

Kettering, Northants

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

Charity Number 1179738

AUGUST 2026 ISSUE

Chairs' Chatter

Well hello again, it is nice to be back in the Chair's seat. For those who don't know me, I was the Chair in 2016-19, I have also been membership secretary and newsletter editor as well as helping out the Treasurer.

There will be some changes over the coming months as we try to get the 'buzz' back in the meetings. The first one will be a change of start time. Doors will be open from 1.15. Please make sure that you give your name to the membership secretary on entering the hall. THIS IS FOR FIRE SAFETY REASONS. The Speaker will start at 2.15. This is to allow the members adequate time to catch up with their friends, see what is new, sign up to new things.

Our motto is Learn, Laugh and Live. Well, I intend to try and learn something new each month (you will have to come to the meetings to find out what that is). I certainly intend to have a laugh and we are going to be living for a fresh future. I hope you will all be helping me to make Ise Valley u3a bigger and better.

The first meeting of our Think Tank took place on July 13th and I think you will enjoy the results. (see later in this newsletter)

For the time being, please let me know if any of our members are in hospital etc and you feel a card would make them feel better.

Sylvia

OUR SPEAKERS

This month's speaker is Chris Stanbury who will talk about 'The walk of a lifetime - Lands' End to John O'Groats and Back'

His story is one of endurance, determination, and a deep commitment to making a difference. At the age of 70, he embarked on an extraordinary journey: a walk from Land's End to John O'Groats, and then back again!

This wasn't just a personal challenge; it was a mission of the heart. His walk was dedicated to raising funds and awareness for Hope and Homes for Children, a charity he has been proud to support for over twenty years.

Next month our speaker is Melody Flyte who is an experienced vintage singer, specialising in the Great American Songbook (1925-1955) and in British and American songs of WW2.

DOORS ARE NOW OPEN AT 1.15PM. YOU ARE WELCOME TO COME INTO THE HALL, BUT PLEASE MAKE SURE THAT YOU SIGN IN WITH THE MEMBERSHIP SECRETARY.

Competition Time

I am hoping to have a competition every month – some serious and some just for fun. For the September meeting we want you to design a poster for our u3a. We want to use it for publicity purposes so it must contain:

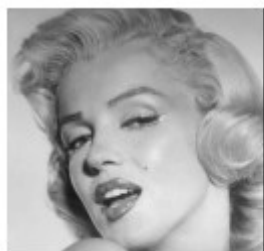
- Name of our group – Ise Valley
- Who can join – anyone over 18 working part time
- The sort of activities we have
- Contact details – website

It can be handmade, on a computer, painted.

Bring it to our meeting in September and let us see what you think the future of our u3a is.

Sylvia

June Quiz - Name these people from history (answers later in the newsletter)



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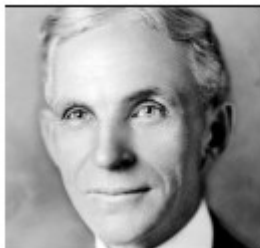
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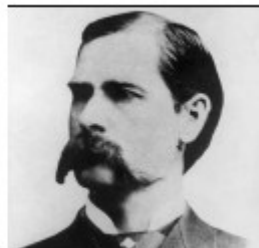
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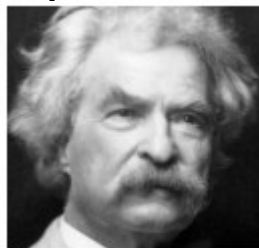
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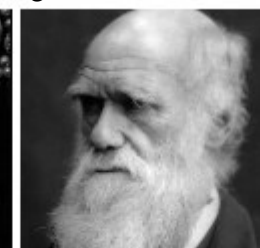
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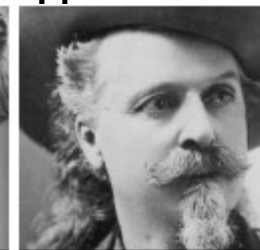
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Errata

I realised after the meeting that I had neglected to mention the workers.

A very big and heartfelt THANK YOU to all the volunteers, including our essential group leaders, the Book Stall, the Raffle sellers, the Refreshment people, those of you who have acted as Meet and Greet, as well as Steve the doorman. Many apologies for not including you all at the AGM.

Many thanks

Penny

Trips

We had a great day out at St Albans on the 1st July. A lot there to see and not enough time – according to some of our members. Many saying they would like to go back and how great it was to see a good market. All enjoyed our scenic ride home from Northampton due to an accident. Our next trip is to Ely on August 6th.



As all money has been paid in for the trips I will not be sitting on the table in the hall. If you have any problems, please contact me by phone, text or email. I shall still be around at the meetings – just not sitting down!!!

Sylvia

Mahjong and Scrabble

We meet in the air conditioned cafe in Barton Seagrave Village Hall, Bertone Road NN15 6WF at 1.45 pm on the second and fourth Monday of each month.



We have space for more players whatever your experience. You will be most welcome to come and join us for friendly games of Scrabble or Mahjong

Refreshments are available

Linda Law

Camera Group

Our 'working the land' photos had very little evidence of people on the land. We should have waited another month to catch combine harvesters at work. Although they have been able to work at such a rate with the weather conditions this year that I have only seen one at work and mostly the results of others. (Stop rambling, Jenny). For August we need to take photos of glass ,so that is our theme and we can tackle it in whatever imaginative way we can



Jenny

10pin Bowling



Another good session, having been promoted to the VIP area at the bowling alley.

Evidently the ambience did not have a positive effect on our scores other than for Steve, who managed to get another PB. This weeks highest scorer was Pat and Dypsey managed a PB too.

We are always happy to welcome new players to join the group, no previous experience is needed.

Dai Johnson

Lunch Club

There will be no Lunch Club now until October as many people are on holiday or unavailable. Our thanks go to Jill Burgess for organising the last Lunch Club. If anyone would like to suggest somewhere for us to go or to organise one month's meal , please let us know. In November we shall be taking orders and money for the Christmas Lunch, further details later.



Pat & Dai Johnson

Beginners Camera Club

Our June topic was Water. Unfortunately, due to the dates, our July meeting was after the main July meeting, so you will have to wait to see our photos until the August meeting.

At our July meeting, Michelle presented the topic of Sunrise and Sunset, a lovely topic for this time of year. As a group we are not meeting in August and September due to holidays, so you will be able to see our photos at the October meeting.

Pat Johnson



Monthly Raffle

Thank you so much to all those people who support the raffle each month. As you may not know, your contributions go towards refreshments for the AGM and the coffee and biscuits we all enjoy at the meetings. We are also very grateful to those people who donate good quality prizes for us to use.

Many thanks.

Pauline Mc Cready & Pat Johnson

Short Walks



This month's walk was from The Stag at Maidwell. We walked through the pretty village and out across fields of golden crops to join the Brampton Valley Way.

On our way back towards the village we went through a field with horses each with very young & very cute foals. Lots of photos were taken. It was a hot day so we went slowly back

to the pub where it was nice to sit indoors with a cooling drink.

Our numbers are going down for very many reasons & new walkers are always welcome. We aim to walk about 3 miles avoiding styles and hills if possible.

We don't rush and can stop as necessary. We end up somewhere for coffee and some stay for lunch occasionally. Please contact me if you'd like to join us. I can't make it to the August meeting but my number's in the newsletter.

The next walk is at 10am on Thursday 20th August. I've found a route close to 3 miles from near the Barton Seagrave Primary School on Belvoir Drive, going via Wicksteed Park. I hope we can join the end of the weekly coffee morning at The Stirrup Cup afterwards. The postcode I think it is NN15 6QY

Helen Hicks

Craft n Coffee

7 of us met up for crafting and coffee. Congratulations to Penny and Angela who actually did some crafting, I put mine on the table! But we did do a lot of chatting, one of the subjects was giving someone, someone else's phone number – always check with the person before giving out phone numbers.



I showed pictures from the Longest Yarn Exhibition which is currently in Weymouth but has been in Peterborough. There are about 100 cabinets with scenes from World War 2 all knitted or crocheted—well worth a visit. Due to most members not able to attend in August that meeting has been cancelled so our next meeting is 22nd September.

Joy Knight

Play Reading Group

The Playreading group met on July 6th to read the unlikely titled, 'The Farndale Avenue Housing Estate Townswomen's Guild Operatic Society's' Production of The Mikado an operetta by David McGillivray & Walter Zerin Jr. Based on The Town of Titipu by W. S. Gilbert & Arthur Sullivan, which kind of says it all.

It was an operetta but we read it as a play which produced a lot of extra laughs, and the occasional joint bad singing. A totally incompetent amateur theatre group, stages 'The Mikardo'. Everything that can go wrong does go wrong, but the actors push on regardless of missed cues, wardrobe malfunctions, rows on stage, and so on. We all thoroughly enjoyed the afternoon, enhanced by tea & biscuits, and look forward to the next Playreading day on Monday 3rd. August.

Carlene Lee

Art Group



We have just had our last session before our Summer break. Limited numbers sadly, due to health issues, accidents & holidays. We had another good session with Mel continuing with our acrylic bridge, river and house scene. She showed us how to paint reflections on the water. Below are photos of our paintings although some are still not completely finished.

Hope all can enjoy the Summer and cope with the incessant heat

Tessa



LOCAL EVENTS YOU MAY BE INTERESTED IN

Join the Mayor of Kettering at

HOME START
Kettering Area

Music Bingo
7pm - Friday 7th August

Line & House Prizes per game

Tickets £7.50 including entry to all rounds of Music Bingo
[wegottickets.com / ketteringartscentre.com](http://wegottickets.com/ketteringartscentre.com)

Fully licensed bar serving affordable Wines, Lagers, Ale, Ciders, Soft Drinks & a variety of snacks

Location:
Kettering Arts Centre at St Andrew's Church
Lindsay St, Kettering NN16 8RG

Kettering Town Council
Community • Environment • Heritage

Kettering Arts Centre

Home Start Kettering Area is the chosen charity of the Mayor of Kettering 2026/27

SOUND SENSATION

Kettering & District Flower Club
Platinum Anniversary Flower Festival
St John's Church, Cranford, NN14 4AD

Preview evening with
Music for a Summer Evening
sung by
Sound Sensation
August 28th preview 6pm • choir 7pm
Admission by ticket only £7.50
(inc light refreshments) • from 01536 505912

Flower Festival
Open for viewing
August 29th/30th 10am - 4pm
August 31st 10am - 2pm

Stalls Admission £3 **Raffle Refreshments**

Registered Charity Number 1101348

THE THINK TANK

Meet and Greet

We now have a new meet and greet team to welcome new and prospective new members. If you are interested in becoming one of our helpers, please contact Doreen Riley

WhatsApp group

In an attempt to keep everyone of our members up to date with news etc, I will be starting a WhatsApp group for those who would be happy for me to contact them through this group. A number of our members are not email users but most, I think, have a smart phone. Their number will only be used with their permission to contact them when there is something being sent out of importance to all. They can then contact me through the group if there are any queries. If you want to be part of this group then look out for the table where you can put down your name.

Cake Stall

Everyone loves homemade cake – even when they shouldn't. This month I am asking for donations of homemade cakes by all you bakers. Please don't bring something you bought from the shop. The appeal is in the word 'homemade'. The members can then purchase for a donation a piece of cake and sit and eat it with friends. Let me know if you are happy to help.

Car Share and travel

Another idea which was popular with the think tank. Are you interested in days out with friends and car sharing. We are finding out about places that do organised tours for small numbers and it makes sense to car share. Sign up if you are interested.

Bus Travel

One of our members is an expert at travelling by bus and thought other members might be interested in days out on the buses. If you are interested then look out for the table with the sign up sheet.

Pickle Ball

Anyone interested in learning to play Pickle Ball? Find out more about it with Richard Burgess.

Think Tank

Any member can join the Think Tank, we will be meeting on the 1st Monday after the main meeting to discuss what else we can do. Will you join us and join in



ANSWERS TO THIS MONTH'S QUIZ

1 Marilyn Monroe	8 Charles Dickens	15 Jane Austen
2 Albert Einstein	9 George Washington	16 Leonardo da Vinci
3 Gracie Fields	10 Guy Fawkes	17 Field Marshal Montgomery
4 Charlie Chaplin	11 Oscar Wilde	18 Billy Graham
5 Isaac Newton	12 Mark Twain	19 Buffalo Bill
6 Henry Ford	13 Mary I (Mary Tudor)	20 Ruth Ellis
7 Wyatt Earp	14 Charles Darwin	

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 Jong/ 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
Tuesday					
Camera Club (Beginners)	Pat Johnson	07816 939198	Member's home (Ise Lodge)	2 nd Tuesday	2pm
Ukulele 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					
Colour, Relax and Chat	Alison Harvey	Alison_harvey@hotmail.com.	Member's home (behind Avery Care Home)	Last Wednesday of the month	10:30- 12noon
Lunch Club	Pat & Dai	07816 939198	Varies	3 rd Wed Alternative	12 for
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 McCready	07731 555873	St Andrew's Church Rooms	Fortnightly	2 - 4pm
Rummikub Group	Vivien Hole	vivien.hole@gmail.com	Village Hall Barton Seagrave	2nd & 4th Thursdays	1:15 - 3:30pm
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 - 12 noon
Trips	Sylvia Dale	07419 837379	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, Rummikub,

Mahjong and Scrabble, Colour, Relax and Chat & Lunch Club

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

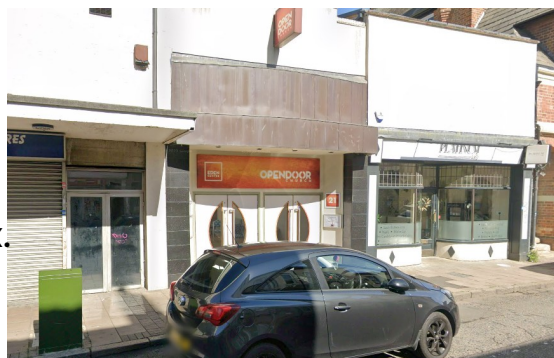
Coffee morning is the exception - anyone is welcome - just turn up.

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	1.15pm
Chair's Chatter	2.10pm
Speaker	2.15pm
Raffle	3.00pm approx.
Finish	3.15pm approx.



COMMITTEE 2025-2026

Chair	Sylvia Dale	07772 237077
Acting Deputy Chair	Joy Knight	07535 446758
Treasurer No 1 a/c	VACANT	
Treasurer No 2 a/c	Tessa Bellamy	07854 864632
Membership Secretary	Alison Harvey	07706586000
Secretary	Lynne Franklin	01536 618001
Activity Groups	Joy Knight	07535 446758
Co-ordinator		
Speaker Seeker	Michael Bristow	07878 534994
Information Technology	Roger Payne	07799 177378
Newsletter Editor		
General Duties	Anne Chandler	07734 963682
	Jude Walker	07941 352190

Non Committee

Safeguarding Officer	Bob Moffatt	07970 896519
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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.

MEMBERSHIP RENEWALS

Just a reminder that membership is now up for renewal.

Full membership is £20, £16 if you are a full member of another u3a

BACS payments:- *Account Name:* Ise Valley u3a - *Sort code:* 40-26-07

Account number: 61608290 - *Reference:* surname + membership number.

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