

News Edit- October 2025

October welcomes you, relax and enjoy ...

- Message from our Chair
- New Group Facilitators
- Group news u3a
- Guest Speaker Fiona Barker
- Breaking News
- Monthly Meetings
- Membership Renewal

A Warm Welcome from Your New Chair

Hello everyone,

I'm settling in nicely as your new Chair and have enjoyed my first month getting to know the role and the Committee better. My term didn't get off to the smoothest start, as we lost our Group Facilitator. However, I'm thrilled to announce that we've found two new volunteers to share the role, which is a fantastic outcome. With double the strength, expertise, and experience, we're in an even better position than before! Please join me in extending a warm welcome to our new committee members, Natalie Larner and Janet Field.

Monthly Meeting Recap

What a great turnout we had at our last monthly meeting! It was wonderful to see 124 of you packed into the hall (yes, parking situation noted) to hear about **Cybercrime**. It was a thought provoking presentation, and it got me thinking about how we can all be a bit more careful online.

At the meeting I shared a simple trick my husband, Andy, taught me to protect my main email account from junk mail. When a shop assistant asks if you'd like a receipt emailed to you, instead of giving them your personal address, you can use a separate one just for receipts. For example, something like yourname.receipts@youremail.com or [.co.uk](mailto:yourname.receipts@youremail.co.uk). This way, you can keep all your e-receipts and the junk mail that comes with them, in one place, while keeping your main inbox clean and secure.

Looking Ahead

Sadly, I won't be able to attend our next monthly meeting, but our new Vice Chair, Cynthia Condliffe, will be there – so please give her the same warm welcome and support that you gave me.

Now get ready to dive into the latest from across our groups!

In this issue, you'll find:

- **Happy Feet**—Check out the fantastic video to see what this lively group is all about!
- Details on the next **Pop Quiz**—get your teams ready!
- A recap and photos from the recent **concert at St Mary's Church**, Old Basing.
- Tips and features from our **Health and Wellbeing Group**.
- News and creations from **Needles and Pins**.
- A lovely photo feature and commentary from the **Walking Group's** latest walk.

Happy reading!

Thank you all again and I look forward to meeting and speaking with many more of you over the coming months.

Happy Feet Slo-mo Jive group

Care to Dance?

Sharing their hobby with other people returning to or trying Modern Jive dance moves for the first time, are u3a members Christine & James Rowley.

At 64 we find there is still time to take up dancing and enjoy a fun way to exercise, use your little grey cells and socialise with other members.



Slow Mo Jive is a mix of dance styles from swing, ballroom, salsa and Latin. We are looking for couples, or dancers who are willing to lead. If you are interested contact group leader Christine Rowley on christinerowley913@btinternet.com

Each week James and Christine will demonstrate 4 choreographed basic moves, which are much easier to learn, followed by improver moves. Showing you how to link each move and dancing to music from 60's onwards.

Take a look at our video on **YouTube** to give you an idea of our classes:

<https://youtu.be/RtycqCTU-X4>

Pop the Question

Change of date for this month now

Wednesday 29 October 2pm till 4pm

Sherborne St John Village Hall

Members can join via the portal



We will be featuring our popular format of music clips and picture round: Music Clips 60's – 90's including from the charts, movies, TV and adverts.

Following feedback from the group on general knowledge questions we will be including music clips in this round together with questions on Radio 1 & 2 DJ's

Each team playing on the day will have the opportunity to challenge the presenters with their pop music questions for bonus points.

As always we have lots of audience participation, laughing and in October we have two birthdays to celebrate during our tea/coffee break.



Played in teams of four or more, bring some friends and make your own team up.

Concert in St Mary's Church, Old Basing



The Recorder Pastimes Group

On 10th July, as a change from the usual format of their meetings, the Music and Words group held a concert in St Mary's Church, Old Basing, performed by members of the group itself. Our thanks go to Jo Jarrett-Kerr who organised the event and opened the concert with a jolly rendition on the **church organ** of "Penguins' Playtime" by Nigel Ogden, followed by pieces by Eric Satie and J.S. Bach.

Next the **Recorder** Pastimes ensemble (Jo, Sheila Armstrong and Audrey Thresher) played "Bretton Suite" by Eileen Silcocks and "Trio Sonata No. 1" by James Hook.

Then we heard some music by 19th century composers including Bach ("Arioso from Cantata 156"), Mendelssohn ("War March of the Priests") and Elgar ("Salut d'Amour"), played on the **organ** by Edward Mitchell.

This was followed by three **songs** sung by David Lucas, the first of which was "And Wilt Thou leave me thus?" – a composition by David himself with words taken from a 16th century poem by Thomas Wyatt.

The concert ended with Jo playing an arrangement of "The Pink Panther" for organ by Guy Bovet. Who knew that we had such **musical talent** in our midst?!

It was a most entertaining and enjoyable event which was much appreciated by the audience.

Music and Words meetings are held on the second Thursday in each month, from 10am to midday, in the Parish Room at **St Mary's Church**, Old Basing. All u3a members are most welcome to come along for a taster session.

Diana Charnell



Needles and Pins Group

On Friday 19th September the members of **Needles and Pins** packed 40 **Christmas** shoe boxes with essential items and toys for collection by Basingstoke Deane Rotary Club.

These boxes, along with MANY others are then packed up and sent to International Rotary Clubs for distribution to **disadvantaged and displaced children**, in Moldova, Montenegro, Romania and the Ukraine (via Poland) in time for Christmas.

For the past year, together with our friends, we have been making hats, scarves, mitts, soft dolls and toys and recently collected and bought essential toiletries and stationery items.

For many of these children this will be their first ever gift. We so enjoy making and collecting for this special project that it has been an annual event for us for several years.

Sue Richards.





In September, an **amazing** story from an inspirational man. Our Health and Wellbeing group presenter was **John McCarthy** from The UK Sepsis trust. You could have heard a pin drop whilst he was talking.

John banged his leg on a railing and got a microscopic cut which he did not realise he had. Just thought he had bruised it. His condition deteriorated badly over 7 days, and he was admitted to hospital after being discharged from ED two days earlier. 3.5 months later, 18 nights of which were spent in ICU in an induced coma, and twice nearly dying, John left the hospital without his leg which was amputated above the knee.

John remembers nothing of his stay in hospital but described how his illness progressed and the impact it had on his life. He suffered post sepsis syndrome which resulted in chronic depression and has impacted cognitive skills meaning he has not been able to return to work,. He still visits hospital regularly for heart, kidney and lung issues as these were badly impacted.

The symptoms we should all look for are:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you are going to die
- S**kin mottled or discoloured

Sepsis is a killer! He feels lucky to be alive and he is amazingly positive.

His message to us was:

- Know the symptoms, so you can advocate for yourselves, as many healthcare professionals still don't recognise the symptoms.
- Don't ignore what your body is telling you
- If you get a cut, draw a circle around it, if the mottled redness spreads, seek urgent medical advice as something is wrong.

This can happen to anybody, 250,000 people in the UK are diagnosed with sepsis and over 60,000 people in the UK die every year.

John came down all the way from Stratford on Avon on the train and then drove across town on his mobility scooter, because he wants us to know what to look for and not to be victims of Sepsis.

In **October** we have a personal story about **Lymes Disease** which is growing as a problem in the UK and **Tips for Driving in Later Life**.

Hope to see you there on the 9th of October.

Walkers report

Sunday 27 July 2025 – 5.4 miles – 8 members 20° cloudy

We gathered at the Whitchurch Silk Mill to start our walk of The Test and some of the Mills. Barry planned the walk. Once a working mill was located along the River Test every half mile through the town. In the 13th century the rise of sheep farming required mills to 'finish' wool. Today all but one of the mills has been converted into private houses.



The Silk Mill is the only mill along the upper reaches of the R. Test still in productive use but even this is mainly dependant on electric power. The Mill building dates from 1800 and started producing silk soon afterwards. Its beautiful silks are used in costumes, fashions and interiors. Royalty have traditionally been amongst its many customers.

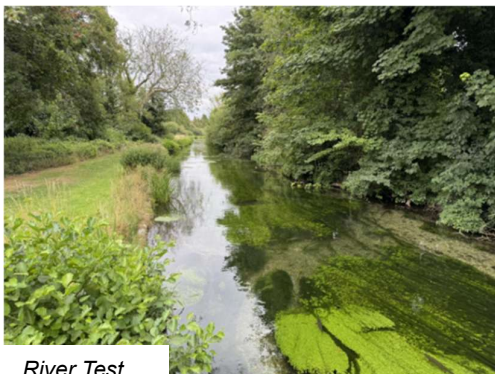
We looped around the back of the Mill heading south to pass All Hallows Anglican Church. The church and all its property were given by Henry de Blois in 1132 to St Cross Hospital in Winchester and the gift was confirmed by Richard I in 1189. Little is known about the

earlier Saxon structure because its Norman lords built a more imposing successor which is the basis of the present church.

We continued south to Fulling Mill. 'Fulling', also known as tucking or walking, is a step in woollen clothmaking which involves the cleansing of cloth (particularly wool) to eliminate oils, dirt, and other impurities and making it thicker. The worker who does the job is a fuller, tucker, or walker, all of which have become common surnames.



Photo from left: Janet, Jan, Gill, Sue, Colin, Barry, David



River Test

It was here we turned left to cross The Weir passing over the River Test. We then headed south east to Southfield Farm towards Laverstoke, turning North to Freefolk and then turning west back towards the Test and Whitchurch.

We passed near to Bere Mill. Bere Mill and its land were close to dereliction when Rupert and Elizabeth Nabarro first moved here 25 years ago. Now it has superb gardens that are open each year as part of the National Garden Scheme. We continued along The Test to come to Town Mill. A mill on this site, mentioned in the Domesday Book, was still in regular use milling corn until 1940, the last miller being Henry Lloyd. However, after the war the mill fell into disrepair eventually being purchased and adapted into a private residence in 1969.

Guest Speaker – Fiona Barker

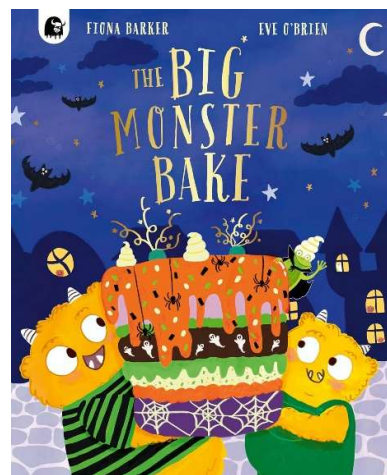
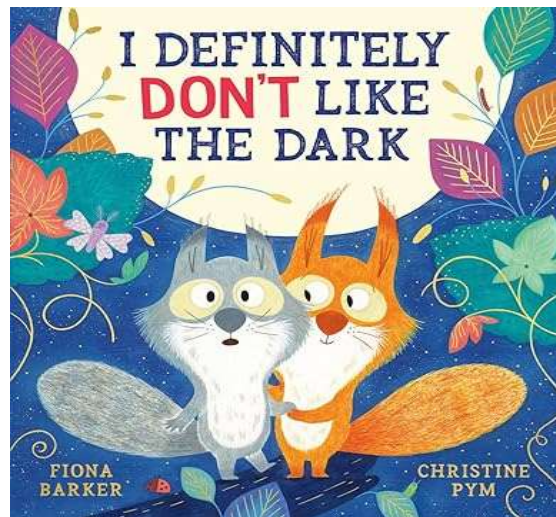
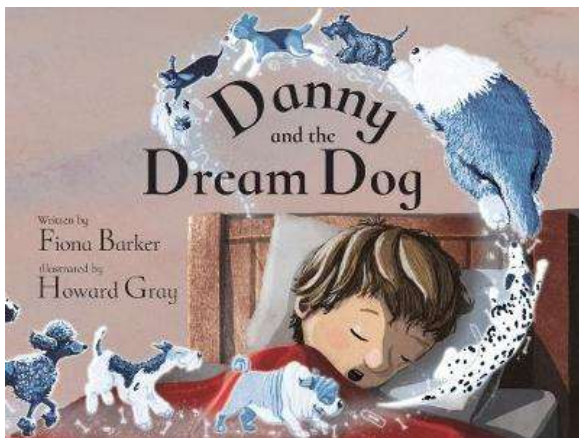


Fiona Barker

Fiona will be at our monthly meeting on the 8th October.

Fiona Barker is the author of ten picture books and has been published by Tiny Tree Children's Books, Scholastic and Quarto. She has forthcoming books with Harper Collins and Bloomsbury.

In this interactive discussion, Fiona will be talking about children's publishing with a focus on illustrated books. She'll bring along some of her collection of picture books, old and new, to look at and chat about.



Come along to the Monthly Meeting and meet Fiona.



Breaking News....

New monthly podcast from the
Creative Writing Group

<https://youtu.be/1ukCNHNxwkc>

Basingstoke and Old Basing U3A
Creative Writing Group Monthly Podcast
October 2025
Views Over Our City
Written and Read by
Joan Weineck

Monthly Meetings

Meetings are held on the second Wednesday of most months at Popley Fields Community Centre at Carpenters Down, RG24 9AE.

The usual timings are:

13:30 – tea, coffee and biscuits; time for chatting

14:00 – Presentation

15:00 – Q&A; tea, coffee and biscuits to finish

Programme

8th October– Children's picture book – author Fiona Barker

12th November – Colin Pawson – Coaches and Coach-horns

10th December – To be advised

Membership Renewals

Do you want to continue to enjoy the benefits of your u3a
and make the most of your 2025–26 membership?

If you haven't already done so.

RENEW NOW!

Membership fees were due by 1st September. To renew your Membership:
Go to the Renewals Page on our Website, [Online renewal for existing members | Basingstoke U3A](#) where you will find simple instructions.

The Website includes a link which will take you directly to the Members Portal Logon screen so that you can begin your renewal.

If you wish to pay by Credit or Debit Card you will need to follow the instructions step by step, right to the end. Even though it looks as if you will have to pay by PayPal, when you get to the end the option to pay as a guest will appear. This will ensure that you do not create a PayPal account and that nothing is saved to PayPal.

If you cannot remember your Password, there is also a link to the Forgotten Password instructions so that you can set a new one.

October 2025