



SHEPWAY AND DISTRICT

shepway.u3asite.uk

Registered Charity No. 1149472

Newsletter September 2026

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COFFEE MORNINGS

Dates for the next coffee mornings are

Friday 28th August – Stade Court Hotel, Hythe, 10.30am

Wednesday 16th September – Voco (Clifton) Hotel, Folkestone 10.30am

Friday 25th September – Stade Court Hotel, Hythe, 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 £2.50 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.

MEMBERS' MEETING

Wednesday 9th September, Burton Hall (Scout Hut), Albert Lane, Hythe CT21 6BY 2.00 pm.

Emma Swietochowski-Hay, from Kent Police Action Fraud. Emma will explain **how to protect yourself from fraud**, which seems all too prevalent currently. Don't say "it couldn't happen to me!" Sadly, it could.

Entrance charge is £2

COMING EVENTS

Wednesday 23rd September. Flood Awareness Workshop 1.30 The Cabin, The Hope Inn, Stade Street, Hythe CT21 6DA. £6.00. Booking required. Fully booked with waiting list.

Thursday 8th October. Flood Awareness Workshop Hawkinge. A few seats are available. Booking required. See page 9 for details.

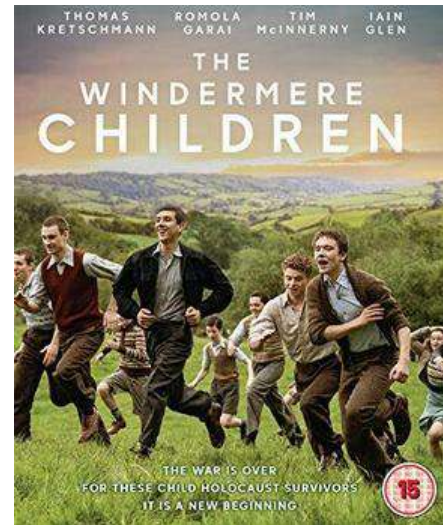
OUR U3A CONTACT EMAIL

For all enquiries please contact the u3a through its website:

<https://shepway.u3asite.uk/contact/>

NOTES FROM THE CHAIR

One of the things you quickly learn about history is that it is full of surprises. We were driving through the Lake District recently – on the way home, in fact - and thought to visit the library at Windermere to see the exhibition on the 300 Jewish children brought there from the Nazi concentration camps in August 1945. The film *The Windermere Children* tells the story of these child Holocaust survivors (mainly boys) and the Windermere community that welcomed them. Traumatized, the children began new lives in the Lake District with pretty much nothing, not even a basic grasp of English. Most had been used as slave labour, and had lived in a world of cruelty with an ever-present threat of death. It doesn't bear thinking about.



What I didn't know was that the place where they were housed - the Calgarth Estate – had been built originally to house 300 single workers brought in to work in the Short Sunderland factory near Windermere. They were building, testing, and repairing Sunderland Flying Boats near Windermere - on the lake! - between 1942 and 1945. These were particularly used as reconnaissance aircraft against the U Boat threat.

I had no idea. And I also had no idea that this was one of three factories built in different places after the main factory in Rochester (yes, Rochester near us) was bombed in 1940.

Why am I writing all this? I think because I was moved by the story of the children, and surprised about the flying boats. But perhaps also because the U3A is a learning organisation as well as a social one, and history is just one of those areas of learning open to us.....

So Nick Taylor gave us a good talk about the Battle of Marathon at our August members' meeting. At our 9 September members' meeting we will welcome Emma Swietochowski-Hay from the Kent Police, talking about protecting ourselves from fraud. Do come! It's also pretty important learning!

Finally, a word about our Stade Court Hotel Coffee morning on 28 August, as this newsletter may come out before it. We have changed the arrangements from those that operated in July, to something very similar to those operating at the Folkestone coffee morning at the Voco Clifton hotel. Hopefully this will avoid the long waits for coffee.

Let me encourage you to look through this newsletter. See what's going on and where (don't forget some venues have changed), and have a look at the group reports. This is your U3A

Steve

TRAVEL AND TRIPS WITH VIV KENNY, REAL SOCIALISING – ISSUED 20TH AUGUST 2026

REAL Socialising are very pleased to share an update on our latest travel and trips and as things start to cool down weather wise, our plans are still hotting up trip wise!

We are busy planning a whole new batch of days out and short breaks running through to 2027. However, we would continue to emphasise the importance of inviting you to subscribe to receive news directly from our website as interest is usually very good for our trips and sometimes things are full within a few days!

As an example, we issued news of an Agatha Christie themed break to Torquay next September 2027 during Agatha Christie Week.... Coach 1 is now just about full, so we are now looking at a second coach. An optional highlight is a visit to the Burgh Island Hotel for afternoon tea...this Art Deco hotel has been used for many TV shows and Films over the years and is absolutely gorgeous.

New trips released during August are:

A 'proper' shopper day, with a choice of **Romford or Lakeside** on **Saturday, 14th November**

Beautiful Brighton, dressed for the festive season on **Sunday, 15th November**

Winchester Cathedrals Festive Market on **Sunday, 22nd November**

Brick Lane Christmas Wonderland – Wednesday, 2nd December with 3-course festive lunch (Adults only)

Theatre and shows: **'The Devil Wears Prada' – Matinee, 6th January 2027**

As we are just about to step into September, please check with us for spaces on some days out with a difference too and you might be lucky:

Friday, 4th September, Farleys; home of Lee Miller; War Correspondent and Photographer, Vogue Model and Surrealist ...there surely aren't many homes around that can boast 2 works by Picasso in their kitchen....a fascinating story and life!

Tuesday, 8th September, a bit of messing about on the River, with a visit to the wonderful **Allington Castle** in Maidstone... a hidden gem in the Kent countryside!

Sunday, 20th September, sees another visit to **Crossness Pumping Station** but this time you can see the world's largest rotative beam engine in action on one of its special 'Steaming Days' check with us for space.

Moving to October, we have availability on these two trips out, **RHS Wisley** on 10th October and on the 18th, its **Brooklands** hosting a London Bus Museum Transport Festival, and you can step aboard Concorde too!

November and December will bring a whole lot of winter and festive themed trips creating the perfect excuse to get together with friends and family...too many to mention here, so pop over to our website and check out the variety for yourselves. If trips show 'full' please email us to be placed on our reserve list...believe it or not, we usually have some change before the trip date and with a reserve list can usually fill the places quickly.... Happy reading at www.realsocialising.co.uk

You can book trips online, or contact us by one of the methods shown in the box below and we will add you to our list...and don't forget, pop your email address into our Newsletter box on our website too!



The screenshot shows the REAL Socialising website. On the left, there is a sidebar with the REAL Socialising logo and contact information: "Real Socialising is a Kent based event and day trip organiser for groups. Come and join the fun!", "Real Socialising, 122 Ford Road, Folkestone, Kent, CT19 5AB", and links for "Terms and Conditions", "Privacy Policy", and "Cookie Policy". The main content area is titled "Newsletter" and contains a form to "Subscribe to our newsletter and stay updated". It asks for an email address and has a "SUBSCRIBE" button. There are also checkboxes for agreeing to the newsletter and a small disclaimer about using third-party marketing platforms.



The contact information box contains the following details:
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

CALENDAR OF GROUP ACTIVITIES

Download the September calendar here: [September Calendar](#)

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. 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.

Non-u3a members may attend a single group session with the leader's permission but must do so by contacting the membership secretary on <https://shepway.u3asite.uk/contact/>. Should they wish to continue they must join our u3a.

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.

Parking at Waitrose for the Shed

There is free customer parking at Waitrose for up to 2 hours. The car park is monitored using cameras. There is no return within two hours and vehicles must be parked within the marked bays.

The car park closes 30 minutes after the store closes.

if you don't comply with the terms and conditions you may receive a £100 parking charge.

Military History

We had three subjects at our August meeting:

1. Robert (Bob) Doe, Battle of Britain fighter pilot
2. The 1914 war plans of the warring nations
3. Battle of Amiens, August 1918

Mike

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. These can cover a wide range of subjects and the meetings are always interesting.

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

Long Walks

FRIDAY 4th September 10.00am

The September walk will be from Appledore. Meet in car park as you come into Appledore. It is by the village hall TN26 2AE.

The walk will take us along the canal up to Warehorne to Kenardington and back through the vineyard to Appledore. Lunch for those interested is in the Black Lion pub.

Led by Chris

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).

Ten Pin Bowling

The next meeting of the Ten Pin Bowling groups will be on **Tuesday 22nd September at 11.00am** in the Hollywood Bowl, Station Road, Ashford and we will 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 all members of both groups.

Doreen Bishop

Romney Marsh Pub Visits

This group will meet on the third Wednesday of each month at a nominated Pub in the Romney Marsh area in order to have a social get-together in a convivial setting somewhere other than your usual "local". We would meet at 6.00pm 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.

Bryony

Climate in Crisis

Our planned meeting in July was cancelled for a priority booking of the Tin Tabernacle but a number of us attended the People's Emergency Briefing there on 27th July. We will be discussing this and the talks it is based upon in future meetings. For anyone who missed out, the next local showings are at the Singleton Environment Centre near Ashford on 11th September 2026 at 6pm and 12th September 2026 at 10am. Tickets are free and you can find booking details at nebriefing.org/screening-map using the postcode TN23 5LW.

Our District Council is planning a showing in New Romney but no details are available yet.

Roger Wood Group Leader

Local History 3

As part of our effort to visit places of historic interest over the summer months we visited Broome Park country house (Lord Kitchener of Khartoum's house) near Barham, at the end of July. We enjoyed a short walk around the grounds followed by a guided tour of the house then tea and cakes.

Our first meeting at the Shed was a success. We laid out the tables and chairs in the similar manner that we used at the TT and found it still worked well in that we could all hear what the speaker was saying and see the projector screen.

We had 3 presentations: the first was on the history of the Royal Wagon Train. This was a branch of the British Army that had the responsibility of transporting army stores and ammunition around the world during times of war. One of its main depots was in Hythe and it was the forerunner of the Royal Logistics Core.

The second was on the author H G Wells who moved to Hythe to be near the sea. He lived in several local houses where he wrote many of his famous books including *Kipps* which has a Hythe connection.

The final presentation was on the Goff or Gough map which is one of the earliest maps of the British Isles but with North drawn to the left. It was produced around 1300 with the towns and cites sized relative to their importance. Most of the place names are spelt in a version of early English. It also shows thin red lines connecting towns; these were originally thought to be early roads but are now believed to indicate known well trodden routes between places but without physical marks on the ground. The presenter enlarged the Kent portion of the map and showed us the modern spelling for the early English place names.

John Anstiss

Book Club

We are a small book club that meets at my flat on the third Wednesday of the month. We discuss our book, which often takes us on a wide range of subjects. We often digress and we have also gone to the Theatre and to the literary festival together. Some books have been made into a film and we have watched those at my house too. We are a very friendly informal group. If you love to read and think about what you have read, then you should enjoy our group.

June Cross

Poetry

In our August meetings we took a closer look at the work of Mary Oliver and also of Victoria Field and Katharine Towers, three poets associated with “poetry therapy”. It has been recognised for a long time that the right kind of poetry can help promote psychological well-being, and in the USA there are now courses and professional qualifications for “poetry therapists”. A literary critic and a therapist are likely to differ in their judgements of poetry. A psychiatrist explained “For poetry therapy, the standard is not whether it is good or great poetry, but whether it will help heal the ill. For this purpose, Longfellow may be better than Shakespeare.” A poet may of course be capable of being both intellectually challenging and accessible.

For many years we had in Britain a writer who specialised in helpfully cheering verses, published in women’s magazines and newspapers under the pen-name “Patience Strong”. Her real name was Winifred Emma May (1907-1990). She also wrote self-help books and song lyrics. Billy Fury among others sang her version of “Jealousy”. The mournful Philip Larkin gave her qualified praise. Writing to his friend Robert Conquest in January 1975 he says “... one reason I like Patience Strong (I very nearly put her in the OxBo) is that I can always see and understand what she is saying. The trouble is you don’t remember it.” [OxBo = Oxford Book of Twentieth Century English Verse]

Katharine Towers was born in 1961. Her poetry explores the connections between humanity and the wider patterns of nature. We are all but a part of some wider life force with its cycles of growth and decay. Her “*Bracken*” is a suitable poem for those in the third age of life. It takes a positive view of decay and makes us welcome this, our “golden” age. The autumnal bracken speaks to the poet and the opening line is simple repetition: “Golden gold, gold golden, golden gold golden, / We lay down our carved gold on the hillside. / We lay down our gold fronds. / We lay down our stems, some still green / as if we are in our first green life.” The word “gold” is repeated eleven times in this 21 line poem. The bracken no longer has to “strive fiercely” to conquer the “whole hillside”. There is no fear or anxiety at approaching dissolution. Like the bracken, we can just “lie down quietly in our last gold life, / here on the warm soft brown earth.”

Victoria Field was born in 1963. She has been

described as “one of the UK’s pioneers in writing and healing.” Her “*GP’s Waiting Room*” uses grim humour as a catharsis. It begins: “We’re passengers in steerage on the Titanic.” She confronts us with a group of people with low self-esteem and limited expectations waiting for their five minutes with the GP. “There is no drama in us. / We are simply ordinary. We apologise for our existence.” Then she introduces from nowhere the figure of “Kate Winslett who’s turned up here unwontedly.” “We all know the ship will sink and there aren’t / enough life-boats. It’s all for the best as long as Kate survives.” The poem would no doubt work well as a basis for therapeutic discussion amongst those with a need to develop more assertiveness. It’s also good social commentary in that it realistically shows how vulnerable individuals can be subjected to what Nietzsche would call a “slave morality”.

Poetry therapy is the opposite of “art for art’s sake”. It is an example of art for a useful purpose and an answer to cynics who see no value in the reading of poetry.

Frank

Classical Music

At our first meeting at The Shed we listened to various movements from works that featured in the first few weeks of this year’s BBC PROMS - the beautiful slow movement of Mahler’s 6th Symphony, the final one of Shostakovich’s 11th Symphony (based on the failed Russian uprising of January 1905), another from the Concerto for Orchestra (1943) by the Hungarian composer Bartok, and finally movements from the *Symphonie Fantastique* by Berlioz played this year by the National Youth Orchestra of Great Britain (and so wonderful to watch and hear over 165 players all under 20 yrs old performing such a challenging work!).

Michael

Critical Analysis of Poetry

The dates for the poetry group for next session:

6th and 20th October

3rd and 17th November

1st and 15th December.

Ray

Flora, Fauna & Foraging

We set off East from the Hythe Imperial Hotel to walk in the shade of the Royal Military Canal. A good choice after so many hot days and now on a cool but sunny morning.

"Our" canal is over 200 years old having been built to repel Napoleonic invasion in 1804. It is 28 miles long and roughly 30ft across and starts just along the A259 at Seabrook and ends up at Cliff End, Nr Hastings. There is a water management system via Romney Marsh and the Rivers Brede and Rother that keeps the water levels up through various sluice gates and the canal aerated. So precious were these essential sluice gates that Martello Towers were built alongside to protect them from French saboteurs. It is the third longest man made defence in Britain - one and two being Hadrian's Wall and Offa's Dyke.

Sometimes algae appears in oily blooms on the surface which is harmless and normal. But also duckweed and blue green algae can take hold and these need removing. Today the canal looked picture-book pristine aglow with waterlilies and yellow crowsfoot which is good for oxygenation.

There was minimum birdsong today as birds are all in a state of moult – getting shot of their old feathers and growing new. This period is known as the "August Hush". Moulting is a high energy activity and leaves the birds vulnerable so there's no time left to fly around and entertain us humans. They lie low amongst the foliage and river banks. This is why you will not see them on your feeders. Now is the time to hunt for discarded feathers. We only saw dunnoek, black headed gull, crow, magpie and a passing kestrel. Oh yes, and the flash of a kingfisher as it flew past at high speed alerting us with a whistle.

Trees are of great interest along the canal where there are some ancient reminders of the majestic Elm. Dutch Elm disease was rampant in the late 60s and beyond. A beetle eats the bark and kills the tree. Saplings still grow along here at the water margins, but once the bark becomes thick enough the beetles return so they never grow beyond 10 – 12 years.

We saw three types of lime tree along banks – common lime, small leafed lime and large leafed lime. They are a great source of nectar in May. Don't park your car nearby – it will be covered in stickiness. The seeds fly down on aeroplane wings as we saw today.

Alders love growing by the water. They are rot resistant and stabilise the banks creating homes for water vole and resting fish. The foundations of Venice are built with alder wood. It is the only deciduous tree in Britain that produces pine cones – they last all winter to feed birds.

Other trees on our walk included oak, holly, hazel, a whole stand of white poplar intent on invading the golf course alongside, sycamore, rowan and silver birch.

Blackberries are abundant along the towpath. They are ripening very early due to sun and heat. The plant panics if it is aware of water shortage and gets berries out there early to reproduce the species as will most fruiting plants. They will shrivel on the bush if insufficient water and they were looking less than appetising. Never pick blackberries less than waist height as they could well be contaminated by our four legged friends. It is a great area for doggy walkers.

Here from memory is a list of the wildflowers we saw today.....yarrow, ragwort, sow thistle, vervain, bull thistle, mallow, hawkweed, willow herb, greater and lesser burdock, heliotrope, comfrey, teasel, stinking iris seed heads, convulvulus, bindweed and not much else. Small cabbage whites were everywhere however and we were lucky to spot a small copper butterfly on the ragwort. However, it felt all a little bit "scorched earth" with more tender wildflowers having given up in the heat.

But it is always rewarding to see our beautiful countryside at all times of year and in August we need to respect that most plants and animals are resting after the exertions of mating and producing young in one form or another be it chicks or seeds!

Next event

September 17th - The Warren, Folkestone. 10.30 a.m.

We have a professional guide for this event so I would appreciate a full house if possible. Details to follow.

Let's hope we have more rain now followed by a glorious Indian summer.

Keep cool.

Briar Ellis-Blake

World at War 1930-1945

We are commencing the second series in October. This series will be covering the early years of the war at home and in Europe. At the first session we will be covering the events leading up to the start of the war in September 1939 and taking a look back through the 1930s.

Following the closure of the Tin Tabernacle, we have a new venue and a new time.

Venue: Sports Pavilion, South Road, Hythe. CT21 6AR

Time: 1st Tuesday of each month starting at 2.30pm

There is parking available onsite, there is a lift available.

The first meeting is therefore scheduled for Tuesday October 6th at 2.30pm. There are a few places available. You can apply by email to shepwaygroups@gmail.com or at coffee mornings.

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

Local History 4

Evacuation to and from Hythe in WW2 and the 1949 Venetian Fete.

Sir John Anderson (home secretary) decided the best response to bombing in cities was to evacuate school children, mothers with infants, pregnant women and the elderly to safe towns and Hythe fitted the bill. This was a voluntary scheme to accommodate children, some with their mothers. Children would assemble at their school and travel by train with their teachers. In Hythe the Mayoress and teachers collected surplus clothing. Shelters had to be identified, which included the cellars of Mackeson's Brewery. The Venetian Fete was held on 30th August and one float was a hastily built Air Raid (Anderson?) shelter, making fun, but it proved horrifyingly close to reality. 384 children, 24 teachers and 105 mothers arrived from 1st September requiring food, accommodation and education for the children. For example, St Augustine's RC school in Lyminge took evacuees from Erith.

These were later moved to Hythe as it was deemed to be without suitable protection for them all. The shelters were trenches dug in the playground. Work on air raid shelters only began later in 1940.

Meanwhile there was a problem in Hythe when residents had their families to stay for Christmas. Evacuees were sent to Moyle Tower to enjoy the holiday and free their host's bedrooms. The Mayor's wife even allowed her cook to decorate the Christmas cake. Sandling Park gave evacuees a bag of sweets, an orange and a bible.

In 1940 Churchill became prime minister. The German war machine had reached northern France and Hythe was no longer considered safe. So the evacuees were off again, along with Hythe children to Wales.

Would you like to know how they coped with a billet home in a different country where Welsh was the first language?

Local history 4 meets on the third Thursday at the Cabin, the Hope Inn Stade Street, Hythe. You can join our group in the usual ways. The next meeting is at 2pm on 17th September 2026.

Sally Starbuck

NEW GROUPS

Do You Speak German?

If so, would you be interested in a social group for German conversation? I do know of somebody who has suggested this, but who cannot currently spend time setting it up or running it. Perhaps you know somebody, if not yourself, who would consider this.

I am not a German speaker, and, currently I do not have the time to offer my services as Group Leader, but I am happy to create a list of those interested, then set up a meeting to discuss whether it is possible to proceed. Being a Group Leader for a social Group is not difficult, and I would be happy to do whatever I can to help you get up and running.

If this does interest you, please do let me know susandickie4@gmail.com

The Life and Times of Geoffrey Chaucer

A new history course will start on Friday the 25th at 2pm in the Shed. It will be titled *The Life and Times of Geoffrey Chaucer*. It will be run by Chris Bray.

Apply in the usual way through shepwaygroups@gmail.com

Social Card and Board Games Group

An idea for a group playing cards or board games but more a social group than over competitive. Meeting on maybe a Wednesday or Thursday evening at 6.30pm from October in Hythe.

Contact: sallystarbuck11@gmail.com if interested.

British Red Cross Flood Awareness Workshop

Thursday 8th October 2026

Hawkinge Community Centre £6pp

Flooding is becoming a much wider concern as global warming changes our environment. Areas that have not historically been affected are much more likely to be as long dry spells harden and crack the ground, causing rainfall to torrent rather than to be absorbed.

I still have a few places available for this workshop if you would like to be more aware of the issue, learn how to mitigate the risk and how to cope with it should it become necessary.

If you would like a place reserved, or would like to go on a waiting list for further dates, please contact me - susandickie4@gmail.com

October 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 September**.

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.

Lyminge Friends

Wednesday 2nd September 2026

10.30am in The Methodist Church,
Church Road, Lyminge



The Good, The Bad and The Ugly - Part 2!

Speaker
Veronica King

**A fascinating insight into the world
of a Female Private Investigator with
over 37 years experience**

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.

UNIVERSITY OF LEICESTER RESEARCH PARTICIPANTS NEEDED

Are you aged 65 or over?
Have you experienced fraud by someone you know or trust?

We would like to hear your story.

I am conducting doctoral research at the University of Leicester to understand how older adults' experience and respond to fraud by people they know or trust. This research aims to move beyond simple narratives to understand the complexity of your experiences.

What's Involved

- A confidential interview lasting up to 75 minutes
- Choose between in-person (East Midlands), online via Microsoft Teams, or by email
- Share your experiences in a safe, supportive environment
- Your identity will be protected, with all identifiable information removed

Can You Take Part?

- You are aged 65 or over
- You have experienced fraud or deception by someone you know or knew (partner, family, friend, or professional)
- Any investigation into the fraud has been completed
- You can speak and understand English fluently
- You are willing to share your experience

Why Your Voice Matters

- Improve understanding of how fraud affects older adults
- Inform psychological theory and clinical practice
- Support service development & safeguarding strategies

Interested in Participating?
Contact: Shannon Edwards
Trainee Clinical Psychologist
DChPsy Programme - University of Leicester
se220@leicester.ac.uk

As a thank you for your time, you will receive a £20 LloydsShop voucher!

UNIVERSITY OF LEICESTER • DCLINPSY PROGRAMME • DOCTORAL RESEARCH

Folkestone Live 2026

A Festival of Theatre & Comedy

Friday 9th October
Saturday 10th October
Sunday 11th October

Quarterhouse
49 Tontine Street CT20 1BN

Kollektiv
69 Old High Street CT20 1RN

supported by:

- Creative Folkestone
- Folkestone & Hythe
- Vita Paladino

www.folkestonelive.com
@folkestonelivevic

SHEPWAY & DISTRICT U3A



Presents

HAUTS DE FRANCE



WHAT'S INCLUDED

5 days / 4 nights' duration
Friday 10th—Tuesday 14th September 2027
Return executive coach travel
Return short channel crossings
4 nights half board
4* Aiden T'aim Hotel in Margny les Compiègne
Excursion package as overleaf + 2 x lunches

PRICES & SUPPLEMENTS

Minimum 30 persons **£1299pp** Two share
Single supplement **£149** (4 nights) - max. 18 rooms
Deposit **£200pp** (non-refundable/ non-transferable)
Balance due in full by the **05.07.27**
Optional Travel Insurance ***£44pp** (under 79 yrs)
***£66pp** (80-89yrs), ***£99pp** (90-94yrs)
+ **£5pp** Admin fee (email) or **£10pp** (by post)
**Insurance premium increase from 01.01.27*

HIGHLIGHTS

- Historic Arras
- Chantilly - **Chateau Guided Tour, Condé Museum, Dressage Presentation, Electric Train, Gardens + Lunch**
- Beauvais + **Cathedral of Saint-Pierre, Astronomical Clock**
- Gerberoy - **Beautiful Village**
- Compiègne, **Castle + Fine Arts**
- Pierrefonds—**Medieval Village & Castle**
- Les Hortillonnages **Boat Cruise**
- Amiens – **Old Town + Lunch**

HOW TO BOOK

Complete the attached booking form and return with your non-refundable deposit & Insurance premium if required + handling fee to: **Simply Groups,**
1 Hawkesthurst St, Ilkley, LS29 9DU
Tel: 01943 605999
info@simplygroups.co.uk
Any queries contact Simply Groups as above or email:
Katherine Robinson: corpgypsy@gmail.com



Chantilly Chateau



Gerberoy



Pierrefonds



Les Hortillonnages

SIMPLY GROUPS
Simply the best!



RPTS
Recognised Tour Operator
SIMPLY GROUPS LTD
MEMBER OF RPTS

The Specialist Group Tour Operator



Proposed Itinerary

Friday Day 1 – Morning channel crossing to Calais. Arriving in France we head south, a comfort break will be made in the historic + picturesque City of **Arras** before continuing on to your hotel in **Margny les Compiègne** in Picardy, where dinner is included tonight.

Saturday Day 2 – Breakfast included before travelling to **Beauvais**, a grandiose city brimming with culture and character. We begin by visiting the stunning grand **Cathedral of Saint-Pierre**, a one-of-a-kind monument and a masterpiece of Gothic-style art! The 13th-century Gothic choir is the highest in the world, from where you can admire the light streaming through stained-glass windows. It also houses a collection of religious art objects and two astronomical clocks, bearing witness to the historical significance of the cathedral for the town and France as a whole. This masterpiece of accuracy stands inside a 12m high and 6m wide Roman-Byzantine casing and is made of 90,000 mechanical pieces, 52 dials and 68 automatons, all perfectly synchronised. Included is an **audio-visual** informative display of the **Astronomical Clock**, a fascinating experience. Afterwards, you will have **free time** to explore the town & you might also choose to visit the adjacent **MUDO-Musée de l'Oise** (free entrance). This is housed in the former episcopal palace & residence of the bishops of Beauvais, the counts of the city, and peers of France. This beautiful architectural ensemble was built at the foot of Beauvais Cathedral in the 12th century by Henri de France, the king's brother, and today houses a fascinating art collection and exhibitions. Lunch can be purchased whilst here before this afternoon's visit to **Gerberoy**, one of the '**140 most beautiful villages in France**', protected as a classified site. There will be free time to explore this small medieval village lined with timber-framed houses and flower-strewn balconies. Hotel dinner included tonight.

Sunday Day 3 – Breakfast included. Today is a full day dedicated to **Chantilly**, beginning with an included **guided tour** of the chateau's **Condé Museum**, which houses France's 2nd largest collection of period paintings after the Louvre. You will also visit the Large Suites, Chapel and the Reading room. **A set lunch** is included in the heart of the chateau in the restaurant under vaulted ceilings of the former kitchens. This afternoon begins with a unique **presentation on dressage** in the Great Stables (subject to schedule). This includes a 30-minute presentation during which you will learn about the techniques and secrets of dressage. You may then choose to **visit the grounds & gardens**, of which there are three. The French-style garden created by André Le Nôtre in the 17th-century, the Anglo-Chinese Garden from the 18th-century and the English Garden from the 19th-century. Today concludes with a **35-minute journey by electric train** with **audio commentary** through the park & estate grounds. Hotel dinner included.

Monday Day 4 – Breakfast included. Today is a leisurely day, as we begin in **Compiègne** with an included visit to the **Castle**. Built by Louis XV and Louis XVI, and remodelled by both Napoleon I and Napoleon III, the Château de Compiègne was a centre for court life. The originality and beauty of this, the biggest neo-classical palace in France, and the quality of its interior décor and furnishings make for a unique ensemble. Alongside Versailles and Fontainebleau, this historic place is one of the three largest royal and imperial residences in France. There will be **free time** afterwards in the town centre where lunch can be purchased. This afternoon's included excursion is to nearby **Pierrefonds** & includes a visit to the picturesque & fairytale-style castle, or you may choose **free time** to relax & explore this picturesque village. Hotel evening meal included.

Tuesday Day 5 – Breakfast included. Retracing our steps, a stop will be made in the historic city of **Amiens**, starting with an included 45-minute **boat cruise** of **Les Hortillonnages** (market gardens). This is a unique network of ancient canals peppered with island gardens, located on the edge of the city. This vast patchwork of market and floral gardens covers 1.6sq miles and is criss-crossed by more than 40 miles of small canals. Walking into the town centre, you will have the opportunity of visiting the **largest gothic-style cathedral** in France, followed by an **included restaurant lunch** in the **medieval St Leu** district, the oldest part of the city with its many small & colourful houses. Continuing north to Calais for an early evening crossing, you will be returned to your original departure point(S) this evening.

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

Medium-level walking involved for this itinerary, including multiple stairs, cobbled roads and some steep pathways.

The **4* Aiden by Best Western T'aim Hotel** is situated in Compiègne and has a terrace, a coffee shop/café, a garden and an indoor pool & hammam. Bedrooms are modern with a chic atmosphere and all have showers (no baths). Rooms are air-conditioned and equipped with a desk, armchair, safe, TV, phone, Nespresso & Kettle + hair dryer. *(drinks + tea / coffee after dinners not included)*

Hauts de France 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 **Friday 10th September 2027**
 Executive coach travel departing from Hythe / Folkestone * **Indicate below** + return short channel crossings
 4 nights half board **4* Aiden T'aim Hotel in Margny les Compiègne** – all shower rooms – tourist tax included
 Included excursion package with entrances, guides + 2 x lunches as detailed on flyer
 Price based on a minimum of **30 passengers £1299pp** Twin / Double share
 Single supplement **£149pp for 4 nights** - maximum 18 rooms – Comfort double room
 Deposit **£200pp** (non-refundable / non-transferable). Balance due in full by the **05.07.27**
 Optional Travel Insurance ***£44pp** under 79, ***£66pp** age 80-89 , ***£99pp** 90-94.
 Ages at time of issue. + **£5pp** Admin fee (by email) or **£10pp** (by post)
**For Insurance policies purchased / issued pre 31.12.26 (Price increase from 01.01.27 tbc)*

PAYMENT METHODS

- Cheques** need to be made payable to: **Trustees of PTS Air Travel Trust**
- BACS** : Payee -**Trustees of PTS Air Travel Trust**
 HSBC: Sort Code **40-40-14** Account Number: **83664597** (quote **SG/ SHEPHDF** as reference)
- Card Payments** can be made by calling **Simply Groups** on **01943 605999**

PLEASE COMPLETE BELOW THE NAMES OF ALL PASSENGERS ROOM SHARING

Title	First Name	Surname	Room Type	Hythe/ Folkestone	SG Insurance	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 all the above passengers and Simply Groups. All deposits, Insurance premium and handling fees are non-refundable and non-transferable under any circumstances. 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 non-refundable deposit & Insurance premium if required + handling fee to: **Simply Groups,**
1 Hawksworth St, Ilkley, LS29 9DU. Tel: 01943 605999. info@simplygroups.co.uk
 Any queries contact above or email: **Katherine Robinson: corpgypsy@gmail.com**

**IMPORTANT
 INFORMATION
 OVERLEAF
 PLEASE READ &
 COMPLETE**

ADVANCED PASSENGER INFORMATION

The following information is required for all non UK holidays. Names must be written as on passport
Please make sure that you complete all sections for each passenger both overleaf and below.

Name as on Passport:
Passport Number:
Issue From: (full date)
Expiry date: (full date)
Nationality:
Date of Birth:

Name as on Passport:
Passport Number:
Issue From: (full date)
Expiry date: (full date)
Nationality:
Date of Birth:

It is the responsibility for all travellers to ensure they have a valid passport which is required for this tour.

To enter the EU your passport must be no more than 10 years old from the issue from date.

Passports must have a validity of 3 months from the day after your return.

ETIAS (European Travel Information & Authorisation System) may be required (extra cost tbc).

To be arranged by individual. Details are still to be officially confirmed.

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 **Wrightsure 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.....



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— **Membership Number 5524**, managed by **Protected Trust Services Ltd** of 307-315 Holdenhurst Rd, Boscombe, Bournemouth BH8 8BX and its Trustees, chartered accountants: - Xeinadin London Ltd of 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
 Novels 1
 Patchwork & Sewing
 Petanque - Elham
 Petanque - Folkestone
 Philosophy
 Photography
 Photography 2
 Pickleball
 Pilates
 Play Reading - Folkestone
 Play Reading - Hythe
 Poetry
 Romney Marsh Pub Visits
 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