

Newsflash: October 2026

MONTHLY TALKS

Just turn up for refreshments, chat and guest speaker

Free entry for SLu3a members until end of 2026 – guests £3

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

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.



Wednesday 18 November

St John's Hospice

Caring for our community in Lancashire and South Lakes - *Every hour, every day since 1986*



It has a single and important purpose: to be there when it matters most.

Support their next event the local crime writer

Further details on their website - www.sjhospice.org.uk

Open Morning Success

Our first use of the Leisure Centre attracted over 350 visitors and more than 80 new members joined. Many groups attracted new interested enquirers.

Our Kendal Mayor, Helen Ladhams spent some time with us. Existing members enjoyed catching up with friends and having refreshments. Your committee thanks all those took part and made it such an enjoyable event.



Classic Films at Abbot Hall Social Centre



Thursday 1 October Lilies of the Field (1963)

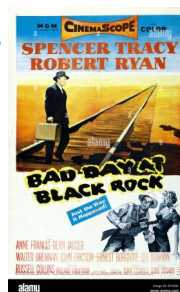
Stars Sidney Poitier - a delightful and thoughtful comedy

Thursday 5 November Bad Day at Black Rock (1955)

Spencer Tracy in an exceptionally taut, tight drama

Doors open 1:45 film at 2:00pm.

All members of SLu3a are welcome to attend



New Group: Indoor Climbing - fun and safe

Kendal Climbing Wall is a superb facility, having multiple climbing areas and a cafe. Climbing indoors is safe, interesting and fun, it can be as easy or hard as you wish to make it.



The indoor climbing group is starting up with a small group of experienced climbers and novices. Meetings are on a Friday morning (10-12.30). Experienced climbers and novices are welcome to join straight away by contacting the coordinator who will give further details. [Click here](#). This is a commercially priced activity, with entry cost between £9.70 and £16. If necessary, a kit hire package is £7.25. *NB: this activity is not covered by u3a insurance, but by the venue.*

GROUP MEETINGS OPEN TO ALL **just turn up**

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

Mon 12 October ***Who were the original English by Adrian Griffiths***

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

Weds 14 Oct ***My Botanising Life - where I lost my way, by Dr A Skinner***

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

Tuesday 20 October ***Turner in his own words by Nick Morrice***

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

Friday 23 October ***Artificial Intelligence, the good, the bad, the ugly
by Chris Simmonds***

New Group - Drama



Would you be interested in joining this proposed group?
Nick Morrice would be leading it and meetings would take place in the Unitarian Church, Kendal Market Place.

He's already written a short play as a starter

Contact Samantha Ridgway if interested - [click here](#)

Handbook corrections

As always, perfection hasn't been reached!

Our Groups page - Bridge was omitted

Cycling (Social) - meetings are not always on a Monday

Meetings: weekly from 10am

Various days, locations, venues

Contact coordinators by SLu3a website 'Groups'

Literary Studies - meets monthly on third Friday, not Wednesday

New coordinator is Mary Naylor

The Hanoverians and Georgians - incorrect name and to make clear that it is a history group the name is now *Hanoverian History*



Sunday 4 October

11am to 2.30pm

Activities will include

- ◇ Exercise sessions
- ◇ Games
- ◇ Health and Wellbeing advice
- ◇ Opportunities to connect with community organisations

We'll be there!



Publicity and Promotion

Would you like to help our publicity campaigns? There are a number of ways you could assist us. Contact Jane Willis [click here](#)



Want to contact someone?

Click on 'Contact' at the top of our website

There you will find who to contact about a variety of subjects

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