



u3a
South Lakes

Newsflash: May 2026

Annual General Meeting

Wednesday 20 May

10.30 am, Castle Street Centre (refreshments from 9.45)

Please come and join us for this important event.

We will be voting for:

Our new constitution + Committee members

Afterwards be entertained by Nick Morrice and friends

Entry free of charge

We need your help

The following committee posts do not at present have nominees

Vice Chair

Assistant Secretary (job share)

Monthly Meeting organiser

Role descriptions are available on our website

Please contact Samantha Ridgway or Chris Brooksbank if you can help

and would like more information

Samantha Ridgway (Chair) at chair@southlakesu3a.org.uk

Chris Brooksbank (Secretary) at secretary@southlakesu3a.org.uk

Publicity

We have an information stand at the following to promote SLu3a.

Can you help for an hour or so?

Friday 26 June: Birdcage, Finkle St. and Wednesday 22 July: Kendal Library

Contact David Atkinson [here](#)

Can you help?

In connection with our Beehive event on Friday 26 June we would like to borrow a two metre square gazebo. Do you have one we could use for the day? Contact David as above



MONTHLY MEETS

Restart on Wednesday 16 September

Enjoy your summer!

New Group - Easy Singing

Coordinated by Nick Morrice

We meet on the 2nd and 4th Friday mornings from 10 -11am, fee £2.

The venue is The Space, 26/28 Finkle St, Kendal, LA9 4AB

Come along for an hour's singing of songs from the shows, folk songs from home and abroad in a relaxing, pleasant atmosphere.

(no meeting in August).

Contact [Nick](#) if you wish to attend

Note: this new group is in addition to the long-established Singing for Fun group



Instrumental Music Group

Please note the group now meets in member's homes and welcomes you to join them. Meetings weekly, Monday 10-12 Contact [Gay Soane](#) for more details

American History

This group has now closed due to the lack of a coordinator



GROUP MEETINGS OPEN TO ALL just turn up

Classic Films (*first Thursday, 1.30 for 2pm, Abbot Hall Social Centre*)

*Thurs 7 May - **Rear Window (1954)***

Mystery thriller, Hitchcock's best? Stars James Stewart and Grace Kelly

Themes in world history (*second Monday, 2pm, Abbot Hall Social Centre*)

*Mon 11 May - **Britain Eclipsed***

The decline in British fortunes in first half of 20th century

Natural History (*second Wednesday, 2.30pm, Castle Street Centre*)

Now on its summer programme, only group members can attend. Some meetings are visits with limited numbers. 'Open' again in September

Art Appreciation (*Third Tuesday, 2pm, Abbot Hall Social Centre*)

*Tues 19 May - **Neo-Impressionists***

Based on National Gallery Exhibition 'Join the Dots'

Science and Technology (*last Friday, 2pm, Castle Street Centre*)

*Friday 29 May - **Learning from Nobel Prizewinners, by Henry Leese***

News from our groups

Short reports are on our website <https://south-lakes.u3asite.uk/>

The content is generally the same as our Social media posts on Facebook - so if not a Facebook fan you can keep up to date. They only show on the Welcome page for a limited time so keep checking what's new.

Latest news

u3a Friends newsletter comes out every month. It always has lots of chatty bits in about what different u3as are doing. Click below to sign up - it's free! <https://www.u3a.org.uk/what-we-do/newsletter>

Editor: John Broadhead, email: editor@southlakesu3a.org.uk

Website: <https://south-lakes.u3asite.uk/>

Registered Charity Number: 1030281

*Telephone: 07949 878 523 (only for general enquiries)
please use website to contact Coordinators and Officials*

Regional Newsletter

What's happening in our North-West region?

The May-July edition is available by [clicking here](#)

It includes details of the Regional Summer School being held in Manchester 11-14 August

U3a Festival and Fringe - July

The festival places are now sold out. However, you can join the 'Fringe' from your own home. Details will be announced shortly, it will run for a week either side of the festival

learn, laugh, live with South Lakes u3a

Two ways to keep up to date

News from our groups

You can see this new feature on our website Welcome page.

Short reports on what has been happening around our u3a can be read here. The content is more or less the same as we publish on Social media such as Facebook—so those of you who are not Facebook users can keep up to date. They only show on the Welcome page for a limited time so keep checking what's new.

Check it out at <https://south-lakes.u3asite.uk/>

Facebook Posts are published every week, find our Facebook page either

- Via the link on our [website](#) or
- Google *South Lakes u3a facebook*

The Link will take you to our page - to **Follow us** click on the 3 dots (...) to the right of **Contact us** and select **follow** from the drop down list