

LEARN, LAUGH, LIVE

September 2025

FROM THE CHAIR

September already! Where did the year go? But here we are, the start of the post-summer session; and what a summer it was, although the rain over the last few weeks seems to have made that a distant memory.

However, with the children back to school and grandparents released to do their own thing, I am looking forward to the groups picking up momentum.

We still have several groups hanging on by their fingertips because of a lack of someone to become the point of contact [or leader]. Within the committee, there is plenty of support for anyone prepared to fulfil this vital role, because without a leader/coordinator, call

it what you will, there can be no group. Often, we find members with the same interest but, without someone to take the lead, the group never materialises. People then get disgruntled, say there is nothing for them and leave, which is not what we are about and something that I do not want to happen.

In the immediate aftermath of the passing of Eric Midwinter, one of our founders, it is perhaps time to reflect on his comment that, *'the u3a is not here to serve you and every member should expect to play a role'*. On that theme thank you to those of you who run groups, but have you got somebody who could step into the breach if you were unable, for any reason, to carry on? A deputy, if you will. This person might even take on Beacon as part of the group admin, as I know some of you are a trifle reluctant? I must admit that I could not see how it would help me in running trips, but the ease with which I can now communicate with people has saved me a considerable amount of time. I'm a convert! I would urge people to try it.

In the meantime, I hope to see you at the monthly meetings and let's get these potential groups up and running and more of you engaging with the Beacon system.

Our Website:

<https://bognorregis.u3asite.uk/>

Beacon:

<https://u3abeacon.org.uk/u3aportal.php?>

Contact us:

<https://bognorregis.u3asite.uk/the-committee/>

"Everyone in u3a should be an involved member, not a customer being served."

Eric Midwinter, u3a Founder

MONTHLY MEETINGS

Our next monthly meeting will be on October 23rd, when Rob Goldsmith will be taking us on a "Journey to the Titanic".

In November, Paul Ullson will be giving a talk on "The Bronze Age and Iron Age".

Doors open at 10am for a 10.30am start. Please remember to bring your own mug for tea and coffee!

FLOWER ARRANGERS

We meet monthly on the fourth Wednesday of the month, and we're open to new members. A recent project was to use wires, beads and grasses to enhance 3 roses.

Dee Hasted



CYCLING GROUP

For Bognor Regis u3a's Friday Cycling Group, going for bike rides has given them a new lease of life. The group, formed in 2019 by Bob Reddie and Carol Anderson, has been meeting for weekly cycle rides, even through Covid.

At 96, Bob is the oldest group leader in Bognor Regis u3a, and even now takes his turn to lead the 19-strong members on their chosen routes.



Bob was a keen cyclist when young and took it up again in his retirement. When he was 92, he developed a serious illness, which left him with a balance problem, making him too nervous to ride a bike – a tragedy for a lifelong cycling enthusiast like Bob. But he was not to be beaten. He bought himself an electric-assisted tricycle and hasn't looked back since.

In fact the whole group, with two exceptions, ride electric-assisted bikes. Some would say this is not really cycling at all, but the group disagrees. Electric assist is invaluable but you still have to pedal – and it enables the group to explore further afield. Recently Bob led them on a twenty-eight mile ride to West Dean Gardens.

Gentle exercise, fresh air and good company equals a healthy old age. So, whether you're biking or triking, the answer for this group is keep cycling!!

- Val Henke

SUPPER CLUB

Our very popular Supper Club meets monthly, mainly on a Thursday. We don't have a set week or venue as, with so many of us, we have to fit in with restaurants' availability to accommodate us.

We are open to all u3a members and future meetings will be advertised in the Weekly Bulletin or as an Event on the Website.

Photos are from our visit to 'The Menu' in Littlehampton – our second visit, and delicious food! – *Dee Hasted*



WALKING GROUP

We meet on the first Monday and third Wednesday of every month, starting at 10 a.m. and finishing around 1 p.m. – always with a snack break, and often with a lunch option at the end of the walk.

Being close to the South Downs National Park and coast we have a variety of walks varying from coastal to countryside, which at times can be undulating. Often these walks have wonderful elevated views of the coast with the Isle of Wight, Portsmouth and Chichester Harbour in the west, through to Littlehampton and further in the east.

We have enjoyed some interesting and varied walks this year, including a bright, warm day

in Bosham via the ferry from West Itchenor. As it was low tide we were then able to walk across the causeway into Bosham for our coffee and snack break.

We've also been to Kingley Vale, West Wittering, Barnham church via the old canal from Flansham, and many other lovely walks around our beautiful area.

Do join us! More details on the website.

– *Karen McCreedy*



CAMERA CLUB

After our short summer break, we are ready to meet again at Bersted Jubilee Hall on the 1st Thursday of the month. We are looking forward to sharing images taken on location during our 'out' meeting in the previous month. In July we met at the Hannah Peschar Sculpture Garden at Ockley, where many contemporary sculptures are carefully sited within the extensive landscaped garden. The lush wild gardens offered a calm and tranquil escape from our usual routines and, as always, gave us an excuse to take as many images as we wanted without being hurried. With all levels of expertise, it is always interesting to see members' different images, often of the same object or vista.

In the coming months we will hear tips and advice from an expert, and hold our third print mini-competition with the theme of Candid/People. We are a very friendly and inclusive group, and we have plenty of chairs and tea and coffee to welcome more members who have an interest in photography.

– Margaret Minty



GARDENING SWAP SHOP

I lead the Gardening Swap Shop group, which meets once a month in my house. We bring spare cuttings, seeds, gardening magazines and anything else that might be useful to a group of ladies who like to put the world to rights over a cup of tea and biscuits, and then talk about gardening.

We look at each other's gardens in the spring and summer, sharing ideas and marvelling at what amateur gardeners can achieve. Although we are a closed group, having limited our numbers to 8, I would urge anyone who might be interested to organise a group of their own. It is so rewarding meeting new people, sharing ideas and making good friends in the process.

Kathryn Pearce

TWO COUPLES IN SEARCH OF A COMMUNITY

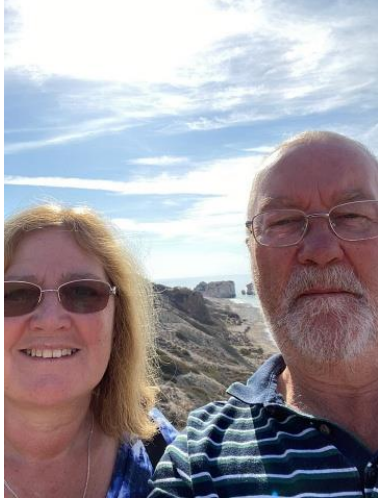
When Liz and James moved to Bognor Regis two years ago, they felt they had found their ideal place to retire. Bognor Regis seemed to tick lots of their home-hunting boxes. They loved the quirky little town with its friendly vibe, but they knew no one.

So they looked at ways to make new friends to share and enjoy their newfound retirement. Bognor Regis is packed full of groups and societies, but which would best suit their needs and help them to become part of their community? Some dear friends, who seemed to enjoy a full and active retirement, were longstanding members of Brecon u3a. They suggested Liz and James join their local u3a.



Liz and James joined Bognor Regis u3a in May 2025. They now play Rummikub regularly and have joined the u3a quiz team. So far, they have attended one of the general monthly meetings, and found the talk informative. Liz and James's experience of Bognor Regis u3a and the groups they have joined has been friendly and welcoming.

Wendy and Terry have lived in the area for 47 years. Recently retired, they were looking forward to enjoying a social life with other couples. Unfortunately, most of their friends are still working with limited free time. They decided they needed to join an organisation of like-minded people. On the recommendation of a friend who has been a member for many years, they joined Bognor Regis u3a.



As keen dog lovers (they have five in the household at times) Wendy and Terry felt the Walking With Dogs group was a good place to start. They took their enthusiastic labrador, Buddy, along to West Park and were immediately welcomed by the group.

Now all the dogs have formed a friendly pack and happily play and walk together. After a gentle stroll, dogs and owners settle down at the dog-friendly cafe in the park. Owners 'put the world to rights' and swap doggy tales over a coffee, while the dogs enjoy lots of fuss and treats.

One of the group, Chris, also runs the u3a Gym and Swim group, which Wendy and Terry both joined. They find the exercises useful and enjoyable and even continue doing them at home.

Liz and James, Wendy and Terry look forward to joining more groups and helping with the organisation of Bognor Regis u3a. Wendy and Terry have volunteered as 'Meeters and Greeters' helping at the monthly meetings by befriending new and potential members.

This is the tale of two couples, both seeking to be part of a friendly community to share common interests and have fun exploring new ones with like minded people. For these couples and many others Bognor Regis u3a is that community.

Val Henke

PLAY READING GROUPS

West Bognor group meets at the Quaker Meeting House, every second Wednesday of the month.

Parts are allocated by Group Leader Geoff, ensuring each member gets to read a major role and a minor part.

So far, we've selected comedies, with two plays per meeting, ensuring lots of laughs during the two hours we're together.

The same procedure and every Play is repeated the following Wednesday for the East (Felpham) Play Reading Group.



WEST Bognor Play Reading group, minus one absentee and Geoffrey Erbes taking the picture.

– Geoffrey Erbes

CYBER CRIME

Top Tips

Following September's talk by Sussex Police on Cyber Security, you may find the following points to be a useful reminder:

- 1. Passwords** should be
 - Strong
 - At least 12 characters
 - Unique to each site you use
- 2. Updates and Apps** – update as soon as possible, use anti-virus software, and **DON'T** use old systems that are no longer supported
- 3. Back-ups** – Back-up your data regularly on to a removable hard drive or USB stick
- 4. Phishing** – Never assume incoming emails are genuine, and remember that phone numbers can be 'spoofed'. **Never give out any sensitive information to incoming callers.**
- 5. Privacy** – Regularly check the privacy settings on your Social Media accounts, and be careful what you post. Don't advertise that you're going away on holiday!
- 6. Wi-fi** – Be cautious when using public wi-fi systems. Don't log into your bank from a public wi-fi system!
- 7. Secure your devices** – ensure they are password or PIN protected, and keep them 'locked' when not in use.
- 8. Credit Cards** – use a credit card for all your online transactions for added protection
- 9. QR Codes** – Check before scanning to make sure they look genuine. Have they been tampered with? Can you make the transaction without using the QR code?
- 10. Incoming messages** – Be wary of ALL incoming messages, including voice calls, SMS texts, emails and social media messages, even from people you know, or email addresses you recognise. Remember accounts can be hacked and 'spoofed'. Never assume, never believe, always confirm.
- 11. Never share your passwords!** Financial institutions, HMRC, DVLA, the NHS, other Government bodies and the Police with NEVER ask for your PIN, your passwords, your

Action Fraud
customer channels

ActionFraud
National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk



Social Media
Help and advice.
How to protect against fraud.
News and alerts.
Real time fraud intelligence.



0300 123 2040
Report fraud and cyber crime.
Help, support and advice.

Report 24/7 & Web Chat

www.actionfraud.police.uk
Secure online reporting.
News and Alerts.
Advice on avoiding the latest scams.

24/7 live cyber

Specialist line for business, charities or organisations
suffering live cyber attacks

personal/financial details. Any requests you get that claim to be from such organisations **WILL BE A SCAM!**

12. Don't be rushed. Question everything, seek advice, never assume, never believe, ALWAYS CONFIRM.

THURSDAY GARDEN GROUP

On Thursday 14th August the members of BR Thursday Garden Group, went to Apuldram Roses near Dell Quay. We were welcomed by Elizabeth Sawday, who owns the gardens. She gave us a very interesting talk about the different types of roses they cultivate and sell, and also gave us guidance on how to care for roses:

1. Spraying to combat black spot, mildew and rust;
2. Regular feeding through out the year to keep roses healthy; and
3. Deadheading, which should be done throughout the summer season.

After a break for tea/coffee and delicious cake, we were free to wander amongst the roses. Elizabeth was on hand to advise us on the type of roses to buy for different locations in our gardens.

If you haven't ever visited Apuldram Roses, it is well worth a visit. There is a small shack selling refreshments and a seating area. And you are bound to see or hear Elvis the cockerel!

Celia Janering

