

Welcome to the Bedford u3a Newsletter June 2026

Bedford u3a Ageing Well 2026 - not long now!!

It's time to register yourself (friends/family are invited) for the **Bedford u3a Ageing Well 2026** morning on **Friday 26 June 2026 at 10.15am** (free entry & refreshments). Please [click here](#) to register your name, email address and **Bedford u3a membership no. & number in your party.**

Located at the **Addison Centre**, Addison Howard Park, Bedford Road, Kempston, Bedford MK42 8PN the **doors will open at 10am for a start at 10.15am - 1.30pm.**

Join with us for a relaxed & welcoming morning focusing on looking after your mind and body.

Find out some valuable tips & practical approaches in how to look after your mind & body, helping you to enjoy a longer, healthier life.

We all hope to live long healthy lives. Expect information stands & guest speakers giving expert advice on keeping healthy in everyday life to help us achieve this goal.

[The deadline for registrations is Monday 22 June 2026](#)

Volunteers Always Wanted!

Sally Petre, our Groups Co-ordinator, is hoping that someone in the organisation would like to join her as **Joint Groups Co-ordinators**. Both co-ordinators would support the current 60 Bedford u3a groups to ensure they run smoothly and successfully throughout the year.

If you are interested in this new role and think you can offer your help then please contact **Sally** direct.

Volunteers Lanyards!

All Bedford u3a Volunteers will be offered a very stylish **Red Volunteer Lanyard** to wear when attending any Bedford u3a events (if they want to!). Wearing one of the new lanyards is not compulsory but doing so would help members identify who can they can go to for help within the organisation.

If you are a volunteer and would like a lanyard please email [Linda Whitfield](#).

A repeat of a message from Putnoe Heights Church

Are you aware that all of the toilet facilities available to Bedford U3A members are located towards the rear of the church?

Toilet facilities are located either via the doors on the left-hand side of the main church hall or the corridor adjacent to the kitchen. A **Less Abled Toilet** is situated to the right of the

gents toilet and opposite Room 1. (The Less Abled Toilet has all the facilities of a disabled toilet). The **ladies' toilet** is nearby and clearly signposted.

The church would be extremely grateful if **all Bedford u3a members** could use only those toilets listed above whenever they need to during the Putnoe Heights open meetings.

Putnoe Heights car parking. 🚗

Since Putnoe Heights Church is situated in a residential area, **please exercise caution when parking.** There are parking spaces available near the shops in Hartop Close and along Library Walk. If you do park on the roads outside a property please make sure you do not obstruct access. Thank you for your anticipated cooperation.

Coffee Morning Catch Ups! ☕

Our coffee mornings are going well and have attracted quite a few current members plus potential members, some of whom went home and joined Bedford U3A immediately! It's good to know we didn't put anyone off joining the organisation!

To make these mornings more welcoming to everyone, we're planning to visit different cafes in and around Bedford. This way, those who find it tricky to get into the town centre won't miss out! So if you want to join us get these dates into your diary.....

Friday 19 June 2026 - Meet upstairs in the Albero Lounge.

10am - 12pm ish. Don't forget to order and pay for your drink at the bar. The Albero staff will deliver it to the table.

Friday 17 July 2026 - Meet upstairs in the Albero Lounge.

10am - 12pm ish. Don't forget to order and pay for your drink at the bar. The Albero staff will deliver it to the table.

Friday 21 August 2026 - Meet at Milton Ernest Garden Centre.

10am - 12pm ish. An opportunity for those members living at that end of town to join us for a coffee and maybe a little garden retail therapy afterwards.

Friday 18 September 2026 - Meet upstairs in the Albero Lounge.

10am - 12pm ish. Don't forget to order and pay for your drink at the bar. The Albero staff will deliver it to the table.

Friday 16 October 2026 - Meet upstairs in the Albero Lounge.

10am - 12pm ish. Don't forget to order and pay for your drink at the bar. The Albero staff will deliver it to the table.

Friday 20. November 2026 - Venue to be confirmed but somewhere local.

10am - 12pm ish.

Friday 18 December 2026 - Meet upstairs in the Albero Lounge.

10am - 12pm ish. Don't forget to order and pay for your drink at the bar. The Albero staff will deliver it to the table.

Dates for your Diary 2026 📅

Friday 26 June 2026

Bedford u3a Ageing Well Morning 10am - 1pm will be held at the **Addison Centre, Kempston**. [Click here to Register](#). Full details of the event are shown above.

[Deadline for Registration is Monday 22 June 2026.](#)

Saturday 11 July 2026 at 3pm

Bedford u3a Summer Concert held at St Marks Church in Brickhill.

The annual concert is free to everyone. Refreshments / Raffle. Donations are welcomed. Funds raised by the Concert are used to provide music to the choir and hopefully make a donation to the church

Saturday 24 October 2026 Simply 60s Show

Tony Tutton and his band are back, which is just what we were hoping for! Get ready for a fun afternoon filled with upbeat 60s tunes!

Tickets costing £5 each will go on sale at the Putnoe Heights Open Meeting on 4 August 2026

A repeat of an important message from our Treasurer! 🇬🇧

A reminder to everyone **all subscriptions** should be paid into the main Bedford u3a Bank which is:

Account details are:

Bank Account name: **Bedford u3a**

Sort Code: 30-90-66

Account No. 01426292

And for any **Travel Group payments** for **theatre trips/ coach days out** should be paid directly into their bank account detailed here:-

Bank Account Name: **Bedford u3a Travel Group**

Sort Code: 30-90-66

Account No. 02737577

Travel Group 🚌

The [Travel Group page on the website](#) details all trips in full detail. However, there is availability on the following.....

Friday 19 June 2026 - Day Trip to Brighton

4 seats left!

Cost: £25.00

Organiser: [Sheila Newman](#) or 07801 550414

Friday 28 August 2026 - Blenheim Palace, Oxfordshire

View the Palace and its Gardens. There is a very nice restaurant on site or if it's a nice day, take a picnic with you.

Cost: £44.00

Organiser: Linda Holder 07848 484627 or 01234 870867

Thursday 3 September 2026 - Chitty, Chitty Bang Bang.

The Watermill Theatre, Newbury - Matinee performance

Lunch has been arranged at the which is in a lovely setting surrounded by a babbling brook with Willow trees, ducks and of course the working watermill wheel.

Cost: Theatre ticket £53.77

Cost: Lunch £25.20

Cost: Coach TBC

Organiser: [Teresa Hills](#)

Friday 9 October Bourton-on-the-Water

With its stone bridges across the River Windrush, overhanging willow trees, village green and historic stone cottages, its no surprise that Bourton-on-the-Water is one of the prettier villages in England!

Cost: TBC

Organiser: [Sheila Newman](#) or 07801 550414

Friday 23 October Museum of Brands, Notting Hill. London.

Cost: £33 which includes coach, entrance, introductory talk and tea/coffee on arrival. Free time to browse shops and restaurants in Notting Hill and maybe visit the well known Portobello market.

Organiser: [Sheila Newman](#) or 07801 550414

Friday 27 November Springfields Shopping Centre with an option to visit Bayfields Garden Centre as well (or stay at Springfields).

Cost: £22

Organiser: [Sheila Newman](#) or 07801 550414

Thursday 28 January 2027 - Matthew Bourne's Cinderella, Theatre MK.

Set in London during the Second World War, world renowned choreographer Matthew Bourne has created this darker reimagining of the classic fairytale which unfolds against the shadow of the Blitz, where a chance meeting leads to a powerful wartime romance that follows the original Cinderella fairytale.

Dress circle seats in rows, F,G and H.

Cost: £50.69 for the theatre ticket

Coach cost: TBC

Organiser: [Teresa Hills](#)

Are you booking any holidays with Riviera Travel?

Did you know that if you book any holiday or cruise with Riviera Travel and mention your u3a (at the point of booking) 10% of the basic holiday cost will be donated to the Third Age Trust for the benefit of Bedford u3a.

Get adventurous with HX Travel

The u3a has partnered with HX, the world's leading expedition cruise company, to offer u3a Friends newsletter members an extra 5% discount on all expedition cruises. Further details here.

Open Meeting Speakers in 2026 🙌

Tuesday 2 June 2026 - Putnoe Heights

Tony Tutton Music & memories show. A Visual/audio trip through three decades. Singalong to hit songs from the 50s, 60s, & 70s.

Tuesday 16 June 2026 - Addison Centre

Stephen Barker. Women in the 1st World War. Their roles at home and in the military. Women played many roles in the First World War, including in the military, on the home front, and in factories. This talk aims to highlight these well-trodden paths, but also some lesser-known themes.

Tuesday 7 July 2026 - Putnoe Heights

Cheryl Williams will talk about her time teaching in Mombasa.

Tuesday 21 July 2026 - Addison Centre

Jane Cartwright from Midshires Search and Rescue will talk about her work alongside highly trained volunteers who can be mobilised at short notice to locate a missing person.

Tuesday 4 August 2026 - Putnoe Heights

Dave Pinion, journey to Antarctica in 2023 visiting the expedition huts of Scott and Shackleton.

Groups News

Did you know that several groups now meet in different pubs in the area! The great advantage is that there is less work for the Group Organisation - no money to collect and no refreshments to provide. For small groups using a local pub is an ideal solution.

Currently the most popular pub venues are the King William Kempston, The Park and the White Horse in Bedford. If you can think of another pub venue that might be suitable for a small meeting please let Sally Petre know.

+++++