

Stamford u3a Newsletter August 2026

Stamford u3a – new Newsletter

Stamford u3a is changing from a printed newsletter to this new format of a website newsletter. Many thanks go to Patti Hallam who for several years has produce our printed newsletter. She announced that she wished to retire from the role at the beginning of the year and despite many appeals no one has come forward to take it over. The rest of Stamford u3a Committee is already committed to other roles and so the production of a printed newsletter is no longer feasible. Patti did a fantastic job, and we are grateful for the time and effort she put into making the newsletter attractive and informative. This new newsletter will be emailed out to our members and put on our website.

Monday Morning Meeting.

The next Monday Morning meeting is on 7th September; there is no August meeting. Michael Burton is giving a talk on The Bayeux Tapestry which is being displayed in the British Museum. There are some parts which are factual, some parts made up, and some parts pure propaganda. Michael always gives a fascinating talk digging into the past and shining light on the past. Meet at Stamford Methodist Church, 10 for 10.30, with tea & biscuits with chance for a chat with friends beforehand.

Activity Groups.

The Antiques, Bygones and Curiosities group: does not meet in August. The next meeting will be Tuesday 22 September 2026 at Barn Hill, 10am coffee for a 10.30am start. Felix Downs is giving a talk on **“How we laughed!” - The ridiculous history of ridicule in print and pamphlets through the ages.**

Felix has produced some highly amusing and informative talks for the group. Earlier in the year we heard about the secret life of advertising in his talk **“Not quite as advertised”**. Life moves on at a pace and what we considered as normal would now be considered unacceptable or plain ‘porky pies’. However, some things are timeless in the ad-world – Cadburys are still running adverts on TV that say ‘a glass and a half of milk’ in every bar.

Church Visiting Group- In June the group was welcomed to the St Thomas of Canterbury church at Greatford with an informative talk plus some coffee and cake. As the group visits the churches round Stamford, they get a feel not only for the history of church but the local area and its history.



St Andrews church, Hambledon is the next visit on 31 July. A notable feature is the fine stained glass by James Egan who worked as a glass painter for William Morris. Meet at the church at 10.45 for 11.00 start.

Climate and Energy Study Group - We close down for an academic vacation in July and August and will restart on Tuesday 15th of September at 2.30pm. Contact the Group Leader, John Polkinghorne if you want further information.

Croquet Group: We are now established at our new site at Easton on the Hill. We are seeking new members, beginner, or experienced players. Please contact Martin Lander via the page on the website.

Garden Group:

Pamela Rogers writes to say; our visit on 18th August is to Burleigh House Gardens. Garden Group members will receive a poster with all the details before the end of July.

The visit on 15th September is to Boughton House, Geddington.

New members are very welcome. If you would like further information, or would like to join us, please contact us via the general enquiries form on the website.

History Group: There will be no History Group in July and August.

Railway History: The first meeting after the summer break will be held at Blackstones Social Club 10.00 for 10.30 start, in October.

October 28th, 2026, John Hayden: Ironstone Railways of Easton.

November 25th, 2026, Mike Soppit: Railways in the Wye Valley. This illustrated talk will explore the railway lines of the Wye Valley and the subsequent closure, using contemporary and recent photos.

Second Sunday Lunch

This dining out group has room for more members, so if you are interested, please contact Stella Morgan via the groups page on our website.

Walking Groups

Thursday Wanderers: Our walks for August are;

August 13: Ketton. Park in the lay-by on the Stamford Road coming from Tinwell, just before the right hand turn onto Steadfold Lane, PE9 3ST.

August 27: Thurlby. Park at the Village Hall in the main street, PE10 0EZ

We meet at 10.00 am. Dawn McLean

Stamford Walking Group: August 7: Walking from King's Cliffe. Park in the King's Cliffe Activity Centre, PE8 6YH.

August 21: Depart from Market Overton for a 4.75 mile walk to Edmondthorpe and return. Park opposite the Black Bull pub in the village, LE15 7PW.

We meet at 10.00 am.

Stamford Strollers: August 21: Meet in the car park in Wakerley Woods, NN17 3BA. The walk will start at 10.15 am. Please let Aileen know if you intend to join her.

New members are welcome to join any of our walks. Contact the Group Leaders via the Activity Groups page on the website.

Travel Group



We had a great day out at Waddesdon Manor, the weather was hot but there were plenty of shady places to sit inside and out in the gardens. The house truly meets its description as a treasure house. Designed to impress inside and out the house and contents were stunning.

The next **Travel Group** trip will be on **Wednesday 23 September to Lavenham and Bury St**



Edmunds. It is open to all Stamford u3a members. As there is no Stamford u3a monthly meeting in August please email Roland if you want to reserve a place (even if you do not intend to pay before September) – details are on the booking form below. No telephone enquiries in August please.

Activity Group Support.

Stamford u3a has over 40 Activity Groups but there are over 80 national u3a Subject Advisers. So, if you cannot find a Stamford Activity group that meets your own interest, please consider starting one up.

- What is a Subject Adviser? Advisers are passionate u3a members ready to share their knowledge within the u3a movement. Contact them for helpful resources, as well as support and inspiration for setting up new groups, running groups, and engaging members with a subject area.
- Who can contact them? Any u3a member can contact a Subject Adviser. They are here to support any member or group leader with an interest in their subject, whether you have a group or not.

- When can I contact them? Anytime – you do not need to wait until your group is stuck for ideas. Just click on the Adviser most aligned with your subject and get in touch by completing the contact form.
- <https://www.u3a.org.uk/members-area/subjects>

Stamford Area Community News

Stamford Dog Show

Our Chairman, Roland Higgins is running a Bric-a Brac stall in aid of the Evergreen Care Trust at the Stamford Dog Show. He will be collecting any items you wish to donate at our 7th September meeting. In particular he is looking for costume jewellery, good condition handbags, ornaments, china, decorative glass ware, good condition toys etc. Jewellery display boxes are also needed. Please, no books on this occasion.



STAMFORD DOG SHOW & FAMILY FUN DAY! 2026

SUNDAY 20TH SEPT
on Stamford Meadows

Time: 10:00am - 4:00pm

Pedigree and Novelty classes for all breeds of dog!

- Stalls
- Tombolas
- Activities
- Children's Funfair
- Entertainment
- Refreshments
- And much more!

Registration starts 10:00am
Judging from 12:30pm

PROCEEDS FROM THE SHOW WILL GO TOWARDS:
2nd STAMFORD TOWN SCOUTS Registered Charity 522365



PROGRAMME OF EVENTS

Entry fee £3 per class OR 2 for £5

Pedigree Classes

RING 1 (Must be 6 months or over)

TIME	CLASS
12.30pm	1 Hound
12.50pm	2 Gundog
1.10pm	3 Terrier
1.30pm	4 Utility
1.50pm	5 Working and Pastoral
2.10pm	6 Toy
2.30pm	7 Junior (6 to 18mths)
3.50pm	Best in Show

Novelty Classes

RING 3 (Must be 6 months or over)

TIME	CLASS
1.10pm	15 Most Gorgeous Girl (under 15kg)
1.30pm	16 Best Looking Boy (under 15kg)
1.50pm	17 Best Rescue - Boy
2.10pm	18 Most Appealing Eyes
2.30pm	19 Cutest Puppy (8-12mths)
3.15pm	20 Best Sausage Catcher

Under 6 months Classes

RING 3

TIME	CLASS
12.30pm	A Fur Baby - Bonniest Girl
12.50pm	B Fur Baby - Bonniest Boy

Dog Show Competition Rules
All dogs should be vaccinated. No bitches in season. The organisers accept no liability for injury, damage or loss however sustained.

Rosettes & prizes will be given to the first three in each class. Times for classes are approximate – please listen to announcements on the day. Pre-booking advised.

Our grateful thanks to our major sponsors:






For more information on how to book stalls, pre-book for the dog show or general information on the event please either follow the QR Code to our facebook page or email jenny.gois@stamfordbournescouts.org.uk



**Join the Evergreen Care Trust —
Make a Difference in Your
Community. We need
volunteers.**



The Evergreen Care Trust is the local charity that supports older people to remain independent in their own homes. Evergreen is recruiting volunteers for two of its most popular voluntary services, the Befriending Service and the Hands & Nails Service. At The Evergreen Care Trust, we rely on a team of dedicated volunteers who help deliver services across the local community so that older members of our community are supported and cared for. Not only is volunteering a great way to help others, it's also a way of meeting new people, developing new skills and being a part of a warm and supportive community. Whether you can give a little time or a lot, we'd love to hear from you!



WHAT IS BEFRIENDING?

Befriending at the Evergreen Care Trust is a warm, person-centred service that connects older people with volunteers who offer friendship, conversation, and regular social contact. Through weekly phone calls, home visits or trips out for a coffee, our befrienders build meaningful relationships. The service helps reduce loneliness and bring joy, reassurance, and companionship into someone's life. It's a simple idea with a powerful impact — creating genuine connections that support wellbeing, confidence, and a sense of belonging within the community. Volunteers are supported by two dedicated office staff who carefully match volunteers with members to ensure the right personalities, interests and needs come together.

OUR HAND & NAILS CARE SERVICE

Our Hands & Nails service is a much-loved service offered to older people living in care homes or in their own homes. This service is open to both ladies and gentlemen. It gives the older person the chance to enjoy dedicated one-to-one time with our trained volunteer. They experience the comfort and wellbeing benefits of a soothing massage & manicure. It's a calm, personal moment in the day — a chance to chat, unwind, and feel cared for.

BECOME AN EVERGREEN VOLUNTEER

If you're passionate about community, care, and connection, we'd love to welcome you. There's a place for you at Evergreen — and together, we can make sure no older neighbour feels forgotten or alone. Volunteering for Evergreen you become part of a warm and supportive social network with opportunities for broadening interests and skills. Email: volunteer@evergreencare.org.uk

Call: 01780 765 900 Visit: www.evergreencare.org.uk

Research into fraud and abuse

Stamford u3a has been approached to see if any members would like to help Leicester University with their older person research. It is very specific, they are exploring the experiences of adults aged 65 and over who have been affected by fraud or deception by someone they knew or trusted, such as a partner, family member, friend, or professional. This research aims to improve understanding of how these experiences affect older adults, inform clinical practice, and support the development of services and safeguarding strategies. Participation involves a confidential interview lasting up to 75 minutes, which can be conducted in person (East Midlands) or online. All identifiable information will be removed to protect participants' identities. Participants will receive a £20 Love2Shop voucher as a thank you for their time.

This research has been reviewed and approved by the University of Leicester Research Ethics Committee, and a distress protocol and safeguarding procedure are in place, in line with University policy. Please do not hesitate to get in touch if you have any questions or would like to discuss this further.

With thanks, Shannon Edwards
Doctorate in Clinical Psychology
College of Life Sciences | University of Leicester | University Road | Leicester | LE1 7RH | UK.

Please reply to Shannon Edwards (se220@leicester.ac.uk). Phone: 07875229713

FREE TOWN HALL & GAOL TOURS

Explore 500
years of
Stamford's
history

Every Friday April - November: 11.30am & 2pm



Stamford
Town Council

BOOKING

Location: St Mary's Hill, Stamford
Book online: QR code or website
Or call: 01780 758606



Best wishes to you all and see you at our 7th September meeting. Remember, there is no August meeting.

Roland Higgins

Chairman, Stamford u3a

Email address: u3astamford@gmail.com

Or the Stamford u3a mobile number: 07942 335069



Travel Group



Roland Higgins, 5 Roman Mill Gardens, Stamford PE9 1GB
Mobile: 07903 420154 Email vjrmhiggins@hotmail.com

Lavenham Guildhall & Bury St Edmunds

Wednesday 23 September 2026.

£30 + £11 entrance fee (NT free)

We start the day at 'One of the most spectacular timber framed buildings of medieval England at the heart of village life'. A grand building which over the years has had a very varied usage. We will be met by National Trust guides who will give us an introduction to the fascinating history of this iconic building. After which you can explore the Guildhall and the surrounding village at your leisure. The whole village is picture postcard pretty and a delight to wander round.



so there is plenty to see and do.

In the afternoon we will head for Bury St Edmunds arriving in time for you to find lunch at one of the many cafes and inns. There is lots to explore in the medieval streets and Georgian squares. The ruins of the Abbey are in the stunning Abbey Gardens. In Medieval times, the Abbey was one of the richest, largest, and most powerful Benedictine monasteries. The beautiful gardens are set in 14 acres. Nearby is St Edmundsbury Cathedral

We are expecting to leave Bury St Edmunds at 16.30 arriving Stamford 18.00

✂.....

Name(s) please give name of each passenger you are booking for

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Phone no..... Email

I wantplace/s at £41 and place/s at £30 for NT Member/s.

I/We enclose a cheque payable to Stamford u3a or a direct credit will be made to Stamford u3a's account no. 00655135 at Lloyds Bank, Sort Code 30-98-02, stating name and reference Laven (e.g. Roland would use HigginsLaven), or contactless card payment at meetings.

Please pick up at: ☐ Stamford Bus Station (08.00) ☐ The Danish Invader (08.15)

Please email your booking or return this section to Roland at the address above, or at a Monthly Meeting. Payment by 9th September 2026 (u3a Monthly Meeting – Monday 7th September)