 2nd October

Faulty Towers Dining Experience, London with Basil, Sybil and Manuel at their finest: 11th October

The **Thursford Spectacular**: 26-27 November double and twin rooms, and now a second date 19th & 20th November so please check with us for available room types. We have great seats at Thursford and half board at the wonderful Dukes Head Hotel in Kings Lynn and the cost is from £205pp based on two sharing (*Solo + £30*).

Cinderella; Julian Clary's famous or infamous adult panto at the London Palladium...with one sell out date already we booked another date of 7th January 2027, with seats 'up in the Gods'; the cheap seats offer the same amount of fun and laughter and leave you with some pennies left over for an ice cream too!

We have also secured tickets for **Sam Ryder playing 'Jesus Christ Superstar'**. The date: New Years Eve 31st December and this matinee show offers a great way to spend this special day!

...and finally, if of interest, book your tickets for **Billy Elliot: 19th May 2027**...reservation period ends soon!

We would love to welcome more members to the wonderful **Brooklands Museum** in Weybridge, Surrey. We had hoped for a member exclusive day, but so far have received just a few bookings from members so have now opened this up to others to ensure we can secure good interest and be confirmed soon for Sunday 18th October. Brooklands hosts its London Bus Museum Transport Festival. The event features extensive bus displays, including rarely-seen early examples, coaches, taxis, commercials, military vehicles and much more! Executive coaching and entry is £49pp.

We look forward to welcoming you to some REAL Socialising when the time and theme are right for you!

Viv Kenny, REAL Socialising

Email anytime: viv@realsocialising.co.uk

M: 0777 3946828 (10am-4pm - Mon-Friday)

W: www.realsocialising.co.uk Facebook: <https://www.facebook.com/REALSocialising>

GROUP NEWS

Group Information

A reminder that for insurance and administration purposes members of each Group need to be registered as such on our Beacon system.

If you are interested in a particular Group, you can, with the Group Leader's permission, attend a meeting as a guest, on a single occasion to arrange it as a taster session by contacting shepwaymembership@gmail.com. If you wish to continue you must register your interest by contacting shepwaygroups through the contact page on the website: <https://shepway.u3asite.uk/contact/> or register at a coffee morning.

The Group Leader will be informed and add you to the list or put you on the waiting list if the Group is already over-subscribed. Either way they will let you know.

If you are unable to attend a meeting, please always let the group leader know in advance as it helps them with arrangements

If you belong to a Group which you are no longer able to attend please inform the Group Leader so that your place can be given to someone else.

When you apply to join a group make it clear which group you wish to attend by giving the exact name and the timing.

Short Walks (East/Central)

These are monthly on the 4th Tuesday and about 2 - 2½ miles long departing from different locations in our area at 11.00 finishing with refreshments in a pub or cafe whenever possible. Apply in the usual way (see above).

Long Walks

FRIDAY 3rd July 10.00am

The next long walk is from Great Chart. Meet at the Swan and Dog pub (TN23 3AN) followed by lunch there.

[Swan and Dog map](#)

Writing Circle 2

Writing Circle 2 has completed its first year in the new venue of Folkestone Museum and it has proved popular with our members. We continue to ring the changes with our different versions of writing, some stories, autobiographical themes, speed writing, poetry – all continue to challenge and good natured critique is key. At Christmas we had a Christmas lunch out rather than our usual meeting - at Mimosa in Sandgate. The group is still full and cannot accept any new members at present. We are taking August off for a break and intend to recommence in September again.

Frances Lake (Leader)

Book Circle 3 – Romney Marsh

This group meets on the 4th Wednesday of each month to discuss our current reading. Members take it in turns to suggest a topic, or author for us to read.

Bryony

Short Walks (West)

The short walks cover the Romney Marsh area and take place on the second Tuesday of each month, meeting at 10.45am for setting off at 11am. They usually take around an hour and end with refreshments at a suitable pub or cafe. An invitation is sent out to all members a week or so in advance giving the walk location and where to meet.

Bryony

Courses and Events being held by the Third Age Trust On Line

The Third Age Trust have arranged an ongoing series of online courses and single events which members of any U3A in the UK can join. To review the current schedule please go to the Third Age Trust website on u3a.org.uk/events where you can also book your place. The majority are provided free as part of your membership. They will also be reviewed at the coffee morning.

Ten Pin Bowling

The dates for when the Ten Pin Bowling Groups will be playing over the month of July are as follows:

Friday Group

10th July 10.30 a.m.

Tuesday Group

28th July No Meeting

There will be NO meetings of Ten Pin Bowling groups during August. The next session will be in September 2026

All the games are played in the Hollywood Bowl, Station Road, Ashford and we play two games per session at a concessionary cost of £7.30.

Newcomers wishing to join one or both of the groups are very welcome

Registration can be made at shepwaygroups@gmail.com

We look forward to welcoming new members to the group

Anyone wishing to play in both groups should be registered for both groups

I very much appreciate the continued support received from the members of both groups.

Doreen Bishop

Local History 3

At The last local history meeting we welcomed two potential new members who came along to see if they would like to join us.

At this meeting we had 3 presentations:

In the first we were told about Gallows Corner in Hythe where public executions took place until they were abolished in 1868.

Gallows corner is physically located at the corner of Dymchurch Road and Scallions Bridge Road near Hythe Light Railway station.

The historic elm tree that stood there from whose boughs villains were reputedly hung was cut down in the 1930s because it was disrupting a road improvement scheme.

We were told about a few victims who were hung and what crimes they committed to deserve such punishment.

As part of this presentation we were shown a very old landscape picture of Hythe showing the location of Gallows Corner; this picture prompted an impromptu discussion amongst the group about what the various other buildings shown in the picture were and what happened to them.

This was followed by a presentation on the author and actor Russell Thorndike and his more well known sister Dame Sybil Thorndike. He was born in 1885 at Rochester Kent and is most famous for writing the Dr Syn novels whilst living in Dymchurch and getting inspiration from the Romney Marsh. He also wrote several other novels while at Dymchurch.

He died in 1972 and is buried in St Peter and St Paul Church, Dymchurch.

The final presentation was on a most unusual topic in that it was about the Railway tunnel between Gravesend and Strood on the North Kent railway line from London Bridge to the Medway towns.

When this tunnel was dug in 1799 it was intended for canal traffic and was to allow goods to be transported between the Medway and Thames without going out in to the estuary. But it was not designed for canal narrow boats; the intended craft were Thames Sailing barges with their masts stowed. When this tunnel was dug it was the second longest canal tunnel in England at 2.2 miles long. Two years later the tunnel was closed for a couple of months while it was divided into two and a passing place was added in the middle to increase the capacity of the canal. The canal was never a commercial success and when the north Kent railway line was being built it also required a tunnel between the Thames and Medway. So it purchased the canal company and ran dual train tracks through the tunnel it was fortunate that Thames sailing barges had been chosen as this meant no further expense in widening was necessary.

Local history 3 is going to do two visits to places of historical interest this summer. The first is a guided tour by the war graves commission of the Shorncliffe army camp cemetery and the second is to Broome Park (Lord Kitchener's house) on the road to Canterbury.

John Anstiss Group Leader.

Military History

Our June meeting addressed two subjects:

1 The Royal Garrison Artillery - A personal history 1904-1920.

2 Drone Warfare - A history 1870-1945.

Mike Kirk

Poetry

On 25th May Lynne took charge of the Group. They began by focussing on Walt Whitman, and having talked about his life they studied the following poems: Stanzas 1 and 52 of "Song of Myself", "Election Day, November 1884", "Patrolling Barnegat" and "O Captain! My Captain!". After the break they moved on to Emily Dickinson and looked at the following: "Hope is the Thing with Feathers", "Because I could not Stop for Death", "There's a certain Slant of Light" and "A Bird Came down the Walk".

Whitman (1819-1892) is the first American poet to have a distinctive voice free of British influence. His confident American ego expresses itself in cascades of free verse. Emily Dickinson (1830-1886) is also independent-minded but in a different way. Born into a Calvinist middle class family whose ancestors were part of the puritan migration 200 years previously she became a recluse in adulthood, rarely leaving the family home. Like Whitman she created her own poetic style but while he expands she is very frugal, compressing her meaning into as few words as possible. Only ten of her poems were published in her lifetime but today her hymn-like verses in themes of nature, death, and religion are part of the American canon.

On 4th June members brought free verse poems by a variety of poets: Ezra Pound, Maggie Brookes-Butt, Gillian Clarke and Whitman again. We also looked at a humorous poem by Robert Graves entitled "Free Verse" and written in 1914. He says he will liberate himself from classic tradition. "My rhymes no longer shall stand arrayed / Like Prussian soldiers on parade / That march, / Stiff as starch, / Foot to foot, / Boot to boot, / Blade to blade, / Button to button, / Cheeks and chops and chins like mutton. / No! No! / My rhymes must go / Turn 'ee, twist 'ee, / Twinkling, frosty, / Will-o-the-wisp-like, misty ..."

His short, staccato rhyming couplets (not free verse at all) reminded us of the utterances of modern "rap" artists and we thought Graves was 100 years ahead of his time.

Our meeting on 18th June featured a presentation by Rebekah on the life and work of Walt Whitman's English disciple, Edward Carpenter (1844-1929). After meeting Carpenter in the 1880s Whitman described him in a letter to a friend as "an exemplar of a loftier England", but "not wholly a welcome presence in conventional England". Carpenter began life respectably

enough, born in Brighton into an upper middle-class family. He went to Cambridge and stayed on as a Fellow, teaching mathematics. Then around 1874 came a spiritual crisis. He decided that "I ... must go and make my life with the mass of the people and the manual workers." He became a travelling lecturer under a scheme that provided education to men too poor to pay university fees and to women who because of their gender were excluded from university. Carpenter came to believe in the values of socialism. A problem in achieving a socialist society might be people's reluctance to part with their wealth for the good of all. Carpenter thought the problem could be solved by a greater development of our inner nature. From his experience of Hindu mysticism he created "mystical socialism". These ideas went out of fashion but re-surfaced in the 1960s with the hippy movement, the Beatles going to India etc.

When Carpenter read Whitman's "Leaves of Grass" in 1868 it liberated his own poetic powers. We read extracts from his major work "Towards Democracy" (1900). It describes a soul's experience of becoming one with nature and one with all humanity: "All night by the shore. / The obscure water, the long white lines of advancing foam, the rustle and thud, the panting sea-breaths, the pungent sea-smell, / The great slow air moving from the distant horizon, the immense mystery of space and the soft canopy of the clouds! / The swooning thuds go on – the drowse of the ocean goes on: the long inbreaths – the short sharp outbreaths – the silence between. / I am a bit of the shore: the waves feed on me, they come pasturing over me; / I am glad O waves, that you come pasturing over me. ..."

Carpenter is also remembered as a pioneer of the gay life-style. He lived openly with his partner, George Merills, at a time when homosexuality was illegal. Not all left-wingers approved of Carpenter's brand of socialism. George Orwell objected to "every fruit-juice drinker, nudist, sandal wearer and sex maniac" in the Labour Party. But Carpenter's ideas now appear more relevant, and his poetry seems under-appreciated.

Frank

Flora, Fauna & Foraging

On a pleasantly sunny day we visited Mount Ephraim Gardens, situated above Faversham – archetypical "garden of England" territory. Positioned high above glorious fruit farming countryside, Mount Ephraim has been home to the Dawes family for over 300 years. The current house was built by Sir Edwyn Sandys Dawes, a wealthy shipping entrepreneur in 1878 and his son Willie laid out the gardens in the early 1900s.

After admiring a magnificent purple sycamore, we strolled down through the Japanese rock garden – a fashionable feature at the turn of the century. The rock garden followed this trend with its stone lanterns and bridge but no attempt has ever been made to plant in an oriental style, thus we spotted the familiar array of English country garden plants such as salvias, daisies, acers, roses climbing high in the trees, and saw evidence of a recent azalea display. Varieties of thyme clustered on the rocks and we all crushed some and thought of food!

Down to the lake and water garden – thick with water loving plants, damsel flies and busy bees, passing an impressive lime tree and atlas cedar. The lake is fed by springs and a stream from the Blean Hills. It was apparently dug out by hand by Welsh miners using sledges drawn by pit ponies.

On the far side of the lake the path leads up to the Arboretum – a cool sanctuary on a hot day in spite of the climb up. This area was designed in 1995 which seems surprising when you look at the maturity of the trees – very interesting specimens of acers, gums, birches, beeches, etc. In fact the whole estate is blessed with a variety of impressive trees that you feel you should be able to name but somehow look slightly different from our home grown mixed woodland. One stand out variety was the Cornus Kousa – a creamy white flowered dogwood smothered in bracts. The Arboretum covers quite a large area of grassy walks up and down hills and deserves several hours exploration in itself. Most trees are helpfully labelled.

We retraced our steps down from the Arboretum and walked lakeside where we admired a huge gunnera shrub and arrived at the Miz Maze planted with ornamental grasses and herbaceous perennials. Based on a medieval labyrinth it creates a "Catherine Wheel" of contrasting colours in late summer. Now it is growing like mad just in time to create exciting pathways for

the children to explore in the summer holidays. All around this area we found Bears Breeches, (Acanthus), introduced by the Romans and creating a sculptured contrast.

Up another hill to the rose terraces and the front lawn of the solid red brick house built in a Georgian style. It is occupied by the Dawes family to this day, but during WW1 was requisitioned for soldiers' accommodation. We paused for a sit down under the trees and admired a couple of American Tulip Trees sporting yellow and orange tulips which surely belonged in a spring flower bed! Then we tackled the Topiary Garden, Herbaceous border and millennium rose garden. The topiary includes many different animals and First World War memorabilia. The deep and impressive border has a great mix of colours and flowers such as salvias, penstemons, delphiniums, fennel and of course roses in the Millennium Rose Garden representative of those grown here over the centuries. It was slightly passed its best but some judicious pruning suggests it will come round again later in the summer.

We headed back to our cars and drove a couple of hundred yards up to nearby Hernhill and the Red Lion for lunch. This quintessentially English village is home to my ancestors and picture book pretty with a village green centred by an ancient oak, alongside a church. And of course a 14th Century gastro pub. It was cool and welcoming inside and we all agreed the food was pretty good. Then back down south through an unexpected rain storm – why did I say that?, our weather is always unexpected!!

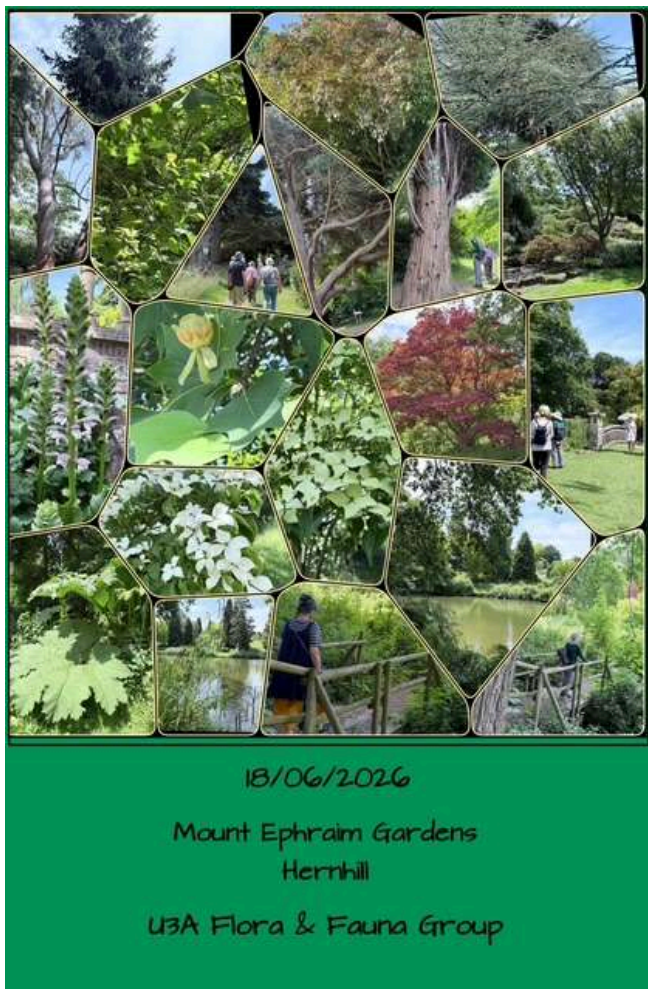
Although we didn't spot many butterflies, we did hear the following birds as we wandered around. ...crow, bluetit, goldfinch, kestrel, robin, blackbird, magpie, rook, jackdaw, blackcap, chiffchaff, wren, long-tailed tit, great tit.

All in all, a happy day in paradise!

THURSDAY 16TH JULY

Our next get together – we will visit Samphire Hoe, a trip previously postponed through bad weather and starting at 10.30, followed by snacky lunch at Little Switzerland. Full details will follow.

Briar



Classical Music

The 250th anniversary of American Independence was the theme of our last meeting. We listened again to some of the movements from 'Glassworks' (early 1980s) by the minimalist composer Philip Glass (b 1937). We then turned to some familiar film themes written by John Williams (b 1932) – 'The Saving of Private Ryan' and 'Schindler's List'. Franz Waxman one of many emigre composers of film music who settled in Hollywood made a well known arrangement of the Romanian Rhapsody No 1 by George Enescu (1881-1955). We finished by listening to the whole of the 3rd Symphony of Aaron Copland which concludes with 'The Fanfare for the Common Man' first written by Copland during the 2nd World War and later used so memorably by the prog rock group Emerson, Lake & Palmer in the 1970s!

Michael



Birdwatching Group

Third Friday of every month. 9.45 a.m.

Various local areas, Bird Reserves and Parks, sea coasts, and open spaces. At the present time we are normally visiting Dungeness RSPB Reserve. The hides are open, the toilets are open, and the trail is open.

We visit the hides, and go around some, or all, of the Trail, listening, and noting the birds seen, and discuss what they are doing. We bring our own picnic lunch and there is a coffee machine.

On occasions, some of us, may go on to have another short walk somewhere nearby in the early afternoon.

Over the various months, and years, we have seen many different species. For instance: Grebes, Gulls, and some Geese, and various colourful Ducks.

Next come the Raptors including Harriers, Kestrel, and Hobby. Sometimes, we see Waders and Terns, Heron and Kingfisher. Coots and Moorhens are common. Summer brings Swallows and Martins and Swifts with views of Woodpeckers and Wagtails too. Warblers, Larks, Pipits, Tits and Finches can be on the menu as well. Winter brings the Fieldfares and Redwings.

Don't worry if you don't know a lot about birds ...myself and my Regulars always assist each other, and share our knowledge.

New members are always welcome.

Jennifer

Badminton

We think we are a friendly group of 8 to 12 people who meet every Thursday at 3.30pm at the Hawkinge Community Centre to play badminton for an hour. It's an excellent way to try to maintain mobility and improve motor skills. Ideally it is suited to people who have played either badminton, tennis or squash in their earlier years.

Unfortunately, we are not able to offer coaching but would welcome any U3A member who would like to come along and try a free taster session.

Lyn

Climate in Crisis

In our April meeting, we probed the Climate Change Committee's Supplementary analysis of the UK's Seventh Carbon Budget. In large part, this had been produced in response to the widespread misreporting and misuse of the Committee's Seventh Carbon Budget advice to the government in February last year.

Much of the misreporting was based on claims that the cost of achieving net zero by 2050 would be too high without considering the counterbalancing benefits of not adhering to the "business as usual" costs to the economy. Overall, the net annual average cost of the Committee's "balanced pathway" to net zero is estimated to be 0.2% of GDP. Compare this with the cost of servicing the national debt at 3.7% of GDP!

It was clear from the report that the greater part of the benefit comes from transitioning from fossil fuels to renewable and nuclear sources of electricity which is consumed much more efficiently. Further benefit to the UK comes in improved energy security: the report estimated that, were another disruption to the supply of fossil fuels to occur in 2040, the impact on the UK energy costs would be reduced by two-thirds. If only we had started 15 years earlier!

In May, our discussion of sustainable fabrics and fashion was wide-ranging encompassing multiple climate topics. While these industries are not big emitters of greenhouse gases – natural materials sequester carbon from the atmosphere – they are big users of water and land, and some deplete soil quality or require a lot of fertilisers.

Linen from the flax plant is a sustainable crop with minimal waste and organically grown cotton is less demanding of water than the conventional material. Organic hemp and bamboo both grow quickly although the resulting fabrics may require the chemical viscose process. Leather-like materials are being produced from pineapple leaves and cacti.

Consumers find it difficult to buy sustainable materials as there are no source labelling standards. As usual, the EU is leading in this: in July, a ban on destroying unsold textiles will take effect and labelling with QR-accessible data on materials, traceability, durability, and environmental impact will start in 2027.

Roger Wood Group Leader

World at War 1930s – 1945

The meeting on June 24th completed the first part of this series, covering the period from 1930 through to the outbreak of war in 1939. It has been interesting looking at the 1930s and the many events that made the build up to war in 1939.

Some key subjects covered included, The Great Depression at the start of the decade hitting European nations harder than here in the UK, Formation of a coalition government that remained throughout the war, rise of the Nazi party in Germany, Death of King George V, abdication of Edward and appointment of the new King George VI, rise of dictatorships not only in Germany but across Europe, and the build up to the outbreak of war.

We are taking a break for the summer and the second part of this story will commence in the Autumn.

John Hubbard

Earth Science

We will be in the new venue of the Shed which seems to be between the Cat Protection and The Bathroom Showroom.

So you can get your cat a treat and re-think your bathroom before coming to U3A.

Our first video will be the second of 3 regarding the State of the Planet, Why is there a Crisis?

David Attenborough investigates the future of life on Earth and identifies 5 activities that are most damaging.

Followed by John Renton, *The Nature of Earth. Episode 7 Identification of Minerals*

For the average geologist in the field, mineral identification is made based on a series of physical properties. Colour streak, cleavage, acid reaction, and hardness are four such tests...

I will try to get subtitles for both

Kay Sharpe

Photography Groups 1 and 2

Photography Groups 1 and 2 both continue to thrive and have fun. Last month the challenge was "Film and TV titles". There was a great response with a broad range of photos and a film buff education as well. We have now moved on to our annual 'Photo Safari' with clues set within the Folkestone Town Centre landscape.

Both Groups have room for a few more members. Both meet in the morning, with Group 1 meeting on the first Tuesday in the Masonic Hall in Hythe and Group 2 meeting on the first Friday in the Tin Tabernacle (moving to The Shed in Hythe High Street in August).

Peter Carroll and Pete Savage

NEW GROUPS

Romney Marsh Pub Visits

This group will meet on the third Wednesday of each month, commencing Wednesday 15th July, at a nominated Pub in the Romney Marsh area. The idea is to have a social get-together in a convivial setting somewhere other than your usual "local". We would meet at 6.30pm and spend an hour or more socialising. Those who wish to may decide to stay on for an evening meal which many pubs serve until up to 9 o'clock. An invitation is sent out to all members about a week in advance giving the pub location.

If you are interested let Bryony know through shepwaygroups@gmail.com

Bryony

People's Emergency Briefing

Hythe Community Cinema would like to invite U3A members to join them for a screening from 7pm on 27th July of the "*People's Emergency Briefing*", to be shown in conjunction with local town and district councillors, and Hythe Environmental Community Group.

This film is based on a National Emergency Briefing held in Westminster in November 2025, this eye-opening documentary film features nine leading UK scientists and experts who share the latest evidence on what's happening with climate and nature and its impacts on everyday national life including health, food systems, national security and the economy. After the film there will be a short, open discussion about what we can do and what it means locally.

For more information and to register a place, visit eventbrite: <https://HCC27July2026.eventbrite.co.uk>. The event is free to attend but spaces are limited.

August Newsletter

If you have any material about group activities or other pieces that may interest members, including poems, quizzes etc, please send them to Tony at shepwaynews@gmail.com by the **21st July**.

Calling All
**NEW ROMNEY MEMBERS
SWING BAND CONCERT**
St Nicholas Church, Church Lane, New Romney, TN28 8EU
Fri 6 Nov, 11am til 1.30pm

We are aware that many of the U3a activities occur in and around the Hythe Area, so in an attempt to make you feel even more loved, the excellent U3a Swing Band is coming to you in

St Nicholas Church on Friday 6 November. Admission will be FREE and includes refreshments. However, there will be collection boxes available for you to donate, generously I hope, towards the Church and its charities. Naturally, the concert is open to all U3a Members and their friends, wherever they live.

St Nicholas is part of a 14 church New Romney Benefice so all churches have also been informed. We did a similar concert a month or so ago but could not properly contact the New Romney U3a Members. It was very successful, but hopefully, this November Concert will see many more customers.

I look forward to greeting you all then.

Jeff Bonner, Bandleader

Basic Adult First Aid Workshop The Hope Inn, Hythe June 2026

At the second of these workshops this year, 14 Shepway and District U3a Members enjoyed taking part. Thanks from all to Babs Dixon, trainer from The British Red Cross. We would also like to thank the Hope Inn for allowing us to use their garden cabin.

The general feedback was that it was a very informative session, and useful despite having to practise resuscitation at table level due to insufficient clear floor space.

Interest has been shown in having more detailed workshops. Notification for this will be published later in the year.

If you are not already on my waiting list, and would like to be notified for future workshops, please do let me know. You can contact me on susandickie4@gmail.com using U3a First Aid as the title. Specify whether you would prefer Hawkinge or Hythe, or either. If you can add your membership number, that would be very useful.

Sue Dickie

June 2026



Lyminge Friends

Wednesday 1st July 2026

10.30am in The Methodist Church
Church Road, Lyminge

**“Gorillas, Lemurs, Bison and Bees –
Rewilding our World, One Piece at a Time”**



Speaker – Tony King

Entrance Fee is £4.00 (includes tea/coffee)

We are a friendly social group and welcome new members/visitors so just drop into a meeting or call 07904 157897 for more information.



**Over 25 Sports and
Fitness Groups
Demonstrations
Coaching**

Including Tennis, Sailing, Golf,
Pétanque, Bowls, Skateboarding,
Football, Squash, Rugby, Running,
Keep Fit, Pilates, Tai Chi, Yoga and
Dance

Saturday 11 July

10 - 5

**South Road Sports
Fields and Pavilion**

Family 3K Fun Run

Starting at 1030

Running a safe course from the South Road
Playing Fields around the canal.

Escorted groups with experienced runners
from the local B2R running club.

Under 11's must be accompanied by an
adult.

Do you have spare time?
Do you enjoy reading?
Do you want to change lives?



Become a VOLUNTEER READER!!

Join Memory Lab and you really can change lives.
Reading 1-1 for 15 minutes, twice a week, in secondary schools has
shown that reading ages can improve by 1 year every 10 weeks!

Other benefits of reading:

- Improved memory
- Improved cognitive thinking and reasoning
- A better foundation for tackling their GCSEs

FAQs:

What is the time commitment?

Just two mornings each week from 8.45 to 9.30.

Who am I reading with?

Students who have been identified by their teachers because they
would benefit from this 1-1 experience.

What skills and background do I need?

The passion to make a difference.

Want to find out more?

Scan the QR or email Jennie



<https://forms.gle/NbY2am5RUXs7U8y6>



memorylabschools@gmail.com

Please include:

Full name

Address

Contact number

Email address

It would be wonderful if some U3A members could volunteer to help with this project. I have been volunteering at the Marsh Academy and found it a stimulating and rewarding experience. It really does make a difference to the students we work with.. Please get in touch with Jenny if you can help.

Ruth Faulkes

SHEPWAY & DISTRICT U3A

Presents



SOMERSET & AVON



WHAT'S INCLUDED

5 days / 4 nights' duration
Tuesday 22nd - Saturday 26th September 2026
Return Executive Coach Travel
4 nights half board
4 *Bristol Grand Hotel by Sunday
Excursion package as detailed overleaf



Roman Baths

PRICES & SUPPLEMENTS

Minimum 30 persons **£799pp**—Two share
Single supplement **£99** (4 nights) - max. 15 rooms
Deposit **£150pp** (non-refundable/ non-transferable)
Balance due in full by the **24.07.26**
Optional Travel Insurance **£34pp**
+ Handling fee **£5pp (email)** or **£10pp (by post)**
No upper age limit (conditions apply)
Includes Insurance Premium Tax (IPT) @ 20%.



Bishop's Palace Garden

HIGHLIGHTS

- **Lacock + Lacock Abbey (NT)**
- **City of Wells Market Day**
- **Bishop's Palace & Gardens**
- **Tyntesfield (NT)**
- **Brunel's SS Great Britain + Guided Tour**
- **Dyrham (NT)**
- **Roman Baths**
- **American Museum Claverton Manor**
- **Longleat - All Areas Day Ticket**



Tyntesfield NT

HOW TO BOOK

Complete the attached booking form and return with your non-refundable deposit, Insurance premium if required + handling fee to: **Katherine Robinson, 81a Seabrook Road, Hythe, Kent CT21 5QW. Tel. 01303 239420**

This tour is operated by Simply Groups, Dalton House, 1 Hawksworth Street, Ilkley, West Yorkshire, LS29 9DU
TEL 01943 605999 info@simplygroups.co.uk
www.simplygroups.co.uk



Longleat



SS Great Britain

SIMPLY GROUPS
Simply the best!



The Specialist Group Tour Operator



Proposed itinerary

Tuesday Day 1 – *National Trust cards required for Lacock Abbey. Non-members to pay locally.*

Departing your last pick-up point at 9am a comfort stop will be made enroute to the historic village of **Lacock**. Its oldest house is older than the thirteenth Century abbey but since the loss of the village's main source of income from wool in the nineteenth century, new development has been minimal. It is a quintessential English village with lots to discover; quaint traditional stone cottages, the old workhouse, the medieval tithe barn, the old lock-up and the village church. **The Abbey (NT)**, located at the heart of the village within its own woodland grounds, is a quirky country house of various architectural styles, built upon the foundations of a former nunnery. Visitors can experience the atmosphere of the medieval rooms and cloister court, giving a sense of the Abbey's monastic past. Lunch can be bought whilst here before continuing on to Bristol where a hotel dinner is included.

Wednesday Day 2– *National Trust cards required for Tyntesfield. Non-members to pay locally.*

Breakfast included. We begin today in the **City of Wells**, where today is **market day**. Entrance to the moated and walled **Bishops' Palace & 14 acres of gardens** is included. The **Bishop's Palace** and accompanying Bishop's House adjacent to Wells Cathedral, has been the home of the Bishops of the Diocese of Bath and Wells for 800 years. It has been designated by English Heritage as a Grade I listed building. Exploring this historic site will reveal tales of bold Bishops, sensational secrets and how water has shaped the Palace. You will even discover the well pools which give the city its name. Afterwards, you may choose to visit **Wells Cathedral** (donation payable locally), a masterpiece from the 12th-century which is beautiful, historic and a centre of Christianity. It has one of the few **chained libraries** in Britain (circa 1450), which is especially attractive and still in its original location. Wells Cathedral Quire also contains over a hundred beautiful embroideries from the mid-20th Century and one of the most substantial collections of medieval stained glass in England. Vicars Close has a fine selection of architecture and the Market Place is linked to the Green by the curiously named **Penniless Porch**. Lunch can be purchased before this afternoon's excursion to **Tyntesfield (NT)**, a fine Victorian country house created by one of England's richest commoners, William Gibbs, who built his fortune on fertiliser. Spiralling turrets and pinnacles adorn the roof, ornate stone carvings and church-like windows complete the Gothic look, giving the feel of a mysterious fairy tale mansion. Terraced lawns give way to spacious parkland filled with hundreds of trees and a glorious walled kitchen garden. Dinner is included at the hotel this evening.

Thursday Day 3 – *National Trust cards required for Dyrham. Non-members to pay locally.*

Breakfast included. Our first visit is to the nearby **Brunel's SS Great Britain**, which in her working life travelled over a million miles – **guided tour** included. She sailed to New York & Melbourne, was run aground, rescued, sold, carried troops to the Crimean War and saw her most famous captain (John Gray), start and mysteriously end his career all before Bell invented the telephone in 1876. The SS Great Britain retired in 1933 and in 1937, in what looked like a bleak ending to her working life and was scuttled in the Falkland Islands. When the world wars broke-out she was a coal supply for battleships, iron plates from her hull were used to repair HMS Exeter and her timbers were used to make souvenirs and sold to raise funds for Spitfires. Refreshments can be purchased before this afternoon's visit to **Dyrham (NT)**, a spectacular late 17th-century mansion with garden and deer park. Inside the impressive mansion, discover fascinating interiors little changed in 300 years, as well as a rich collection of superb Dutch art and ceramics of the period. Hotel dinner included tonight.

Friday Day 4 – Breakfast included. This morning's visit is to the **City of Bath**, beginning with an **included visit** to the famous **Roman Baths** built around Britain's only hot springs. There will be free time afterwards to explore this unique city with its hot springs, splendid Abbey and Georgian stone crescents. Lunch can be purchased before this afternoon's included visit to the **American Museum + Gardens at Claverton Manor**. This will take you on a journey through the history of America, from its early settlers to the modern day. With its remarkable collection of folk and decorative arts, the Museum shows the diverse and complex nature of American traditions. Since opening in 1961, 30 acres of grounds have been developed to include a replica of George Washington's garden at Mount Vernon, a Lewis and Clark trail and an arboretum. Hotel dinner included.

Saturday Day 5 – Checking out of the hotel this morning, this tour concludes with an included **all-areas ticket** to **Longleat's House & Gardens** including the famous **Safari Park**. The coach will drive through the Animal Park, *with the exception of the monkey area*, so you can see up close many of the wild animals. Longleat House is widely regarded as one of the best examples of high Elizabethan architecture in Britain and one of the most beautiful stately homes open to the public. Substantially completed by 1580 and now home to the 8th Marquess of Bath, the house, set within 900 acres of stunning 'Capability' Brown landscaped parkland. See the ceilings that Longleat is famous for, decorated with ornate painting & an abundance of gilt. It also has one of the largest private book collections in Europe with over 40,000 books catalogued within 7 libraries. Return early evening to Kent.

Simply Groups reserve the right to make minor changes to this itinerary due to circumstances beyond our control.

Somerset Booking Form

PASSENGER NAME & DETAILS

Name _____ Group Name SHEPWAY & DISTRICT U3A
 Address _____
 Email _____ Postcode _____
 Daytime Contact Number _____ Mobile No. _____
 Emergency Contact Name _____ Telephone _____

TOUR DETAILS

5 days / 4 nights' duration departing **Tuesday 22nd September 2026**

Return Executive Coach Travel with selected pick-up points in Folkestone & Hythe ***complete overleaf**

4 nights half board **4 *Bristol Grand Hotel by Sunday** – ensuite rooms –porterage included

Included excursion package as set out on our flyer with entrances / guides as indicated

Price based on a minimum of **30+ paying £799pp** – Two share

Single supplement **£99pp** for 4 nights – maximum **15 rooms** – twin/doubles sole use

Deposit **£150pp** (non-refundable / non-transferable). Balance due date **24.07.26**

100% cancellation charges apply after the balance due date

Optional Travel Insurance **£34pp** plus handling fee applies of **£5pp** (email) OR **£10pp** if policy required by post.

Includes Insurance Premium Tax (IPT) @ 20%.

Simply Groups Limited is an appointed representative of ITC Compliance Limited which is authorised and regulated by the Financial Conduct Authority (their registration number is 313486) and which is permitted to advise on and arrange general insurance contracts as an intermediary.

PAYMENT METHODS

1. Cheques need to be made payable to: **Trustees of PTS Air Travel Trust**

2. BACS : Payee -**Trustees of PTS Air Travel Trust**

HSBC: Sort Code **40-40-14** Account Number: **83664597** (quote **SG/SHEP** as reference)

3. Card Payments can be made by calling **Simply Groups** on **01943 605999**

Title	First Name	Surname	Room Type	National Trust Member	SG Insurance Date of Birth	Total Enclosed

SPECIAL REQUESTS, DIETARY, MOBILITY & ADDITIONAL INFORMATION

SPECIAL DIETARY REQUIREMENTS AND ALLERGIES _____

RESTRICTED MOBILITY (specify) _____ WHEELCHAIR/WALKING AIDS _____

ANY OTHER REQUIREMENTS (Preferences and requests are not guaranteed) _____

Walking aids/wheelchairs must be declared prior to departure and are subject to weight and space availability
 If there is more than one name on this booking form you must **indicate to whom your special requests refer.**

Signed on behalf of all above named passengers _____ **Date** _____

This signed booking form is a contract between the above passengers and Simply Groups. All deposits, Insurance premiums & handling fees are non-refundable and non-transferable. Booking Conditions apply for all other cancellation charges. Terms and conditions can be accessed on our web site or a copy can be sent directly to you on request.

Please complete this booking form and return with your deposit & Insurance premium if required + handling fee to: **Katherine Robinson, 81a Seabrook Road, Hythe, Kent CT21 5QW. Tel. 01303 239420**
 This tour is operated by Simply Groups, Dalton House, 1 Hawksworth Street, Ilkley, LS29 9DU
 TEL 01943 605999 info@simplygroups.co.uk www.simplygroups.co.uk

**IMPORTANT
 INFORMATION
 OVERLEAF
 PLEASE READ
 & COMPLETE**

Please indicate below your preferred pick-up point

Hythe

Folkestone

IMPORTANT INSURANCE INFORMATION

Simply Groups Ltd is an appointed representative of ITC Compliance Ltd who is authorised and regulated by the Financial Conduct Authority (their registration number is 313486) and which is permitted to advise on and arrange general insurance contracts. Insurance if required is available as detailed overleaf and includes Insurance Premium Tax. This cover is arranged through **Wrightsre Services Limited**.

The '**Status Disclosure Document**' and the **policy terms and conditions** are shown on the Simply Groups Website , or please phone the Simply Groups office to request a copy. These show full details of terms and conditions of the policy.

A copy of the Status Disclosure Document and the Travel Insurance Policy document will be sent to those requesting this Insurance upon receipt of payment.

For ALL holidays, no medical screening is required. For passengers with medical conditions which are being controlled by prescribed medication at the time of booking, full cover applies (subject to the policy terms and conditions) unless any of the general exclusions below apply.

In particular please note : Please read the Insurance policy, as any person who is unable to satisfy these conditions, may not be covered.

Insurers shall not be liable for claims where at the time of taking out the policy and between that time and the scheduled date of departure the insured person(s):

Health Condition Exclusions:

We shall not be liable for claims where at the time of taking out this policy and between that time and your departure:-

a) You are aware of any medical condition or set of circumstances that could reasonably be expected to give rise to a claim (for example the state of health of a Close relative, Close business associate or any person on whom your travel plans depend).

b) You are:

- i. Receiving, or on a waiting list for, surgery, in-patient treatment or investigations in a hospital, clinic or nursing home.
- ii. Travelling against any health requirements stipulated by the carrier, their handling agents or other public transport provider.
- iii. Travelling against the advice of a Healthcare Professional or for the purpose of obtaining medical treatment abroad.

Or.....

iv. Have been given a terminal prognosis.

Please note: If you are on medication at the time of travel, your medical condition(s) must be stable and well controlled.

CHANGES IN HEALTH AND OTHER CIRCUMSTANCES

If you are travelling outside of the United Kingdom, you must notify the Change in Health helpline immediately if a change in health occurs (including any change to medication) between the date this policy is issued and your scheduled date of departure. We may reassess your cover and premiums when we are told about changes in your circumstances. If you do not tell us about a change in your circumstances, the wrong terms may be quoted, a claim might be rejected or payment could be reduced. In some circumstances your policy might be invalid.

Should you have any queries regarding the suitability of the policy for your purposes please contact Simply Groups
Please sign below to confirm your acknowledgment of the above information.

SIGNED.....

DATE.....

When taking our optional Travel Insurance, a £5pp handling fee will apply for policies emailed

A £10pp handling fee will apply when a hard copy is required by post. All handling fees are non-refundable.

FINANCIAL SECURITY - How Protected Trust Services Works



Simply Groups Ltd is a company committed to customer satisfaction and consumer financial protection.

We are therefore pleased to announce that at no extra cost to you and in accordance with "The Package Travel, Package Tours Regulations", all passengers booking with Simply Groups Ltd, are fully protected for deposit(s) and subsequent balances of monies paid, as detailed in your group / individual booking confirmation.

Your money is fully protected and paid into an independent Trust Account, managed by Protected Trust Services Ltd of 307-315 Holdenhurst Rd, Boscombe, Bournemouth BH8 8BX and its Trustees, chartered accountants

Xeinadin London Ltd 8th Floor, Becket House, 36 Old Jewry, London EC2R 8DD.

GROUPS

Afternoon Tea on the Marsh
Art - Mixed Media
Badminton
Bird Watching
Bolivia (Canasta alternative)
Book Circle - 1 - Hythe
Book Circle - 3 Romney Marsh
Book club
Books&Co
Bridge
Carpet Bowls
Chess
Climate in Crisis
Computer Users
Crafting Club
Cribbage
Critical Analysis of Poetry
Current Affairs - Folkestone
Current Affairs - Hythe
Current Affairs - New Romney
Cycling
Early Evening Drinks
Earth Science
Family History
First Friday Coffee
First Monday Breakfast Club
Fitness 1
Fitness 2
Flora, Fauna and Foraging
Flower Arranging
French - Beginners
French - Conversation
French - Intermediate
French - Online
Gardening 1
Gardening 2
Gardening 3
Golf
Italian Beginners
Knit and Natter - Groups 1, 2 & 3
Kurling
Line Dancing
Local History 3
Local History 4
Mahjong
Meditation
Mid Week Supper Club
Military History
Music - Classical
Music and Drama
Nordic Walking
Novels 1
Patchwork & Sewing
Petanque - Elham
Petanque - Folkestone
Philosophy
Photography
Photography 2
Pickleball
Pilates
Play Reading - Folkestone
Play Reading - Hythe
Poetry
Saturday Dining
Scone Rangers
Shakespeare
Singing for Life
Sunday Lunch Club
Swing Band
Table Tennis
Tai Chi - Class 1 - Form
Tai Chi - Class 2 - Qigong
Tai Chi - Class 3 - Qigong
Tai Chi - Class 4 - Sticks
Tai Chi - Class 5 - Form
Ten Pin Bowling (Friday Group)
Ten Pin Bowling (Tuesday Group)
Ukulele
Walks - Long
Walks - Short - West
Walks - Short -East/Central
Whist & Other Card Games
World at War – History 1930-1945
Writing Circle 1
Writing Circle 2
Your Favourite Poems