



u3a

South Lakes

Newsflash: August 2026

Annual Handbook 2026

We are pleased, this year, to be able to post a copy of the handbook to each address on our membership database. An electronic copy will also be sent to everyone. However the ever-increasing cost means we need to examine alternatives for future years.

The Handbook will also be available on our website from September

Classic Films: Thursday 6 August 2:00pm, Abbot Hall Social Centre **The Gunfighter (1950)**

The first psychological western. Hardly any gunfighting. Gregory Peck on top form. Doors open 1:45 for a prompt start at 2:00pm.



Renewals

Direct Debit: If you have registered a Direct Debit you do not need to do anything as your renewal fee will be taken automatically. However, if you are cancelling your membership you should contact your bank in person or online.

Standing Order: Do you have a Standing Order? Why not change it to a Direct Debit? If subscription rates change you will not have to contact your bank to change the SO.

Come to the Renewals or Open Mornings and talk to the membership team who can help you.

Cash and cheques can be used at these events.

New!
Pay by
card

Membership Renewal Morning

**Wednesday 12 August,
Abbot Hall Social Centre, 10am-12noon**



If you have a Direct Debit in place please do not issue a cheque or pay cash as your renewal is automatic

Our membership team will be on hand to:

- Take payment by cash, cheque or credit card to renew membership
- Help and advise you on setting up a Direct Debit with your bank so that your membership renewal can be made more easily
- If you pay by Standing Order the team can advise you on how to move to a Direct Debit payment which will work smoothly for any future membership subscription change.
- If you want to amend your Direct Debit for any reason - the team can help and advise
- Help with completion of Gift Aid declaration which means SLu3a can claim an extra 20% of your subscription from the Government.

Due to lack of space at other available venues we will be holding our Open Morning at Kendal Leisure Centre, Burton Road. The day has also changed to a Saturday.

There is ample parking space and several buses pass the centre (567, 41, 41A, 42, 42A)

Open Morning

**Saturday 5 September
Kendal Leisure Centre, 10am-12noon**

- Many of our Groups will be there so you can find out what they do and join up to receive more information
- Our membership team will be there to help again
- There will be tea, coffee and biscuits too - so an opportunity to catch up with friends for a chat
- Why not bring a friend to see what we can offer
- See our new publicity and promotion stall
- Have ideas to improve our u3a? Take the opportunity to chat to one of the committee members



MONTHLY MEETINGS

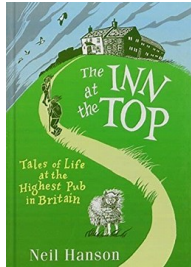
Coffee, chat and guest speaker, open to all members

10.30am, Castle St Centre (*Refreshments available from 9.45am*)

Wednesday 16 September

Inn and Out at the Top

Neil Hanson is a hugely engaging storyteller, award winning speaker. Tales of life at Britain's highest pub



Wednesday 21 October

The 'assassination' of Lady Diane Spencer

Pete Mellor will explore this fascinating theory. Starting from marriage to Prince Charles in 1981 which ended in divorce in 1996. Events to 1997 are briefly covered. He explains what led to her visit to Paris in August '97 giving details of who chauffeur Henri Paul was actually working for. Finally details of the alleged medical mistreatment that killed Diana prior to her hospital arrival.



Monthly meetings have grown in popularity recently with good numbers attending. Sadly, these will be discontinued after November if no one volunteers to organise speakers.

Please volunteer for this interesting role to enable us to keep this engaging and varied programme of talks and meet-ups going. To start you off we do have a list of possible speakers.

If you feel you couldn't do this alone, would you consider joining a small group to meet twice a year to arrange a programme?

For a chat contact Derek Ridgway at ridgway_d@sky.com

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)

Publicity and Promotion

Renewals Morning: Can you take a poster for the Open Morning and display it in your area? We will have copies available to take away.

Open Morning: Bring a friend or neighbour to see our range of leaflets and other information.



Westmorland Show: We have a stand in the Lifelong Learning tent on Weds-Thurs 8-9 September. If you are going to the show can you spare an hour to help? Contact Jane Willis at jane@willis-elt.co.uk

Publicity stall: This is now in use, so far at the Birdcage and Kendal library. Other possibilities are - Kendal Town Fete on 20 September and the Age Friendly Festival on 4 October. We'd love to receive invitations to other events, indoor or outside.



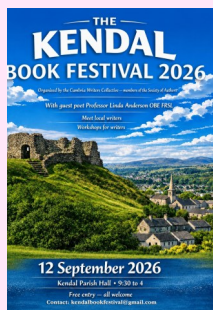
Sixth Pickleball Group!

Probably the fastest growing group we've ever had. All sessions take place in Natland Village Hall from September.

Groups 1, 2, 3 on Fridays - Groups 4, 5 on Mondays - Group 6 on Tuesdays

Contact the coordinators via their group page on our website

August events by u3a National
[click here](#)



Saturday 12 September

Kendal Parish Hall, 9.30-4.00, free entry

Guest poet - Professor Linda Anderson, OBE, FRSL

Meet local writers - Workshops for writers

For more information: kendalbookfestival@gmail.com

If you would like to book a table (£10-20) for your writing or book club group use this link:

<https://www.trybooking.com/uk/events/landing/115540>