



Basingstoke – Old Basing

NEWS EDIT

October 2026



Welcome to Octobers News Edit

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A word from the Chair...

Welcome to October's News Edit



The Monthly Meeting on 18th September

This was one of the highlights of the month for me, my first as Chair.

I made a short presentation about important considerations for our u3a

- How your Committee are putting “Every u3a Member Matters” into practice
- Vacant positions the Committee is looking to fill.
 - New Member Co-Ordinator
 - Committee Meeting Minute Taker
 - Beacon Manager
 - Assistant Treasurer
 - If you are interested in any of these roles, please email me at chair@basingstokeu3a.org
- I also gave a big thank you to:
 - Our amazing Group Leaders
 - All 1000 of you that have renewed your membership
 - Those of you who recommended our u3a to our new members

This was followed by a presentation by Basingstoke's MP, Luke Murphy. I was delighted that he had found time in his busy schedule to talk to us. Please see later on for more details.

Renewals

Renewals are now in full swing, as we enter a new membership year. Thank you so much to the 1000+ people who have already renewed.

We would appreciate it if you would renew as soon as you can. This means less work for our overstretched Membership Secretary, Anne, ably assisted by our volunteer Jean. It also helps your Committee with planning to give you an even better experience this year.

Renewals Workshop

On 8th September, 25 members attended the Renewals Workshop, where members who needed some support to renew via the Portal got help to do so. Andy, Arthur and Ken from the Computer Group plus several of the Committee members were on hand.

We are going to hold a second Renewals Workshop on 8th October in Hatch Warren Community Centre from 9.30 to 12.00. If you would like to attend this, please email membership2@basingstokeu3a.org

Joining Groups

The main way that members join groups is via the Members Portal. If you see that a group is full that you would like to join, it is in your best interest to click to join the waiting list for the group, so that we can see the real demand for the group and help us to decide if we need to split the group.

So PLEASE, PLEASE click to join!

New Members

Welcome to the new members, who have joined, since 1st August 2026. I hope you are making the most of the welcome email I sent you, with a link to the Welcome Pack and instructions on how to register for the Members Portal.

We are now building on that with more ongoing communication with you and 2 New Members meetings, one on 4th November 2026 and one on 5th May 2027. We are now emailing new members who have not yet joined any groups to see how we can help you find and join the groups you are interested in and answer any queries you may have.

Richard Field, Chair.

Cinema Club

Basingstoke u3a Rolls Out the Red Carpet for the Cinema Club



The brand new Basingstoke u3a group kicked off its cinematic journey with more enthusiasm than a popcorn machine at full blast, drawing in 22 eager film buffs — and possibly a few who just wanted an excuse to escape the chores. Their debut screening was the "The Runner," starring Owen Wilson, which proved to be a perfect cocktail of comedy, drama, and plot twists you never saw coming — much like trying to find your glasses when they're on your head.

The afternoon was not just about the movies; it was a golden opportunity for members to bond over shared laughter, gasp at unexpected turns, and debate whether so many people needed to die to save one child. 'oops, With such a fantastic start, Basingstoke u3a is already dreaming up more events that'll bring us together, one film reel at a time — proving that even in retirement, life's still a blockbuster!

15th of October brings the topic of social media into play, something we are all trying to get our heads around. [The Social Reckoning \(2026\) - IMDb](#) So we hope to see you there.

Carol, Group Leader

Group Taster Sessions

Who can attend?

Non-members may attend up to three different taster sessions before deciding whether to join our u3a. Many choose to become members afterwards.

Current members may also request a taster session with any group they are considering joining.

Please arrange your visit in advance

Members, non-members and friends should not simply turn up at a group. The Group Leader needs advance notice so they can confirm that the group is meeting and prepare to welcome visitors without disrupting the session.

How to book a taster session

If you, a friend or a potential member would like to attend a taster session, please email me at groups@basingsstokeu3a.org and I will contact the Group Leader and arrange the visit.

Kind regards, Janet Field, Group Facilitator.

Congratulations...

...are in order for one of our u3a members, Andy Shaw.

"We are back from the World Triathlon Championships - Andy came 17th for GB and was the 4th Brit home - 60 competitors, from all over the world, in total for his race!!

Not bad for a local u3a member!! " said Toni.





This month we were joined by members of the BUPA dental practice in Old Basing. They outlined how to maintain a healthy mouth and the systemic health issues that often show symptoms in your mouth or are contributed to by poor oral healthcare.

We covered mouth cancer and issues with the tongue along with the more traditional tooth and gum disease issues. What was interesting was how dental practises have changed over the years and advice from the past, is now contradicted. Key things I took from the talk:

- Avoid scrubbing. With a manual toothbrush use a soft bristle brush and go in circular motions. For an electric toothbrush the only movement is to move from one tooth to another. Any other movements could cause gum damage.
- Your teeth soften after eating due to the acid. You should not brush your teeth within 30 minutes of eating as you could brush away enamel.
- Your tongue contains a great deal of bacteria. It is important to brush it (despite retching) or use a tongue scrapper. This is important to get rid of as much bacteria as possible that builds plaque.
- Any whitening toothpaste is just a marketing ploy. Whitening toothpastes just lighten some stains. To whiten teeth, you need a bleach that is 10 or 16% strength, and you can only get this on prescription. Do not buy teeth bleach on the internet.
- Corsodyl toothpaste, although not a minty taste, is the best for helping bleeding gums.
- Try not to rinse your teeth after brushing. The idea is to keep the fluoride of the toothpaste on your teeth for as long as possible. If you like rinsing, do after your floss and before you brush.
- There is no right or wrong order to floss and brush. The interdental brushes are best as they reduce plaque not just get rid of food matter. Be careful to get the right size so you don't damage the gums and do not saw between teeth.
- Mouth washes are good for freshening up, but no medical evidence that they are as good as flossing.
- Please check your mouth for cancer and if you see any changes in colour or have lumps and bumps, or ulcers that don't go away within 3 weeks, please contact your dental practitioner or a doctor.
- Remember the bacteria that is in your mouth can spread in the bloodstream and has been found in arteries causing cardiovascular issues. Oral health is important.

Next month we will be looking at foot health.

Author:

Elaine Budd - Group Leader

New Members

... would you like to meet your fellow new members and quiz the Committee?

As part of the survey last year, we received feedback that people joining the Basingstoke u3a want the opportunity to meet other new members and to ask the Committee questions.

At the same time, the Committee are keen to learn your experiences to enable us to continually improve our u3a.

The **New Members** meetings allow us to fulfil those requirements and the next meeting will be on the **4th November** between 2:00 – 4:00pm with a second meeting in May 2027.

Everyone who has joined since 1st April 2026 will shortly be receiving an invitation with more information. We do hope you will be able to join us.

New Members co-ordinator.

Being an MP by Luke Murphy

On 18th September 2026, Luke Murphy, the MP for Basingstoke, came to our Monthly Meeting to talk about his life as an MP, having become one in July 2024. We were delighted that he managed to find time to talk to us, in the light of his busy schedule.

I would like to thank Alastair Sim for managing to book him and for Alastair, Mary and Carol for helping the meeting go so smoothly for my first Monthly Meeting as Chair.

Luke talked from his notes, without any presentation, for about 20 minutes.

He then took questions from the audience. There was a wide-ranging set of questions from what he did prior to becoming an MP to NHS plans in Basingstoke. The questions lasted for over an hour and could have lasted longer, but he had to go to his next meeting.

He covered the following topics in his presentation:

- Winning the seat
- What happened next
 - Induction
 - Security
- Building the team
 - Getting an office
 - Recruiting case workers
- Delivering his maiden speech
- A day in the life
 - Being on parliamentary committees (Treasury review; Environment and Net Zero)
 - Case work
 - Bringing local groups together to discuss issues (e.g. special needs education, GP access)



Richard Field

Monthly Meetings & Speakers

Our monthly gatherings offer a welcoming opportunity to catch up with friends, enjoy refreshments and hear engaging talks from invited speakers.

Please note dates and venues may change.

Format (unless otherwise indicated) 2nd Wednesday of each month

- **13:30 – 14:00** – Tea, coffee biscuits and time to chat
- **14:00 – 15:00** – Welcome and guest speaker presentation
- **15:00 onwards** – Questions & answers followed by refreshments

14 October 2026

Speaker: Martin Heath – Climate change.

Martin went from being a self-confessed carbon footprint culprit, to an avid campaigner when it comes to combatting climate change. This talk is particularly timely, when, during this past year, we have experienced unprecedented high temperatures and the effects this had on all of us.

Martin is local to Basingstoke and after retiring began to take a keen interest in global warming.

We look forward to welcoming Martin and to hear his first-hand experience, of hopefully, where he believes we are currently with climate change and what we can still do to slow this down for future generations.

Venue: Popley Fields Community Centre at Carpenters Down, RG24 9AE

11 November 2026 – Wednesday

Speaker: Iestyn Edwards – My tutu went AWOL

Venue: Popley Fields Community Centre at Carpenters Down, RG24 9AE

9 December 2026 - Wednesday

Christmas Party – A festive, seasonal event for everyone. Time: 13:30 – 16:00

Venue: Popley Fields Community Centre at Carpenters Down, RG24 9AE

13 January 2027 – Wednesday

Speaker: To be announced

Venue: Popley Fields Community Centre at Carpenters Down, RG24 9AE

10 February 2027 – Wednesday

Speaker: Jools Lloyd – Art of Surveillance

Venue: Popley Fields Community Centre at Carpenters Down, RG24 9AE

10 March 2027 – Wednesday

Speaker: Bobby Darbyshire – A Beginning, a Muddle and an End

Venue: Popley Fields Community Centre at Carpenters Down, RG24 9AE

14 April 2027 – Wednesday

Speaker: Peter Smith - What's in a Name? Weeds, Worts, Fairies, Fables & Folklore

Venue: Popley Fields Community Centre

Q&A - Getting to Know Your u3a Committee



Meet Richard Field your u3a Chair.

Q: Tell us a little about yourself?

A: I am married to the amazing Janet, who is our Groups Facilitator. I have 2 children, one of each and 4 gorgeous grandsons, aged 4 to 10. I grew up with a cat for 17 years and we had 2 West Highland Terriers for 32 years, so I can say that I love cats and dogs.

Q: How about your early life?

A: I was born on 19th March at our house, which was number 19, so guess what my lucky number is? I was born and grew up in Leeds in Yorkshire. When it comes to football, I have always supported Leeds United. I have even been coached by Jack Charlton, a 1966 World Cup hero, who went to successfully manage the Republic of Ireland. When it comes to cricket, I support Yorkshire.

Q: Is there an event that defines you?

A: When I was 3, it was discovered that I had a life-threatening condition, which lasted till I was 18. I have always believed in being positive, making the best of life and living life to the full. That's why I am in the u3a!

Q: Where were you educated?

A: I was quite academic at school, taking my GCs and A levels a year early. I then went to Cambridge University to study economics, where I gained a 2.1 degree.

Q: And your career?

A: I worked for 4 years as an Economist in the motor industry, forecasting vehicle sales. In the late 70s, the UK motor industry was in dire straits, so it was then I moved into IT and stayed for 40 years. In that time, other than computer operations, I performed all the roles in IT, including development, business analyst, IT consultant, project manager and line manager. Most of the time I was an IT consultant, visiting clients all over the UK, Europe and the Middle East, in order to help them get the most from their software.

Q: What are your interests?

A: I love to travel and to visit interesting geographical and historical sites. We now go on a number of cruises to help us do that. Some standout moments for me are visiting the Great Wall of China, the Grand Canyon, the Pyramids and the Vatican.

I have played Bridge for many years and I originally joined the u3a to pick up the game again. I never dreamt I would now be presenting our Bridge Improvers group!

I am a big fan of music concerts. Since I was 50, I have been delighted to see most of my musical heroes, including McCartney, the Stones, Queen, ELO, Dylan, Clapton and Tina Turner. It was a natural for me to join our Pop the Question group!

I am also very keen on sport, playing football and tennis in my younger days. Now I play walking football and golf. I also like the challenge of walking long-distance footpaths and I have walked the Wayfarers Walk and the Test Way. I am currently walking St. James Way, as, on our next cruise, we are going to visit the place in Spain, where St James is buried!

Notice Board

Swiss Member

A new member from Switzerland joined our u3a in September and would like to meet other Swiss members.

Get in Touch

If you are Swiss and would like to connect with her, please email groups@basingstokeu3a.org. I will then arrange for you to exchange contact details. Thank you Janet Field Group Facilitator

Volunteering Opportunities

Would you like to get involved or offer your skills? Please contact volunteer@basingstokeu3a.org to find out more about current opportunities and how you can help.

Recycling

Bring your empty foil blister packs to the monthly meetings for collection.

November 2026 News Edit

All members may submit contributions for possible inclusion in your monthly News Edit. Email Lyn at pr@basingstokeu3a.org before 21 October.

u3a Festive Event Donations of unwanted Christmas decorations for our Festive Event on the 9 Dec. We would be grateful for any decorations that will help make this event extra special. Please drop off at the next Monthly meeting.

Many thanks, Mary - Events Manager



Notice Board

Send your request for this Notice Board by 21 Oct. '26
Lyn at to pr@basingstokeu3a.org



Quick access to useful links

u3a Basingstoke – Old Basing.



- Members Portal: <https://u3abeacon.org.uk/u3aportal.php?u3a=19&sc=GZQO>
- Group Schedule: [Group Schedule.pdf](#)
- Next 4 week group schedule: [u3a groups 4 week grid.pdf](#)
- All Basingstoke u3a groups: <https://www.basingstokeu3a.org/groups/all-groups>
- Welcome pack for new members: <https://www.basingstokeu3a.org/welcome-pack>

Third Age Trust links

[National u3a Website](#)

The website of the national u3a movement - offering online learning, online interest groups, a blog, monthly podcast and more

[u3a Radio Podcast](#)

The u3a radio podcast, set up in 2020, showcases the amazing things happening across the movement. It's created by a team of u3a members who all have radio experience and features interviews with members, interest group leaders, Trustees, national volunteers and Subject Advisers.

[National u3a Friends Newsletter](#)

The u3a Friends newsletter shares news, learning opportunities and member stories from across the u3a movement. Signing up to the newsletter means you are up to date and in touch with all that's happening across the movement as it happens. You'll also gain exclusive access to our Friends Extra website - a range of offers, discounts and services. Each issue of the Friends Newsletter includes a link to the Friends Extra benefits website.

[Interest Groups Online](#)

Interest Groups Online (abbreviated as IGO) is an online u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home. Note that this has a separate joining fee.

[National u3a Learning](#)

A schedule of activities complimenting what is provided locally and connecting members across the UK

[World u3a](#)

Links to other u3a's worldwide

Creative Writing group – Limericks promoting the u3a

Join the Old Basing and Basingstoke u3a
To learn, laugh, socialise and play
Holiday with friends
The fun never ends
And all for 15 pence a day

By Guy Caplin

...more from different authors next month