

Update May & June 2026

Welcome from your Committee

Group Leaders' Thank You Lunch

Committee member Sara Piper writes: The annual lunch given to say a big Thank You to the leaders of Preston Park u3a interest groups was held on 23rd April at the Gallery Restaurant. The



delicious lunch was cooked and served by catering and hospitality students at Brighton Met College. Group Leaders and Committee members were spread across five tables

and the conversations flowed. Without the enthusiasm and commitment of volunteer Group Leaders, many of whom host groups within their own homes, our u3a would cease to function.

It was an informal, enjoyable and friendly affair with just a few words from Liz Rugg our Chair at the end to thank



the Group Leaders for all that they do. The importance of keeping waiting lists up to date and checking that group information on our website is correct was emphasised, with another Open Day planned for 26th September to showcase our organisation. Liz also thanked Committee Members and Interest Groups Co-ordinators Sue Barlow and Julie Frayne for organising the event and the students who looked after us.

Liz reminded us that it was St George's Day and also the day of Shakespeare's birthday and death. She quoted the words of The Bard '*I can no other answer make but thanks and thanks and ever thanks*'.

Your Committee welcomes you!

Preston Park u3a is entirely run by volunteers and each year we need more members to get involved in our Committee who oversee the organisation of activities on members' behalf and make sure we comply with our obligations as a u3a and registered charity. If you could spare a Friday morning once a month to join us, please email Chair [Liz Rugg](#) or have a word with her or any Committee member at a meeting.

Updated documents

The Charity Commission and national u3a (the Third Age Trust) expect us to have a number of policies and procedures in place and the Committee review and where necessary update them annually. We've recently reviewed our [Safeguarding Policy & Procedure](#) amongst others and updated the [Member Code of Conduct](#) with more explanatory text - details of our charitable purposes and a link to the [Links](#) webpage where you'll find our policies and procedures. All are on our website (click <https://prestonpark.u3asite.uk/links/>).

First Aid training

The second First Aid training course arranged by Christine Hooper is now fully booked and will take place on 16th May. Members will have Basic Life Support training to help deal with any emergency.

What's on in May and June

u3a Pub Quiz - Tuesday 5th May at 2.30pm

Our monthly Pub Quiz takes place at the Ladies Mile Pub Function Room, 2 Mackie Avenue, Patcham. Just turn up. You can be put into a team and make new friends. The quiz starts at 2.30pm. It's £2 to attend, and refreshments of tea or coffee are available for £1. Other drinks can be bought from the pub.

Holidays Group tour of Monet's Gardens and Paris – 6th May

We wish members going on this six day trip a fantastic holiday and look forward to seeing some photos!

Monthly Meeting – Thursday 14th May at 2.15pm

Note the date of **14th** May as Knoyle Hall is unavailable on 7th. Member Jenny Edgell will speak on '**Finding Family**'. Jenny has

been researching family history for over 30 years in a lifelong pursuit of researching not just 'her' people but the disasters they were caught up in. This talk explores the journey to find out the truth behind family folk lore and tells of the interesting people she met and places she visited - places as diverse as a graveyard in Wales and the garden of Chatsworth House.

Doors open at 1.45pm and the talk starts at 2.15pm. Come earlier if you can help carry and set up chairs before and after the meeting or help in the kitchen. Please bring £1.50 in cash to cover meeting and refreshment costs.

u3a Pub Quiz - Tuesday 2nd June at 2.30pm

Details as for May Pub Quiz above.

Monthly Meeting – Thursday 4th June at 2.15pm

Melanie Gibson-Barton will speak on 'From Princess to Queen'. The story of the childhood of Princess Elizabeth of York to the placing of the crown on her head on 2nd June 1953 which made her Queen of the United Kingdom and 14 other Commonwealth realms. Other details as for May Monthly Meeting above.

Heritage Visit to Dover Castle - Friday 12th June

By coach. £20 for English Heritage members £40 for non-members. Email [John Colman](mailto:John.Colman@english-heritage.org.uk) or phone 07710 298221 to book a place.

News from our Groups

Sunday Lunch Group



Our [Sunday Lunch Group](#) recently had a very jolly lunch at the Victory Inn in Duke Street.

Contact Group Leader [Sarah Richardson](#) if you'd like to join them at a future monthly Sunday lunch.

Heritage Visits Group

Members enjoyed a 90 minute guided tour of the medieval and Tudor Charterhouse, London on 10th April.



See the [2026 Heritage Visit Programme](#) on the [Heritage Visits Group](#) page of our public website for information on future visits. They are open to all Preston Park u3a members on a first come, first served basis. Email Group Leader [John Colman](#) or phone him on 07710 298221 to reserve a space. And do contact John if you'd like to help arrange any future visits.

National u3a news

South East u3a Summer School 7th – 10th September

Booking opens on Friday 8th May for a variety of Summer School courses at the University of Chichester. As usual, our very own Roger Luther will be running a maths course - [Mathematics for Life](#).

See [2026-South East u3a Forum](#) for details of courses and to book.

Online learning events

Talks you can view on Zoom in May and June include *The Call of the Wild: Stories from the Frontiers of Exploration* on 12th May, *How can AI help us to maintain our independence?* on 22nd May, *Introduction to Bridge and how to play online* on 10th June, and *An ABC of Victorian painting* on 11th June.

See [u3a - Online learning events](#) for these and all u3a free online talks, workshops and courses covering a wide range of subjects and interests.

u3a Festival 26 online Fringe events

The u3a Festival in York from 1st -3rd July has sold out, but there will be two weeks of **u3a Festival Fringe** online events in the lead up to, and following on from, the Festival. It will feature online workshops and talks from Festival speakers including *How to watercolour*, *The role of women in ancient Egypt*, and *The role of wind energy in the UK's electricity system*. More detail to follow.

Research on the positive impact of learning

The Third Age Trust, u3as' umbrella body, is collaborating with a PhD researcher at *Oxford Brookes University* to explore the connection between learning in later life, especially around helping the planet, and improved wellbeing. You can take part by completing this 15 minute online [survey](#).

Save the date!

On **6th August** we'll hold our annual Tea Party in place of the usual Monthly Meeting. Information on how to book a space will be in the July Update.

On **26th September** we'll be holding another Open Day in Knoyle Hall for members to find out more about all the 60+ groups run by Preston Park u3a. We hope Groups and Group Leaders will again take part in demonstrations in this celebration of all the brilliant activities, learning and fun we all enjoy.



Visit our public website for more information about
Preston Park u3a: prestonpark.u3asite.uk