u3a
learn, laugh, live

Leigh Estuary

Welcome to the October 2026 Edition of our Newsflash

Speakers Meeting



The True Story Of The Boat That Rocked – a talk by Ray Clark

Ray knows his stuff! He tuned in to Radio Caroline during its first weekend on air at Easter 1964 and became a loyal listener. He followed the offshore stations and became an offshore disc-jockey himself when he joined Radio Caroline.

East of England u3a Notification

1. u3a Podcast.
   Written and produced with u3a members, the monthly u3a podcast can be accessed on all podcast platforms. The August episode is about the u3a Festival hosted in York, featuring interviews with Johnny Ball who opened the event, a member who plays in a steel band and a member who was a builder and had a career change into shoe design. Coming up in September is an interview with the Editor of u3a Matters magazine, discussing why gardening is so popular and going behind the scenes of the annual Jane Austen festival in Bath. More information about the podcast and how to listen is available on the u3a website.
2. Part 2 of the AI Presentation is being held on 21st September. The details for registration are: AI - what's all the fuss about? Part. 2
   The East of England Region - AI event, Monday 21st September 2026, 10am – 12pm
   Copy and Paste this link to register: https://www.eventbrite.com/e/ai-whats-all-the-fuss-about-part-2-tickets-1995438270583?aff=oddtdtcreator&keep_tld=true
   The AI team and members of the region will help you improve your AI Literacy.

Group News

The following Groups all have vacancies:

* **Art for Pleasure**
* **Aviation**
* **Church Visiting**
* **Just Sew**
* **Photography**
* **Silver Screen**
* **Table Tennis** (Mondays & Wednesdays)

WhatsApp Meet Up Group has spaces for any new members that have joined Leigh Estuary U3A for the first time recently. We are a friendly group that meets monthly for coffee at a local venue. The days and venue are random and the group runs through the app, so you need a smartphone or iPhone. If you are interested, please email us at: whatsappmeetupleu3a@gmail.com

Days Out by Coach Group still has spaces available for new members, as well as seats available for Ightham Mote, a National Trust Medieval Manor on 13th October, with tour options. Contact Valerie Lewis for details on 07958 543718.

Philosophy Group - Following the success of the Philosophy 2 group, which is already full, Paula, the Group Leader, is willing to start a third Philosophy group. Before making any plans, Paula would like to know whether there is sufficient interest. If you would like to join the new group, or would simply like more information, please contact Paula at paula.keauffling@gmail.com. If there is enough interest, a third Philosophy group will be organised.

Details for the above Groups and their Leaders can be found on the Leigh Estuary u3a website under the Groups section or by contacting the Groups Co-Ordinator, Barry Freshwater at barryu3a@outlook.com.

Group Leaders If you have any Group spaces or Group news that you would like to share with the LEu3a members, please contact Trish at: leu3anewsflash@gmail.com

Scam Watch

Essex Police have issued urgent warnings regarding rising scam trends, highlighting AI voice-cloning phone tricks and deceptive delivery text messages designed to steal personal and financial data.

Trending Scam Alerts

* **Parking Fine Texts:** Fake SMS messages claim you have an unpaid parking ticket, directing you to copycat government websites that steal your details.

* **Email Bombardment:** Criminals flood your inbox with hundreds of automated subscriptions to hide real bank fraud alerts while stealing your money.

* **AI Voice & Video Clones:** Scammers use artificial intelligence to mimic family members in distress or trusted public figures like Martin Lewis to push fake investments.

* **Delivery & Missed Parcel Fees:** Texts claim a package delivery failed and prompt you to click a link or pay a small redelivery fee.

* **Fake Job & Task Offers:** Bogus recruiters on social media or job boards offer high pay for simple remote tasks, then demand upfront fees for training.

Let's be careful out there!!

Member's Contribution

LEu3a Holiday Group Holiday to the Cotswolds by Trish Woolcock

On a sunny September Monday morning, a band of intrepid travellers set off to begin a 5 day holiday to the Cotswolds, superbly planned and organized by Lorna Reeve, our Group Leader, and ably assisted by our lovely coach driver Nick. Our group was a mix of couples and singles who all got on well together. There were a few first timers on this trip who were made to feel very welcome, making it a very friendly, companionable experience.

Day 1 - On the way to our hotel, the Cotswolds Hotel & Spa, located on a golf course in stunning countryside, we stopped off in Marlow, a picturesque Georgian market town on the River Thames. We had time for a leisurely lunch in one of the many little cafés dotted throughout the town and then a walk over the Grade I listed Suspension bridge and a stroll along the Thames. There were lots of independent shops along the high street in which to browse.

Day 2 – We spent the day at the stunning Sudeley Castle, starting with a very interesting talk by one of the guides. The castle started out as a manor house built in the 11th century, before being extended into a castle in 1443. It has a Royal connection in that Catherine Parr, Henry VIII's sixth and last wife lived and died in the castle and is buried in the castle's church, making Sudeley the only privately owned castle in the world to have a Queen of England buried in its grounds. The gardens cover 15 acres which everyone enjoyed strolling around. Blessed by sunny weather, it was a superb relaxing day out.

Day 3 – In the morning, we drove to Chipping Camden, another beautiful Costwolds town, with much to see, including the 17th century Market Hall, St. James Church and the Court Barn Museum. The High Street is lined with over 270 listed honey-coloured limestone buildings and lots of little shops and places to eat. We will cast a veil over the late return to the coach by one of our members (no names – no pack-drill!!) who, so engrossed with the leisurely lunch she was enjoying in one of the local hostelries, forgot the time. Her return to the coach was greeted by very theatrical booing (egged on by Nick the driver) and much laughter. So, with our red-faced passenger back on board, we travelled on to Kiftsgate Court Gardens, a family run garden featuring rare plants and shrubs including the world famous Kiftsgate rose. With over 10 gardens to see, including the Lower Garden with its steep banks and summer house and offering several benches to sit and take in the stunning views over the surrounding countryside. After a couple of hours taking in the lovely grounds, there was time for a welcome breather in the tearoom before it was time to leave. Another lovely day out.

Day 4 – After a rainy start to the day, the sun made a welcome appearance in time for us to spend the morning at Sulgrave Manor, which was built by George Washington's ancestors in the 1500s. The manor was restored and opened to the public in 1921. A new exhibition featured portraits and objects owned and worn by George Washington. After a guided tour of the house, we enjoyed walking around the beautiful gardens. The afternoon was spent in Banbury.

Day 5 – Our last day started with a trip to the Cotswolds Wildlife Park and included a ride on a train through the park, watching the penguins at feeding time, visiting the Reptile house, the Tropical House with the most beautiful coloured birds and seeing wild animals in nature and not in cages. The combination of exotic animals and stunning gardens made this a wonderful experience. In the late afternoon, our reluctant travellers boarded the coach for the journey home.



Thank you Lorna, it was a great holiday





Having a lovely time in the Cotswolds

If you would like to write a few words on a topic close to your heart, have an anecdote from a group meeting or something you think readers would be interested in, please do get in touch. Would you consider becoming a regular contributor to a section? Email: leu3anewsflash@gmail.com

Quiz

Thanks once again to our Quiz setter, Shirley Eastwood, who sends in a quiz for us every month. Shirley does an excellent job and I would like to thank her on your behalf.

1. Which British golfer won the US Open tournament in 1970?
2. What is a rebec?
3. Bucharest is the capital city of which European country?
4. Who were the British 3 kings of 1936?
5. What does ERNIE stand for?
6. Which country has sovereignty of Aruba and Curaçao?
7. Who wrote the novel “Shirley”?
8. What type of creature is a ptarmigan?
9. Who founded The Body Shop in 1976?
10. Charlie Dimmock and Alan Titchmarsh presented which gardening programme first seen in 1997?
11. Which planet has the most moons?
12. Which Noel Coward play features Madam Arcati?
13. A new species of what type of creature has been discovered in Bolivia?
14. What is the Aboriginal name of Ayer’s Rock?
15. What is the nickname of Brighton and Hove Albion football club?
16. Who is the Prime Minister of Canada?
17. Who starred in the film “Cast Away “?
18. “Bring him home” is a song from which musical?
19. Which country produces the most tea?
20. Is an avocado a fruit or a vegetable?

October's Pause for Thought

- October's poplars are flaming torches lighting the way to winter - Nova Beir
- October was always the least dependable of months...full of ghosts and shadows - Joy Fielding
- October is a symphony of permanence and change - Bonaro W. Overstreet
- It must be October, the trees are falling away and showing their true colours - Charmaine J. Forde
- The clear light that belongs to October was making the landscape radiant - Florence Bone
- You don't waste October sunshine. Soon the old autumn sun would bed down in cloud blankets, and there would be weeks of grey before it finally decides to snow - Katherine Arden
- October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures. They made me believe in miracles - Sarah Guillory
- Ah, September! You are the doorway to the season that awakens my soul but I must confess that I love you only because you are a prelude to my beloved October - Peggy Toney Horton
- Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter - Carol Bishop Hipps
- I remember it as October days are always remembered, cloudless, maple-flavoured, the air gold and so clean it quivers - Leif Enger
- In October a maple-tree before your window lights up your room like a great lamp. Even on cloudy days its presence helps to dispel the gloom - John Burroughs
- Listen! the wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves! - Humbert Wolfe
- In October any wonderful unexpected thing might be possible - Elizabeth George Speare
- October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book - John Sinor
- October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month - Henry Ward Beecher
- October is the treasure of the year and all the months pay bounty to her store - Paul Laurence Dunbar
- October is a hallelujah! reverberating in my body year-round - John Nichols

Quiz Answers

1. Tony Jacklin
2. A medieval musical instrument similar to a lute
3. Romania
4. George V, Edward V111 & George V1
5. Electronic Random Number Indicator Equipment
6. The Netherlands
7. Charlotte Bronte
8. A game bird
9. Anita Roddick
10. Gound Force
11. Saturn (293!!)
12. Blithe Spirit
13. A big cat (named Tilcayo)
14. Uluru
15. The Seagulls
16. Mark Carney
17. Tom Hanks
18. Les Miserables
19. China
20. It's a fruit



Eclipse on a fence by David White



Erosion of time – Annie Figg

Photos courtesy of our Photography Group

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