



Winter Newsletter

Dec 2025 Jan, Feb 2026

From the Chairman —

I'm sorry I cannot join you for the Christmas Party but I wish you all a very Merry Christmas and a Happy, Healthy New Year!

I think you'll agree that this year's Christmas lunch at the Golf Club was a real hit—good food, good company, and plenty of festive cheer. I've added some photos in this newsletter.

Sadly, Tony Loft will be leaving us as he moves closer to his daughter. Tony has been a real superstar for our u3a—serving as a long-term committee member, vice-chairman, programme secretary, and wearing several other hats along the way. (We won't mention the pantomime dame costume!) Thank you, Tony! We'll miss you. If anyone feels inspired to join the committee in his place, we'd be delighted to have you.

Tony ran the Canasta and Trips & Theatre groups and Di has offered to take over Canasta, so if anyone would like to take on Trips & Theatre you would be most welcome and we can offer you full support in doing so.

Also Eileen Mason and Maggi McGuire have decided to close the Creative Cards group which has been running for many years, so thank you both for all your work in that group. Again.... Any volunteers to take over?

Bridget Ling has just had a hip replacement and we wish her a speedy recovery. She will not be running the Bake It Or Fake It and Heartbeat groups until she is fully recovered and asks if anyone will step in for her temporarily?

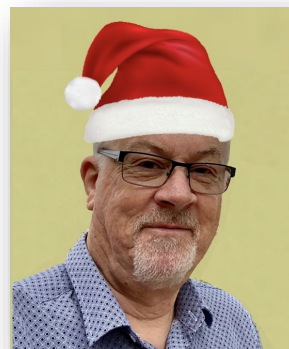
By now, you should all have renewed your membership, which not only keeps you covered by u3a insurance but also lets you enjoy all our interest groups and monthly meetings without a hitch.

I've finished putting together next year's speaker programme, and I'm hoping it will keep you entertained, interested, and maybe even a little inspired. There should be something for everyone.

Talking of being inspired, how about suggesting some new interest groups? If you have an interest that's not already covered, we can help start a new group. A few months ago Alf Howes approached me about a creative writing and poetry group. He started it and it's now flourishing and Alf has sent in a couple of poems in for you to enjoy. You'll find them in this issue.

So here's to keeping things fun as we move forward—and remembering not to take life too seriously!

Richard



LOTTERY FUNDED

Registered Charity
No. 1108614

Monthly Meetings

- Dec 16 Christmas Party
- Jan 20 Shakespeare Country—Mike Burton
- Feb 17 Scotland's Bridge Building—Bruce Keith
- Mar 17 100 Years of Auntie, The BBC—Dave Andrews
- Apr 21 First Aid with CPR & AED — Duncan Spencer

www.u3aKettering.co.uk

Group Leaders Information

Check that all members of your group are fully paid-up members of the U3A.

Ensure that you have:-

- Checked their current membership card. (Ask the membership secretary to check if you are unsure)
- The name and telephone of each member's In Case of Emergency contact. (ICE)
- The post code of your venue will be required by the emergency services if you need to call them.
- Send articles, reports and photographs about your group to the Newsletter Editor. Copy deadline for the newsletter is 2 Saturdays before the monthly meeting.
- Advise the Group Coordinator and Newsletter Editor of any changes to your group arrangements, e.g. venue, timing, etc.

Members Information

- Advise the Membership Secretary, in writing, of any changes to your address, post code, telephone number, email address or ICE contact.
- If you are unable to attend your Group's meeting, please advise your Group Leader in advance.
- If you know one of our members has a special occasion ahead, e.g. important birthday, anniversary or if they are ill and you feel a card from the U3A would be appreciated, please contact the social secretary.
- Bring your membership card with you to the meeting and have it available for checking in.
- If you cannot get to the monthly meeting for any reason to collect your quarterly newsletter, you can get a copy from either Kettering Library or the Tourist Information desk, Manor House Museum, Kettering or online at www.u3akettering.co.uk
- View & Download the newsletter (in glorious colour) from web site, www.u3aKettering.co.uk & click on the links. Select DOWNLOAD LATEST link or to look back for older issues, click newsletter image or any other newsletter links.
- **Membership year runs from 1st November to 31st October and is £17 a year**
- Half year 1st May– to 31st October £9. More details and membership form on the web site
- Payments can be via cash, cheque, credit/debit card

Future Monthly Meeting Dates & Speakers

May 19 A Toastmaster's Tale—Geoff Harris

Jun 16 The Comic Life of a TV Journalist—Bharat Patel

Jul 21 A trip of a lifetime to Antarctica Dave Pinion

Aug 18 AGM + QUIZ + Nibbles

Sep 15 Call of the Kingfisher Nick Penny

Oct 20 From Score Box to Press Box: a Scorer's Odyssey Ray Markham + Membership renewals



Your Kettering U3A Committee 2025-2026

Chairman/Programme Sec.	Richard Boyles	01536 744 753	richard@boyles.co.uk
Newsletter/Data Protection/Web Master/E-mails			
Vice Chairman/Membership	Diane Tebbutt	01536 392 556	di_tebbutt@hotmail.com
Secretary/Group Co-ordinator	Jane Slack	01536 516 116	janeslack121@hotmail.com
Treasurer	Ruth Gunn	01536 482 581	ruthgunn@hotmail.com
Assistant Treasurer	Chris Gunn	01536 482 581	gunn.vdloo@btinternet.com
Social Secretary	Brenda Boyles	01536 744 753	brenda@boyles.co.uk
Committee Member	Sue Perkins	01536 519 438	lazygirl_tresham@yahoo.co.uk
Committee Member	Maralyn McLennan	01536 521 322	maralyn.mclennan@ntlworld.com
Committee Member	Pat Stokes	07845 737 679	patriciamstokes@outlook.com
VACANCY	VACANCY	VACANCY	VACANCY

News — Interest Groups — Visits and Reports

Our meetings at the Eden Centre,
21, Montagu Street, Kettering

Format of the meeting:-

- 1.30 – Doors open – Sign in
FREE Refreshments
Buy raffle tickets
Browse the group notices
Have a chat with friends
Sign up to groups and trips
- 2.15– Chairman's notices followed
by this month's Speaker
- 3.45 (approximately) Meeting ends

Wheelchair disabled access is
available at the rear of the
building by ringing the door
bell or phoning 01536 484 800



Newsletter DEADLINE

is 2 Saturdays before the monthly meeting.



You can read and
download the
newsletter in
FULL COLOUR from
our internet page at

www.u3aKettering.co.uk

ARE YOU A GROUP LEADER?

Group leaders are required to...

1. Have a copy of your members "In Case Of Emergency" (ICE) details with you so you can contact family or friend
2. Have the postcode location of your meeting so you can direct the 999 emergency services
3. Check that all members of your group are fully paid-up members of the U3A so they are covered by the U3A insurance
4. Ask Richard for a



EDITORIAL + PROGRAMME

I thank the group leaders who have contributed to this newsletter, but wish we had more groups.

Come on everyone, get your thinking caps on !

I am also programme secretary and you can see what's planned on the web site **www.u3akettering.co.uk** on the MONTHLY MEETINGS page. As always, if you have any suggestions for speakers, let me know. It's always preferable to book someone who has seen and recommend them.

In addition to announcements at the monthly meetings, for those of you with internet access I have continued to regularly **e-mail** you with updates as well as keeping the **web site** and **Facebook** up to date. So keep reading the e-mails and updates on the web site and please pass on any news to anyone you know who does not have internet access.

Richard

www.u3aKettering.co.uk

Memories – sweet things

Do you remember the sweets of our youth
Just after the war when we all had a sweet tooth
A sherbet fountain was my secret pleasure
A liquorice straw was the one to treasure
There were barley sugars and a sherbet dab
Humbugs and pear drops, Spangles were fab
With jelly babies and fruit gums and black jacks as well
Who wants rhubarb and custard, sherbet lemons were swell
I'll have the chocolate raisins and Cadburys milk tray
With Black Magic and Toblerone all day
So much choice for us all after the war
That we became fatter and fatter and ate so much more
Than we should have, but that is another story.

Alf Howes

Bookworms

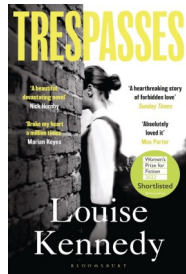
BOOKWORMS

FOURTH WEDNESDAY OF THE MONTH
VENUE VARIES 2-4PM

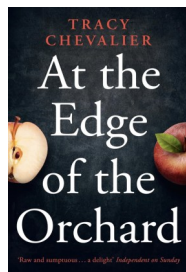
Pauline Parkin 01536 799 197



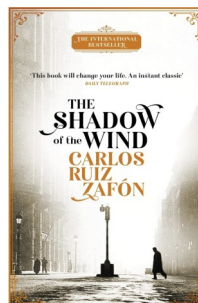
Our September book, "Trespases", was set in Northern Ireland during "The Troubles" and tells the story of a love affair between Cushla, a Catholic schoolteacher, and Michael a married Protestant lawyer. It is played out against a backdrop of divided communities and sectarian violence. It was recently adapted for Channel 4 television.



In October we read "At the Edge of the Orchard". It was set in America in the 1930's. The Goodenough family living in the black swamps of Ohio, growing apples. Their son leaves home after the violent deaths of his parents and heads to California, working for William Lobb, an English gardener, and collecting plants and seeds.



Our final book for this year was "The Shadow of the Wind", which is set in Barcelona. Daniel is taken to the cemetery of lost books on his 10th birthday and picks out a book written by Julian Carax. He wants to find out about Julian's life and other written works.



We have picked our books for the next 6 months and look forward to reading books of different genres.

Contact: **Pauline Parkin 01536 799 197**

Bake It or Fake It

BAKE IT or FAKE IT

3rd Friday of Month at Home 2-4pm

Bridget Ling 07931 979 596



I will not be leading the group until further notice and would welcome anyone taking up the reigns until I'm fit again. It will probably be in the spring of 2026 before I am fully active again.

Contact: **Bridget Ling 01536 521 250**



Canasta

CANASTA

WEEKLY every MONDAY

AT THE BRIDGE CLUB, KETTERING 1.30-4.00PM

Di Tebbutt 01536 392 556



Contact: **Di Tebbutt 01536 392 556**
di_tebbutt@hotmail.com

Card Playing

Card Playing

2nd and 4th Thursday 2-4pm
Kettering Bridge Club, in Field Street

Di Tebbutt 01536 392 556



This friendly group meets every second and fourth Thursday of the month at Kettering Bridge Club from 1.45 until 4.00. The cost is £2 which includes tea, coffee and biscuits. Everyone is welcome and no previous knowledge of any of the games is needed as there is usually someone there who can give some instructions on how to play. There is plenty of room at the Bridge Club so if anyone would like to start or attend a Board Games Group this could be arranged if there was enough interest. The next meetings are on 8th and 22nd January and 12th and 26th February.

If you are interested then just come along or email me.

Contact: **Di Tebbutt 01536 392 556**
di_tebbutt@hotmail.com

Creative Writing and Poetry

CREATIVE WRITING & POETRY

1ST TUESDAY AT 13.30 IN KINO LOUNGE

ALF HOWES 07546 464 924



The creative writing group continues to be well supported with a good exchange of both verse and prose in a variety of styles.

Contact: **Alf Howes 07546 464 924**
alfh64233@gmail.com

What will you do with yourself today
Now you no longer work your life slipping away
Watch daytime TV Loose Women Lorraine
Or an old film repeat they are showing again
You could spend your day dreaming of when you were young
Or relish the thought of new phase begun
Make some new friends hear stimulating talks
Or join a group and go on some walks
You could learn the language or discuss a book
Or bake a cake and share what you cook
Learn to play ukulele sing and to dance
Visit a garden exchange some plants design no need
to feel lonely that your life slip away
There's so much to do if you join U3A

Alf Howes



Discussion Group

DISCUSSION GROUP

SECOND TUESDAY OF THE MONTH
ST. ANDREWS CHURCH ROOMS 2-4PM

David Clayton 01536 520 965



We meet at 2-00pm on the second Tuesday of each month in St. Andrews Church rooms in Rockingham Rd. We are a small friendly group and the topics for discussion are tabled by the members, and cover all subjects.

We normally have 10-12 people present, but would like to find a few more. You do not have to be a public speaker, simply an interest in what goes on around us all.

A charge of £3 includes Tea/Coffee, and biscuits. Your first visit is free.

The entrance, and car park is in Crown St. which is the first turning right off Regent St. The car park is the last gateway on the right.

Contact: **David Clayton 01536 520 965**
clayton472@btinternet.com

Charity Coffee Morning

MACMILLAN CANCER SUPPORT

Although not a u3a event, congratulations to u3a member Elizabeth Woodcock who held a coffee morning and raised 275.05 for Macmillan Cancer Support.

Elizabeth would like to thank u3a members who donated or attended the coffee morning.

Family History

Family History
2nd Monday of the month 2pm - 4pm
(PLUS all other Monday's, 3pm at home, a 40 minute Zoom Chat)
➤ at The Church of Jesus Christ of Latter-Day Saints,
in the Primary Room. Rothwell Road, Kettering
(between Crematorium & Premier Inn/Brewers Fayre)

Dig up an ancestor with
Group Leader
Richard Boyles
e-mail
Richard@Boyles.co.uk



We continue researching our family history with a few talks about various research methods and how people overcome finding that elusive ancestor.

If you missed my annual beginners talk, please contact me for a 1-2-1 session.



Members Andrew and Rob gave short talks on their family history reserch and we all contributed with suggestions and advice.

We regularly have workshops where we help each other and have the advantage of a resident professional family history expert to help as well.

The u3a Family History meetings are held on the second Monday, 2-4pm in the Primary Room of the Church of Jesus Christ of Latter Day Saints (LDS), Rothwell Road, Kettering next to Brewers Fayre/Premier Inn.

We are continuing our 40 minute Zoom chats at 3pm on all other Mondays with regular attendees.



Click on the **zoom** Family History link on the u3a website for more details and useful videos to watch.

Contact: **Richard Boyles 01536 744 753**
richard@boyles.co.uk

Friday Pop-In

Friday Pop-In

at **Kino Lounge**, Every Friday 10-11.15am

David Clayton 01536 520 965



We meet every Friday at 10am in The Kino Lounge on the Market Square. There is no agenda, simply an informal gathering to enjoy an hour or so in pleasant surroundings. Accompanied guests are welcome, as are four legged ones. The group is getting popular, and we now have 10 - 15 people every week. If you are a new U3A member then this is a simple way to get to know our group, and meet other members. Just simply Pop In, and say hello.

See you on Friday !!!!

Contact: **David Clayton 01536 520 965**
clayton472@btinternet.com

Gardening

Gardening

No fixed day

Times and Venues Vary

Ray Bradbury 01536 516 587



Contact: **Ray Bradbury 01536 516 587**
prbrad@live.co.uk

Heartbeat

HEARTBEAT

A Short Walk to Improve Fitness

2nd Wednesday at 10am at Various Locations

Bridget Ling 01536 521 250



I will not be leading the group until further notice and would welcome anyone taking up the reins until I'm fit again. It will probably be in the spring of 2026 before I am fully active again

Contact: **Bridget Ling 01536 521250**



Knit and Natter

Knit & Natter

1st & 3rd Monday at home 10.00 to noon

Annette Chidwick 01536 523 867



Baby cardigans we knitted for Northampton baby unit.



Contact: Annette Chidwick 01536 523 867
annette.chidwick@tiscali.co.uk

Lunch Club

Lunch Club

4th Tuesday at Various Venues

Di Tebbutt 01536 392 556



This is now meeting regularly on the fourth Tuesday of the month which means that people can sign up at the monthly meeting.

I would like to thank everyone who helped to sort out lunches this year. I am now looking for volunteers to organise lunches in 2026. Please let me know if you can help.

We had a very successful Christmas Lunch on Tuesday 2nd December at Kettering Golf Club.

Huge thanks to Jane Slack for sorting this out and to Chris and Ruth Gunn for organising the Raffle.

Contact: Di Tebbutt 01536 392 556
di_tebbutt@hotmail.com

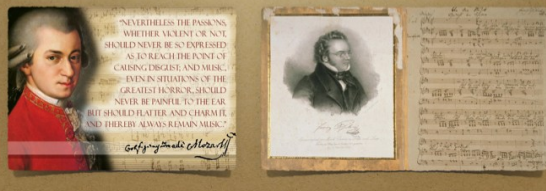
Musical Circles

MUSICAL CIRCLES

Third Wednesday of the Month

Venue varies from 2pm

Eileen Mason 01536 725 925



We are still meeting the 3rd Wednesday every month, we play all types of music also have coffee with a snack and an enjoyable time. If any one would like to join us they would be most welcome, just give me a ring.

Contact: Eileen Mason 01536 725925
eileenm1935@gmail.com

Play Reading

Play Reading

1st Thursday of the month 10.30 - 12.30

Kettering Bridge Club, Field Street

Di Tebbutt 01536 392 556

di_tebbutt@hotmail.com



We meet on the first Thursday of every month at Kettering Bridge Club from 10.30 until 12.30 and the cost is £3.50 which includes tea, coffee, biscuits and rental for the plays. There will be no meeting in January as it's New Year's Day, so our next meeting will be on 5th February.

We have just finished reading *Relative Values* by Noel Coward which deals with snobbery in all its guises. Sadly we have lost a couple of our members recently so it would be wonderful if more people came to join us.

Contact: **Di Tebbutt 01536 392 556**
di_tebbutt@hotmail.com

Stitchin' Time

STITCHIN' TIME

FIRST WEDNESDAY OF THE MONTH
AT HOME 2-4PM

PAULINE PARKIN 01536 799 197



We continue to meet monthly and spend a pleasant afternoon unravelling tangled wool, knitting hats, jumpers, blanket squares, etc.

Contact: **Pauline Parkin 01536 799 197**

Painting & Drawing

Painting & Drawing

Second & Fourth Thursday of the month

North Park Pavillion 2.00-4.00pm

Jo Beaver 01933 224 474



Our meetings for the Autumn Term on September 12th, 2pm-4pm at the North Park Pavilion.



Stoke Bruerne by Jo Beaver

We are pleased to welcome more people who have requested to join us. With these people, I think we shall be at maximum numbers to accommodate all in the available space. Details from Jo Beaver either at the general meetings or...

Contact: **Jo Beaver 01933 224 474**
beaver.jean@yahoo.co.uk

Strictly Seated

STRICTLY SEATED

ALTERNATE FRIDAYS 10.30-12.00 AT CHRIST THE KING CHURCH

Katy Ellis 07713 550 177



Why is dancing good for you? Google this and see what the internet comes up with!

'Dancing is good for you because it improves physical fitness by building muscle, boosting cardiovascular health, and increasing flexibility.

It also benefits mental and emotional well-being by reducing stress, improving mood and enhances cognitive functions like memory!

Wow! Who knew dancing, and that includes seated dance, could be so beneficial and also usually a good deal of fun!

If you would like more information get in touch as



there are a couple of spaces.

We have been busy working on an

American smooth style dance to Blue Moon (bring out the feather boas!) and a cheerful musical theatre number to 9 to 5.

Contact: **Katy Ellis 07713 550 177**



Sing (and Laugh) Out Loud

SING (& LAUGH) OUT LOUD

ALTERNATE FRIDAYS
AT CHRIST THE KING CHURCH
10.30-12.00

DI TEBBUTT 01536 392 556



We meet every other Friday at Christ the King Church in Deeble Road from 10.30. This venue may change so listen for news. We have welcomed several new members recently which has been great.

We continue to sing along either accompanied by the ukulele players or music on my phone and have lots of fun. We sing, talk, laugh and sometimes cry.

My thanks to everyone who performed at our Christmas party.

Come along and join us, you will be very welcome and don't forget that singing is very good for your mental health.

Contact: **Di Tebbutt 01536 392 556**

di_tebbutt@hotmail.com



Travel and Theatre Group



Contact: **Awaiting a New Leader**

Walking Group

Contact : **Jackie Rowson 01536 515 959**
u3akettwalk@outlook.com



Recorder Group—Ise Valley U3A

The group is open to anyone who plays, or would like to learn to play the recorder.

We meet on the 2nd and 4th Monday at 2.00 to 3.30 at a member's home. We would love to have some more players.

Contact: **Mary Cooper (Ise Valley)**
cooperm1@btinternet.com



Singing For Pleasure—Ise Valley U3A

We are meeting at St. John's Church Hall on alternate Fridays 10-11.45. It is good to be able to sing with friends old and new.

Contact: **Linda Harris (Ise Valley)** **01536 529 410**

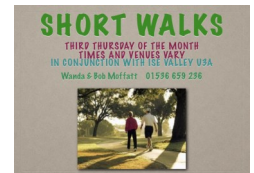


Short Walks—Ise Valley U3A

3rd Thursday.

Venue and time varies

Contact: **Wanda Moffatt (Ise Valley)** **01536 659 236**



Spanish—Ise Valley U3A

Fortnightly on Thursday 2-4pm at St. Andrews Church Rooms.

Contact: **Pauline McCready (Ise Valley)**
01536 485 416



Ukulele Group—Ise Valley U3A

The group meets fortnightly on Tuesday mornings 10-12. We are all beginners and are sort of following a course from the internet. Training videos and song sheets are available and with practice you will quickly get to our standard! There is even a spare Uke if you want to "try before you buy"

Contact: **Alan Bailey (Ise Valley)** **01933 350 147**



u3a Kettering Interest Group Timetable

Please contact group co-ordinator for more information before joining a group

Day	Co-ordinator	Tel.no	Venue	Frequency	Time
No fixed day					
Gardening	Ray Bradbury	01536 516 587	varies	varies	varies
Travel & Theatre	AWAITING A NEW LEADER		varies	varies	varies
Monday					
Knit and Natter	Annette Chidwick	01536 523 867	Member's Home	1st & 3rd Mondays	10.00 – 12 noon
Canasta	Di Tebbutt	01536 392 556	Kettering Bridge Club	Every Monday	1.30– 4pm
Family History	Richard Boyles	01536 744 753	LDS Church, Rothwell Road + Online via Zoom	2nd Monday + 1, 3, 4th Mondays	2.00 – 4.00pm 3.00 – 3.40 pm
Tuesday					
Creative Cards	AWAITING A NEW LEADER		Member's Home		
Creative Writing & Poetry	Alf Howes	07546 464 924	Kino Lounge	1st Tuesday	1.30pm
Discussion Group	David Clayton	01536 520 965	St. Andrews Church Rooms	2nd Tuesday	2.00 – 4.00pm
Lunch Club	Di Tebbutt	01536 392 556	Varies	4th Tuesday	12.00 – 2.30pm
Wednesday					
Stitchin' Time	Pauline Parkin	01536 799 197	Home—Salisbury Street	1st Wednesday	2.00 – 4.00pm
Walking	Jackie Rowson	01536 515 959	Varies	1st Wednesday	10.00 start
Musical Circles	Eileen Mason	01536 725 925	varies	3rd Wednesday	2.00pm
Bookworms	Pauline Parkin	01536 799 197	varies	4th Wednesday	2.00 – 4.00pm
Thursday					
Play Reading	Di Tebbutt	01536 392 556	Bridge Club, Field Street	1st Thursday	10.30–12.30pm
Card Playing	Di Tebbutt	01536 392 556	Bridge Club, Field Street	2nd & 4th Thursday	1.45–3.45 pm
Painting and Drawing	Jo Beaver	01933 224 474	North Park Pavilion	2nd & 4th Thursdays	2.00 – 4.00 pm
Friday					
Sing (& Laugh) Out Loud	Di Tebbutt	01536 392 556	Christ The King, Deeble Road	Alternate Fridays	10.30–12.00
Strictly Seated	Katy Ellis	07713 550 177	Christ The King, Deeble Road	Alternate Fridays	10.30–12.00
Friday Pop In	David Clayton	01536 520 965	Kino Lounge, Market Place	Every Friday	10.00 – 11.30am
Bake It or Fake It	Bridget Ling	01536 521 250	Member's Home	3rd Friday	2.00–4.00pm

Meetings below with Ise Valley u3a

The following groups are in conjunction with Ise Valley u3a. Please contact THEIR group co-ordinator before joining a group

Day	Co-ordinator	Tel.no	Venue	Frequency	Time
Monday					
Recorder Group	Mary Cooper	01536 420 336	Member's Home	2nd & 4th Mondays	2.30–3.30 pm
Tuesday					
Ukulele	Alan Bailey	01933 350 147	Member's Home	Fortnightly Tuesday	10.00–12.00
Thursday					
Short Walks	Wanda Moffatt	01536 659 236	Varies	3rd Thursday	varies
Spanish	Pauline McCready	01536 485 416	St. Andrews Church Rooms	Fortnightly	2.00 – 4.00pm
Friday					
Singing For Pleasure	Linda Harris	01536 529 410	St. John's Church Hall	Alternate Fridays	10.00–12.00