

News Edit – June 2025

Picnic in the park 2025!

Wednesday 11 June

1.30 pm to 3pm

Hatch Warren Community Centre



Open to all members

Meet up with friends

Bring your own food

Cake competition

Goodie bags provided

Tea, coffee and soft drinks available

Thoughts from the Chair

I am pleased to inform you that members have volunteered for committee roles following my recent requests. Detailed information will be provided in documents distributed later this month, prior to the Annual General Meeting (AGM). These documents will enable any other paid-up members to express their interest in joining the committee for specific roles.

The AGM this year is on 23rd July at Queen Mary's College, later in the month than normal. Tony Harris who has attended at many recent AGMs will be back this year, acting as Margaret Thatcher. This will be a very popular presentation.

On Wednesday 11th June, instead of our normal monthly meeting at Popley Fields, we will be having a picnic at Hatch Warren Community Centre. Members should arrive after 1pm for a start at 1.30pm. We have our annual cake competition being organised by Elaine Budd. Please bring chairs and your own food. Drinks are provided from the lounge room in the Centre which overlooks the lovely field. Details, including a map, can be found on the next page of this newsletter. We must vacate the room before 3.30pm, as an after school's club uses it at 3.30pm. I hope many of you can attend.

The Health and Wellbeing Group has proved to be very popular. The next meeting is on 12th June, the subject being '*Avoiding and managing dementia*'. All members are welcome – you do not have to belong to this specific group.

The new membership year commences in September. Members should renew using the Members Portal, which was introduced last year. All your membership contact details including emergency information are included in the Members Portal. Please check that they are up to date and amend if necessary. More information about accessing the Members Portal is included on the final page of this newsletter.

The details regarding the new membership fee will be included in the documents for the AGM, which are being distributed this month. Over the past two years, we have implemented a reduced fee due to substantial financial reserves that allowed us to subsidise the price. The revised fee will correspond to the rates that were applicable before 2023, adjusted for inflation and additional costs.

Paul Dodge

Monthly meetings

This year's *Picnic in the Park* will take place on Wednesday 11th June from 1.30pm to 3.00pm at Hatch Warren Community Centre, RG22 4XF. All members are welcome, so take the chance to come along and meet up with friends. Tea, coffee and soft drinks will be available, but please bring your own food and any other drinks you may want. Goodie bags will be provided.

Parking is available on site, or some side roads, or at the nearby Sainsbury's or Lidl. Bus route 12 stops outside, or bus route 8 to St Mark's School or Sainsbury's is also an option.



Are you a keen baker?

The picnic hosts the annual cake competition. Everybody is welcome, and we have had some scrumptious winners in the past. The cakes are judged on taste and winners will be able to choose from wine or chocolates as prizes.

We have two judges so far and I am looking for a couple more (you can let me know on the day). After the judging, the cakes are available to all those attending the event, making lots of people very happy. So get the eggs and flour on your shopping list and we look forward to seeing all the lovely tasting creations.

Elaine Budd



JUNE 2025

News from our groups

Health and Wellbeing

This month the group will be welcoming Georgi Welch from the Alzheimer's Society. The meeting is on 12th June from 10am to noon at Popley Fields Community Centre. Georgi will talk about dementia prevention, what to do if you suspect you may have it and how to better care for people you know that are sufferers.

May's session

We were joined by Nutritionist Lily Samuel, a state registered nurse and midwife before being diagnosed with rheumatoid arthritis in her early 30s. After relying on tablets for pain relief, she decided that there must be another way and went back to university to study for a degree in nutrition and exercise. Now she is a qualified nutritionist and apart from fish oil and vitamin D takes no tablets and is pain free. However, she watches what she puts into her mouth at all times.

The group learned many tips on improving gut health. I have included a few below which I never knew.

Research has shown that the gut is our second brain: 90% of serotonin (which improves mood) is produced in the gut, calming transmitters are made in your gut and 70% of your immune system is in the gut. Gut health is important to our mental health, so if not right, can send anxious or depressive messages.

Eat 30 different plants a week – keep a diary.

Eat 21–30g fibre daily, which is good for prevention of colon cancer: things such as oats, wholegrains, fruit, legumes, seeds, nuts and vegetables.

Pomegranates are excellent as they move through the stomach.

All oats are excellent to help reduce cholesterol; however overnight oats are better for you than cooked oats as the oats are still raw.

Eat healthy fats such as oily fish, olive oil. Take omega 3 supplements if necessary. This helps your gut, brain and skin. It reduces inflammation and helps stool movements: it also helps absorb other vitamins.

Add more fermented food in your diet.

Only buy products that say they have live bacteria such as fermented food that has been stored in a refrigerator. Otherwise, the bacteria is likely to be dead.

Sourdough bread is great but not the one from the supermarket as the live bacteria is killed in the baking process in most supermarkets. Use an artisan baker.

Eat under-ripe bananas. All bananas are good for you, but if not fully ripe, they go through the stomach into the intestines and feed intestinal micro biome.

Sprinkle cinnamon on your food, this helps control blood sugar cravings.

Add turmeric to your food, this is much better than supplements and is good for inflammation of the gut as well as other parts of the body.

Lily summed up by saying gut health will improve your overall health, your sleep will improve, your stool movements will be easier, it helps to reduce stress. Easy things to do are:

- maintain a regular eating routine
- chew and eat slowly
- move regularly
- drink 2–3 litres of fluid a day. Tea is fine but not for the full 2–3 litres.
- avoid over-produced food.

We also heard from Kate Harrison from Age Concern: see www.ageconcernhampshire.org.uk She gave us access to lots of pamphlets on what they do and talked about their services:

- IT sessions
- foot care clinics
- social groups
- yoga
- help at home to maintain independence (shopping, housework, dog walking, meal preparation). There is a wait list but don't let that put you off.
- hospital to home service – looking after people after they are discharged from hospital
- hospital transport
- one to one help with understanding what benefits are available and helping to fill in the forms. They don't give financial advice, just tell you the government benefits you can get.

Elaine Budd

Line dancing

The Sherfield on Loddon Village Fete 2025 will be taking place on Saturday 14 June from noon to 5pm.

Our Line Dancing Group is scheduled to perform there at 1.45pm. Look out for photos in the next edition.

Book Club

Looking for a holiday book?

Last month the book clubs read *The Women* by Kristin Hannah. It scored a massive 8.7 out of 10, making it our most enjoyed book. The main characters are nurses that serve in Vietnam during the war. A beautifully written and researched book about a controversial time in history. It will tell you things you probably didn't know about the American culture and inspires as the women overcome adversity. This is a must read over the summer.

Patchwork and Quilting

In the month of March there is a dedicated day called *International Quilters Day*, whereby Patchwork and Quilting groups/clubs can have a day making items for charity. Our u3a has taken part in this since at least 2009 to our knowledge. This year we are supporting Sebastian's Action Trust, a charity giving support to families with critically ill and terminally ill children.

Items our group has made are bags of various types, from shoppers to make-up bags (see photos below). The bags will be used for a tombola stall at their summer fair later in the year.



The group's ongoing project is making baby quilts for the premature baby unit at our local hospital. These quilts are 16x20 inches in size and a delight to make; an example is pictured to the right.

Many thanks to all members of our group, who give their time and materials willingly to support our chosen organisations.



Angela and Penny, group leaders

How to access the Members Portal

Logging on / resetting your password

1. Click the following link to go to the Members Portal logon screen.
[Link to the Membership Portal](#)
2. Enter your **Email address**.
3. Enter your **Password**.
4. *If you cannot remember your Password click the **Forgotten Password** button. **You are the only person who can reset your password.***
5. Enter your **Email address** again and click **Reset password**.
6. A message will appear indicating that you have been sent an email. This email contains a link which enables you to verify your email address. This link will expire after 1 hour so it is best to do this immediately.
7. Go straight to your Inbox and open the email from **noreply@u3abeacon**. If you do not receive the email within a few minutes please check your junk or spam folder.
8. Click the **blue link** next to the words 'To reset your password, please use this link'.
9. Enter your **new password** in both the **Password** and **Confirm password** fields and click **Change password**. Your Password should be at least 10 characters long and include at least one upper case letter, one lower case letter and one number.
10. You will be told that your password has been updated and the Members Portal logon screen should appear.
11. Enter your **Email address** and click **Confirm Identity**.
12. Enter your **new Password** and click **Confirm Identity**.
13. If the logon screen has not appeared you should still try to logon as it is likely that the verification process has still worked. Click the link at the top of these instructions to go to the logon screen.