

Heathfield & District u3a

OCTOBER 2025 NEWSLETTER



Next Monthly Meeting – Tuesday 21st October 2025

Venue: Community Centre, Sheepsetting Lane, Heathfield, TN21 0XG

Doors open 2.00pm. Meeting starts at 2.30pm.

FIRST AID AT HOME



Sarah Thorby will be talking about First Aid at Home. She will provide some practical ideas on what we can do to keep ourselves safe at home.

Following the main talk we will have a short presentation by East Sussex Manager of Youth work -Simon Stanley- about the newly opened Youth Hub, by the entrance to the Co-op carpark.

Also in our calendar is our monthly coffee get together at the Co-op.

Venue: Co-op Café, 110 High Street, Heathfield, TN21 8JD

Next session: Wednesday 5th November

at 10.30am till midday

Coffee mornings take place on the first Wednesday in the month, from 10.30am until 12 noon. Come and have a chat with our members, both old and new, meet some of our Committee members and find out about our u3a and our 30+ groups.



All change at the top....

Many of you will know that I have been Vice-Chairman and then Chairman of our u3a since it was founded over 10 years ago. The rules of u3a propose a maximum term of 3 years in one of these posts, but in common with many similar organisations, there is a lack of enthusiasm, or even willingness to take on these roles. You will also know that I have been trying to relinquish my role for some time now. Due to recent circumstances, I now have to insist on standing down.

I am delighted to inform you that Barbara Hibbart, currently our Vice-Chairman, has agreed to step up and become Chairman.

I fully intend remaining active in the club, and will remain on the committee as Immediate Past Chairman. The transition will take place over the next few months.

Please join me in wishing Barbara all best wishes in her new role.

Forthcoming meetings

Tuesday 18th November. – The Development of Beacon Down Vineyard

Tuesday 16th December. – Christmas meeting

Tuesday 20th January 2026. – Mary's Meals.



Christmas at the November meeting.

After the success of last year's event we will once again have a number of **Christmas craft stalls at our November meeting**. If you would like to have a stall at this meeting please let me know. Space is limited and therefore priority will be given to u3a members.

Contact : barbara@barbarahibbartcoaching.co.uk

Group news....

Details about groups can be found at <https://heathfield.u3asite.uk/groups/>

Theatre visits - Alison Wright



The theatre group has two final outings for the year:

There are a few places left for the **Murder Mystery Supper** on October 24th 7.30-9.30 £26.55 with minibus pick up in Heathfield. (Minibus price will depend on numbers but is extra) Why not come and join us for what is bound to be a fun evening.

We are also looking forward to **Fiddler on the Roof** in November which will complete our year. This is fully booked.

Please get in touch through the U3A website if you would like to be added to the group for next year's productions.

Garden Visits – Jan Riddle

The Garden Visits Group had a special invitation to visit the interesting gardens at Glyndebourne, with a guided tour by the head gardener. We heard about the history of the gardens and then wandered through the vegetable and flower garden, saw the beehives made from tree trunks. The produce is used in the restaurant and any excess is sold in the shop. The interesting metal sculptures are being removed next week after ten years in situ. We were therefore lucky to see them before they are removed. The gardens are amazing with areas of almost tropical plants and deep borders full of Autumn colour. Thank you to Keith and Sue Benson, who used to work at Glyndebourne and were able to arrange this event.

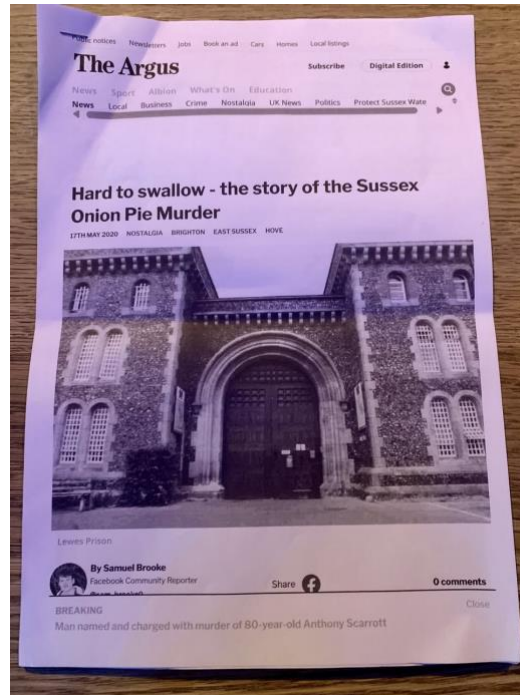
The next visit is on Wednesday 22nd October to High Beeches. Jan has already emailed details. Anyone else wishing to join please contact her at jan_riddle@yahoo.com



Historical Inns

The Historical Inns group went to the truly eclectic 6 Bells at Chiddingly. A great place with reasonably priced & generous dishes.

Jo told us a little of the pub's history including a pretty unsavoury story about The Sussex Onion Pie Murder, a Chiddingly version of the goings-on in Australia recently.



Craft and Natter – Veronica Blakey

The Craft & Natter group met. We may have been small in number but we achieved a lot!

We dabbled in Shadow Stamping & made Autumn themed cards. A fun afternoon was had by all (I hope!) & grateful thanks to Bobby for the delicious Lemon Drizzle cake!



Antiques and Collectables

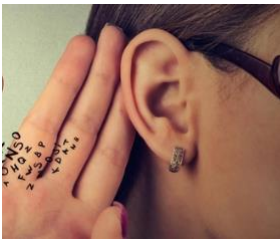


The Antiques and Collectibles group meets on the last Thursday of the month. Our task for the November meeting is to research a piece of glass and bring it to the meeting to share information about it.

If you would like to join us, please let me know.

Contact : Barbara@barbarahibbartcoaching.co.uk

Creative Writing



Are you feeling creative? Have you ever wanted to have a go at creative writing? Our small, friendly group meets on the second Wednesday of the month at 2.30. Our next task is to write about 500 words on the topic of 'an overheard conversation'

If you fancy joining us or would like to find out more, do let me know.

Contact : barbara@barbarahibbartcoaching.co.uk

Other group news....

We currently have 2 craft groups, both of which are now full. If any members are interested in starting a third group please contact Veronica or Fiona.

The Mexican Train Dominoes group would like to welcome new members.

Also able to take on new members is **Book Group 3**, and the **Just Walking group**.

Is there any member who speaks **Polish** interested in forming a conversational group?

Unfortunately the Cribbage group will not be going ahead.

For all group queries, contact Veronica or Fiona at groupsu3a@outlook.com

Our Heathfield u3a website

We produce leaflets and calendars to promote our u3a. Obviously these are only up to date at the time they are printed. There may be many old copies around where the information on meetings is out of date. For up to date information on our programme of speakers etc. please refer to our website.

Our address is..... <https://Heathfield.u3asite.uk>

Click on it and have a look!

.....and on Facebook

We have an active Facebook page where several groups post about their activities, much more than you will find in this Newsletter. Click on the link below -

<https://www.facebook.com/groups/heathfieldu3a>

National and Regional News



Over the past few months there have been many changes in u3a at a National level, with a new CEO and many new Board members. We now have a new councillor for the South East Region, Sally Ingledew. If you would like to see what u3a is doing nationwide, look at the website.

If you would like a copy of the most recent edition of the u3a National Newsletter, you can apply for a copy via: <https://www.u3a.org.uk/news/newsletter>. Or sign up to receive it regularly.

Some legal stuff

In order to comply with General Data Protection Regulations this is to inform you that any personal information you give to u3a will only be used for purposes of membership and communication within the organisation and will not be shared without your consent to any other outside body. We may also take photographs at certain u3a events. If you do not wish to appear in such photos, it is your responsibility to ensure that the photographer is made aware of your objection. Group leaders are advised that they should carry emergency contact details of their group members (ICE). This is only to be used in case of emergency. However if you wish to withhold these details, please be aware that you do so at your own risk, and other group members may be unable to help you if you are incapacitated.

Best wishes for Autumn,

Jamie Nicholls. Chairman, but not for long....