

# Richmond upon Thames u3a

## Newsletter – January 2026

Happy New Year from all of us on the Committee and we hope you have an active and interesting 2026 participating in our numerous and various groups in Richmond u3a.

However:

**A plea to members: if you no longer wish to attend a group, please let the group leader know. This gives members on the waiting list a chance to participate. If you have access to the Member's Portal you may be able to remove yourself from a group.**

## Group News

### **Pickleball update – from Lesley Leak**

If you have some experience of pickleball and you are interested in signing up for 10 pickleball socials on Saturday mornings at St Mary's University Twickenham, please contact Lesley Leak at [lesleyleak21@outlook.co](mailto:lesleyleak21@outlook.co), (Very reasonable rates)

### **Mainly Classics book group.**

This group meets on the first Wednesday of the month in Ham and has one vacancy. Contact group leader: Christine Reay on 0208 948 5310 for more information.

### **'The Justice System'**

A proposed new group.

2nd Monday of the month at 2.30pm in West Twickenham.

Likely start: February 9th

Max: 10 members

No knowledge of law required.

Discussion around Criminal, Civil & Family matters.

Contact: Ian Murdoch, either through members' portal or on 07815 754308

## Radio Podcast

The January episode of the u3a radio podcast goes live on the 10th of the month and includes the following interviews: an expert on Climate Change and Fellow of the University of Cambridge Institute for Sustainability Leadership, talks about the science of climate change, the challenges and how we, as individuals, can make a difference; a u3a member and ancient history enthusiast talks about the Gobekli Tepe archaeological site in Turkey, the world's oldest known monumental structure where the ongoing excavations are reshaping our views about the prehistoric period and we discover how to take life a little less seriously and have more fun by exploring the quirky practice of Laughter Yoga with two u3a experts in this field.

Click on the link below to listen:

<https://www.u3a.org.uk/learning/u3a-radio-podcast>

## Monthly Meetings

Unfortunately, Clarendon Hall in York House will not be available to us for the next 4 months as Richmond Council will be refurbishing it and in April it will be closed for local elections. We will therefore be returning temporarily to St Mary's Church which is on Church Street, just behind York House and which hosted our monthly meetings some time ago.

The next meeting will be on 28<sup>th</sup> January at St Mary's. Details of the meeting will be sent out nearer the time and will also be posted on the Events page in our website.

## A Thought to Consider

From Christopher Barclay

### **What happens if someone is missing.**

Many of us know people who live on their own without many friends. What should you do if they are not answering the door or the telephone or e-mails? This note describes two very different cases in 2024.

The first case was an old friend of mine living in Cambridge. I had arranged to meet him for lunch, but he did not reply to e mails a few days before the meeting. He did not come to the pub, so I went to his flat and rang the bell without response. I wondered whether to contact the police – I am not a relation and I do not live in the same city. I could have done nothing, but perhaps he might have had a stroke and be lying immobile on the floor. I did ring the Cambridge police later that day. They were very polite and helpful. I had wondered whether they might be dismissive – telling me about all the crimes they have to investigate and how they could not be bothered about someone missing a lunch date. Not at all. They took it seriously and gave me a reference number. I knew that my friend had a sister in Wiltshire whom I had never met, but I got in touch with another family who had her contact details. It turned out that my friend had died of a heart attack in the flat, behind a locked door. The family were glad that someone had raised the alarm.

The other case concerned an elderly woman living an isolated life in West London. A friend in the country could not get a reply to telephone calls, so contacted her grandson. He went round to the house but got no reply at the door. He contacted the police who investigated and got a fireman to break the lock and enter the house. The policeman came out laughing. He had found a paper with details of a holiday in Greece that she was on. When she returned from holiday her grandson telephoned to explain and apologise for the broken lock. She was furious and has not spoken to him since, despite his attempts at reconciliation.