

July Bulletin 2026

Bansteadarea.u3asite.uk

Dear Members,

I've been out of the country from the end of May to the end of June visiting family in deepest darkest Brazil, very off the beaten track. I will at

some point bore you with the pictures of birds I have taken, over 120 species, that's without the ones I have heard or seen but unable to snap.

I am now back and raring to go until the end of my term in October. I have been keeping in touch with the committee and family online and getting all the news. I hear the Windsor flower show coach trip was very wet but also very enjoyable, so sorry to miss it. The talk on Tea was also very informative and lots of tea was drunk afterwards for research purposes, thanks to our helpers. Maybe we should have a talk on gin or wine next! The always well attended quiz night tested the little grey cells thanks to Simon Edmonds and all the helpers, a good time was had by all.

We have a packed programme for July starting on 1st, with our Joint Science Group presenting, Optical illusions, art and the brain, this will be popular, so if you can walk or car share to the hall that would be very helpful, we hate turning people away for lack of car parking space.

Dust off you dancing shoes and join us for a Barn Dance on 10th July, with a live band and caller, it's BYO as usual.

Our talk, 15th July, is Secrets of the Royal Court by Sara Slater, come with an open mind as it will be naughty but nice!

We round up July with our new members meeting followed by our coffee morning in the Park Life Cafe on 27th.

We will then be having a break for the summer to give our hard-working helpers and committee a rest. We will commence again with our renewal and groups showcase on 16th September. Have a wonderful summer.

Kindest regards,
Jennifer Russell - Chair



Committee Vacancy

We are delighted to inform you that Glynnis Grossmith, has put herself forward to stand as the new Secretary on our Committee from the AGM in October.

Digital Support Sessions: Monday 20th July and 17th August

From 2.00pm - 4.00pm in the Collett room at Banstead Community Hall, Park Road. Places need to be booked in advance - either email u3a.banstead.digital@gmail.com or phone or message Sarah (07815 862750) or Kerry (07981 915117) to book your slot.

Refunds for events: These will be handled by the treasurer and will only be made for the following reasons:

- If a member from the waiting list can fill the space.
- If the event is cancelled by the organiser either by Banstead u3a or an external organiser.
- At the discretion of the Executive Committee for compassionate reasons.

This is an extract from the Banstead Area u3a [Finance Policy](#) which can be found on the Governance page of our website.

Group with Spaces - Beer Appreciation

The first meeting of this recently formed Group took place last month at the Ewell Tap craft ale bar. A good evening was had by all, sampling a variety of pale ales and stouts. The group will typically meet on the second Tuesday of the month at 7.00pm with the venue choice rotating amongst members. The mantra of the group is to sample, good beer whilst enjoying each other's company. On occasion, we also hope there will be trips to beer festivals, breweries and highly rated free houses in London and Surrey. If you are interested in joining us please contact [David Matthews](#)

Banstead Area u3a Membership

We now have 920 members!

A link from the 'How the British fell in love with tea' talk on Wednesday 17th June.

<https://goblimey.com/courses/tea.pdf>

Save the Date!

Date	Event	Speaker	About
Wednesday 1st July - 2.30pm (Doors open at 2.00pm)	Joint Science Group - 'Optical Illusions, art and the brain'	Dr. Mike Sheenan	u3a members £5.00/non-members £10.00. (includes Tea/Coffee). Pay on the door.
Friday 10th July - 7.30pm (Doors open at 7.00pm)	Social Event -Barn Dance	Band 'Doves Vagaris'	Come along and swing your partner and do-si-do. Bring your own drinks and nibbles. Banstead u3a members £5.00/ guests £10.00. Booking Required. To book email Sue
Wednesday 15th July - 2.30pm (Doors open at 2.00pm)	Open Meeting - Secrets of the Royal Court	Sarah Slater	Sarah's talk, on Britain's Royal Court from 1660 to 1830, will tell you the naughty bits of history you would probably not have learned about at school! Banstead Area members free/ Guests £3.00. Pay on the door.
Monday 27th July - 9.30am -10.30am 10.30am -12.00pm	New Members' Welcome Meeting. 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 16th September - 2.30pm (Doors open at 2.30pm)	Membership Renewal / Groups Showcase / Recruitment	No speaker	An opportunity to renew membership join the u3a and find out what groups and activities are available. Our opportunity to showcase the branch.
Thursday 17th September - Leaving from Banstead Community Hall	Outing - Coach trip to Eastbourne		Coach trip to Eastbourne for Banstead Area u3a members only. Leaving from Banstead Community Hall at 9.00am and returning from Eastbourne Pier at 4.00pm. Cost for the coach is £20.00. To book your place email Kerry
Monday 28th September - 9.30am -10.30am 10.30am -12.00pm	New Members' Welcome Meeting. 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.
Thursday 8th October - Leaving from Banstead Community Hall	Outing - History Coach trip to Maldon		Reserve the date—details to follow
Saturday 10th October - 7.30pm (Doors open at 7.00pm)	Social Event - 70's/80's disco	DJ Alex	Reserve the date—details to follow
Unless stated the venue is Banstead Community Hall, Park Road, SM7 3AJ. Free Parking.			

Optical illusions, art and the brain

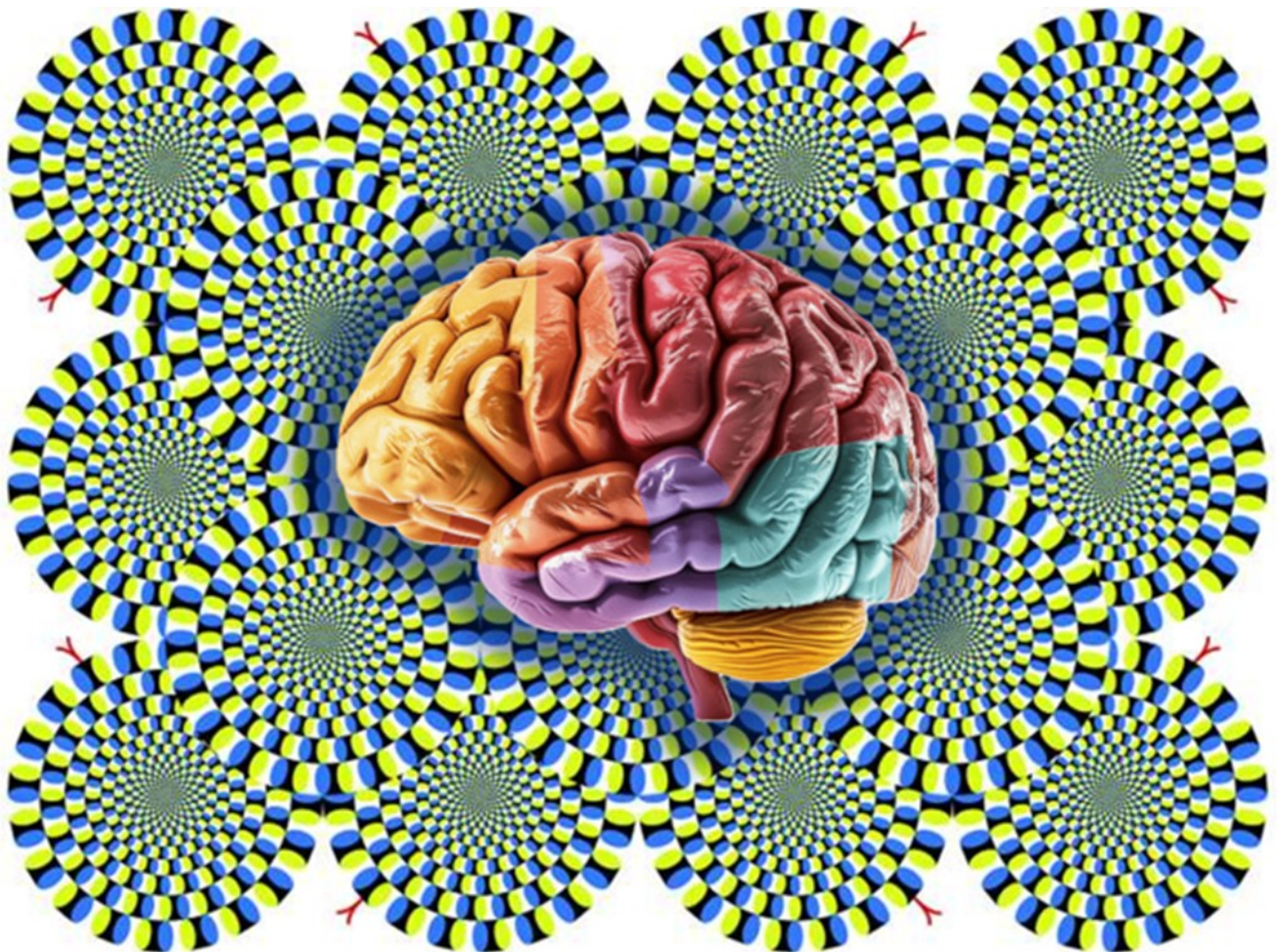
Dr. Mike Sheenan

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

Wednesday 1st July 2026, 2:30pm (doors open at 2pm)

Banstead Community Hall, Park Road SM7 3AJ

Free on-site parking



u3a learn,
laugh,
live

BARN DANCE

FRIDAY 10 JULY AT 7.30PM

**Come along
and do-si-do
to the band
Doves Vagaries**



**Bring your
own drinks
and nibbles**



U3a Banstead Members £5 - Non Members £10

Email Sue to book – u3a.banstead.events@gmail.com

Banstead Community Hall, Park Road SM7 3AJ

Secrets of the Royal Court

Her talk, on Britain's Royal Court from 1660 to 1830, tells the tales of all the naughty bits of history you would probably not have learned about at school!

Wednesday 15th July
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/>



TALK by Sarah Slater

FANCY A TRIP TO THE SEASIDE?

u3a Banstead Area are organising a day out to Eastbourne.

The coach will be leaving from Banstead Community Hall, Park Road on 17th September at 9am and returning from Eastbourne Pier at 4pm.

Eastbourne has lots to offer from tea and cake on the pier, a hop-on, hop-off bus tour, the newly re-opened Dotto train along the seafront, to lunch on the Beach Deck, fish and chips at Harry Ramsden's or just an ice cream on the beach.

The cost for the coach is £20 each (Banstead u3a members only)

To book your place email u3a.banstead.mark@gmail.com

