



Teignmouth Harbour Devon

**Welcome to the summer 2026 edition of
Mayfield and District u3a Newsletter.**

Mayfield and District u3a monthly meetings are held at 2.30pm in Five Ashes Village Hall TN20 6JA on the third Thursday of the month.

17th September: AGM followed by Gentle Tai Chi with Tara Tuen- Matthews.

15th October: What If ? - by Nicholas Henderson.

19th November: How to Survive in Medieval England - Toni Mount.

Heathfield and District u3a monthly meetings are held at 2pm in the Community Centre TN21 0XG on the third Tuesday of the month.

15th September : The History of Punch and Judy by Ray Sparks.

20th October : Heathfield School and Street Pastors with Sue Greener.

17th November : Andy Thomas with A Festive History of Christmas.

Chairman's Chat

Many groups take a break in August and there will be no speaker.

You will be receiving renewal information in the middle of August as the renewal date for most members is 1st September 2026.

We are in the process of completing the programme of speakers for the next year and we have several favourites revisiting us.

Don't forget the AGM which will be on [Thursday 17th September](#), when between the business and the tea we will have a chance to trial some gentle [Tai Chi led by Tara Tuen-Matthews](#).

Enjoy the sunshine.

Mary Brentnall

News from the Groups

This is to introduce all our u3a Mayfield and District members to our new Mayfield Science Group held on the 3rd Monday of each month from 2-4 pm.

In these meetings we aim to discuss new features in Science, Technology, Engineering and Medical advances brought by our members on the day.

All are welcome that might have an interest in any of these subjects.
You do not have to be a scientist to enjoy these fascinating topics !

If interested in
contact Deveda
on : 0446 813 1328.

joining us please
Redman



Book Group Chapter 3

As ever our book group continues to generate some interesting choices of reading material, and as fiction can do, we have been on some interesting journeys in the past six months – to a residential care home in Spain inhabited by feisty and bizarre women; England during the bitter winter of 1962; Austria in the sixties when an inexplicable event literally cuts the narrator's world in two; New York and The Galapagos in the Covid period; and a writing retreat in France which foments bitter relationships between the wannabe authors.

Sometimes there were fascinating aspects to the authors we encountered. For example, we were entertained by a book about thirty-something female friends seemingly by a female writer but who turned out to be a male writing under a pseudonym.

Some books had an element of the surreal or the dystopian while others were realistic with a hint of pessimism. Such is the pleasure of book groups that you never quite know where you'll end up. Hopefully you will enjoy the discussions as people articulate what drew them to the book – whether it was the author's style of writing and use of language, their choice of themes, the quality of their research and so on. And whether all members can justify their own, sometimes strong, reactions and make for interesting debate.

Christine Roberts

{ Book Group 3 is presently at capacity – how about starting Book Group 4?! }

SWAP Short Walk and Pub

The next SWAP will be on Thursday 20th August. Venue to be confirmed.

Please keep the date free if you would like to join us.

Spend a Day with the u3a

East Sussex East Network is having a Workshop, 10.00-4.00 on
Thursday 22nd October at the Birley Centre in Eastbourne.

The theme of the day is History, and speakers include Imogen Corrigan speaking about 'Children in Medieval Times.' There will also be displays, activities and tours during the day.

Details and application forms will be issued nearer the time but please put the date in your diary.



“Let a man walk ten miles steadily on a hot summer’s day along a dusty English road, and he will soon discover why beer was invented.”

– Gilbert K. Chesterton.

Summertime and the living is easy
Fish are jumping and the cotton is high.....
- Porgy and Bess



Leontine Price in 1968

Click on the image to listen on YouTube - Abby Mitchell in 1935