



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



FORTHCOMING EVENTS

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 OXG 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

With a new membership year, the cooler weather and the garden needing less attention, perhaps it is time to try something different ?

Have you thought about another interest group or joining SWAP for either the walk or lunch?

You may get some ideas in this edition of the newsletter.

At the AGM on Thursday 17th September, we will have a chance to try some gentle Tai-Chi with Tara. It might increase our appetites for the cream tea that will follow!

Mary Brentnall.

NEWS FROM THE GROUPS



SWAP (Short Walk and Pub!)

There was a good turnout for our SWAP in August. We met for coffee at the Deer Park Café near Eridge before being led on a circular walk by Jenny Kendall. We started on a quiet lane and then climbed gently across some fields to give us lovely views of the countryside. Rain had been forecast but it held off and conditions were perfect.



We had lunch at The George at Frant, a favourite of several of us. SWAP is open to all members and meets every 4-6 weeks. The day varies to give different people a chance to try it.



The next SWAP will be on Wednesday 30th September in Mayfield. Meet at The Rose and Crown TN20 6TE (now under new management) at 10.30am or for lunch at 12.15pm.

Please let me know if you would like to join us.

marybrentnallu3a@gmail.com

AD HOC SINGERS

We meet on the third Wednesday from 2pm - 4pm at the home of our talented pianist Anna (thank you !)

This group is quite simply for the fun of singing - no solos or concerts - just an eclectic range of songs from Gilbert and Sullivan to Sea Shanties, via Les Miserables and all chosen by our members.



Do email me if you would like to have a trial afternoon, you would be most welcome.

Next gathering 23rd. September at 2pm.



madelynmeredith565@gmail.com

A new venture from u3a central office - u3a REWIND

How to take part

- Write down your memories – of the concerts, dances, songs, fashions, records, radio stations that defined your youth.
- Submit photographs that help tell your story – perhaps of yourself, an outfit, a concert, a favourite record, memorabilia or a place connected to your musical memories.
- Suggest a song for the u3a Rewind playlist and tell us why it matters to you. This could be a defining song of your youth, or just one that means a lot to you.

<https://www.u3a.org.uk/what-we-do/learning/learning-activities/u3a-rewind>

As we move into autumn there is a wonderful range of online talks and courses to enjoy curled up warm at home.....

https://www.eventbrite.com/e/a-history-of-the-world-according-to-sheep-tickets-1998418814470?aff=oddtcreator&keep_tld=true

Discover how sheep, wool and the wool trade have shaped British history, built fortunes, influenced society and even helped win wars.

<https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-sleep-and-dreams-tickets-1996989672869?aff=oddtcreator>

Sleep & Dreams

This talk explains how different parts of the brain are responsible for keeping us awake and making us go to sleep. The talk continues to explain how we have different kinds of sleep and how we dream. The meaning of dreams is discussed.

and SO many more, from cookery demos to laughter yoga via AI chatbots and mindfulness meditation.

CLICK BELOW for more info. and to book your free place.

<https://www.u3a.org.uk/what-we-do/events/educational-events>

DO book up soon for East Sussex East Network's next event on Thursday 22nd October at the Birley Centre in Eastbourne.

Including a VR tour, A musician's Life, Kent and East Sussex Railways, and Imogen Corrigan on Children in Medieval Times- No-one could say we do not have a broad range of interests !

https://ese.u3asite.uk/u3a_events/proposed-for-2026-history-workshop/



“Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eaves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For Summer has o'er-brimm'd their clammy cells.”

— John Keats, [Complete Poems and Selected Letters](#)

