

Welcome to the Bedford u3a Newsletter September 2026

ITS TIME TO RENEW YOUR MEMBERSHIP!

If you'd like to keep being a member of Bedford u3a in 2026/2027 please complete a Renewal Form and pay the **£18 subscription fee** (which is the same as in 2025). By now Members should have received a Renewal Form by email, Sent out in alphabetical order. If you haven't received your reminder yet, don't worry! It will be with you soon..... Here are a few ways to renew your Bedford U3A Membership.

Prefer renewing Online?

Please [click here](#) for the online Membership Renewal form.

Pick up a Renewal Form at an Open Meeting?

Renewal Forms are available on the Membership Desk at both the Addison and Putnoe Heights meetings.

Would prefer a hard copy of the Renewal Form be posted to you?

Please send a stamped addressed envelope to our Membership Secretary, Sheila Newman, at the following address: 15 Everard Road, Bedford MK411LD.

Bank details for all membership renewals

Lloyds Bank

Account Name **Bedford u3a**

Bank Sort Code **30 90 66**

Account No. **01426292**

Please quote **REN** and your surname as reference.

The deadline for all membership renewals is 30 September 2026.

DIARY DATES

Bedford u3a Ageing Well Morning - Enjoying Longer, Healthier Lives

Friday 18 September 2026 - 10.15am to 1.30pm - Addison Centre, Kempston.

Open to all members of Bedford u3a, your friends and guests are all welcome to join us for a relaxed morning focusing on looking after your mind and body.

What can you expect? Free entry, a friendly atmosphere, lots of helpful information to take away, free refreshments, guest speakers, expert advice on keeping healthy in everyday life, information stands, support and guidance from local agencies.

We are asking everyone to complete an **online Registration Form** (and you don't need to create a Google account to complete it). You can also register your intent in coming along by **email to the Co-Secretaries of Bedford U3A.**

Simply 60s Show - TICKETS ON SALE NOW!

Saturday 24 October 2026 - Addison Centre, Kempston

Doors open 12.45pm - ShowTime: 1.30pm - 4pm

£5 per ticket to Bedford u3a Members only!

Refreshments to include tea/coffee/biscuits

Tickets are on sale at all open meetings from now until mid-September 2026.

Please see our Treasurer, Lesley Reynolds.

Don't go to the open meetings? Tickets can be ordered by emailing the [Treasurer](#) and paid for by bank transfer. Don't forget to add your name & membership no. to the transaction. The ticket will be available to collect on the door, on the day!

Bank Account details are:

Account name: **Bedford U3A**

Sort Code: **30-90-66**

Account No. **01426292**

The Annual General Meeting (AGM).

Tuesday 20 October 2026 - Bedford u3a Annual General Meeting (AGM)

Every year, the Addison Centre in Kempston hosts this important meeting for the Bedford u3a. It's a chance for the membership to give their thumbs up to various organisational matters.

After the official business wraps up, we'll all get to relax and enjoy ourselves as this year, our speakers are from The Happy Brewer, Bedfordshires premier home-brew and wine-making specialist!!

Group Leaders Meeting - Friday 6 November 2026 - 1pm Priory Church, Newnham Avenue, Bedford.

Sally Petre, our Groups Co-ordinator, would love for all the Bedford U3A Group Leaders to join her for a light lunch. It's a great opportunity to connect and chat with each other group leaders. More details soon.....

Lost and Found

Sometimes members leave behind their personal items at Open Meeting venues (i.e. umbrella, cardigan, books) and it can take some time to find the right owner and return them.

In future, anything handed in at a venue as *lost property* will be held onto to by the person who received the item (probably a Committee Member). The *lost property* will be advertised both in the forthcoming newsletters and on our website for three months until the owner is found. If, after that time, that property remains unclaimed it will then be given to a local charity shop.

Please contact either [Gayle Holliday](#) or [Charlotte Keating](#) if you either find or lose something.

Coffee Morning Catch Ups!

Our coffee mornings are continuing as follows.....

Friday 25 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 - 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 18 December 2026 - Frosts Garden Centre, Willington.

10am - 12pm ish. A final chance to meet up for a coffee in 2026 in this very very festive garden centre. A chance to unwind and relax ahead of the big day!

Groups News

Who within Bedford u3a loves anything Italian?

Whether you can speak a little Italian (or a lot!), love Italian food or enjoy Italian culture then we want to hear from you!

Some of the Italian residents in Bedford are keen to connect with the Bedford u3a to share and promote all things Italian. Whether it's through music, dance, speech, history or anything else that connects to that beautiful part of the world, they'd be delighted to join in!

To see if our Bedford u3a members are interested in promoting or joining in with events that have an Italian theme, and to learn more about this wonderful Mediterranean country, please email either [Sally Petre](#), [Linda Whitfield](#) or [Gayle Holliday](#).

CANVA

Canva is a fantastic computer-aided design tool that lets you create posters, flyers, newsletters, social media posts and websites without any design experience. Great news! Bedford U3a now has a licence for Canva Pro, which can support up to fifty members.

We are considering setting up a dedicated Canva group where members can get together to learn about the software, share tips and help each other out with designs for their groups or personal projects.

If you are interested in learning more about Canva, please let [Sally Petre](#) know. Depending on how many people are interested, Sally will organise an initial Canva session.

The **Dog Walking Group** hopes to restart soon so please contact [Karen Ross](#) (via the Bedford U3A website) if interested in joining. More comprehensive details are on the website.

Travel Group

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

Travel Group Important Information

- No seats are confirmed until full payment is made.
- If you are keen on trips that are full, we do have waitlists for some of them. However, if you later decide you are not interested or have made other plans, please let the organiser know as soon as possible.

Friday 9 October - Bourton on the Water - Cost £26

[Just a few seats left](#)

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

Friday 23 Oct - Museum of Brands at Notting Hill - Cost £33 inclusive

[Just 3 seats left due to getting a larger coach](#)

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

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

Cost £50.69 + coach cost - Matinee dress circle seats

[Just a few seats available but be quick if interested as booking will be closing shortly.](#)

Organiser [Teresa Hills](#)

Open Meeting Speakers in 2026

Tuesday 15 September 2026 - Addison Centre

Jenny Mallin gives a fascinating insight into how production life was in the BBC during the 1970's through real life experiences and stories at a time when the BBC was the UK's main tv broadcast companies.

Jenny's seven year career offers a unique insight into the workings of each department, her time on the Generation Game as a Contestant Researcher and Game Deviser to three years of sharing intimate, hilarious chats with playwright Alan Bennett to her days on Mastermind and Top of the Pops.

Tuesday 6 October 2026 - Putnoe Heights Amanda Sutherland - Hypnotherapy

Amanda will explain how Hypnotherapy uses guided relaxation and focused attention to induce a trance-like state, allowing the therapist to help you access your subconscious mind for positive change, addressing issues like anxiety, habits such as smoking, vaping, and nail-biting, weight loss, pain, and fears, by reframing thoughts and behaviours, all while you remain in control and aware.

Tuesday 20 October 2026 - Addison Centre Kempston

Bedford u3a holds its Annual General Meeting (AGM) and once the legalities are over our speakers will be representatives from **The Happy Brewer**, Bedfordshire's premier brewing and wine-making specialist.

Tuesday 3 November 2026 - Putnoe Heights - The importance of hearing.

Aekta Patel, Director at Specsavers Bedfordshire shares her experiences as an audiologist for ten years and how valuable home visits can be for the hard of hearing.

Tuesday 17 November - Addison Centre - Mike Mansfield will tell us how to Optimise our Health and Wellness in Middle age and beyond. How to stay strong and fit and how to manage aches, pains and injuries.

GENERAL BEDFORD U3A INFORMATION

Bedford U3A Bank details

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

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

Open Meeting Dates 2026

For your information all **Open Meeting** are currently held on **Tuesdays** and start at **10am**.

Putnoe Heights Open Meetings are held on the **first Tuesday** every month

Addison Centre Open Meetings are held on the **third Tuesday** in every month.

This information and more details can be found on the Bedford u3a website.

Open Meeting dates for the rest of 2026 are

Putnoe Heights

6 October 2026
3 November 2026
1 December 2026

Addison Centre

15 September 2026
20 October 2026
17 November 2026
15 December 2026

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.