

Of Highbridge
u3a learn,
laugh,
live



U3A of Highbridge Magazine

Registered Charity No: 1184925

Website: www.u3ahighbridge.org.uk

Issue 144

Sep/Oct 2026

[Your Committee](#)

<u>Position</u>	<u>Name</u>	<u>Tel</u>
Chair	Adele Stevens	07486 909687
Deputy Chair	Allen Owen	01278 784500
Secretary	Janet Preddy	07870 532257
Assistant Secretary	Alison Ridley	07707 146775
Treasurer	Carol Marriott	01278 795773
Membership Secretary	Nina Richards	07711 560353
Assistant Membership Secretary	Neil Scott	07702 290471
Group & Events Coordinator	Denise Godby	01278 238526
Committee Member	Diane Scott	07484 869011
Committee Member	Dawn Porter	01278 325225
Committee Member	Christine Owen	01278 784500

[Other non-committee roles](#)

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Welfare and Greeting New Members	Janet Preddy Dawn Porter	07870 532257 01278 325225

Magazine Editors	Darryl & Linda Knight-Rees <u>Phone:</u> 07751 565705 / 07708 344530 <u>Email:</u> magazine@u3ahighbridge.org.uk
Next Magazine Deadline:	<u>Monday October 19th 2026 at 3pm</u>

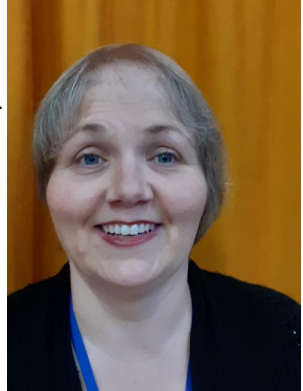
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Note: In accordance with the requirements of the General Data Protection Regulation 2018, information relating to all of the U3A of Highbridge's members will be held on a computerised database and will be used solely for the U3A of Highbridge's business and communications.

Chair's Message

Hello everyone,

Firstly, I would like to say a huge thank you to our amazing committee for holding the fort while I was recovering from my operation. Your hard work, support and dedication have been very much appreciated, and it's wonderful to know everything was in such safe hands.



It has also been great to see so many of you attending and enjoying the different groups and activities outside of our regular coffee mornings. Seeing people getting involved, trying something different and enjoying each other's company is exactly what our group is all about.

I hope everyone has managed to survive the recent heat! After all those hot days, I think many of us will be glad to welcome some cooler weather — and perhaps even a little rain. Although, knowing our British weather, we may soon be wishing for the sunshine back!

And dare I mention it... there are only 115 days to Christmas! 🎄 It hardly seems possible, but it will be here before we know it.

As we head into September and October, I hope you all continue to enjoy the activities, friendship and laughter that make our group so special.

Take care and enjoy the beginning of autumn.

Bye for now
Adele

Club and Group News

Days Out

The September day out will be to Tewkesbury on 24th September.
Cost is £22.00 per person.



The October day out is to Oakham Treasures followed by Clevedon on 22nd October. The cost is £27.00 per person.



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SOMETHING
AMAZING

WEDNESDAY
23RD SEPTEMBER

10AM – 12PM
(WITHIN U3A)

COME ALONG
FOR A DELICIOUS
MORNING AND HELP
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TO HAVE A STALL PLEASE CONTACT
ADELE 07486909687

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THANK YOU!



Message from Kim Chatwin

I am a co-founder & co-run Rescued Recycled Reused's The Clothing Circle, a voluntary group that was set up 3 years ago. We also run alongside our local village agents, micro providers and social services.

We have a Facebook page that anyone can become a member of. Search for "Rescued Recycled Reused Burnham" in Facebook to find the group. Alternatively enter the following address in your browser:

<https://www.facebook.com/groups/811443920623156>

We offer free clothes for all the family for everyone in Burnham & Highbridge and surrounding communities.

No money is needed, anyone working or non working can pop by have a browse and take what they need.

Some people and students come in to take things to upcycle or remake into new things.

There is, almost weekly new clothing, some still with labels. Various ages and sizes including some shoes.

Having come from retail charity background we understand the quality and cleanliness of what is to be offered to the public, therefore only put out what is deemed to be good condition wearable items.

Items are changed regularly.

Our ethos is to save from landfill and help our communities.

We operate from The Apex Park managers building (on car park)

every Wednesday 4pm to 6pm and at St Andrews Church Hall (opposite the Manor Gardens building), Burnham every Thursday 7pm to 9pm.

Parking is available at both sites.

We take clothing donations at St Andrews Church Hall only.

Any closures for any week are always announced on the Facebook page.

The other group we run is a monthly support group for anyone with asthma and/or any lung disease. People are welcome to also bring along their spouses, friends or carers.

This is a friendly social group that also has a guest speaker every month.

Sessions are held at Rosewood Communal Hall (adjacent to Quantock Close), Burnham on the last Tuesday of the month from 10am to 12/12.30pm.

Kim

**From Darryl Knight-Rees, webmaster for the U3A of
Highbridge website**

The U3A of Highbridge website now includes ALL magazines ever created on the Magazines page (<https://www.u3ahighbridge.org.uk/magazine>). This excludes issues 1, 2 and 3 as these were simple A4 sheets and not full magazines. Head over to the website to view magazines going back to September 2000.

Thanks to Fay Burston for supplying hard copies of all the old magazines.

Members Contributions

Donkey Sanctuary

We had a fabulous day at the Donkey sanctuary and seaton.

We found it great fun to try and climb onto a stone donkey

Age is just a number- fun has no expiry date! Adele







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glennysappliancerepair@gmail.com

I live in Burnham and cover from Weston to Bridgwater and to Cheddar area. I have never received anything lower than a 5* review on Google.

Group Activities

Monday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
1 st , 3 rd & 5 th (excluding bank holidays)	2.00 to 4.00	Board Games	S.H.	Peter Manning Chris Murphy	07976 408843 07947 203046

Tuesday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
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Wednesday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
Every	10.00 to 12.00	Coffee Morning	C.H.	N/A	N/A
2 nd	12.00 onward	Luncheons	Varies	Adele Stevens	07486 909687

Thursday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
Every	2.00 to 4.00	Social Afternoon	C.H.	Janet Preddy Adele Stevens	07870 532257 07486 909687
Last	Varies	Classic Car Appreciation	Varies	Malcolm Manser	07932 734473

Group Activities

Friday

<u>Week</u>	<u>Time</u>	<u>Group</u>	<u>Venue</u>	<u>Leader</u>	<u>Tel</u>
1 st & 3 rd	1.30 to 3.00	Skittles	C.A.	Self-Regulating	01278 238526
1 st & 2 nd & 3 rd & 4 th	10.00 onward	Strollers	Varies	Self-Regulating	01278 238526
5 th	10.00 onward	Somerset Churches	Varies	Keith Kick	07715 676047

Occasional

<u>Weekdays</u>	<u>Activity</u>	<u>Contact</u>	<u>Tel</u>
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Changes since last issue are highlighted in yellow.

Legend

S.H. Southwell House	C.A. Coopers Arms
P.H. Private House	C.H. Community Hall (Room Number)

Should you wish to join a Group please first contact its Leader.

Pam Ayres poem from Dawn Porter

Oh I wish I'd looked after me teeth

Author: Pam Ayres

Oh, I wish I'd looked after me teeth, And spotted the dangers
beneath

All the toffees I chewed, And the sweet sticky food.

Oh, I wish I'd looked after me teeth.

I wish I'd been that much more willin' When I had more tooth there
than fillin'

To give up gobstoppers, From respect to me choppers,
And to buy something else with me shillin'.

When I think of the lollies I licked And the liquorice allsorts I picked,
Sherbet dabs, big and little, All that hard peanut brittle,
My conscience gets horribly pricked.

My mother, she told me no end,

'If you got a tooth, you got a friend.' I was young then, and careless
My toothbrush was hairless

I never had much time to spend.

Oh I showed them the toothpaste all right,

I flashed it about late at night, But up-and-down brushin' And pokin'
and fussin'

Didn't seem worth the time - I could bite!

If I'd nown I was paving the way To cavities, caps and decay,

The murder of fillin's, Injections and drillin's,

I'd have thrown all me sherbet away.

So I lie in the old dentist's chair, And I gaze up his nose in despair, And
his drill it do whine In these molars of mine.

'Two amalgam,' he'll say, 'for in there!

How I laughed at my mother's false teeth, As they foamed in the
waters beneath.

But now comes the reckonin' It's methey are beckonin'

Oh, I wish I'd looked after me teeth.

“Days Out” - Windsor Castle



Today was Windsor day, our June coach trip to the richest town in the UK, a town which boasts some 250 multi-millionaires living in and around the immediate area, a town where Elton John has lived for the past 50 years!

It was the 25th of June, which turned out to be the hottest June day on record for our area, but for those of us who decided to brave the heat, it turned out not to be that bad.

The coach had air conditioning, so it wasn't until we got off it in Windsor, that we became fully aware of the temperature, but no matter, as off the coach and straight onto a boat for a forty minute river cruise along the Thames. With the canopy fitted above the deck, and open sides to the boat, it allowed a good breeze to circulate, so it turned out to be comparatively cool.

Then, afterwards, we found a restaurant for lunch, followed by a visit to Waterstones book shop and then later on, a cafe for a cup of coffee, and as they all had air conditioning, it helped to keep our body temperature down to a somewhat acceptable level.

While on the boat sailing up the Thames, I couldn't help but notice most of the trees were bent over at 45 deg. "It's the wind sir" was the skipper's response, this, after I had posed the question to him.



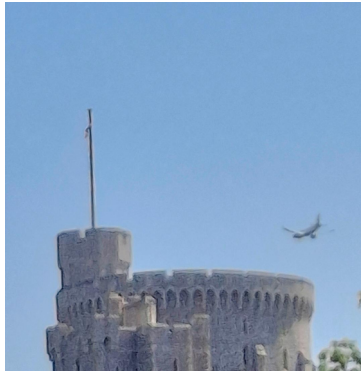
Royalty? mmmm not so sure about the fella at the back though!



Seeing these two swimming in the Thames reminded me that only a few years ago, it was recorded that living under the water were Tope

sharks. They grow to six feet long and live for 50 years. Although most of them are found near the Thames estuary, maybe some do swim up river just out of curiosity? It is said that they are harmless to humans, but, even so?

The town of Windsor itself is obviously dominated by the castle, which is situated right in the centre of it. A beautiful castle, it is the oldest and largest inhabited castle in the world. But what I can't understand is, why they would want to build it so close to an airport? The planes fly right over the top of it, one every 60 seconds, with their wheels down, making their final approach for landing.



A couple of people from our group did attempt "The Long Walk" It's the 2.6 mile road up to the castles main entrance, quite often seen on the television. The last part of it must be the hardest, as it culminates in a bit of a steep climb up to the main entrance. I couldn't help but wonder if this is what they mean by a "Royal Ascent"?

Soon it was lunchtime, John and I found what looked like a nice quiet pub, that was, until we actually got inside. There were half a dozen middle aged ladies, making so much noise that we could hardly hear ourselves speak. They had obviously been drinking heavily, but they

seemed very happy and contented. Out of interest, we asked the barman who they were, and he told us that they were just some merry wives, whom he thought might be local, but he wasn't sure.

The castle itself was founded by William the Conqueror in the 11th century, and has been the home of some 40 monarchs throughout its history. When William built the castle, he made all the English lords throughout the country get rid of the water surrounding their own castles, so they were all demoted.

Today, there are 150 people who live full time in the castle. Even a dog has its own room there, he's an alsatian, who guards the entrance to the castle. His name is Rolex and he is the watchdog.

Another unusual fact is that the castle has almost 450 clocks within its 1,000 rooms. In 1916, the first year when British Summer Time came into existence, the castle's official time keeper was summoned by George V and informed that all the clocks now had to go back. The time keeper panicked at this point and resigned soon after, because he just couldn't remember where they had all come from! (I actually heard that on Snapchat, no, I tell a lie, thinking about it, it wasn't Snapchat, it was TikTok.



One view of the castle's interior

In those 1,000 rooms, there are 300 fireplaces, “Home is where the hearth is” springs to mind, (er- have I got that right?)

The name of the royal family was, until 1917 “*Saxe-Coburg-Gotha*” The name comes from a German dynasty. During World War I, the anti-German public sentiment in the UK was growing stronger by the day, so George V changed the name of the royal household on the 17th July 1917. The family name then became Windsor.

During world war two, when Hitler was planning his takeover of Britain he decided that he would keep Windsor Castle as one of his homes, so consequently, Windsor Castle and the town were never targeted by German bombers. Even so, for safety reasons, throughout the war, both princesses Elizabeth and Margaret slept in the castle's dungeons.



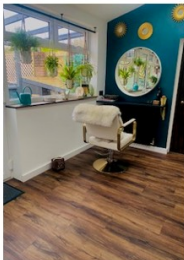
'Ladies in Waiting' - (No! not for the loo, but for the boat trip)

All too soon it was time to head back to the coach for our journey home. But before we did, many of us bought an ice cream from one of the many vendors in the town. I even bought one for myself, because it took me back to a time when I worked in the ice cream industry.

This was a few years ago now, and as much as I enjoyed it, I had to leave because, as hard as I tried, I just wasn't able to work on Sundaes!

So, along with those members who had cancelled their trip because of the hot weather, plus those that would definitely return for a second visit, I'm sure we must already have almost a coach full, for next year, so check out our notice board for further information – and once again, our thanks go to Denise for arranging yet another great “days out” trip!

Barry



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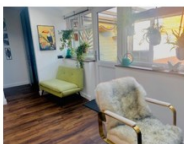
Please call, message or WHATS App - Mel

07784832640

Email

westneybarber@gmail.com

Find me on 



This is a story of four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Everybody got angry about that because it was Somebody's job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

What have you left undone today?



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Burnham Mobile Foot Health Clinic

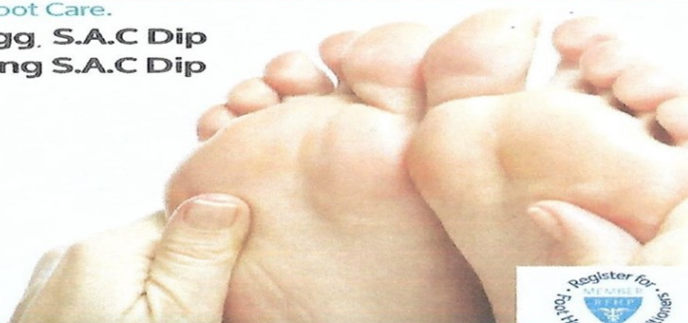
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Lydia Bragg, S.A.C Dip

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Contact Andrea on

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Calendar

<u>Date(s)</u>	<u>Details</u>	<u>Cost</u>
2026		
23rd Sep	MacMillan Coffee Morning Highbridge Community Hall 10am to 12 noon	N/A
24th Sep	Day Out: Tewkesbury	£22.00
22nd Oct	Day Out: Oakham Treasures & Clevedon	£27.00
28th Oct	Halloween Raffle & Rail Highbridge Community Hall 10am to 12 noon	N/A



Cheques to cover payments for all "Away Days", Theatre trips and Holidays must be made payable to "U3A of Highbridge"

Please also add your name, address and phone number on the reverse of the cheque, this: -

a) helps to identify you on the passenger list, and

b) If a trip is cancelled you can be notified quickly.