

Kettering, Northants

<https://isevalleykettering.u3asite.uk/>

Charity Number 1179738

APRIL 2026 ISSUE

Chair's chatter

Good afternoon and welcome everyone. I have heard from many of you that the talk Roger gave last month was very much enjoyed. I was sorry to have missed it, but I hope a good sum was raised for the Air Ambulance.

There is going to be a Kettering Volunteer Fair on Saturday 30th May and we shall be sharing a stall with Kettering u3a. I hope to be there for some of the day and I hope for some volunteers to help show what we are all about, whether people would like to join us or volunteer to help us, i.e by volunteering to run groups and activities or join the committee to raise our profile and ensure our future. Joy has attended a Publicity Forum along with other u3a Press agents. She is in the process of arranging some publicity for u3a groups in general and our group in particular on Radio Northampton. More news when it is arranged so that we can tune in and listen.

THIS MONTH'S SPEAKER

April's speaker is Geoffrey Harris who, as "Class in a Coat", is a Toastmaster, Master of Ceremonies and a public speaker with a reputation for presenting engaging and humorous talks. This month his talk is "Folklore, Folk Tales and Funny Folk", which will explain some of the more bizarre laws and rules of this wonderful country of ours along with a sprinkling of old wives tales.

Penny

TO ALL MEMBERS

If you are aware of anything affecting one of our members, such as important birthdays, anniversary or illness and feel that a card from the u3a would be appropriate, then please contact one of the committee.

OUR WEBSITE

<https://isevalleykettering.u3asite.uk/>

If you have anything you think should go on the site or if you find links which don't work or other errors, please email me at u3a.ise.valley@gmail.com

NEWSLETTER MATERIAL

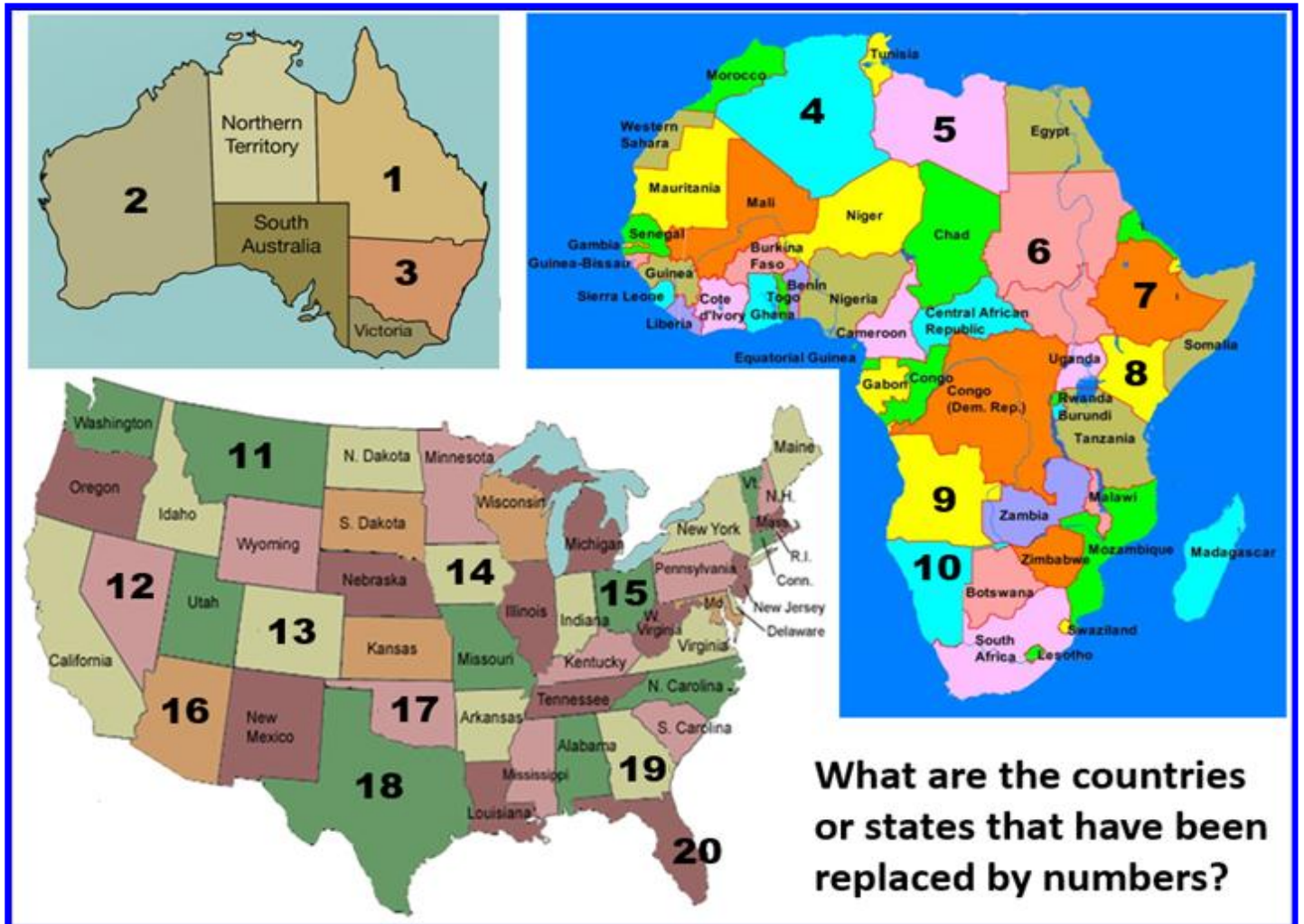
Please email your contributions to me at u3a.ise.valley@gmail.com by the last day of the preceding month. If you can get them to me earlier, that would be much appreciated.

Roger Payne

**PLEASE NOTE DOORS ARE NOT OPEN UNTIL 1.30pm
IF YOU DO ARRIVE EARLY YOU WILL BE ASKED TO WAIT IN THE
FOYER WHILST WE ARE SETTING UP THE HALL - THANK YOU**

April Quiz

Answers later in this newsletter



What are the countries or states that have been replaced by numbers?

u3a learn, laugh, live

Group Reports

learn, laugh, live **u3a**

Book Group

Our March meeting was held in the cafe at Barton Seagrave Village Hall as usual where we discussed "Normal People" by Sally Rooney

The main characters are Marianne and Connell who both attend the same secondary school in County Sligo in Ireland. Here they start a complex sexual relationship which they keep secret. Connell is popular with lots of friends but Marianne somewhat a social outcast. They are both very intelligent and eventually go to Trinity College where the roles are reversed and the relationship finishes as Connell finds it difficult to assimilate whereas Marianne who comes from a higher social class finds friendships among likeminded Students. Through out the remainder of the book their mutual attraction ebbs and then flows despite multiple attempts to reconnect. As a whole we thought this was a book more suited to a



younger audience as was shown by its popularity when produced as a TV programme, Despite this it sparked a lively discussion about family backgrounds and mental health issues and how they affect personalities. Our next book is "The Mothers Secret" by Kathryn Croft *Linda Law*

10pin Bowling

Another good week, with a new member joining our happy band. Dai managed a PB, having waited nearly two years, others were close too. Come and join us next time. All newcomers are made very welcome.

Dai Johnson



Singing for Pleasure



Time is flying by this year and we are working hard on our songs. We are going from Oliver to the Wild West and beyond with songs from far and wide, and we are all enjoying it very much.

We now have a few places for any members to join us if they feel that they would enjoy singing. We are a few singers down due to age and injury at the moment so would welcome anyone who would like to sing. We meet on alternative Fridays at St John's Church Hall on the Grange estate, so free parking!

Sylvia Dale

Spanish Group

The Spanish Group is postponed for now as our tutor is no longer able to take the lessons, due to ongoing health problems. We are looking for a new tutor and will keep everyone informed if we find one.

Pauline Mccready

Short Walks



It was a beautiful sunny day for our March walk. Six of us did a circular route from The Water Mill at Ringstead via Woodford and along the river. It was very pretty with various shades of green as the leaves are growing. We met back at the tea rooms with members currently unable to walk with us but want to keep in touch, which was very nice.

Helen Hicks

Beginners Camera Club

We hope you enjoyed seeing our photos on the subject of "Close Up." At our March meeting, the subject was "Abstract" and presented by Joy. You can see our photos at the April U3a meeting.

We shall be welcoming another new member at our April meeting, which means that we cannot take anyone else. However, if you would like to go onto a waiting list for a vacancy, please let me know.

Pat Johnson



Craft n Coffee

We met at Stirrup Cup on 24th March for a pleasant morning chatting and crafting, and helping members by counting rows and untangling wool. Due to the current situation we are holding off from our day trip in April. The group is currently full but if you are interested in being put on the waiting list please let me know at the monthly meeting or contact me via details in newsletter.

Joy

Lunch Club

The next Lunch Club will be on Wednesday 15th April, 12.00 for 12.30. at The Dukes Arms, Woodford. We shall be taking bookings at the April U3a meeting, together with a £5 per person, non refundable deposit.

We tried to book at The Star at Geddington, but they already had a large party booked in, so we shall return there later in the year. Everyone is welcome.

Pat and Dai Johnson



Art Group



We had the 2nd workshop with Katy Dynes which was along the same lines as the previous month with a warm up giving us a few squiggles to use as the basis for a character drawing. Then we had a sentence setting the scene which we illustrated using our imaginations. The third challenge was a poem we illustrated on tracing paper on the poem. It was a lot to fit in the two hours but we had a good attempt.

We also have Mel back with us on the 30th March (as the first April Monday is the Easter bank holiday and we're not meeting) a more traditional workshop showing us a water and hills in watercolour. It was good to have the 2 different tutors but it will be good to welcome Mel back after her sad time losing her Mum at home in South Africa.



We have space for another budding artist to join us. We are all different levels of experience and usually have a tutor once a month. With tea or coffee all in cost is £10 every 4 weeks to cover expenses, no profit.

Tessa Bellamy

Play Reading Group



The play reading group met on 25th March to read 'At Home with the Dales' by Charles Simon. A not very well known comic play based on Mrs Dales Diary'. Various members of the Dales family discovering each other having various illicit affairs and romances resulting in lots of humorous situations. It was a modern version of The radio series of 'Mrs Dales Diary' and great fun to read. The play reading group meet again on 22nd April.

Carlene Lee

Camera Group

Finding repurposed items for the March session was not straightforward, but each of us found examples which you can view this afternoon. Our new project is to find hidden items and photograph them imaginatively; people wearing masks, lambs hiding behind their mothers. Well, I look forward to seeing what the group can come up with. *Jenny*



NEW GROUPS

Rummikub Group

The 1st Rummikub club meeting was held at Stirrup Cup pub Barton Seagrave at 1.30pm and 13 people attended. After introducing myself, I asked each person to put on a name label so I wouldn't have to keep asking them who they were. Most people had played before but those new to the game stayed at a table with someone who had played before. As there were 13 people (including 3 guests), I chose not to play, but instead went round the tables making sure everyone was ok! During the games, there was lots of laughs, chat & cups of tea/coffee - even the newcomers seemed to enjoy themselves. Most of us finished about 3.30 and they all said how much they enjoyed themselves and wanted to play again.



Our next meeting is on Thursday April 9th 1.30pm at The Stirrup Cup.

Viv Hole

Colour, Relax and Chat Group

First meeting will be 27th April, if interested please contact Alison Harvey

OUR SPEAKERS FOR 2026

| | |
|--------------|---|
| 13th May 26 | Steve Dimmer - Victoria Wood |
| 10th June 26 | Mike Burton - Abraham Lincoln's America |
| 8th July 26 | Derek Blunt - Saints, Sinners, Stars and Scandals |
| 12th August | Chris Stanbury - The walk of a lifetime |

LOCAL EVENTS YOU MAY BE INTERESTED IN



Kettering Arts Centre
at St Andrew's Church

Ticket and full details at:
ketteringartscentre.com

Sat 18th April 7:30pm
GUS BRASS BAND CONCERT
Loves Eternal Stories

Sat 25th April 7:30pm
THE FEVERS
Fevers in the Church

Sat 10th May 7:30pm
THE PANTALOONS
Sherlock Holmes & the Hound of the Baskervilles



Like us on Facebook

The Rifle
VINTAGE
Jam & Jive

Regular House Band
Predominantly 50's & 60's
Guest Singers & Musicians
Feel Free To Join In & Jam Along!

Every THIRD
Thursday
of the
Month

The Rifle Band Club Kettering - Northants - NN16 9QA



Kettering Symphony Orchestra

A JOURNEY AROUND THE BRITISH ISLES

INCLUDING:
HEBRIDES OVERTURE
FANTASIA ON WELSH NURSERY TUNES
ENGLISH DANCES
MOLLY ON THE SHORE
SCOTTISH DANCES

**SATURDAY
16TH MAY 26
7:30PM**

HOLY TRINITY CHURCH,
ROTHWELL, NN14 6BQ

CONDUCTOR:
ANDY KIRKWOOD
LEADER:
TREVOR DYSON

TICKETS:
£13/£9 (CHILDREN UNDER 12 FREE) PROGRAMME INCLUDED
KETTYSYMPHORCH.CO.UK OR ON THE DOOR
(SUBJECT TO AVAILABILITY)



REGISTERED CHARITY NUMBER: 1097215

THINGS THAT ARE HAPPENING IN APRIL

- 1st April Fools Day
Passover
- 2nd Autism Awareness Day
- 3rd Good Friday
- 5th Easter Sunday
- 6th Easter Monday
- 7th World Health Day
- 14th National Gardening Day
- 15th World Art Day
- 18th Word Heritage Day
- 23rd World Book Day
- 23rd St George's Day
Shakespeare Day (his birthday)
Start of British Beef week
- 28th International Dance Day

FREE MATURE DRIVERS EVENT – 27 Apr 2026 – Wellingborough

Are you a mature driver (aged 60+)? Live in Northamptonshire? Rely on being able to drive? This FREE event is for you!

Driving is an important part of our everyday life and (Northamptonshire Safer Roads Alliance (NSRA)) are keen to help to keep mature drivers driving safer for longer. Our driving ability changes over time for different reasons, especially as we get older. It's important that we recognise whether and how our driving is changing so we can stay safe and protect both ourselves and those around us.

This event has been CANCELLED

This Mature Drivers event is aimed at drivers 60+, and will cover all different aspects of driving. There will be FREE hints and tips drives available to book, delivered Northampton Advanced Motorists. Our aim is to keep mature drivers driving safer, for longer.



Introducing the ZUMI pet care app

Connecting pet parents with local Registered Veterinary Nurses (RVNs) for professional at-home pet care, advice, and support. Our community of qualified Registered Vet Nurses offer knowledge, skills and non-clinical pet care tailored to your pet's individual needs. Find professional help for you and your pets in the comfort of your own home and allow nurses a better chance to assess the daily environment and needs of your pets.

Services include (see the [zumi app](#) for full list of services)

| | | |
|------------------|--|-------------------------------------|
| Drop-in visits | XL bully support & guidance | One-to-one puppy training |
| Muzzle training | Pet sitting (daytime/nighttime). | Dog bath / wash at home |
| Nail trims | Post operation rehabilitation | Weight control & nutrition guidance |
| Physiotherapy | Understanding your pet's body language signals | Arthritis Management |
| Dog walking | End of life care and how to prepare | Help with your pet's behaviour |
| Pet taxi service | Pet bereavement support | |

Can't see what you're looking for?
Drop your local vet nurse a message via the app

Tell your family and friends about the new [zumi app](#) and help us to create a kinder world for pets "I think the [zumi app](#) is a great idea. Having RVNs out in the community helping our pet owners and encouraging healthcare is wonderful *Veterinary Surgeon & Practice Principal, Matt*

Please note: the [zumi app](#) is not intended to replace any veterinary surgeon's advice. RVN provide a non-clinical service complying with the RCVS Code of Professional Conduct. If you have any medical queries regarding the health of your pet, please contact your local vet as soon as possible



come say hi!
@wearezumi

ANSWERS TO THIS MONTH'S QUIZ



- | | | | | | |
|---------------------|----------------------|---------------------|----------------------|--------------------|----------------------|
| 15. Ohio | 16. Arizona | 17. Oklahoma | 18. Texas | 19. Georgia | 20. Florida |
| 1. LIBYA | 2. Sudan | 3. Ethiopia | 4. Kenya | 5. Angola | 6. Namibia |
| 7. AMERICAN STATES | 8. Nevada | 9. Columbia | 10. Iowa | 11. Montana | 12. Nevada |
| 13. AMERICAN STATES | 14. Iowa | 15. Montana | 16. Arizona | 17. Oklahoma | 18. Texas |
| 19. Georgia | 20. Florida | 1. Queensland | 2. Western Australia | 3. New South Wales | 4. AFRICAN COUNTRIES |
| 5. LIBYA | 6. Sudan | 7. Ethiopia | 8. Kenya | 9. Angola | 10. Namibia |
| 11. AMERICAN STATES | 12. Nevada | 13. Columbia | 14. Iowa | 15. Montana | 16. Arizona |
| 17. Oklahoma | 18. Texas | 19. Georgia | 20. Florida | 1. Queensland | 2. Western Australia |
| 3. New South Wales | 4. AFRICAN COUNTRIES | 5. LIBYA | 6. Sudan | 7. Ethiopia | 8. Kenya |
| 9. Angola | 10. Namibia | 11. AMERICAN STATES | 12. Nevada | 13. Columbia | 14. Iowa |
| 15. Montana | 16. Arizona | 17. Oklahoma | 18. Texas | 19. Georgia | 20. Florida |

Activity Group Details

| Day/Group | Leader | Telephone | Venue | Frequency | Time |
|-------------------------|------------------------------|------------------------------|--|---|------------------|
| Monday | | | | | |
| Art Group | Tessa Bellamy | 07854 864632 | St Andrews Church Rooms | Weekly | 2-4pm |
| Book Club | Margaret Turnbull | 01536 511139 | Village Hall Barton Seagrave | 3 rd Monday | 11am - 1pm |
| Camera Club (advanced) | Jenny Goddard Pat Johnson | 01536 482972 07816 939198 | Member's home (Ise Lodge) | Monday following monthly meeting | 2pm |
| Mah Jongg/ Scrabble | Linda Law | 01536 659091 | Barton Seagrave Village Hall | 2 nd & 4 th Monday | 1.45 - 3.45pm |
| Play Reading group | Rosalind Bridges | 01536 741455 | Venue & dates vary | Normally 1st Monday | 2-4pm |
| Recorder Group | Mary Cooper Sue Hartley | 01536 420336 07787 187728 | Member's home (St Mary's Road, London Rd end) | Usually 2 nd & 4 th Monday. Can vary for Bank Holidays or to suit members | 2-3pm |
| Colour, Relax and Chat | Alison Harvey | lison_harvey@hotmail.com. | Member's home (behind Avery Care Home) | 1st and 4th Mondays | 10:30-12noon |
| Tuesday | | | | | |
| Camera Club (Beginners) | Pat Johnson | 07816 939198 | Member's home (Ise Lodge) | 2 nd Tuesday | 2pm |
| Ukelele Group | Alan Bailey | 01933 350147 | Member's home (Grosvenor Way, Barton Seagrave) | Fortnightly | 10am - 12 noon |
| Craft n Coffee | Joy Knight | 07535 446758 | Stirrup Cup Barton Seagrave | 4th Tuesday | 10.30am -12 noon |
| Wednesday | | | | | |
| Lunch Club | Pat & Dai Johnson | 07816 939198 | Varies | 3 rd Wed Alternative Months | 12 for 12:30pm |
| Thursday | | | | | |
| Ten pin bowling | Dai Johnson | 07816 939198 | Thunder Bowl Rockingham Rd | Follows monthly meeting | 12 noon |
| Coffee Morning | Sylvia Dale | 07419 837379 | Stirrup Cup Barton Seagrave | Every Thursday | 10am |
| Spanish # | Pauline McCreedy | 07731 555873 | St Andrew's Church Rooms | Fortnightly | 2-4pm |
| Rummiekub Group. | Vivien Hole | vivien.hole@gmail.com | Stirrup Cup Barton Seagrave | 2nd & 4th Thursdays | 1:30-4pm |
| Short Walks | Helen Hicks | 07827 889441. | Varies | 3 rd Thursday | 10am |
| Friday | | | | | |
| Singing for Pleasure | Lynda Harris | 01536 529410 | St John's Church Hall | Fortnightly | 10am - 12noon |
| Theatre Trips | Jude Walker | 07941 352190 | Varies | Varies | Varies |

Groups who currently have vacancies

Ukulele, Play reading Group, Recorder Group, Beginners Camera Club

Ten Pin Bowling, Singing for Pleasure, Coffee Morning & Lunch Club

To enroll in any groups, please contact the Group Leader.

Coffee morning is the exception - anyone is welcome - just turn up.

New groups Rummiekub and Colour, Relax and Chat

The Spanish group is not meeting at the moment as they are looking for a new leader

MAIN MEETING – 2nd Wednesday of the month

The Eden Centre, Montagu Street

| | |
|-----------------|----------------|
| Doors open | 1.30pm |
| Chair's Chatter | 1.55pm |
| Speaker | 2.00pm |
| Raffle | 3.00pm |
| Finish | 3.15pm approx. |



COMMITTEE 2025-2026

| | | |
|------------------------|-----------------|--------------|
| Chair | Penny Smith | 07772 237077 |
| Acting Deputy Chair | Joy Knight | 07535 446758 |
| Treasurer No 1 a/c | Jude Walker | 07941 352190 |
| Treasurer No 2 a/c | Tessa Bellamy | 07854 864632 |
| Membership Secretary | Alison Harvey | 07706586000 |
| Secretary | VACANT | |
| Groups Co-ordinator | Joy Knight | 07535 446758 |
| Speaker Seeker | Michael Bristow | 07878 534994 |
| General Duties | Anne Chandler | 07734 963682 |
| Information Technology | Roger Payne | 07799 177378 |

Non Committee Officers

| | | |
|----------------------|-------------|--------------|
| Safeguarding Officer | Bob Moffatt | 07970 896519 |
| Newsletter Editor | Roger Payne | 01536 722419 |



We are in dire need of a new Chairperson for when Penny steps down in July.

We are also currently without a Secretary.

WITHOUT THESE VITAL POSTS YOUR U3A CANNOT RUN.

If you think you can help in any way please speak to Penny or any of the committee.