Westerham Newsletter August 2026

10th Lazy Day 13th Prosecco Day	What a treat! One day dedicated to being lazy doing anything you please – or nothing at all! Then a whole day dedicated to Prosecco! And then! All Week! You can enjoy the delights of an English Afternoon Tea! Could life get any better!	10th – 16th Afternoon Tea Week

Next Coffee Morning is Wednesday 5th August at 10.30am in the Hall Front Room

At our coffee mornings there is a chance to meet new friends, often newly joined members who are a bit nervous about not knowing anyone. Don't forget there is no such thing as a stranger – they are just friends you have yet to meet so come along and meet them on Wednesday!

Wellness Event on Thursday 13th August at 2pm in Westerham Hall

Instead of our usual Open Meeting we are holding an event aimed at keeping us all healthy for as long as possible! There are two topics on the agenda, the first will be a talk by Nicola Joseph, starting at 2pm entitled **Reset your Energy: Small Daily Habits to Help You Stay Healthy, Happy and Independent.** Hopefully, she will give us tips that we can take away and use!
The talk will be about 40/45 mins with a short period for questions. After that, a new local company - **Scooter & Mobility Mart -** will talk about their products and demonstrate their range of mobility scooters and aides, ensuring we can remain active when mobility becomes a problem.
At the end of the afternoon there will be an opportunity to ask Nicola questions over tea/cake and maybe try out some of the mobility devices!

Dates for your Diary

Wednesday 2nd September - Coffee morning
Thursday 10th September – Annual Quiz

Annual Quiz Thursday 10th September at 2pm contact Colin westerhamu3a@hotmail.co.uk

This Open Meeting will be our annual quiz afternoon. Our host, Colin, tells us that there will be six rounds of questions, some easy, some not, plus at least one round where humour is intended, rather than just knowledge! Come as a team of 6 or individually, teams often need extra participants to make up their number.
It's an excellent way to make new friends as you puzzle – and argue! - over facts you know, or think, you know. Interval refreshments and prizes are included!

Waddesdon, Wednesday 15th July contact Wendy westerhamu3a@hotmail.co.uk

40 members braved the heat and the traffic for a trip to Waddesdon Manor, former home of the Rothschild family. Even experienced NT members weren't prepared for the treasure trove of fantastic paintings, superb furniture, outstanding clocks and wonderful silverware, decorated with gold and gems. The grounds were superb with wicker elephants, colourful borders, a beautiful aviary and sparkling fountains. If you have not visited, you have missed a treat, put it on your wish list! If you have ideas for a trip out that other members may enjoy, please contact Wendy and let her know

Riviera Travel visit www.rivieratravel.co.uk

Did you know that if you book a holiday through this company then your local u3a will get a donation from them? Don't forget to mention Westerham when you book!

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Caterham u3a Holiday 5th- 9th April – Luxembourg contact Deb deb@skinners.net
Last year 3 of our members joined Caterham u3a's holiday to the Dutch Bulb fields and thoroughly enjoyed the experience. Their 2027 holiday is a 5 day break in the Duchy of Luxembourg, staying at the Belle Vue Hotel, Vianden, on a dinner, bed & breakfast basis. It includes visits to Lille, Trier, Luxembourg City, Grevenmacher and Mons and even a River Moselle boat trip. For full details view the itinerary. The total cost for a twin/double is £709 per person, with a single occupancy supplement of £138. There are a few vacancies so if you would like to join them, please email Deb

u3a Exploration Day, Yehudi Menuhin Centre, Stoke D'Abernon
'The Interpretation of The Bayeux Tapestry' by Imogen Corrigan

The study day will look at many of the scenes and explore what may be learned from them. See further details and book a place here. There is one spare place in the car. Please contact Jan if you plan to attend and would like a lift. Note: The Bayeux Tapestry arrived at the British Museum in July and will be on public display from September 2026 to July 2027.

News from the Groups

Art Appreciation contact Peter westerhamu3a@hotmail.co.uk
The Group's special outing was an interesting tour of St Mary's, Westerham, by fellow member, Bruce. He highlighted the use of textiles, especially the clergy's special robes, altar coverings and textiles. He also talked about the symbolism of colours as used throughout the Christian year. Their usual meetings are on the last Tuesday of the month and in July they paid tribute to David Hockney's work.

Possible New Group contact Barbara westerhamu3a@hotmail.co.uk
Barbara has been given a keyboard and, although she used to play the piano, she is eager to master the keyboard! She is hoping that someone can help her with this – and maybe there are others who would like to learn/improve their skills as a group? If that is you then contact Barbara

Yoga contact Anne westerhamu3a@hotmail.co.uk

Making the most of the hot weather, the yoga group had a treat last month – a session in the beautiful surroundings of member Gary's garden! They are taking a summer break but will be back in the hall in September. The group is very popular but contact Ann as spaces do crop up from time to time.

Flower Arranging contact Jan westerhamu3a@hotmail.co.uk

Sadly, after 5 years the Flower Arranging Group has come to an end. For the first three years they had Rita's excellent tuition and then, for the last two years, Sue. They have come up with some beautiful arrangements but, sadly, nobody has volunteered to take over. The group needn't close if someone will volunteer to be the contact, you don't need to be an expert! Contact Jan if you can help.

Tai Chi contact Lionel Lionel@taichi7oaks.com
There was some uncertainty about the future of this group but fortunately it can now be confirmed that the sessions will go ahead as normal in September. The only change will be a minor increase in fees, the exact amount depending on numbers enrolling. If you are already a member you should have received an email confirming the changes by the time you read this. If you are interested in joining the group, then contact Lionel and register your interest.

Canasta Group

Congratulations to Pam Button, Group Leader, who has been approached by the Oxted British Legion, asking her to help them to set up a Canasta Group. It is excellent that the u3a are being seen as an important part of the community and we wish the new Group every success.

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