

Richmond upon Thames u3a

Newsletter – July 2026

GROUP NEWS

FINDING MEANING IN OUR LATER YEARS: The Philosophy of Carl

Jung

This is a course of 8 lectures. It focuses on Jung's concept of a 'life well-lived'. He believes that our most significant opportunities for personal growth and development arise in our later years - when we are freed from demands such as working and raising a family. He argues that it is only when we are older that we have accumulated the life experience and psychological resilience to grow into 'the best person that we can be'. He maps out a pathway to increasing our self-understandings in ways that optimise our peace of mind and the quality of our relationships with ourselves and others.

Cathy Campbell is an Emeritus Professor of Social Psychology. Please note that the aim of the course is to introduce a set of philosophical ideas. It is not a psychotherapy group. The course specifically targets retired men and women over 60.

Dates and Time: Tuesdays from 1.45 to 3.45pm, from 6th October to 1st December 2026 (excluding 27th October).

Venue: ETNA Centre, 13 Rosslyn Rd, East Twickenham, Twickenham TW1 2AR

Contact: campbellcathy22@gmail.com

EXCURSIONS AND TRAVEL GROUP

We are looking for a Group Leader, or Leaders, for a potential Excursions and Travel Group, or maybe two separate groups.

This could include daily coach excursions, short breaks within the UK and overseas holidays as well.

There are various travel companies and agents that deal with group outings and tours and it is envisaged that we would use one or more of these to organise our excursions.

For example, Ealing u3a uses Dunwood Travel who offer short trips to various UK locations. They are currently offering a 5 day trip to the Isle of Wight in November for £355 per person (for more details please see the Ealing u3a website). Bookings and payments are made directly with Dunwood Travel so the Group Leader is in a liaison capacity only.

For possible overseas holidays there is another company called Tailored Travel which advertises that it deals with u3a, which organises group tours to suit any requirements. Here is their note to Group Organisers:

"Our aim is to make it as easy as we can for you to plan the perfect group tour and then for you and your members to enjoy a wonderful holiday together.

But it's equally important to us that you, the group travel organiser, are able to relax and enjoy the holiday as much as any of your members.

So, we try to make everything as simple as possible for you with as much or as little input from you as you prefer. Just let us know how we can do that and we'll do it!! "

There will be other companies to choose from too but these are just two examples to show that the opportunities are there to undertake this role without it being too much of an overwhelming commitment. You could choose to be in a liaison capacity only or choose a destination, go along with the group and have some lovely holidays.

If you are interested in starting this group please contact Norma Cook at norma.beagle@gmail.com

DRAMA GROUP

Help Us Build the Story: Join The 3rd Act Drama Group

Following the success of our recent showcase at the ETNA Community Centre, The 3rd Act drama group is throwing open its doors for the new term, and we want you to be part of the story.

As a vibrant group within Richmond u3a, we are dedicated to collaborative storytelling, devising original scripts, and proving that theatre belongs to everyone, regardless of prior experience.

Who We Are Looking For

Whether you want to step into the spotlight or pull the strings from the wings, there is a place for you. We are a friendly, inclusive bunch, and while enthusiasm is the only true requirement, we are particularly keen to hear from anyone with skills or an interest in Sound & Lighting Tech (managing portable equipment, music, and simple lighting cues)

"If you've ever had the itch to perform or help behind the scenes, now is the perfect time to get in touch," explains Group Leader Susy Hodges "You'll find no pressure here, simply a fantastic team spirit and the satisfaction of bringing a live performance to the stage."

New Term Details

- **Start Date:** Wednesday, August 26th 2026
- **Time:** 2:00 PM – 4:00 PM Every Wednesday (Except Sept 2nd)
- **Location:** ETNA Community Centre, 13 Rosslyn Road, Twickenham, TW1 2AR

Get in Touch

If you are ready to join the cast, or simply want to find out more, please contact Hilary at hilaryshenken@hotmail.com or Susy on susan.hodges9192@gmail.com to secure your spot for the autumn term.

NORDIC WALKING

Leader: Steve Cobb

This potential new group would meet weekly, Tuesdays at 10 o'clock, at the Main Gate of Bushy Park, in Teddington. This is next to the 481 bus stop at Avenue Gardens, and a 5-minute walk from Teddington Station. It is 10-minute walk from the centre of Teddington, & buses 33, R68, 281 & 285.

Steve says: this is a group suggested for those who want exercise, but are not seeking to break records. I AM NOT A QUALIFIED INSTRUCTOR, so I will assume you have some knowledge of Nordic Walking, and the kit (poles) to do it with. I envisage a typical walk taking the perimeter path round past the Millenium Wood, the skylarks, and on to the Children's play area/toilets; stopping for a coffee at the 'Diana' Kiosk, and then returning to the Main Gate along Chestnut Avenue by 11 o'clock. That would be a couple of miles, and sounds even better in kilometres?

It is about exercise and fitness, but participants should set their own pace, not have it set by the 'leader'; I doubt I would be at the front - but if I am, I think it's more sociable to loop back to the rear of the group, and work my way forward again, rather than have the group strung out and people tailing behind. We will stop for a rest, or to count ducks or cygnets.

For those completely new to Nordic Walking, it may be possible to provide some basic instruction, but you would need to buy your own Nordic Walking (not trekking) poles - around £30 for a basic set. Guidance on this could be given at an initial meeting.

If this is a group that would interest you, please contact Steve Cobb, on Cobb.SWA@gmail.com.

SWIMMING

It's all too easy to plan to go for a swim, but then never get round to it. Belonging to a u3a Swimming group that meets regularly may give you that little extra push you need to get started: to encourage participation and exercise, rather than putting it off for another day.

Our newly formed Swimming group will be starting in September. The group will meet at Pools on the Park (on a day yet to be decided), and have a swim then coffee and chat, or vice versa. There will be a WhatsApp group to give each other encouragement to attend.

At present we have only one man in the group of those interested. He's very keen to join but is feeling a little bit daunted about being the only bloke, and he's asked me to put out an appeal for some male support!! Anyone? Please contact Tricia Abrahamsen at tricia.abr@blueyonder.co.uk for more details.

MONTHLY MEETING – JULY 29th 2026

Clarendon Hall, York House, Twickenham at 2.30pm

A Night at the Opera by Helen Astrid

Helen graduated from the Royal Academy of Music and has performed as a soprano soloist at many of the major opera venues in the UK including English National Opera and the Royal Opera House Covent Garden. She has appeared on television and radio in numerous programmes talking about opera and giving solo performances.

Her talk invites you to step into the dazzling world of opera, where passion, power, and intrigue take centre stage. From dashing heroes and devious villains to sultry sopranos, sharp-tongued matriarchs, and unforgettable femmes fatales—meet the larger-than-life characters who have captivated audiences for centuries. Guided by rich storytelling and surprising insights, this journey through opera's golden legacy unveils the timeless masterpieces and the fascinating truths behind them. Whether you're an aficionado or a curious newcomer, this is opera like you've never experienced it before—bold, breathtaking and unforgettable.

SUMMER CHEESE AND WINE EVENINGS

Do come and join us. Everyone is welcome. These events are free of charge to all members and places are still available on both dates.

We will be holding two Summer Cheese and Wine evenings on Thursday 6th August and Thursday 3rd September which will be available to all members free of charge.

These will be held at the ETNA Community Centre in the ground floor kitchen and terrace area from 6.30 – 8.30pm. For those of you who don't know ETNA it is at 13 Rosslyn Road, Twickenham, TW1 2AR and is close to bus routes H37, R68, R70, 33, 110 and 490.

There are still places available for both evenings **but you need to book.**

If you would like to attend please email Carole Fletcher at carofletch@gmail.com with your name and u3a membership number and indicate on which date you would like to join us.

OTHER NEWS

RADIO PODCAST

The u3a Radio Podcast can be found on YouTube and some of the subject headings for the July issue are as follows;

- ~ Take 10 songs
- ~ Match Strike Girls
- ~The Great Pyrenees Challenge

Go to [u3a radio podcast](#) in your browser and you will find a link.

WISDOM OF THE AGES - [This may appeal to some people with a story to tell.](#)

My name is Oli Corse and I am the creator of a new interview series called Wisdom of the Ages.

The project celebrates the experiences and perspectives of people aged 70+, exploring life, love, loss and everything in between through relaxed conversations about their lives.

You can learn more and watch the pilot episode here:

<https://wisdomoftheages.co.uk>

I am currently looking for participants and wondered whether any of your members might be interested in taking part, or whether there may be another way your organisation could help spread the word about the project.

A few key details:

- Who: Anyone aged 70+ with stories, experiences or life lessons they would like to share
- Where: TYX Studios near King's Cross, London
- When: July and August 2026 (flexible to suit participants)
- Duration: Approximately 2 hours, including arrival and setup time
- Cost: Completely free to take part
- Travel: Up to £25 available towards travel expenses
- Support: Participants are very welcome to bring a family member, friend or carer with them on the day if they would find that helpful
- Publication: Interviews will be shared on YouTube, social media and podcast platforms

If you think the project may be of interest to your members, I would be very grateful if you could share the website with them and invite them to apply.

Oli Corse
Creator & Host, Wisdom of the Ages

Email: info@wisdomoftheages.co.uk
Phone: 07912 497618
Website: <https://wisdomoftheages.co.uk>