



April Bulletin 2026

Bansteadarea.u3asite.uk

Easter Message from my Garden Bench with my pot of tea, dirty hands and Robin waiting for his worms. To all our new and longstanding members, I hope you have a Very Happy Easter.



This is the time of year I particularly love, when I can get out in the garden and begin planting once again. New shoots appearing everyday - fresh signs of growth and renewal all around us. It's a bit like our u3a, when I think about it, we are certainly flourishing, lots of new members, groups and events.

Our recent Joint Science talk on Artificial Intelligence, delivered by Russell Whitworth, was a tremendous success and very well attended. It was encouraging to see such enthusiasm for a topic that is shaping so much of our world today. For those of you who would like to explore the subject further, I recommend searching online <https://u3acommunities.org/interest-groups/computing/ai-for-everyone/> where you will find Russell's slides and transcript. The site is updated regularly and is an excellent resource for keeping up with developments in AI.

We also enjoyed a fascinating Odette Ellicott talk, "Caught in the RIP tide," presented by Judy Condie, many of you purchased her book. Thank you to everyone who attended and contributed to making it such an enjoyable afternoon—and a special thanks, of course, for the delicious cakes that added to the occasion! April brings a short Easter break for the Committee, but we have a packed programme for May, please see the attached 'Save the Date' diary and our website.

Kindest regards
Jennifer Russell - Chair, Banstead Area u3a

that can be developed through practice. Come and learn these simple techniques and experience the benefits for yourself. Participants will need to commit to the full 8 weeks. Register your interest by emailing [Lynn Tripp](mailto:Lynn.Tripp@u3a.org.uk) and/or come to a **taster session** in July (Date and time to be confirmed). This is likely to be limited to approx. 12 members. Once the date and time are confirmed you will be emailed.

Groups Update

Prospective Group

French Conversation

Calling members interested in a French speaking coffee morning? This will be fortnightly for about 1 hour in a local coffee shop when conversation will only be in French. (Date and times to be confirmed) If interested, contact [Lynn Tripp](mailto:Lynn.Tripp@u3a.org.uk)

Groups with spaces

Padel Tennis

There are a few spaces in this group which takes place weekly on Monday from 9am to 10am at the Royal Marsden padel courts. It costs £7.00 per member per hourly session, and includes tea or coffee for those that wish to stay on afterwards. Coaching, balls and racquets are provided. If interested, contact [Ian Hack](mailto:Ian.Hack@u3a.org.uk)

Reading for Pleasure 4

There is one space in this group which meets in members' homes monthly, on the 4th Thursday afternoons 2:00 pm-4:00 pm. If interested, please email group administrator [Sarah Milan](mailto:Sarah.Milan@u3a.org.uk)

Chess

There are spaces in this group which meets in the Mead Room at Banstead Community Hall twice monthly on the 1st and 3rd Friday from 10.30am - 12.30am. If you are interested in joining contact [Heather Howell](mailto:Heather.Howell@u3a.org.uk)

Meditation and Mindfulness Course

Coming in September 2026, an 8 week course in Meditation and mindfulness for health and wellbeing. Are you feeling stressed, coping with pain or simply want to feel more relaxed?

Meditation and mindfulness isn't an instant fix but the benefits are well documented and it's a skill

Save the Date!

Date	Event	Speaker	About
Monday 27th April - 9.30am -10.30am 10.30am -12.00pm	New Members' Welcome and Induction. Members' coffee morning.	Venue: Park Life Cafe, Lady Neville Park.	Find out about, upcoming events, meetings, groups to join and how you can be involved. A social time to meet other members, and make new friends.
Wednesday 6th May - 2.30pm (Doors open at 2.00pm)	Joint Science Group - 'What makes genetically modified crops distasteful?'	Dr Keith G. Davies, School of Health, Medicines and Life Sciences, University of Hertfordshire	Dr Keith G. Davies looks at genetically modified crops. U3a members £5.00/non-members £10.00. (includes Tea/Coffee). Pay on the door.
Wednesday 6th May - 7.30pm (Doors open at 7.00pm)	Social Event - Banstead Arts Festival (BAF) sponsored by Banstead u3a	Milestone Big Band and guest vocalist Georgie Fellowes	A musical evening of jazz and swing with a 17-piece live band. Tickets will be available to purchase for £15.00 online via the Banstead Arts Festival website https://bansteadarts.org.uk from Banstead Library or on the door.
Sunday 17th May 11.00am - 4.00pm	Open Gardens Event	4 The Beeches, SM7 2AZ and 16 Sutton Lane SM7 3QP (park in Mel-lows Close)	Two gardens to enjoy in any order. £5.00 for both gardens to be paid at the first one you visit. Proceeds will be split between Princess Alice Hospice and Re-Think. Refreshments and cake will be on sale at both gardens.
Wednesday 20th May – 2.30pm (Doors open at 2.00pm)	Open Meeting - 'Land of Fire and Ice' (Iceland)	Roger Mendham	A talk all about Iceland – an amazing island where the forces of nature provide the ever changing background to the scenery and landscape. Banstead Area members free/ Guests £3.00. Pay on the door.
Wednesday 27th May - Leaving from Banstead Community Hall, Park Lane at 10.00am. Returning from Lullingstone at 4.00pm (return approx 5.00pm)	Coach trip to Lullingstone Castle, Church and World Garden	Official Tour Guide in the castle and church and Tom Hart Dyke in the World Garden	Banstead u3a members only . Cost £31.00 per person includes return coach journey and a private tour of the castle, church (with a Blue Badge Guide) and World Garden (with Tom Hart Dyke). There are no food or drink facilities, members must bring their own refreshments for the day. Good excuse for a picnic in the marquee! SOLD OUT!
Friday 29th May - 7.30pm (Doors open at 7.00pm)	Social Event - Race Night	Presented by Simon Chapman	Come along on your own, as a couple, small group or book a table of 6-8 people. 8 races during the evening. £1.00 minimum bets, cash only. Bring your own drinks and nibbles. Banstead u3a members £5.00/guests £10.00. To book email Sue .
Saturday 6th June Leaving from Banstead Community Hall at 8.30am. Returning from Windsor at 3.30pm.	Coach trip to Windsor Flower Show	A one-day event celebrating nature, gardening, culinary arts and traditional crafts in Windsor Great Park.	Banstead u3a members only. Cost £35.00 per person includes return coach journey and entrance. Enjoy expert talks, live demos, garden displays and browse top quality plants from leading British Nurseries. SOLD OUT!
Wednesday 17th June – 2.30pm (Doors open at 2.00pm)	How the British fell in love with Tea	Simon Ritchie	The British have been drinking tea since the 17 th century, in those days importing it from China at great expense. Banstead Area members free/ Guests £3.00. Pay on the door.
Saturday 27th June - 7.30pm (Doors open at 7.00pm)	Quiz Night	Quizmaster Simon Edmands	Book a table for a team of 6, or book to join with others to make a team. Bring your own drinks and nibbles. Banstead u3a members £5.00/ guests £10.00. To book email Kerry .

Unless stated the venue is Banstead Community Hall, Park Road, SM7 3AJ. Free Parking.

What makes genetically modified crops distasteful?

Dr Keith G Davies

School of Health, Medicine and Life Sciences,
University of Hertfordshire



**Presented by Banstead, Epsom & Ewell and
Sutton u3a Science Group**

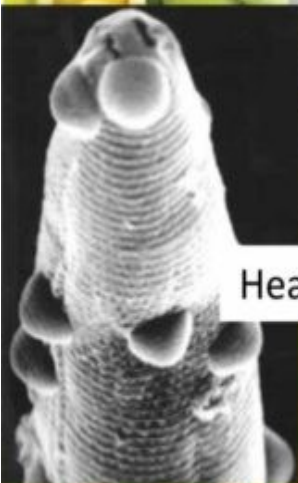
Wednesday 6th May 2026, 2.30pm (doors open at 2pm)

Banstead Community Hall, Park Road SM7 3AJ

Free on-site parking

£5 for any u3a members

£10 for non-members, includes tea/coffee & biscuits



Head of plant-parasitic nematode covered with bacterial spores





**Banstead Area u3a presents
A CABARET STYLE EVENING
on Wednesday 6th May 2026**

with

Milestone

BIG BAND

**Banstead
Arts Festival
Society**
Registered Charity No. 284862

SPECIAL GUEST VOCALIST

u3a
learn, laugh, live

GEORGIE FELLOWS

Milestone Big Band are delighted to have been invited back for another evening of music as part of the Banstead Arts Festival! We will be bringing our Milestone Big Band sound to a selection of classic jazz, swing, funk and pop with songs old and new.

This event is sponsored by Banstead Area u3a and is a cabaret style event with a fully licensed bar and large dance floor. Come along and listen to the music or dance the night away!

Tickets are £15.00 each and will be available from Banstead Library, online at www.bansteadarts.org.uk or on the door.

Doors open at 7.00, music from 7.30-9.30pm

Banstead Community Hall, Park Road, Banstead SM7 3AJ. Free parking

A vibrant, stylized illustration of a man in a yellow t-shirt and blue jeans watering plants in a garden. He is holding a green watering can. The garden is filled with various colorful flowers and foliage, including pink roses, yellow daisies, orange flowers, and blue leaves. A sign with the u3a logo is visible in the garden. The background is a light blue sky with white clouds.

u3a Banstead Area Open Gardens

Sunday 17th May
11am to 4pm

4 The Beeches SM7 2AZ
Proceeds to Princess Alice Hospice
16 Sutton Lane SM7 3QP
(please park in Mellow Close)
proceeds to Re-Think

£5 to visit two gardens. Payable at either
garden, selling tea and cake in both.

Iceland

Land of 'Fire & Ice'

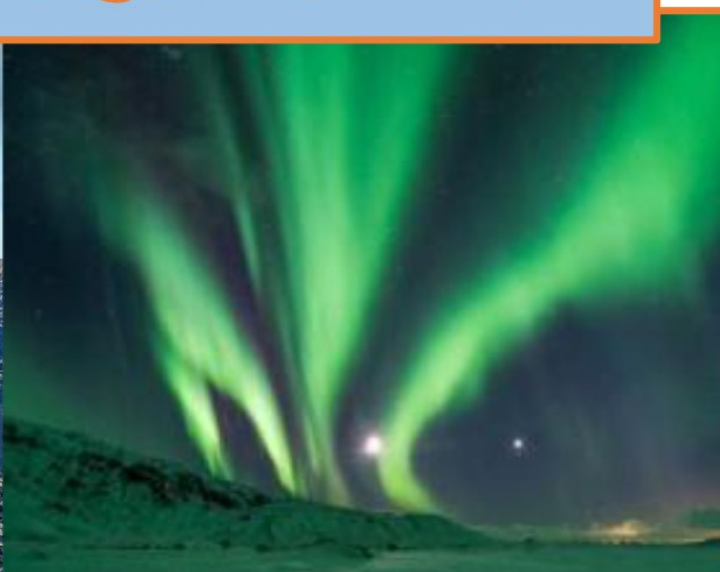
Wednesday 20th May
2.30pm (doors open at 2pm)
Banstead Community Hall
Park Road SM7 3AJ
Free on-site parking

Free for
Banstead Area u3a members
£3 non-members.
Includes tea/coffee
<https://bansteadarea.u3asite.uk/>

A talk all about Iceland – an amazing island where the forces of nature provide the ever-changing background to the scenery and landscape.

Roger is a keen and accomplished photographer and gained distinctions from the Royal Photographic Society. Expect some amazing images as you take a tour around Iceland – viewing Roger's own work!

TALK by Roger Mendham



OPEN MEETING EVENT

RACE NIGHT

FRIDAY 29TH MAY 2026

Races start at 7.30pm

Doors Open 7pm



Come along on your own,
as a couple, small group,
or book a table of 6-8 people.



Bring your own drinks, glasses and nibbles
£1 minimum bets - cash only - 8 races

U3a Banstead Members £5

Non-Members £10

Email Sue to book –

u3a.banstead.events@gmail.com

Presented by.....Simon Chapman



Banstead Community Hall, Park Road SM7 3AJ

Saturday 27th June

7.30pm – doors open at 7pm

Banstead Community Hall, Park Road

Quiz Night



Simon Edmands is our Quiz master

**Book a table for your team of six, or
book to join up with others and make a team.
Bring your own glasses, drinks and nibbles.**



u3a Banstead members £5 Non-members £10

**To book contact Kerry via
u3a.banstead.mark@gmail.com**