

BY THE MEMBERS FOR THE MEMBERS



**DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR
AT 2am ON 25TH OCTOBER!**

CHAIR'S CHAT:

Can you believe we are already in October. The crisp morning air and those rapidly drawing in longer nights signal that autumn has officially arrived, whilst the changing season prompts many of us to dust off our warmer coats and settle into cozier routines at home. It's also a time of spectacular natural transition.

I recently returned from a wonderful trip to Canada where I was fortunate enough to witness their world famous fall colours. Seeing entire landscapes transformed into breathtaking vistas of fiery red, deep oranges and brilliant golds was an unforgettable experience. It served as a beautiful reminder of how stunning this time of year can be and how much vibrancy exists even as nature begins to slow down.



Here at our u3a the arrival of autumn doesn't mean slowing down at all. The longer evenings provide the perfect backdrop for rediscovering indoor hobbies, diving into new books and enjoying the warm companionship of our various interest groups. Whether you're looking to learn something new this month or simply want to share a hot drink and chat with friendly faces, our calendar is packed with brilliant opportunities to stay connected..

I hope you enjoy catching up on all our latest news, stories and upcoming events in this month's newsletter edition.

Stay warm, keep exploring and let's make the most of the cozy season ahead..

Warmest wishes, Jean

Jean

HIGHAM AND RUSHDEN U3A NOW HAS ITS OWN FACEBOOK PRESENCE.

You can find it by using the search button and clicking on the link to open the relevant page. Contributions from groups would be appreciated, especially photos taken during group activities (but make sure you have permission to use images of members beforehand). Contributions can be sent from the Facebook page.

Please bear with us as we are new to Facebook and we are still learning.

JUST A LITTLE REMINDER OF OUR RECRUITMENT INCENTIVE.

Any member who introduces a new (paid up) member will have their next year's membership free of charge. (Only one new member per year).



Turkey & Tinsel ~ Monday 23rd to Friday 27th November.

For those of you who have already booked, please be aware that I do need full payment by the end of October. If paying by BACS, please add Turkey & Tinsel as a reference. Alternatively, you can pay by cheque or cash at the October meeting.

Jean Mole



Self Drive Theatre Trip

I have booked 15 seats for the matinee performance of "The Hollow" at Milton Keynes Theatre on Thursday 21st January 2027. The seats, which are all in row R (middle stalls) were originally £45+ but have been reduced to £37.50 for a group booking of 10 or more. The Hollow is based on an Agatha Christie book featuring Hercule Poirot. The write up on the theatre's website is as follows:- "At The Hollow, an elegant country estate, a glamorous circle of guests gather together one summer evening. But beneath the sunlit charm something darker coils." Old passions refuse to die., new rivalries ignite, dangerous infatuations take hold, then - a shot rings out, a body is discovered. a smoking revolver in an unsteady hand. The scene appears almost staged. A shockingly straightforward crime, it's anything but."

Please contact me on 07736 445658 to add your name to my booking list. As numbers are limited it's first come first served. Although this is a self drive theatre trip, I am happy to try and organise lifts should anyone require them. Please note that full payment is required by mid November.

Jean Mole



Art For Fun

We are a group of mixed ability painters who meet fortnightly on a Monday at the Waitrose Community Room from 2-4pm and our main aim is as the title suggests, enjoyment of art. We do not have a tutor, but we give each other advice and encouragement as needed. We use mainly watercolour and pastels and occasionally acrylics and work to a theme suggested by the members of the group. We extend a warm welcome to new members so why not give us a try. For more details check the group calendar on our website.



Badminton: Advanced/Intermediate/Beginners And Improvers

Advanced: The group meets on a Tuesday morning from 10.00 to 12.00..

Intermediate: Plays at the Pemberton Centre on Tuesdays and Fridays as shown on the calendar (but not on Bank Holidays as the centre is closed). The group is currently full

Beginners and improvers: This group is for anyone wishing to start or improve their game. The group is held every Wednesday 2pm - 3pm at the Pemberton Centre, Rushden.



Bookmarks Again:

A reading group is a great way of sharing the pleasure of reading and inspiring us to try something different. Bookmarks Again meets on the second Wednesday of each month in the Community Room in

Waitrose,

September Review: The Travelling Cat Chronicles By Hiro Arikawa

Not all members of a book group will like a book or feel it is not for their taste others will think it is a special book and admire and follow the author's other works. This book is one that some of us found especially charming, bewitching and comforting.

Nana is on a road trip, but he is not sure to where. All that matters is that he can sit beside his beloved Satoru in the front of his silver van. Satoru is keen to visit three old friends from his youth, though Nana doesn't know why and Satoru won't say.

Set against a backdrop of Japan's landscape and changing seasons the story unfolds with humour from Nana the cat, and gentleness with friends and life's unexpected detours. The book has a persistent subtle charm that insinuates itself in your heart if you relax and become absorbed in it.

Ann Kemp



Canasta:

Due to holidays, the next two meetings for the Canasta group will be on 5th & 19th November.

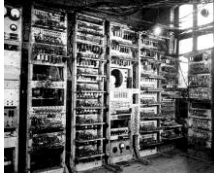
Jean Mole



Chatterbox

This is a “just turn up” coffee morning on a Monday morning 10 till 12 in the Community Room in Waitrose. It is a group that focuses on female-friendly chatter & discussions over a cup of coffee.

Chris Murdin & Jenny Robertson.



Computer Group:

We meet once a month on the first Tuesday from 10:00-12:00, in the Waitrose Community Room.

The next meeting will be on 3rd November. We are always willing to help with any computer-related problems you may have, no matter how trivial.

We cover Windows 10/11 & most office applications for all levels of computer knowledge & are happy to help Group Leaders with all aspects of Beacon.

Attendance at the group is very low at present and there is a risk that the leaders will decide it is not worth continuing. Anyone who dropped out of the group when it changed to Saturday may consider rejoining, so why not come along, & try it out, who knows, you might just learn something, All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



Country Dancing

We continue to meet at the Hensman Hall in Higham Ferrers at 2 o'clock on alternate Mondays.

The group continues to grow, welcoming new members (we have no waiting list), No previous experience is needed, & it is suitable for people of all ages. A good way of keeping active with gentle exercise & meeting friendly people. We are also very fortunate in being supported by three very experienced callers who take it in turns to walk us through the dances before calling out the moves to the music.

Richard Coles 07709737308 :



Cycling Multi Groups

The cycle group meets every week from 10am at Rushden Lakes (by AJ's) or 10.30 at Stanwick lakes (bike hire shed). For more details check the group calendar on our website.



Dine at Home Suppers:

The Home Dining Group meets at the home of the leader once or twice a month, according to how many guests wish to attend: 6 guests can be accommodated on each night. Jean provides: a 3 course home cooked meal, with a choice of 2 starters, 2 mains & 2 desserts, together with a glass of wine and a cup of tea or Nespresso coffee, for a cost of £10.

Jean Mole



Digital Photography Group

We now have 2 Digital Photography Groups.

Group A meets on the 2nd and 4th Wednesdays each month at Rushden Hall from 10:00 until 12:00.

Group B meets on the 3rd Friday in Stanwick Village Hall between 14:00 and 16:00.

Our programme includes:

Trips out to a variety of venues

Photo editing using simple to advanced programs

Using different camera controls and what they affect

Sessions dedicated to subjects such as portraits, wildlife etc.

Small group sessions to cater for individual needs.



Garden group:

The Garden Group meets on the second Thursday of the month, meetings are held at Rushden Hall @ 10:30.

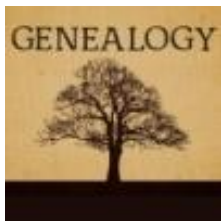
Our next meeting is on 12th November, and our speaker will giving us an insight into smell/taste.

The December meeting is our Christmas lunch and the last day for booking is 30th October. **Final payment will also be 30th October.**

Due to holidays I need to give the menu choices to The Bell before I go away.

We will then commence back in February for our 2027 programme.

Lorraine Brown and Anna Bond.



Genealogy:

The newly formed Genealogy group has decided to go ahead with communicating mostly through a WhatsApp group, with face-to-face meetings every few months only. If you are interested in this subject, but get frustrated & unsure how to proceed, feel free to join us & get hints & tips from other

enthusiasts. Please text in the first instance to: Janet 07488351136 or Ken 07725055865.

For more details check the group calendar on our website.



Golf

The golf group has now been reconfigured to offer regularised play at Pytchley Lodge for 9 holes every 2nd and 4th Friday each month (tee times will vary): see HR calendar on the website.

A full 18 holes will be played on a course chosen on a rotating basis from a handful of local courses within a nominal 1 hour's travelling time from Rushden to be held on the 1st Wednesday of each month. Players of all levels of ability are welcome. For more details check the group calendar on our website.



Greetings Cards

Our next meeting will be on Wednesday 4th November. Why not come along & try making 3D cards for special people or events. You can also order cards to be made for you if you prefer. We have an infinite number of designs available from which to choose. All materials (including envelopes) are provided at a very small charge.

It is never too early to start making your very own Christmas Cards.

Please contact me at: tesscards@myself.com or 07899 695822 for details if you are interested in joining the group

Tess Pratt & Maggie Morrison



Guitar Improvers – Groups A & B

The Guitar Improvers Group meets at The Windmill Club, Rushden every Tuesday 4-6 pm. For further details, contact leader Karin via the Contact page.

Some members of the group have formed their own band "Silver Surfers Band" and have performed at Rushden Lakes and in Hall Park, raising money for charity.

The Guitar Improvers Group meets at The Windmill Club, Rushden every Tuesday 4-6 pm. For further details, contact leader Karin via the Contact page.

Some members of the group have formed their own band "Silver Surfers Band" and have performed at Rushden Lakes and in Hall Park, raising money for charity.



Handicrafts

The next meeting of the Handicrafts Group is 2pm Thursday, 22nd October 2026 at the Bowls Club in Rushden.

We will be starting our Christmas crafts with some diamond painting decorations. You will just need your craft mat.

Kathy will be running the session and looks forward to welcoming you



History

Meets for a talk from a speaker on historical topics at the Masonic Hall on Wellingborough Road Rushden at 2pm on the first Thursday of the month from October through to April. The talk is followed by an opportunity to have a tea or coffee and biscuits and a chat. The cost of the meeting is £2.50. In May, June, July and September, outside visits with historical themes are organised. These trips usually take place on the 1st Thursday of the month,

John Holdom-Eyles



Knit & Natter:

We are still looking for a new group leader for the Knit and Natter A group. It is only a small group and is easy to run.

The leader holds it at their home. Please contact me if interested on phone number 07850383522. I will help the new leader to get started if required.

Kathy Arnold



Mahjong

All levels of play welcome: if you're a beginner someone will sit with you whilst you learn. We meet fortnightly on Mondays from 2:0 till 4:30 in the Community Room in The Waitrose Rushden.



MMFC (Monday Morning Football Chat).

We have resumed our sessions on Monday Mornings at 10am in Waitrose Cafe. A wide range of clubs & views are represented from AFC Rushden & Diamond to Ipswich to Chelsea & all stops in-between! Insightful punditry at its very best! MOTD eat your heart

out! Mike Gibbons



Non-Fiction Book Group, truth is stranger than fiction.

Our small, friendly group reads Biographies, History, Travel, Memoirs & Nature. etc. We are open to suggestions from members. New members to u3a are very welcome. We meet

monthly at various members' homes.

New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com



Rock & Blues Group:

Our next meeting is at 14.00 hours on Thursday 29th September
The topic is the challenging letter "Z". Currently the group is full & there is a waiting list.

Jim Morrison



Scrabble

We meet on alternate Tuesdays @ 2:00 pm in the Waitrose Community Room for friendly matches to keep our brains operational.

For details contact John Ellingham on 07833 017855



Singing For Fun

Our practice venue is Rushden Hall in Rushden park on the x46/47 bus route. Our members say that singing in a group cheers them up. No audition or ability to read music is required, we just SING for FUN. We have several soloists too and entertain at care homes in the area occasionally, but we are not a choir. We have copies of the words of our songs to sing from as our memories are not what they once were. If previously you have sung in the bath or on stage and would like to join a group of like-minded singers for a light-hearted afternoon give us a try.



Sunday Lunch Group Again:

We usually meet on the last Sunday of the month. New members are welcome to join us.

Please contact Linda Walker 07384 601603 or preferably email spidar.girl@btinternet.com to book or for more information.



Table Tennis

Table tennis for fun, all levels of players welcome.

We meet every Wednesday at the Pemberton Centre at 1pm. We play for 1 hour and the cost is £1.50.



Ten Pin Bowling:

Bowling had restarted on 4th September....members have requested additional bowling sessions and so we have now increased meetings from 2 sessions per month to 3 group bowls per month.

A WhatsApp poll system has been introduced allowing members flexibility to advise when they wish to bowl. All bowling session dates are shown on our HR website calendar.

Results from the latest session are always updated and can be seen on the HR website group page.

If you would like to know more about this group or tell us that you would like to join, then please get in touch via the website contact page, Group Leaders – Alan Collinson, Martin Cromwell, or Alan Nixon
Alan Nixon (Group shared leader).



Wine Appreciation:

It is not just about tasting the wine but learning about the country and the grapes: how they are grown and harvested to make a drinkable wine. Not everyone likes the same wines but that's what makes it interesting. We meet on the 4th Thursday of the month at the Leader's home; there is a small cost for the wine and the occasional surprise thrown in.

In September, we went to Cahors in southwest France in the Lot river area. Both wines were Malbec base with a small amount of Merlot. The first was 2023 which was the preferred wine. Second was from 2022 this was a bit drier, less Merlot. The area is the home of Malbec before Argentina got into it.

If you would like to join us please phone me on 01933 356784

Cheers Steve.



Wine and Dine Group: Programme to December 2026

The Wine and Dine Group goes from strength to strength and continues to meet at various pubs and restaurants throughout the county on a monthly basis.

Tuesday 10th November -The Wheatsheaf, Titchmarsh 1200

Gwen Walpole 07806 454960 gwenwalpole@gmail.com.

Tuesday 8th December The Olde Victoria, Burton Latimer 1200

Further details available to members of the U3A at the monthly meeting or via the Contact page,

Mike Gibbons 631531 janandmikegibbo@gmail.com.



Ukulele

A very popular group which attracts all levels of players, including absolute beginners.

We meet every Monday at the Rushden Working Men's Club, 28 Griffith St, Rushden NN10 0RL, from 1.30 - 3.30.



Video Editing

We aim to improve the knowledge of members as to how to edit, enhance and generally improve the results of video film taken on hand-held video cameras. The Group meets every second and fourth Tuesday at 10.00 a.m. at the home of the Group Leader.

This group is NOT (at this stage) intended to advise and help on making the initial video tapes. At the time of posting this there are vacancies for two more members.

GROUP DETAILS	VENUE	DAY/TIME
<i>There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added & the group leader should contact you.</i>		
Check the group calendar on the website for further details		
Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 14.00-15.00
Intermediate Badminton	Pemberton Centre	Every Tuesday, 10.00 to 11.00. £2.50 per session
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1 st Monday of the month*
Canasta	Leader's Home	1 st & 3 rd Thursday of the month
Card Making	Leader's Home	1 st Wednesday/month.1000-1200
Chatterbox	Waitrose Community Room	Every Monday 1000-1200
Computing	Waitrose Community Room	1 st Tuesday of the Month 1000-1200
Country Dancing	Hensman Hall. NN10 8HT	Alternate Mondays 2 00-3.30pm
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 nd Thursday 10.30-12.30
Genealogy	WhatsApp group. Face-to-face meetings every few months. Please text in the first instance to Janet 07488351136/Ken 07725055865.	
Golf	Various	1 st Wednesday & 2 nd & 4 th Friday monthly
Guitar	Rushden Windmill Club	Tuesday 4pm.
Home Dining	Leader's Home	Three times per Month varying days
Continued		

GROUP DETAILS	VENUE	DAY/TIME
Handicrafts	Rushden Bowls Club	4th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1st Thursday monthly 14:00
Knit & Natter	NEW LEADER SOUGHT	
Mahjong & Cribbage	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Café	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4 th Monday 10.30-12.00
Play Reading	To be advised	1 st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm Alternate Tuesdays
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various (see website for details)
Sunday Lunch	Various	Various (see website for details)
Table Tennis	Pemberton Centre	Wed 13.00-14.00
Ten Pin Bowling	Hollywood Bowl, W'boro	Alternate Friday 1100-1300
Ukulele	Rushden Working Men's Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2 nd & 4 th Tues 10.00-12.00
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

GROUP LEADER CONTACT DETAILS –

In accordance with GDPR we don't publish contact details for group leaders on a publicly available website or newsletter. There is a contact form on the website which can be used to email group leaders & u3a officers.

If you wish to telephone a group leader you will need to log into Beacon at <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>. You will need to create a password the first time you use the members' portal & full instructions are available on our u3a website.

Clicking on the Higham & Rushden u3a groups link opens a page listing all our current groups & gives telephone numbers for each leader.



u3a MONTHLY MEETINGS

Please note there is a small charge for non-members. Details can be found on our website or call 01933 522934 for further information. If you, or a friend, have experience as a speaker at other groups on topics which you think would be of interest to our members then please contact the Speaker Secretary.

2026

Oct	Bharat Patel	The Secret Life of a TV Reporter
Nov	Sweet FA	Musical Trio with clever ditties
Dec	AGM & Christmas Together.	

2027

Jan	Paul Barwick	Nancy Wake, "The White Mouse" (True Spy Story)
Feb		To be advised
Mar	Scott Mitchell	Barbara Windsor & Dementia
Apr		To be advised
May		To be advised
June		To be advised
July		To be advised



EDITORIAL:

This month I want to talk about the Importance of Mental Health: About recognizing symptoms and knowing when to seek help. *It is not a sign of failure to ask for help,*

Why Mental Health Matters?

Think about your brain as your body's control centre. When your mental health isn't healthy, it can affect everything—your energy, focus, relationships, and even physical health. Here are some reasons why mental health is so important:

1. It Affects Every Part of Your Life

Your mental health impacts how you think, feel, and act every day. It influences how you handle stress, relate to others, and make decisions. Good mental health helps you cope with challenges, build healthy relationships, and achieve your goals.

2. It's Linked to Physical Health

Have you ever noticed that stress may cause headaches, stomach-aches, or trouble sleeping? That's because your mental health and physical health are closely connected. Taking care of your mind can improve your overall well-being.

Research shows that people with severe mental health conditions are twice as likely to develop heart disease, diabetes, or other chronic physical health conditions.

3. It Shapes Your Future

The habits and skills you develop during your teenage years will stick with you as you age. Learning how to care for your mental health during this time sets you up for a happier, more balanced life in the future. *Approximately 50% of mental health conditions begin by age 14, and early intervention can significantly improve outcomes.*

Recognizing When You Need Help

Life has ups and downs, and feeling sad, anxious, or stressed from time to time is normal. But how can you tell when these feelings go beyond what's typical and might need attention?

Signs Your Mental Health Might Need Support

Constant Feelings of Sadness or Hopelessness

Feeling sad more often than not and finding it hard to see positives, could be a sign of depression.

Extreme Anxiety or Worry

Worrying about things is normal, but if your anxiety feels overwhelming and keeps you from enjoying life, it's worth looking into it.

Loss of Interest in Things You Used to Enjoy

If you've stopped wanting to hang out with friends, do hobbies, or participate in activities, that's a sign that something might be wrong.

Trouble Sleeping

Sleep is crucial for your mental health. If you're having trouble falling asleep, staying asleep, or are sleeping too much, it could be signs of stress or anxiety.

Changes in Eating Habits

Eating too much or too little can be connected to your emotional state.

Feeling Overwhelmed or Unable to Cope.

If everyday tasks feel impossible, it's time to seek help.

Struggling with Drug or Alcohol Abuse,

People dealing with both a mental health condition and a substance use disorder face compounded judgment, often being labelled as dangerous, unpredictable, or manipulative.

Thoughts of Self-Harm or Suicide.

If you ever feel this way, it's essential to reach out to someone ***immediately***. You need urgent medical help. Please: Call 999.

There are lots of stigma and misconceptions about mental health. Some of them are about mental health in general. Others might be about specific mental health problems, for example:

Trivialising something means making it seem less important or meaningful than it is. For mental health problems, this could be:

- Not thinking mental health problems are *real* health problems or not taking them seriously.
- Using mental health terms in a ways that trivialise them, like, misusing a term like OCD (obsessive compulsive disorder) to refer to being neat or tidy. This can be common in conversation or on social media.
- Some people think mental health problems lead to violence or dangerous behaviour. The media often add to these views with inaccurate, unfair or sensationalised news stories.

If you or someone you know is looking for mental health support, contact local NHS services or MIND for advice.

You are not alone; there are people who care about you and want to help.

GENERAL KNOWLEDGE QUIZ ANSWERS (IN RED)

1. In which sport might you have a 22-drop out?
American Football
Basketball
Rugby Union
Handball
2. What is the name of the second book in The Lord of the Rings trilogy?
The Hobbit
The Return of the King
The Two Towers
The Fellowship of the Ring
3. Paul Weller formed which band after The Jam?
Ocean Colour Scene
The Style Council
Dexys Midnight Runners
The Charlatans
4. Which two words appear on the front of the Victoria Cross?
For Bravery
For Gallantry
For Valour
For Meritorious Service
5. Which chemical element has the symbol Pd?
Palladium
Platinum
Potassium
Lead
6. What is the largest moon in the Solar System?
Callisto
Titan
Io
Ganymede
7. The word Safari derives from which language?
Swahili
Zulu
Afrikaans
Arabic
8. Who won the Best Actress Oscar for their role in the 2015 film Room?
Cage Blanchett
Brie Larson
Jennifer Lawrence
Charlotte Rampling

9. In which US state would you find Mount Rushmore?

Washington

Montana

South Dakota

Nebraska

10. Which British battleship sank the German battleship Scharnhorst in 1943?

HMS Nelson

HMS Duke of York

HMS Repulse

HMS Rodney



Halloween can be traced back to the ancient Celtic festival of Samhain. Until 2,000 years ago, the Celts lived across the lands we now know as Britain, Ireland and northern France.

Essentially a farming and agricultural people, the Pre-Christian Celtic year was determined by the growing seasons, and Samhain marked the end of summer and the harvest and the beginning of the dark cold winter.

The festival symbolised the boundary between the world of the living and the world of the dead.

Modern day celebrations generally involve groups of children dressed in scary costumes roaming from house to house, demanding “trick-or-treat”.

Fearing the worst, intimidated householders normally hand over vast amounts of treats in the form of chocolates and sweets to avoid whatever dastardly tricks may have been dreamt up by these little miscreants.

