

## \* Monthly Meeting – Thursday 23<sup>rd</sup> April\*

Please join us at our next **Monthly Members’ meeting**.  
It will start at **2pm** on **Thursday 23<sup>rd</sup> April** at **THE SHEPPEY HALL, QUEENBOROUGH**

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

We take a step back in time 111 years to the First World War at meeting this month



Making her fourth visit to us is Melanie Gibson-Barton, one of the most popular speakers on the Kent circuit, and she will be telling us all about the Life and Times of Edith Cavell.

Edith Cavell, a vicar’s daughter, was a deeply religious British nurse, who worked in German-occupied Belgium during the early years of the war. She is celebrated for treating wounded soldiers from both sides without discrimination. But the Germans soon discovered Edith Cavell had a secret sideline which contravened their military law. She was arrested and convicted after a court-martial and sentenced to death by firing squad. Her execution, on 12<sup>th</sup> October 1915, at the age of 49, caused international outrage.

Exactly what was Edith Cavell up to that infuriated the Germans and what were the repercussions of her death? We’ll be hearing the full story from Melanie when she visits us on Thursday.

Photo shows Edith Cavell, pictured with a young child, and inset, Melanie Gibson-Barton.

**\*Save the date for next month: Thursday 28<sup>th</sup> May 2026\***

### *A Year in the Life of a Vineyard – Richard Goodenough*

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

*Please see section below \* Information on how to pay*

### COMING UP...

<b>David’s Slice of Life</b>	Page 2	In this edition, David vents over the local car parking issue that has most likely been everyone’s topic of conversation recently.
<b>Committee News</b>	Page 3	<b>AGM Notification</b> and meeting dates
<b>Membership Renewals*</b>		Information on how to pay
<b>Interest Groups &amp; Activities</b>	Page 4/5	<b>2026 Excursions - Booking now open for Kentish Lady trip</b> Information about <b>New group</b> and current groups
<b>Community Events</b>	Page 6	A range of local community events
<b>National u3a</b>	Page 7/8	<b>u3a Friends Extra</b> <b>u3a Friends Newsletter</b> <b>u3a Radio Podcast</b> <b>u3a Online Learning Events</b> <b>u3a Learn &amp; Share</b>
<b>Just for Fun</b>	Page 9	Weird Facts and English words
<b>Information &amp; Contact details</b>	Page 10	Let us know if you want to join our u3a General WhatsApp Group. Apply to join our members only Facebook Group

## David's Slice of Life

I don't often rant about matters which are out of my control, though my wife will tell you it hasn't stopped me in the past! Well, in this column I'm going to get a few things off my chest.

I'm becoming increasingly irritated by the number of organisations and bodies which make decisions in a goldfish bowl without regard for local circumstances or the consequences. No wonder an increasing number of people are losing faith in them.

Top of my list for a moan is the decision by Swale Council to make drivers pay for using car parks on Sheppey which were previously free. These include car parks at Halfway, Queenborough and the Leas at Minster. The officers' proposal was approved, despite a petition signed by thousands and objections by some Island councillors.

This is not a political whinge but a shout out on behalf of all the businesses whose trade is going to suffer because they, their customers and many others who use these car parks will now have nowhere to park, except in already congested streets.

**HALFWAY CAR PARK**  
PAY & DISPLAY  
Find parking space first • Display ticket inside front windscreen

**Penalty charges:**

- Exceeds 15 minutes in total
- Pay & Display ticket or phone
- Noted without payment of the parking charge
- Overstay the period paid for
- Not noted clearly within the markings of the bay/zone
- Noted in a double payment parking space without clearly marking & well displayed
- Noted in a restricted area

**Maximum penalty charge £70**

Pay & Display tickets are not valid for use between vehicles. Maximum stay of parking places

Swale

**CHARGES APPLY MONDAY TO SUNDAY**  
9.30am - 2.30pm and 4pm - 10pm  
(Including public holidays)

**HOW TO PAY**  
Pay & Display or Pay by phone

**CHARGES**

Up to 1 Hour	£1.60
Up to 2 Hours	£3.20
Up to 3 Hours	£4.80
Up to 4 Hours	£6.40
Fixed Evening Fee (7pm - 10pm)	£2.50

**NO CHANGE GIVEN**  
Disabled badge holders  
Maximum stay 8 hours

Swale

**HAVE YOU PAID**

The owner of one business, Lou's Café at Halfway, has been forced to close her café two days a week to survive. Other casualties may follow. Users of Castle Connections at Queenborough will now have to pay to use the adjacent car park, as will customers of Bosun's Café and the Flying Dutchman pub, both of which are likely to take a hit.

The point being missed is that the affected car parks are much more than car parks, but are essentially community hubs. The real absurdity, obvious to everyone except the decision-makers, is that the revenue from these four car parks, most of which are now empty 24/7, will be dwarfed by the loss of revenue to local businesses.

I had plenty of time to think about what I was going to write in this month's column while taking more than two hours to drive along the A249 from Bobbing to Sheppey recently. It was the most horrendous Sheppey-bound traffic jam I can recall for years.

Allegedly, the Sheppey Crossing was closed for "urgent" repairs to the carriageway. Thousands of vehicles were diverted into a single lane and then on to the old A249. The result was chaos.

On a Saturday, in the middle of the Easter holidays, this was a monumental mess just waiting to happen. So why couldn't these repairs have been carried out at night? They were supposedly urgent, but one driver pointed out on social media that the section of damaged carriageway had been there for eight months. Once again, a crass decision without thought for the consequences.

Meanwhile, some of Sheppey's roads are becoming increasingly congested to the point of gridlock because of housing developments either approved by the council or forced on us by government despite the lack of infrastructure, leading to totally predictable results.

## AGM - May 2026

The committee wish to give advanced notice that the 2026 AGM will be held on Thursday 28<sup>th</sup> May at Sheppey Hall at 2pm. This will be followed by the usual member's monthly meeting.

With our AGM coming up in May, we are in urgent need of new committee members. Our committee members should only be in office for a limited period and we need members to replace these positions to keep our committee fresh and vibrant and keep our u3a moving on into the future. Our current committee members have been in post for several years, so we need volunteers to join the committee enabling us to have a smooth planned handover as existing committee members stand down. Without more volunteers our u3a is in danger of stalling.

U3a are run entirely by volunteers and all members are invited and encouraged to get involved in supporting their local u3a where they can. Our Isle of Sheppey u3a can only continue with the support of the members. Expressions of interest from members who feel that they could contribute to the running of our u3a either by joining the committee or more informally are now required and will be gratefully received.

## MEMBERSHIP SUBSCRIPTION RENEWAL

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.

You can pay at the April meeting where you will be able to pay by cash or cheque or card and we will also be pleased to receive your renewals at any time before then.

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

**Bank Transfer:** You can 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*

## MONTHLY MEETING DATES

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.

**28<sup>th</sup> May (AGM)**  
**25<sup>th</sup> June**  
**23<sup>rd</sup> July**

**27<sup>th</sup> August**  
**24<sup>th</sup> September**  
**22<sup>nd</sup> October**

**26<sup>th</sup> November**  
**10<sup>th</sup> December**  
**Christmas Meeting**

## 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 – Julie & Sue

#### **Battersea Power Station - Monday 11<sup>th</sup> May**

Thanks to all the members who signed up and paid for the excursion to Battersea Power Station.

We are currently awaiting pick-up times from the coach company, once we receive them, we will email members with the details. A couple of individuals have not yet stated where they want to be picked up, we will ask for confirmation when we send out the confirmation email.

#### **Kentish Lady, with Fish and Chips - Tuesday 21<sup>st</sup> July**

We will be collecting a £10 non-refundable deposit for the Kentish Lady trip, at the meeting on Thursday 23<sup>rd</sup> April. The balance will be collected at the May meeting.

**Payments** may be made by cash, card or cheque at the meeting (Please keep your receipt safe):  
Please make cheques payable to: **Isle of Sheppey u3a**

Alternatively, you can pay by bank transfer directly to the **Isle of Sheppey u3a** account:

**Account Number: 33003361                      Sort Code:20-54-25                      Reference: Kentish Lady**

Please add a reference "Kentish Lady" to ensure we apply your payment correctly.

**NB:** If you cannot attend the meeting, please make sure you email us to confirm your place and your method of payment so we can reconcile our accounts. You can either send a cheque to:

**Isle of Sheppey u3a  
c/o 11 Holmside Avenue  
Minster on Sea  
Sheerness  
Kent ME12 3EX**

Or, by bank transfer directly to the **Isle of Sheppey u3a** account as above.

### **MEMBERS ON THEIR OWN SUNDAY LUNCH GROUP - Sharon**

Sharon Bishop has suggested creating a MOTO (Members on Their Own) Sunday Lunch group.

This is expected to take place once a month, with the opportunity for single members to spend a pleasant few hours with individuals in the same position as themselves and enjoy a companionable Sunday Lunch. This will be open to both men and women, who are Isle of Sheppey u3a members. Car sharing can be arranged, if required.

Sharon will start a WhatsApp Group, which will tell you where and when the next lunch will take place and give you the opportunity to reply if you wish to attend that month.

If you wish to be a member of this group, please reply, with your mobile number, so Sharon can add you to her list and create the WhatsApp group.

### **SUNDAY CARVERY LUNCH @ THE MASONIC – Sally**

The dates for this year's Sunday Lunches at the Masonic Club are:

**12<sup>th</sup> May                      19<sup>th</sup> July                      13<sup>th</sup> September                      25<sup>th</sup> October                      13<sup>th</sup> December  
Christmas Lunch**

As usual the lunch will be a carvery meal with a choice of meats followed by a selection of desserts, cheese and biscuits tea/coffee and mints.

Members are also welcome to bring along non-member partners and friends as guests on these occasions.

## SOCIAL HISTORY GROUP – David

**Social History Group**  
17th April, 2026  
**Travel Through The Ages**

Back in 597AD, St Augustine could have looked forward to a hard, four days of walking, had he wanted to go straight to London from his landing place on the Isle of Thanet. Luckily, he bumped into the King of Kent and stopped off in Canterbury to say prayers and draw up plans for a cathedral. Some might say that such travel expectations, on today's roads and public transport, may not show much improvement on this ancient itinerary. And yet, mankind has just travelled 25,000 miles to the moon in the same time that St Augustine might have taken to cover the 80 miles to London.

For most of the intervening centuries between these two historic events, the maximum speed of human travel, short of leaping off a high place, was restricted to equine power and stamina. It is only in the last 150 years that mankind's realistic land travel plans have exceeded the abilities of a large quadruped. He was capable of travelling more consistently faster, and for longer, on water than he could on his natural element of land - until he invented the steam engine and, later, the internal combustion engine.

Such mechanical assistance to humanity's travels broadened the horizons of the Victorian and Edwardian traveller by increasing speed, thus making longer journeys more feasible. There was an explosion in exploration and discovery, and man's reach into the remote areas of the globe expanded accordingly. As throughout the whole of history, the competitive instincts of mankind led to international conflict which became global with the help of mechanization. The impetus of war brought about the invention of the jet engine which, in turn, led to the creation of the rocket. This latest technological aid to man's travel plans is independent of atmospheric oxygen, unlike its predecessors; mankind is, therefore, no longer limited in his travels to his home planet. As the recent lunar journey has proved, the sky is no longer the limit. But for most of modern mankind, replicating St Augustine's possible four day walk would be a total No-No! Science may have expanded our travel expectations, but at what physical cost to the individual?

The Social History Group pondered these, and many other avenues of research, including subjects as rarified, but true, as the first powered flight being undertaken by a Welshman, William Frost, in Wales in 1896; the founding of what were to become the iconic London buses (when they were horsedrawn) by the great grandfather of one of the Group's members; down to the more prosaic, everyday problems of the Island's current surge in residential development and its effect on parking and road travel in the Swale area. Tea, coffee and biscuits soothed the troubled brow after such profound discussion.

**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 MAY newsletter is **Friday 22<sup>nd</sup> May**.

## COMMUNITY EVENTS

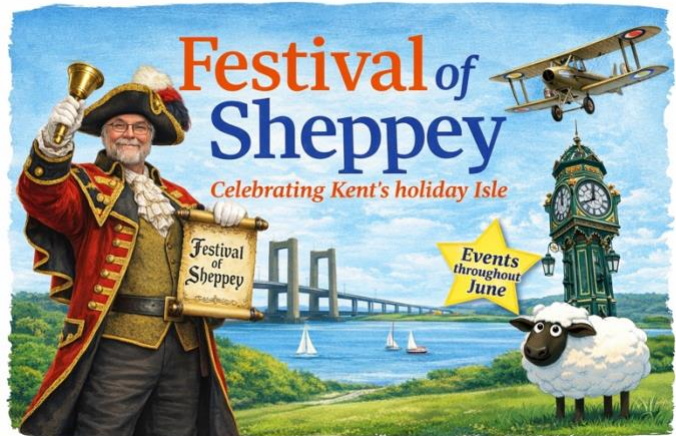
### FESTIVAL of SHEPPEY – The month of JUNE

*Celebrating Kent's holiday Isle*

The first Festival of Sheppey will take place throughout the month of June.

There is a group organising the event coordinated by Jenny at the Criterion and it is being supported by the Town Councils as well as many other organisations.

There are already many events organised and we have asked how we can be involved so watch this space.



### 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)

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

Date: Friday 24<sup>th</sup> April at 10am -12pm  
Location: Masonic Club, 1-3 St Georges Avenue, Sheerness ME12 1QX

No need to book, you are welcome to turn up

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**  
You asked, we listened!  
Friday 24<sup>th</sup> April  
10 - 12noon at the Masonic Hall, Sheerness ME12 1QX

**Supporting Mental Health**

Introducing our neuroscience workshops on Stress, Pain, and Identity with Teresa  
Discover how the nervous system adapts when the body changes  
Explore how long term stress or health changes affect identity confidence and trust in the body  
Discover methods you can use right away to help your nervous system to work WITH you

Also joining us will be the NHS Social Prescribers  
Come and find out how they can support YOU

### 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**  
MEYBECK ROAD SHEERNESS ME12 1QX  
Charity No: 1131179 Visit our website: [www.sheppeylittletheatre.co.uk](http://www.sheppeylittletheatre.co.uk)



**Sat 25th April 2026**  
7.30pm £20

CONTACT US: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

**SHEPPEY LITTLE THEATRE**  
MEYBECK ROAD SHEERNESS ME12 1QX  
Charity No: 1131179 Visit our website: [www.sheppeylittletheatre.co.uk](http://www.sheppeylittletheatre.co.uk)

THE ISLE OF SHEPPEY SINGERS  
WILL BE...

**OUT OF THIS WORLD**



**Sat 9th May 2026**  
7.30pm £8

CONTACT US: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

**SHEPPEY LITTLE THEATRE**  
MEYBECK ROAD SHEERNESS ME12 1QX  
Charity No: 1131179 Visit our website: [www.sheppeylittletheatre.co.uk](http://www.sheppeylittletheatre.co.uk)

Newington Concert Party  
Present their new show for 2026

**"TAKE YOUR SEATS"**



A Variety Show for the 9-99's An evening of song, music and bits of laughter

**Sat 16th May 2026**  
7.30pm £8

CONTACT US: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

**SHEPPEY LITTLE THEATRE**  
MEYBECK ROAD SHEERNESS ME12 1QX  
Charity No: 1131179 Visit our website: [www.sheppeylittletheatre.co.uk](http://www.sheppeylittletheatre.co.uk)



**Sat 30th May 2026**  
7.30pm £18

CONTACT US: [info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)

## WELL-BEING - COMMUNITY EVENTS

**Adapted Tai Chi - Qi Gong**  
We are back outside with nature!



Qi Gong is a beautiful practice designed to reduce pain & stiffness around the joints by using gentle flowing movements and improve strength and balance, while relaxing the mind to relieve stress and tension

A FREE activity, ideal for those with health conditions  
6:00 - 7:00pm - No booking required

Monday 20<sup>th</sup> April at Squirrel Park, Minster ME12 2GD

Wednesday 29<sup>th</sup> April at Barton's Point, Sheerness ME12 2BX

Wednesday 6<sup>th</sup> May at Thistle Hill Community Woodland, ME12 3GP

Monday 11<sup>th</sup> May at Kingsborough Manor, Plough Road ME12 4ST

juliec@sheppymatters.org.uk  
• weather permitting - we only stop for rain



There are lots of well-being events taking place around Sheppey

Here are a few:

Sheppey Matters regularly organise Free gentle outdoor exercise sessions

The Rotary are sponsoring an event to raise the awareness and understanding the medical condition, Cluster Headaches

**Cluster Headache**  
A Presentation by  
**The Organisation for the Understanding of Cluster Headache (OUCH UK)**  
7:30pm on Wednesday 6<sup>th</sup> May 2026  
Online via Zoom  
Or in person at  
**The Abbey Hotel, The Broadway, Minster on Sea**

If any of the following applies to you, this event is for you:

- You suffer from Cluster Headache
- You know or support somebody who does
- Or you just want to know more

To register your interest in attending the event, please use the following link or QR code:

<https://forms.gle/VHVSaTwaMDKaKLD9>



**OUCH** **Rotary**  
Minster on Sea

## NATIONAL u3a

### 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.

### 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](#)



### u3a FESTIVAL 2026 - University of York – 1<sup>st</sup> - 3<sup>rd</sup> July

***Book your place at u3a Festival 2026 – Accomodation and Tickets go fast***

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>



## 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 April/May/June:** [u3a online events](#)

- Anglo Saxon England: From the dark ages to the Viking age
- The Missing Pieces project: Connecting people and places
- AI news April: AI and geopolitics
- Oi! Mind yer language!
- Flight Inspirations Aviation Group: May
- Kingsmeadow House: The inside story of a modest country house
- SAVE buildings at risk: empowering communities
- Enormous numbers and where to find them
- Exploring World Faiths: May
- The Call of the Wild: Stories from the Frontiers of Exploration
- Suffering and hope in Tolstoy's Anna Karenina
- The legacy of Edinburgh's Victorian swimming baths
- AI news: May – How can AI help us to maintain our independence
- People's Collection Wales: Exploring the public archive of Welsh history
- Drones, huh? What are they good for?
- Flight Inspirations Aviation Group: June – The advent of the heavy bomber: Inception to late 1930s
- Mindfulness & Meditation continuation sessions
- Laughter Yoga with Merrie Maggie – April & May
- Laughter Yoga with Judith – May
- u3a Yoga Network: Summer yoga practice

### 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

#### **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

#### **Puzzles & Games**

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

#### **Connect with Members**

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

### 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](#)

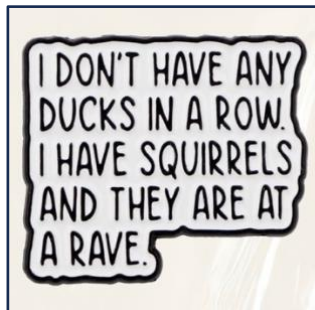
## KENT u3a NETWORK

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](#)

## JUST FOR FUN



### UNUSUAL ENGLISH WORDS

- Floccinaucinihilipilification – The action of considering something worthless
- Eudaimonia – Human flourishing, living well or fulfilling one’s potential
- Lollygag – To waste time, dawdling or lingering to avoid work or responsibilities
- Brouhaha – A loud confused disturbance, uproar or excessive fuss, often stemming from angry complaints or overexcited reactions to a minor issue
- Bodacious – Excellent, impressive, attractive or bold
- Abibliophobia – The fear of running out of reading material
- Sonder – Realising everyone has a vivid and complex life
- Nudiustertian – Relating to the day before yesterday
- Tittynope – A small quantity of something left over

### WEIRD FACTS

- The King of Hearts is the only king in a pack of cards without a moustache
- Your liver is the only organ that can regenerate from 25%
- First emails were sent in 1971 – before the internet existed
- Reindeer eyes turn blue in the winter for better low-light vision
- The first oranges were green – they turn orange in cooler climates
- A group of rhinos is called a “crash”, less often they may be referred to as a “stubbornness”
- Wombats produce cubed shapes poop to mark their territory. Their guts have layers of muscle and tissue with regions of varying thickness and stiffness that expand and contract during digestion to create this shape.
- Victorians used to eat arsenic complexion wafers. Arsenic destroyed red blood cells and restricted the blood flow resulting in a pale complexion

### 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.