



SEPTEMBER



CHAIR'S CHAT:

Well September is halfway through already. The cooler mornings and evenings are reminding us that summer is almost gone and autumn is on the way. But there's no need to feel gloomy – September is also a great time for fresh starts, new interests and, of course, catching up with friends.

This is where the u3a really comes into its own. It gives us the opportunity to keep active, meet new people and most importantly, enjoy ourselves. There really is something for everyone. Whether you fancy trying something completely new or returning to a favourite activity, there are plenty of groups to choose from. And if you can't quite find what you're looking for, why not think about starting a new group? You never know how many other members might be waiting for exactly the same opportunity. Remember, you don't have to be an expert, there are no exams at the end – which is probably just as well.

So as the nights draw in, don't just stay at home with the curtains drawn. Come along and enjoy everything our u3a has to offer.

Here's to a happy September, a lively autumn and plenty of good company – preferably with a cup of tea or coffee and a biscuit within easy reach!

Jean



Turkey & Tinsel ~ Monday 23rd to Friday 27th November.

For those of you who have already booked, please be aware that I do need full payment by the end of October. If paying by BACS, please add Turkey & Tinsel as a reference. Alternatively, you can pay by cheque or cash at the October meeting.

Jean.



SELF DRIVE THEATRE TRIP

I have booked 15 seats for the matinee performance of "The Hollow" at Milton Keynes Theatre on Thursday 21st January 2027. The seats, which are all in row R (middle stalls) were originally £45+ but have been reduced to £37.50 for a group booking of 10 or more. The Hollow is based on an Agatha Christie book featuring Hercule Poirot. The write up on the theatre's website is as follows:- "At The Hollow, an elegant country estate, a glamorous circle of guests gather together one summer evening. But beneath the sunlit charm something darker coils." Old passions refuse to die., new rivalries ignite, dangerous infatuations take hold, then - a shot rings out, a body is discovered. a smoking revolver in an unsteady hand. The scene appears almost staged. A shockingly straightforward crime, it's anything but."

Please contact me on 07736 445658 to add your name to my booking list. As numbers are limited it's first come first served. Although this is a self drive theatre trip, I am happy to try and organise lifts should anyone require them. Please note that full payment is required by mid November.

Jean



Dine at Home Suppers:

October's menu features 3 different curries

An Indian Chicken curry,

A Thai Prawn curry and

A Vegetable curry,

together with various side dishes and either Cardamom Rice Pudding or Ice Cream & Baileys to follow. The price is £15 to include a glass of wine and a cup of tea or coffee. There is still limited availability for Monday 26th & Tuesday 27th October. Please contact me on 07736 445658 to book your place at my table.

Jean



Knit & Natter:

We are still looking for a new group leader for the Knit and Natter A group. It is only a small group and is easy to run. The leader holds it at their home. Please contact me if interested on phone number 07850383522. I will help the new leader to get started if required..

Kathy Arnold



Canasta:

Due to holidays, the next two meetings for the Canasta group will be on 5th & 19th November.

Jean Mole



MMFC (Monday Morning Football Chat).

We have resumed our sessions on Monday Mornings at 10am in Waitrose Cafe. A wide range of clubs & views are represented from AFC Rushden & Diamond to Ipswich to Chelsea & all stops in-between! Insightful punditry at its very best! MOTD eat your heart out! Mike Gibbons



Scrabble

We meet on alternate Tuesdays @ 2:00 pm in the Waitrose Community Room for friendly matches to keep our brains operational.

For details contact John Ellingham on 07833 017855



Rock & Blues Group:

Our next meeting is at 14.00 hours on Thursday 24th September. The topic is the name "John". Currently the group is full & there is a waiting list.

Jim Morrison

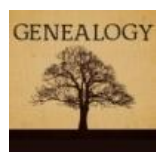


Garden group:

Next meeting on 8th October will be at Rushden Hall@ 10:30. We welcome our speaker on garden design.

At the meeting we will also be taking bookings for our Christmas lunch along with deposits.

Lorraine Brown



Genealogy:

The newly formed Genealogy group has decided to go ahead with communicating mostly through a WhatsApp group, with face-to-face meetings every few months only. If you are interested in this subject, but get frustrated & unsure how to proceed, feel free to join us & get hints & tips from other enthusiasts.

Please text in the first instance to:

Janet 07488351136 or Ken 07725055865.



Wine and Dine Group: Programme October to December 2026

Thursday 15th October -The Nags Head, Woolaston 1200 Chris & Brian Lawrence 07801 848790 chriswitch@btinternet.com.

Tuesday 10th November -The Wheatsheaf, Titchmarsh 1200 Gwen Walpole 07806 454960 gwenwalpole@gmail.com

Tuesday 8th December The Olde Victoria, Burton Latimer 1200

Mike Gibbons 631531 janandmikegibbo@gmail.com.



Computer Group:

We meet once a month on the first Tuesday of the month from 10:00-12:00, in the Waitrose Community Room.

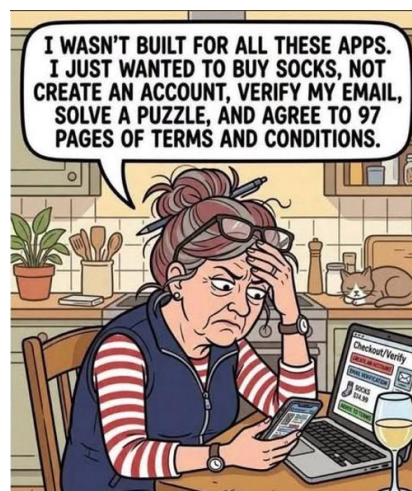
The next meeting will be on 6th October We are always willing to help with any computer-related problems you may have, no matter how trivial.

We cover Windows 10/11 & most office applications for all levels of computer knowledge & are happy to help Group Leaders with all aspects of Beacon.

Attendance at the group is very low at present and there is a risk that the leaders will decide it is not worth continuing.

Anyone who dropped out of the group when it changed to Saturday may consider rejoining, so why not come along, & try it out, who knows, you might just learn something, All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



Chatterbox:

The WALT group run a “just turn up” coffee morning on a Monday morning 10 till 12 in the Community Room in Waitrose. . It is a group that focuses on female-friendly chatter & discussions over a cup of coffee. If you are free and enjoy socialising, give us a try, and find out more about our outings.

Chris Murdin & Jenny Robertson.



Handicrafts

Susan is leading the September meeting on Thursday, 24th September, 2 pm at the Bowls Club.

We will be making a lovely, decorated wallet complete with some any-occasion cards.

We always look forward to Susan's makes and Kathy and Jenny look forward to welcoming you.

Kathy & Jenny





Country Dancing

We continue to meet at the Hensman Hall in Higham Ferrers at 2 o'clock on alternate Mondays.

The group continues to grow, welcoming new members (we have no waiting list), No previous experience is needed, & it is suitable for people of all ages. A good way of keeping active with gentle exercise & meeting friendly people.

We are also very fortunate in being supported by three very experienced callers who take it in turns to walk us through the dances before calling out the moves to the music.

Richard Coles 07709737308 :



Wine Appreciation:

August tasting was different!! All the wine came from Keith, my next door neighbour.

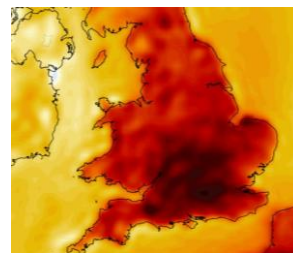
First was Damson wine made from my plums from last year. Then Beetroot wine - this was very earthy Last was Summer fruits wine made from a mix of berries on discount from Iceland this was the most like by everybody with Beetroot & Damson 50/50. A very different tasting.

Cheers Steve.



Bookmarks Again: Instructions for a Heatwave by Maggie O'Farrell.

Maggie O' Farrell is Known for her understanding of how families interact each other, especially the bond between sisters .While we languished on sunbeds or retreated to cooler bedrooms, blown by fans or air con units we read this novel based in 1976. How vivid our memories were of that year. The book tells the story of a Family living in London who come to help their Irish mother whose husband Robert , a solid dependable newly retired bank clerk, goes out to buy his morning newspaper and fails to return. The three children, now adults with complicated lives of their own, come to try to investigate what has happened and discover secrets hidden both from them and their traditional Irish mother. Relationships, resentments over their lives and bonds between them emerge as they seek to uncover Robert's whereabouts as they feel the stifling heat of the city. The story is one where you are anxious to know the ending despite feeling at times irritation with the characters' attitudes and behaviours. As you can note we were deeply engaged with the story. This novel was a jumping off point for one of our most wide ranging discussions about attitudes and acceptance of people over the last fifty years.



Ann Kemp



Greetings Cards

Our next meeting will be on Wednesday 7th October. Why not come along & try making 3D cards for special people or events. You can also order cards to be made for you if you prefer. We have an infinite number of designs available from which to choose.

It is never too early to start making your very own Christmas Cards.

All materials (including envelopes) are provided at a very small charge.

Please contact me at: tesscards@myself.com or 07899 695822 for details if you are interested in joining the group

Tess Pratt & Maggie Morrison



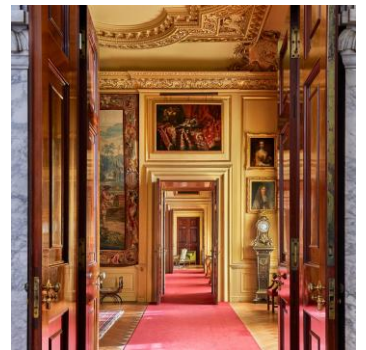
History Group:

On October 7th we are visiting Blenheim Palace leaving Higham Ferrers Square at 09.30 and Rushden Lightstrung at 09.45.

We are scheduled to be back at 16.45.

In November we will be back at the Masonic Hall normal Thursday and time.

John Holdom-Eyles



Ten Pin Bowling:

Bowling had restarted on 4th September....members have requested additional bowling sessions and so we have now increased meetings from 2 sessions per month to 3 group bowls per month.

A WhatsApp poll system has been introduced allowing members flexibility to advise when they wish to bowl. All bowling session dates are shown on our HR website calendar.

Results from the latest session are always updated and can be seen on the HR website group page.

If you would like to know more about this group or tell us that you would like to join, then please get in touch via the website.

Contact page, Group Leaders – Alan Collinson, Martin Cromwell, or Alan Nixon

Alan Nixon (Group shared leader). Alan Nixon (Group shared leader).



Sunday Lunch Group Again:

We usually meet on the last Sunday of the month. New members are welcome to join us.

Please contact Linda Walker 07384 601603 or preferably email spidar.girl@btinternet.com to book or for more information.

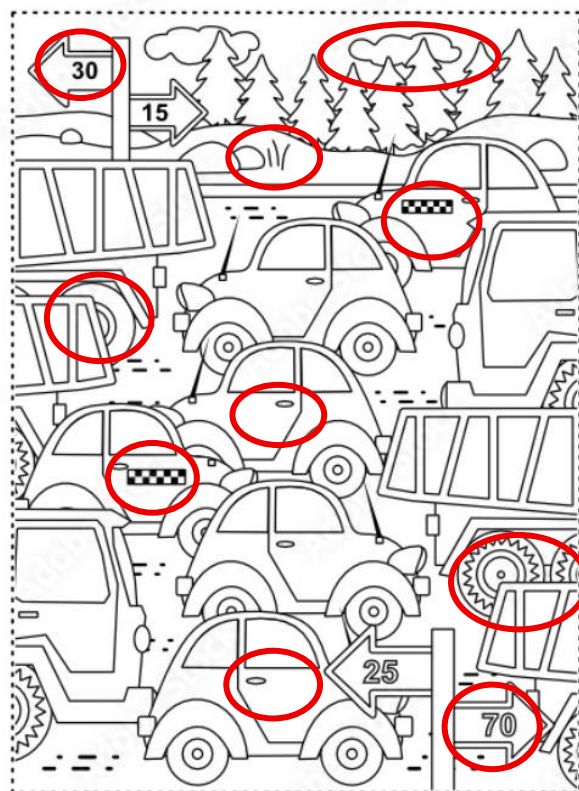


Non-Fiction Book Group, truth is stranger than fiction.

Our small, friendly group reads Biographies, History, Travel, Memoirs & Nature. etc. We are open to suggestions from members. New members to u3a are very welcome. We meet monthly at various members' homes.

New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com

FIND THE DIFFERENCE ANSWERS



There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added & the group leader should contact you.

Check the group calendar on the website for further details

Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 14.00-15.00
Intermediate Badminton	Pemberton Centre	Every Tuesday, 10.00 to 11.00. £2.50 per session
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1 st Monday of the month*
Canasta	Leader's Home	1 st & 3 rd Thursday of the month
Card Making	Leader's Home	1 st Wednesday/month.1000-1200
Chatterbox	Waitrose Community Room	Every Monday 1000-1200
Computing	Waitrose Community Room	1 st Tuesday of the Month 1000-1200
Country Dancing	Hensman Hall. NN10 8HT	Alternate Mondays 2 00-3.30pm
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 nd Thursday 10.30-12.30
Genealogy	WhatsApp group. Face-to-face meetings every few months. Please text in the first to Janet 07488351136/Ken 07725055865.	
Golf	Various	1 st Wednesday & 2 nd & 4 th Friday monthly
Guitar	Rushden Windmill Club	Tuesday 4pm.
Home Dining	Leader's Home	Three times per Month varying days
Continued		

GROUP DETAILS	VENUE	DAY/TIME
Handicrafts	Rushden Bowls Club	4 th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1st Thursday monthly 14:00
Knit & Natter	NEW LEADER SOUGHT	
Mahjong & Cribbage	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Café	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4 th Monday 10.30-12.00
Play Reading	To be advised	1 st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm Alternate Tuesdays
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various (see website for details)
Sunday Lunch	Various	Various (see website for details)
Table Tennis	Pemberton Centre	Wed 13.00-14.00
Ten Pin Bowling	Hollywood Bowl, W'boro	Alternate Friday 1100-1300
Ukulele	Rushden Working Men's Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2 nd & 4 th Tues 10.00-12.00
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

ORIGINS OF SOME NORTHANTSHIRE TOWN NAMES

Finedon

Finedon was originally a large Royal manor, previously held by Queen Edith the wife of Saxon king Edward the Confessor. Known as Tingdene, which originates from the Old English words "ping" meaning meeting and "Denu" which is a valley. Tingdene and the later version, Thingdon, were used until the early 19th century until Finedon became the commonly accepted version, both in written format as well as in pronunciation.

Higham Ferrers

Higham Ferrers was known as Hecham, a Saxon word which refers to a "settlement on the hill". The first charter of Higham Ferrers was approved by Henry III in 1251, with Lord of the Manor William de Ferrers adding his name on the end to make its present name. It once boasted a castle but towards the end of the 15th century, it suffered years of neglect and was demolished in 1523 with the stone used to build nearby Kimbolton Castle.

Irthlingborough

The town was called Yrtlingaburg in the 8th century, Erdiburne in the Domesday Book and was later known as Artleborough with King Offa of Mercia holding court near Irthlingborough around 790AD. It had a population of 8,900 at the 2011 census and was at one stage the smallest town in England to have had a Football League team – the now defunct Rushden & Diamonds F.C.

Raunds

The name Raunds is first mentioned in an Anglo-Saxon charter in the 10th century, where it appears as "Randan". It is referred to as "Rande" in Domesday Book and as "Raundes" in a later survey of Northamptonshire. It is believed to have originated from an Old English word "rand" which literally translates as "border."

Rushden

Old English meaning "rushy valley" with the present landscape dating back 10,000 years to the end of the Ice Age. Originally referred to as "Risdene" with Walter Tull, a professional footballer believed to have been the first mixed-race infantry officer in the British Army during WWI, living in Rushden while he played for Northampton Town.

Thrapston

Thrapston was once called Trapestone in the 11th century and then Thrapeston in the 13th and 14th centuries before settling on the current name. The great-great-uncle of the first President of the United States George Washington, Sir John Washington, lived in Chancery Lane in the Thrapston and his wife is buried in the local church.

Wellingborough

The town was established in the Anglo-Saxon period and was originally called "Wendelingburgh" as the area was occupied by a Saxon warlord called Waendel – which translates as "stronghold of Waendel's people". It is also surrounded by five wells: Redwell, Hemmingwell, Witche's Well, Lady's Well and Whytewell, which appear on its coat of arms.

GROUP LEADER CONTACT DETAILS –

In accordance with GDPR we don't publish contact details for group leaders on a publicly available website or newsletter. There is a contact form on the website which can be used to email group leaders & u3a officers.

If you wish to telephone a group leader you will need to log into Beacon at <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>. You will need to create a password the first time you use the members' portal & full instructions are available on our u3a website.

Clicking on the Higham & Rushden u3a groups link opens a page listing all our current groups & gives telephone numbers for each leader.



u3a MONTHLY MEETINGS

Please note there is a small charge for non-members. Details can be found on our website or call 01933 522934 for further information. If you, or a friend, have experience as a speaker at other groups on topics which you think would be of interest to our members then please contact the Speaker Secretary.

2026

Sep	Robert Brewer	Life as a TV & Film extra
Oct	Bharat Patel	The Secret Life of a TV Reporter
Nov	Sweet FA	Musical Trio with clever ditties
Dec	AGM	Christmas Together.

2027

Jan	Paul Barwick	Nancy Wake, "The White Mouse" (True Spy Story)
Feb		
Mar	Scott Mitchell	Barbara Windsor & Dementia
Apr		
May		



EDITORIAL:

While buying a new grinder for my coffee beans, I started reminiscing about my previous addiction to coffee (which I take black and strong) and how hard it had been to stop drinking it altogether until I recovered. The whole withdrawal procedure was painful and unpleasant, and I now restrict the amount of coffee I drink to avoid having to go through the same process again. This led me to thinking about other types of food intolerances and allergies, so I did some research and came up with the following which I hope you will find interesting.

Symptoms of a food intolerance

If you have a *food intolerance*, you usually get symptoms a few hours after eating the food or ingredient to which you're intolerant.

Common symptoms include:

- diarrhoea
- bloating
- flatulence
- tummy pain

But there are lots of other possible symptoms, including headache, feeling tired or exhausted, feeling sick, constipation, joint pain, or rashes. Symptoms can last for a few hours or days,

Causes of a food intolerance

A *food intolerance* is caused by your body not being able to digest a certain food or an ingredient in food.

The most common of these is lactose intolerance. When your body is not able to digest lactose, a type of sugar mainly found in milk and dairy products such as cheese and yoghurts.

But you can be intolerant to any type of food or ingredient in food, such as:

- gluten (wheat, rye, and barley) – found in foods like bread and pasta.
- histamine – found in foods and drinks like wine and cheese
- caffeine – found in coffee, tea, and some fizzy drinks.
- alcohol.
- sulphites – found in cider, beer, and wine.
- salicylates – found in some fruits, vegetables, herbs, and spices
- monosodium glutamate (MSG) – found in ripened fruits, cured meats and savoury foods.
- benzoates – a preservative added to soft drinks, juices, salad dressing, jams, and pickles.
- shellfish – crustaceans and molluscs – shrimp, crab, lobster, squid, oysters, and scallops.

Unlike a *food allergy*, a *food intolerance* is not caused by your immune system overreacting to certain types of food, which means you cannot have a serious allergic reaction.

What to do for a *food intolerance*:

Treatment for *food intolerance* focuses on managing your symptoms and avoiding trigger foods. Common treatment options include:

- Change what you eat: You can remove, avoid, or limit trigger foods.
- Over-the-counter medicines: Antacids, anti-gas or anti-diarrhoea products can ease some symptoms.
- Lactase pills or drops can help you digest dairy products. Lactose-free milk and other products are also available.
- Tracking and adjusting: Keep a food diary and track your symptoms. This can help you find sensitivities. Then, you can change what you need to eat.

Food allergy

A *food intolerance* is different to a *food allergy* which causes a more serious reaction: symptoms such as itchy skin, wheezing, or swelling of the lips, face, and eyes. You should call 999 immediately if:

- your lips, mouth, throat, or tongue suddenly become swollen.
- you're breathing very fast or struggling to breathe or wheezy.
- your throat feels tight or you're struggling to swallow.
- your skin, tongue or lips turn blue, grey, or pale (if you have black or brown skin, this may be easier to see on the palms of your hands or soles of your feet).
- you suddenly become very confused, drowsy, or dizzy.
- someone faints and cannot be woken up.

You or the person who's unwell may also have a rash that's swollen, raised or itchy. These can be signs of a serious allergic reaction and may need immediate treatment in hospital.

Having said all that I hope you all enjoy a balanced and healthy diet with no serious side effects.

A little joke which I hope you will find funny – I did:

Mrs. Ravioli comes to visit her son, Anthony, for dinner. He lives with a female roommate, Maria. During the evening, his mother couldn't help but notice how pretty Anthony's roommate is.

While watching the two interact, she started to wonder if there was more between Anthony and his roommate than met the eye. Reading his mum's thoughts, Anthony volunteered, "I know what you must be thinking, but I assure you, Maria and I are just roommates."

About a week later, Maria came to Anthony saying, "Ever since your mother came to dinner, I've been unable to find the silver sugar bowl. You don't suppose she took it, do you?"

"Well, I doubt it, but I'll email her, just to be sure." So he sat down and wrote an email:

Dear Mama,

I'm not saying that you did take the sugar bowl from my house; I'm not saying that you did not take it. But the fact remains that it has been missing ever since you were here for dinner.

Your Loving Son

Anthony

Several days later, Anthony received a response email from his Mama which read:

Dear son,

I'm not saying that you do sleep with Maria, and I'm not saying that you do not sleep with her. But the fact remains that if she was sleeping in her OWN bed, she would have found the sugar bowl by now.

Your Loving Mama.

GENERAL KNOWLEDGE QUIZ

1. In which sport might you have a 22-drop out?
 - American Football
 - Basketball
 - Rugby Union
 - Handball
2. What is the name of the second book in The Lord of the Rings trilogy?
 - The Hobbit
 - The Return of the King
 - The Two Towers
 - The Fellowship of the Ring
3. Paul Weller formed which band after The Jam?
 - Ocean Colour Scene
 - The Style Council
 - Dexys Midnight Runners
 - The Charlatans
4. Which words appear on the front of the Victoria Cross?
 - For Bravery
 - For Gallantry
 - For Valour
 - For Meritorious Service
5. Which chemical element has the symbol Pd?
 - Palladium
 - Platinum
 - Potassium
 - Lead
6. What is the largest moon in the Solar System?
 - Callisto
 - Titan
 - Io
 - Ganymede
7. The word Safari derives from which language?
 - Swahili
 - Zulu
 - Afrikaans
 - Arabic

8. Who won the Best Actress Oscar for her role in the 2015 film Room?

Cate Blanchett
Brie Larson
Jennifer Lawrence
Charlotte Rampling

9. In which US state would you find Mount Rushmore?

Washington
Montana
South Dakota
Nebraska

10. Which British battleship sank the German battleship Scharnhorst in 1943?

HMS Nelson
HMS Duke of York
HMS Repulse
HMS Rodney

ANSWERS IN THE OCTOBER NEWSLETTER.

