

u3a

South Lakes

learn, laugh, live

Newsflash: November 2026

MONTHLY TALK *final talk for 2026*

Just turn up for refreshments, chat and guest speaker

Free entry to this event for SLu3a members – guests £3

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

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 one of their events

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



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Come and join us - we need

A Vice Chair

an Assistant Secretary (job share)

Role descriptions are available on our website

Please contact Samantha Ridgway if you can help and would like more information

To contact Samantha [click here](#)

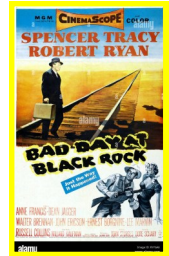
Classic Films at Abbot Hall Social Centre

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

All members of SLu3a are welcome to attend

Thursday 5 November Bad Day at Black Rock (1955)

Spencer Tracy in an exceptionally taut, tight drama



Thursday 3 December Être et Avoir (2002)

A year in a one-room rural French school
with a remarkable teacher

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

All members of SLu3a are welcome to attend

Hanoverian History

At present the group is full, if you wish to go on a waiting list please
contact the coordinators ([click here](#))

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

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

* Mon 9 November **Women's Rights by Liz Kelly**

She will cover both legislation and society over time

* if not already on the group mailing list and wish to attend [contact the coordinator](#).

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

Weds 11 Nov **Natural History of Mull by Philip Cropper** just turn up

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

* Tuesday 17 November **Banksy by Mark Aldridge**

* if not already on the group mailing list and wish to attend [contact the coordinator](#).

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

Friday 11 December - Christmas quiz

Note change from normal date - a group members only event

New Open Group

The Architecture Appreciation group is now open to all SLu3a members

Why not try a meeting? Just turn up

*Tuesday 3 November, **Architectural 'quotations' by Terry Johnson***

*Tuesday 1 December, **The City of Stockholm by Richard Pealing***

Abbot Hall Social Centre, 10.00 -12.00



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- Via the link on our [website](#) The Link takes 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
- or you can Google **South Lakes u3a facebook**

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](#)

Changed your personal information?

Please let the SLu3a Membership Team know of any changes to email address, postal address, telephone number, etc at

membershipsecretary@southlakesu3a.org.uk

Publicity and Promotion

This summer our publicity team, with the help of 40 volunteers, took part in five events: Birdcage, Library, Leisure Centre, Abbot Hall Park and the Westmorland Show (where our stand attracted over 360 people). Altogether we spoke to over 700 people. the majority of whom had not heard about the u3a before. And it has already paid off

– our membership secretary has reported a 2/3 rise in new members joining between July and October this year as compared to last year.

THANK YOU to all those who helped spread the word – some at more than one event. We met a variety of people, many with interesting stories altogether an enjoyable experience. Photo: volunteers in Abbot Hall Park at Mayor's Fete in September.



Our publicity group meets in Booths café for an hour or so once a month to brainstorm ideas – would YOU like to join us? Please contact me, Jane Willis [click here](#)

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