

**\* Monthly Meeting – Thursday 26<sup>th</sup> March\***

Please join us at our next **Monthly Members’ meeting**.  
It will start at **2pm** on **Thursday 26<sup>th</sup> March** at **THE SHEPPEY HALL, QUEENBOROUGH**

**The Crop Circle Mystery – Andy Thomas**

This month our speaker, Andy Thomas will be throwing some light on the mystery of crop circles, the large and intricate geometric patterns which regularly appear on agricultural fields during the summer.



Are they man-made, the work of artists using planks and ropes, or have aliens paid us a visit?

Farmers in southern England have no doubt who is responsible – vandals causing expensive criminal damage to crops, though it’s been claimed that such intricate patterns would be difficult to create at ground level.

Andy is one of Britain’s most prolific authors and lecturers on mysteries and histories. He has a reputation for making history and folklore both entertaining and accessible. For more than 30 years, he has investigated many enduring mystery subjects in a refreshingly balanced way, including conspiracy beliefs and paranormal areas such as crop circles, UFOs and other enigmas.

Andy has appeared on many popular radio, podcast and TV shows including The One Show, Richard and Judy, Esther, GMTV and Sky TV’s hit series Pineapple Dance Studios, and on US shows such as Caught on Camera, with appearances on The History Channel and National Geographic Channel. He also featured in the US cinema-released documentary Crop Circles: Quest for Truth.

**\*Save the date for next month: Thursday 23<sup>rd</sup> April 2026\***

**The Life & Times of Edith Cavell – Melanie Gibson-Barton**

**Membership subscriptions 2026/2027 – Due 1<sup>st</sup> April**

**NB: No card reader available at March meeting - Please see section below \* Information on how to pay**

**COMING UP...**

|  |        |  |  |
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| <b>David’s Slice of Life</b>             | Page 2 | In this edition, David reminisces about his school dinners and the creation of the gypsy tart.     |  |
| <b>Interest Groups &amp; Activities</b>  | Page 3 | <b>2026 Excursions list – Booking now open</b>   |  |
|  | Page 4 | Information about our groups and activities  |  |
| <b>* Membership Renewals</b>             | Page 5 | Information on how to pay - <b>Sorry no card reader available</b>                                  |  |
| <b>Community Events</b>                  | Page 6 | A range of local community events  |  |
| <b>National u3a</b>                      | Page 7 | There’s a wide range of national online talks, included in your membership for FREE!               |  |
| <b>u3a Online Learning Events</b>        |        |  |  |
| <b>u3a Learn &amp; Share</b>             |        |  |  |
| <b>u3a Friends Extra</b>                 |        |  | Sign up for the u3a Friends newsletter to find out what’s happening nationally and how to save money on purchases. |
| <b>u3a Friends Newsletter</b>            |        |  |  |
| <b>u3a Radio Podcast</b>                 | Page 8 | What are the podcast team talking about this month?  |  |
| <b>Meeting Dates for 2026</b>            |        | Put these dates in your diary  |  |
| <b>Just for Fun</b>                      | Page 8 | Can you answer these questions?  |  |
| <b>Information &amp; Contact details</b> | Page 9 | Let us know if you want to join our members only Facebook Group and/or u3a General WhatsApp Group? |  |

## David's Slice of Life

I'm not addicted to social media, unlike some friends who shall remain nameless, but there are a couple of Facebook pages I like to browse. They're mostly concerned with nostalgia, especially growing up in the Fifties and Sixties. The best of the bunch is a trip down memory lane called Do You Remember?

It features anything from the sweets we used to buy to Penny for the Guy and Bob-a-Job. Last year, ageing nostalgia enthusiasts like myself were asked if we remembered school milk. I certainly do, and I wrote a Slice of Life column on the subject.

Earlier this month, there was another chance for some Do You Remember? classroom nostalgia, and this time school dinners were on the memories menu.

Lunch at my primary school on Sheppey was brilliant – just like mum used to make – but it was a different story when I moved to grammar school in Sittingbourne. School dinners there, were, to put it bluntly, disgusting. Half-cooked potatoes, greens boiled to a tasteless mush and gravy which solidified on the plate. Particularly revolting was a brown sludge concoction called “stew,” which today would fail any health and safety test.

Salads, jacket potatoes, fish or even chips never featured on the menu and what little meat was dished up was tough to the point of being inedible. We used to try and guess from which animal it might have originated.

Second only to “stew” in the repulsiveness stakes was gypsy tart, a sickly mix of pastry, brown sugar and condensed milk. I hated it. I realise, however, that I may be in the minority because gypsy tart is still on sale today and can be purchased at several outlets on the Island. Clearly, there is still a demand for it. In fact, my wife – who loves gypsy tart – bought one recently and I plucked up the courage to try a slice. And – guess what – to me it tasted just as disgusting as it did 65 years ago.



The interesting thing about gypsy tart is that it allegedly has its origins on Sheppey, invented by a local woman who wanted to feed some hungry gypsy children. She supposedly used the only ingredients she had – sugar and milk – to create a sweet, inexpensive treat. Somehow, it made its way from folklore to a staple in school canteens in the mid-20th century.

I think we can take the story of gypsy tart's invention with a very large pinch of salt, or should that be sugar, but it makes a good yarn. Unfortunately, it also provides ammunition for the brainless idiots who regularly post offensive comments on social media about Sheppey and its residents. They have almost certainly never been to the Island but repeat the same nonsense parrot-fashion.

On reflection, it's odd that I don't like gypsy tart because I have a really sweet tooth and one day, when I am really craving a sugar intake, I might give it another chance.

Sadly, and with apologies to all gypsy tart lovers, I fear my verdict will be exactly the same.

**INTEREST GROUPS & ACTIVITIES**

Each interest group has its own communications list so, if you are interested in joining any of our interest groups, please sign up at one of our meetings or email us at: [isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com)

Find out more about our groups on our website: [Isle of Sheppey u3a Interest Groups information](#)

**EXCURSIONS PLAN FOR 2026**

Julie and Sue have recently sent out an email with the list of this year's excursions based on the interest expressed by members. More details are in the email sent to all members included in the group.

**Bank transfer details are in the Membership Subscriptions section**

**Please put the excursion name in the reference section so we can allocate the funds correctly**

**(Please also make sure you are booked onto the excursion)**

**Battersea Power Station and Optional Ramses Exhibition – Full payment required by Thursday**

**Date: Monday 11<sup>th</sup> May**

**Cost: £36 – Battersea & lift only**

**£61 – Includes Rameses Exhibition**

Coach to Battersea Power Station, includes Lift 109, with spectacular 360 London Views.

There is an option for pre-booked tickets to the Ramses Exhibition (additional price), which is in the vicinity of Battersea Power Station.

Alternatively shopping at 100 shops and places to eat.

**PAYMENT DETAILS – Due by Thursday 26<sup>th</sup> March**

The full cost of the trip will need to be paid by the meeting on Thursday due to time constraints.

**NB – There will be no access to a card reader at our meeting so payment will need to be paid by cash, cheque or Bank Transfer.**

**Kentish Lady with Fish & Chips**

**Date: Tuesday 21<sup>st</sup> July**

**Cost: £57**

Coach to Maidstone, a three-hour cruise on the river with included fish and chips/vegetarian option.

**If you are interested in this excursion, please let us know, so we can confirm with the coach company. We will take an initial deposit for this, in April, followed by full payment in May.**

**London with a Hotel Carvery Lunch and River Cruise**

**Date: Sunday 27th September**

**Cost: £82.00**

Coach to Greenwich, river cruise from Greenwich to Westminster Pier. Proceed to Rembrandt Hotel for a carvery lunch. Then free time to visit the V & A, Science or Natural History Museums, or some shopping at Harrods.

**If you are interested in this excursion, please let us know, so we can confirm with the coach company. We will take an initial deposit for this, in June followed by full payment in July.**

**Hever Castle Christmas Lunch**

**Date: Wednesday 2nd December**

**Cost: £65.00.**

Coach to Hever Castle, a two-course lunch (dinner and dessert, this cannot be altered), admission to castle and a themed holiday trail. This is a very popular event and has previously been attended by one of the committee members who has high praise for the event and value for money.

**Due to the popularity of this event, we will take deposits and final payments early, prior to the event to secure our places. Please confirm if you are interested in this excursion.**

## SOCIAL HISTORY GROUP

### Social History Group 19th March 2026 Meeting Farming Through the Ages

About the time that our intrepid Mesolithic hunter-gathering ancestors realised that they were getting too old to chase their next meal around the countryside, their children were idly sitting watching the grass grow, waiting for the adults to come home. Maybe they chewed on the grass while contemplating their hunger and it gave them an idea, "Why don't we grow and make our own food and become farmers?"

Of course, that's a fanciful idea, but it creates a picture of the increasing pressures that confronted the evolving human population throughout this planet to feed itself, pressures that are even more with us today. So, how has farming coped with the demands of humanity to provide itself with sustenance over the millennia? From medieval subsistence farming, using manual labour-intensive methods, through to today's hi-tech, specialist food production, relying on artificial intelligence and satellites, agriculture and animal husbandry are well into the realms of science, and using nature, rather than bending to nature's demands, even though nature will always have the last say.

The Group members' discussion ranged widely in their coverage of the history and the foreseeable future of farming, noting that, in the same way that the science and engineering worlds have produced their geniuses and heroes through the centuries - Albert Einstein, George Stephenson, Isambard Kingdom Brunel - agriculture has grown its own equivalent stock. The likes of Jethro Tull, who invented his famous rotating seed drill, and Viscount Charles Townsend - better known as "Turnip Townsend" - who improved crop rotation methods and increased soil fertility. And, of course, we should not forget Robert Bakewell. "WHO?" - I hear you cry! No, he did not invent the delicious tart of the same name. Robert Bakewell was noted for his invaluable studies and implementation of selective livestock breeding, leading to specific improvements in sheep, cattle and horse breeds. Charles Darwin, some hundred years later, acknowledged Bakewell's work and achievements in 'artificial selection' as his inspiration for his theory of natural selection in his acclaimed, ground-breaking theory 'On the Origin of Species'.

The history of farming is one of highs and lows; the highs, in terms of productivity, coming especially in response to the pressures of wartime, thanks to the 'Women's Land Army'. Whereas livestock production fell during the two world wars, cereal and root crops increased greatly. Famously, the Government responded to a temporary wartime over-supply of carrots by suggesting that the RAF's exceptional night-flying was due to eating carotene. The ruse worked: consumption of carrots increased sharply because people thought carrots might help them see in the blackout, thus taking pressure off other food supplies.

The Social History Group concluded that, during the last millenium, the farming world has developed from an industry involving well in excess of 80% of this country's medieval population working on their individual plots, to barely in excess of 5% of the current population working for only a few major conglomerates. On such alarming figures is based the modern world's economy.



#### FRENCH CONVERSATION GROUP

A group of members regularly get together to enjoy practicing their French conversation skills, facilitated by Helen.



### SCRABBLE GROUP

The Scrabble group has requested to increase from once a month to twice a month. Scrabble now takes place on the first and third Thursday morning each month, facilitated by Val.

### BOOK GROUP

The Book group got so large that Val, the group facilitator, has split the group into two. Book group 1 takes place on the first Tuesday afternoon of the month and Book group 2, on the third Tuesday of the month.



### U3a Festival 2026 – Book your place at u3a Festival 2026 – University of York – 1<sup>st</sup> - 3<sup>rd</sup> July

Join with u3a members from around the country for a celebration of fun, learning and the community that makes u3a so special.

Explore an existing interest or take the leap and try something completely new in member-led workshops and sessions. Surrounded by other members, you will have opportunities to move your body, be creative and explore new ideas.

Find out more here: <https://www.u3a.org.uk/what-we-do/events/festival-2026>

Accommodation and Tickets go fast



## CONTRIBUTIONS TO THE NEWSLETTER

**Thank you again to all those who have provided contributions this month.**

Please let us know if you have any other contributions, including from Interest Groups or for local community events. Send them to [isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com). Deadline for inclusion in the **APRIL** newsletter is **Friday 17<sup>th</sup> April**.

## MEMBERSHIP SUBSCRIPTION RENEWAL 2026/2027

Our membership year runs from 1<sup>st</sup> April to 31<sup>st</sup> March. Membership for 26/27 will remain at £20 per year and includes entry to the monthly meetings with refreshments and the national u3a magazine 'u3a Matters' delivered to your home, five times a year. The fee for new members joining before 1<sup>st</sup> April will be £20 for the year 26/27, the remainder of the current membership year is complimentary.

You can pay at the March meeting where you will be able to pay by cash or cheque.

Please make **Cheques** payable to: **Isle of Sheppey u3a**

**NB: We will not be able to take payments by card at this meeting**

**Bank Transfer:** You can also pay by bank transfer at any time, please enter '**SUBS**' as reference.

**Account Name: Isle of Sheppey u3a      Account Number: 33003361      Sort Code: 20-54-25**

**Reference: Subs**

*Bank transfers are encouraged as they are very convenient for our u3a.*

COMMUNITY EVENTS

MINSTER LIBRARY

Minster Library have a group called "TEA SET". This is a group primarily for the over 60s to get together to **Meet People - Make friends - Reminisce** over a cup of tea/coffee.

Please speak to a member of staff at the library or call 03000 413131 for more details.



SHEPPEY MATTERS - RETRAIN THE PAIN

**RETRAIN THE PAIN**  
Are you living in pain from a health condition, or injury?

Are you looking for holistic and educational support to help improve your mental and physical health? We are a friendly social group with a purpose!

For 2026, we have some great activities and sessions planned for you - including how Neuroscience can improve your mental and physical health impacted by pain, vibration therapy - sound bath and movement, meditation, Qi gong (adapted Tai Chi) and much more...

**Dates for your diary - Friday**  
30<sup>th</sup> Jan, 27<sup>th</sup> Feb, 27<sup>th</sup> March, 24<sup>th</sup> April, 29<sup>th</sup> May, 26<sup>th</sup> June, 31<sup>st</sup> July, 25<sup>th</sup> Sept, 30<sup>th</sup> Oct, & the 18<sup>th</sup> Dec  
10:30-12noon at the Masonic Hall, Sheerness ME12 1QX

Better together - let's change the narrative around pain!  
for more information call or text Indre on 07541 995740 or Email [juliec@sheppeymatters.org.uk](mailto:juliec@sheppeymatters.org.uk)

joy

Are you living in pain from a health condition or injury? Then why not come along to the Retrain the Pain meetings on the last Friday of each month.

The next meeting is Friday 27<sup>th</sup> March at 10.30am -12pm

Location: Masonic Club, 1-3 St Georges Avenue, Sheerness ME12 1QX

For more information call or text Indre on 07541 995740 or

e-mail: [juliec@sheppeymatters.org.uk](mailto:juliec@sheppeymatters.org.uk)

**Retrain the Pain**  
Friday 27th March at 10.30 - 12 noon  
Masonic Hall - 1 St Georges Ave  
Sheerness ME12 1QX

standard Fibromyalgia: is a chronic pain and other health issues  
You asked? We listened!

**Making Sense of the Diagnosis**  
Many people receive a fibromyalgia diagnosis but are then left trying to understand what it really means.

In this session we'll explore what current science tells us about fibromyalgia, the role of the nervous system, and why symptoms like pain, fatigue and flare-ups happen.

An educational talk followed by an open discussion and questions  
BETTER TOGETHER - LET'S CHANGE THE NARRATIVE AROUND PAIN!

For more information text Indre on 07541 995740 or Email [juliec@sheppeymatters.org.uk](mailto:juliec@sheppeymatters.org.uk)

joy

SHEPPEY LITTLE THEATRE – Entertaining Sheppey for more than 50 years

The theatre is run by the Sheppey Entertainment Association which is a registered charity. They rely on income from their shows and donations to continue to operate and the theatre is run by volunteers from the community for the benefit of the community. Here are some of the upcoming events. For more information: <https://www.sheppeylittletheatre.co.uk/events-2/>

**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEERNESS ME12 1QX  
CLUB NO: 2114719 Site web: www.sheppeylittletheatre.co.uk

SAND ENTERTAINMENT PRESENTS  
**Cilla**  
& THE SWINGING SIXTIES  
A wonderful Captivating Show  
what's it all about?  
A HIGHLY ENTERTAINING SHOW  
CELEBRATING THE LIFE AND MUSIC OF THE  
LEGENDARY CILLA BLACK  
Plus DUSTY SPRINGFIELD, LULU, PETULA CLARK  
THE BEATLES & WAVEY MOSE

THEATRE IS DRIVING  
Sheppey Glass  
Opens: Friday 6.30pm - 8.30pm  
Mon: 7.30pm - 9pm

**Fri 27th Mar 2026**  
**7.30pm £15.00**

Contact Us: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEERNESS ME12 1QX  
CLUB NO: 2114719 Site web: www.sheppeylittletheatre.co.uk

**THE JERSEYS**  
FRANKE VALLI  
and his FOUR SEASONS

THEATRE IS DRIVING  
Sheppey Glass  
Opens: Friday 6.30pm - 8.30pm  
Mon: 7.30pm - 9pm

**Fri 17 & Sat 18 Apr 2026**  
**7.30 pm £28**

Contact Us: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEERNESS ME12 1QX  
CLUB NO: 2114719 Site web: www.sheppeylittletheatre.co.uk

**Echoes of Pink Floyd**  
**On Thin Ice**  
A Journey Through the Music of Pink Floyd

THEATRE IS DRIVING  
Sheppey Glass  
Opens: Friday 6.30pm - 8.30pm  
Mon: 7.30pm - 9pm

**Sat 25th April 2026**  
**7.30pm £20**

Contact Us: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEERNESS ME12 1QX  
CLUB NO: 2114719 Site web: www.sheppeylittletheatre.co.uk

**BILLY FURY MEETS ELVIS**  
THE ULTIMATE TRIBUTE TO BILLY FURY AND ELVIS PRESLEY

THEATRE IS DRIVING  
Sheppey Glass  
Opens: Friday 6.30pm - 8.30pm  
Mon: 7.30pm - 9pm

**Sat 30th May 2026**  
**7.30pm £18**

Contact Us: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

HARMONY WELLBEING TRUST



An award winning Sheerness based charity giving free, holistic, supportive therapy for people all over Kent. They provide funded complimentary therapies to improve the well-being of people dealing with serious and life-limiting conditions.

For more details click here: <https://theharmonytherapytrust.org.uk/contact-us/>

## NATIONAL u3a

*Have you looked on the National u3a website? There's so much u3a members across the country are getting involved with.*

**ONLINE LEARNING EVENTS**

There are numerous and wide-ranging learning events and short courses (usually free online using zoom),

**Coming up soon March/April: [u3a online events](#)**

- The cancer research evolution and reasons for optimism
- Deafness and beyond: The tribulations and triumph of Ludwig van Beethoven
- Can virtual reality really enhance our lives?
- Flight inspiration aviation meeting: April – The British airman of the First World War
- Staying Safe Online – A u3a Presentation with Q&A
- Adventures in Science with u3a
- Richard Nixon – a truly complex man
- The magic of magic squares
- Anglo Saxon England: From the dark ages to the Viking age
- Cryptic crosswords for beginners
- The Missing Pieces project: Connecting people and places
- AI news April: AI and geopolitics
- Oi! Mind yer language!
- Kingsmeadow House: The inside story of a modest country house
- Meditation & Mindfulness continuation sessions
- Laughter Yoga with Merrie Maggie – March
- Laughter Yoga with Judith – April

**NATIONAL LEARN & SHARE ACTIVITIES**

Enter your poetry and short stories in the competitions, submit your paintings/drawings and photographs to be featured in the online galleries. See what other members across the country have already submitted and see if you can spot anything from our Isle of Sheppey u3a members. Take part or just browse other members' submissions. Get involved by clicking here: [Learn & Share Activities](#)

**Enter Your Photography & Art**

- The "Still Got It" Photography Project
- Paint or Draw – New theme each month
- u3a Eye – Themed Photography Project
- Found in Nature – Photo Gallery of all things weird and wonderful in nature

**Puzzles & Games**

- Logic Puzzles
- Maths Challenge
- Aileen's Game
- Where Am I?
- The u3a Quiz Library

**Writing Competitions**

Short Story 2025/26 – Read the winning stories and final shortlist on the theme "Lost and Found"

Essay Competition 2025 – Read the winning entries

**Connect with Members**

- Virtual Visits
- u3a Walkers' Exchange
- Find a u3a Speaker

**SAVE MONEY WITH u3a FRIENDS EXTRA**

u3a friends is a community open to all our u3a members. As part of this community our members have access to a wide range of offers, discounts and additional services. Friends can make savings on well-known brands, shopping, travel, day out and much more. Find out more here: [u3a Friends Extra Presentation](#)

**u3a FRIENDS - NEWSLETTER**

**Sign up to get the most up to date news from National Office and find out the latest news and learning events as they are added. You will also get a link to the FRIENDS EXTRA benefits website.**

Click here to find out more about what there is on offer nationally [National u3a](#). New events added monthly so, have a look and see if there's anything interesting that you'd like to join with in the next few weeks.

**u3a SOURCES BLOG**

Read the u3a blog dedicated to sharing, inspiring and learning. Interesting and thought-provoking articles from around the country, giving insights into other u3as doing what all u3as do best ‘Learn, Laugh, Live’. Find the blog on the national website, click here: [u3a Sources](#)

**NATIONAL u3a – RADIO PODCAST**

Have you listened to the latest monthly **u3a Radio podcasts** on YouTube? A new episode is uploaded each month. Click here for the latest edition as well as the full list of radio podcasts since they started: [u3a Radio Podcast Playlist](#)



**KENT u3a NETWORK**

The Kent u3a Network comprises of the 32 u3as across the Kent region. Representatives from each u3a meet periodically to share ideas, events, speakers and training session, to discuss issues and to support each other. Our committee members attend and keep in touch with the Kent u3a Network which has been an invaluable help in setting up and maintaining our u3a over the past few years.

You can find more information on their website: [Kent u3a Network Website](#)

As a member of Isle of Sheppey u3a you can also join their private discussion Facebook group: [Kent u3a Network Facebook Group](#)

**MONTHLY MEETING DATES 2026**

Meetings are held on the fourth Thursday of each month (except in December) at 2pm until 4pm, at The Sheppey Hall in Queenborough. Refreshments are included Doors open 1.40pm.

|                                  |                                  |                                 |
|----------------------------------|----------------------------------|---------------------------------|
| <b>23<sup>rd</sup> April</b>     | <b>23<sup>rd</sup> July</b>      | <b>22<sup>nd</sup> October</b>  |
| <b>28<sup>th</sup> May (AGM)</b> | <b>27<sup>th</sup> August</b>    | <b>26<sup>th</sup> November</b> |
| <b>25<sup>th</sup> June</b>      | <b>24<sup>th</sup> September</b> | <b>10<sup>th</sup> December</b> |

**JUST FOR FUN**

- Have you read and digested our newsletter?
- What does David not like? Are you a FOR or AGAINST?
- When are the subs due for this year 26/27?
- What usual payment method can we not use to collect subs and trip money at the meeting?
- If you pay by Bank transfer, what should you put in the reference field?
- Which excursion needs to be paid for in full by our meeting 26<sup>th</sup> March?
- Which Interest group provides a summary each month?
- What national u3a event is running from 1<sup>st</sup> – 3<sup>rd</sup> July?
- How can you join a meeting about the British airmen in the First World War or find out more about AI?
- What is the “u3a Eye” and what is the theme for April/May?
- How can you save money through the u3a?
- This month’s radio podcast showcases a member’s poems – what animal is the subject of the poem?
- What date is our Christmas meeting?

## Information & Contact Details

You can contact us here:

[Isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com)

Find our website here:

<https://isle-of-sheppey.u3asite.uk/>

Our Facebook Page is:

<https://www.facebook.com/isleofsheppeyu3a>

Our members only Facebook Group is:

[Members Only Facebook Group](#)

Email us to join our WhatsApp Group:

[Isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com)

Interact with u3a members around the country:

[u3a: Keeping in Touch Facebook Group](#)

[Kent u3a Network Website](#)

[Kent u3a Network Facebook Group](#)

## Diversity & Inclusion Statement

Isle of Sheppey u3a recognises that everyone is different and aims to create an environment that values and treats all members fairly. We are committed to promoting equality and diversity and to ensure that u3a membership is as accessible as possible to different groups within the community.