

## \* Monthly Meeting – Thursday 24<sup>th</sup> September \*

Please join us at our next **Monthly Members' meeting**.  
It will start at **2pm** on **Thursday 24<sup>th</sup> September** at **THE SHEPPEY HALL, QUEENBOROUGH**

### *The Bayeux Tapestry – James Dickinson*



You might think that the Bayeux Tapestry was designed and painstakingly woven by skilled embroiderers across the Channel to celebrate the Norman Conquest of England. But you would be wrong.

Oddly, this monumental 230-ft long work of art on cloth was created not in France but, it is now thought, predominately in Canterbury between 1067 and 1079 by skilled Anglo-Saxon workers and we shall no doubt be

hearing all about the tapestry's link to our county at our meeting on Thursday, when our speaker is medieval history expert James Dickinson.

The tapestry depicts the events leading up to the Norman Conquest of England in 1066, including the Battle of Hastings, in which King Harold was famously, if that is the right word, killed by an arrow in the eye.

This month's talk is timely because it coincides with the Bayeux Tapestry exhibition at the British Museum in London. It is the first time since the tapestry was made nearly 1,000 years ago that this huge embroidery has returned, on loan from France to England. Full marks to our speaker secretary Lynda Jones for spotting James Dickinson's talk in a long list of speakers and for slotting him in just as the Bayeux Tapestry exhibition is getting under way.

*You may not have seen this hilarious offering by Matt, the Daily Telegraph cartoonist. It appeared in the Telegraph on 4<sup>th</sup> September. Too brilliant not to share. In fact, it has already been shared thousands of times on Face Book.*



**\*Save the date for next month: Thursday 22<sup>nd</sup> October 2026\***

**The Maunsell Sea Forts – Frank Turner**

### COMING UP...

|                                          |          |                                                                                                               |
|------------------------------------------|----------|---------------------------------------------------------------------------------------------------------------|
| <b>David's Slice of Life</b>             | Page 2   | David has been checking out the NHS provision this month                                                      |
| <b>Interest Groups &amp; Activities</b>  | Page 3-5 | Information about what our groups have been up to lately                                                      |
| <b>Community Events</b>                  | Page 6   | Local community groups                                                                                        |
| <b>National u3a</b>                      | Page 7   | <b>u3a Online Learning Events &amp; u3a Learn &amp; Share</b>                                                 |
| <b>u3a Friends Newsletter</b>            |          | Look out for interesting online talks and events                                                              |
| <b>u3a Friends Extra</b>                 |          | Find out how to save money as u3a Friend                                                                      |
| <b>u3a Radio Podcast</b>                 |          | Listen to the monthly podcast                                                                                 |
| <b>Just for Fun</b>                      | Page 8   | Which special days in October will you be celebrating?                                                        |
| <b>Information &amp; Contact details</b> | Page 9   | 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

*Our Slice of Life comes each month, courtesy of our member David Jones*

I've spent a fair amount of time over the last 12 months visiting hospitals and GPs surgeries, plus the occasional clinic, and have discovered first-hand the strain our doctors and nurses are under.

The first bit of good news is that my favourite Tommy Cooper joke: "My doctor told me not to watch anything on TV with more than six episodes" definitely doesn't apply to me!



The bad news is that, without exception, every reception desk area and waiting room was crammed to bursting point with patients waiting for their appointments, or others just turning up on spec in the hope of getting one.

To get an on-the-day appointment at my surgery, rapid dialling skills are crucial from 8am onwards or you'll be unlucky. It's not unusual to be on hold in a queue for up to 45 minutes or be cut off simply because there are more calls than the receptionists can handle.

I recall vaguely some NHS announcement months ago giving us all the good news that in future we would be able to book an appointment a week, or even a month ahead. No sign of that happening at my surgery, apart from the occasional pig flying by!

We all know the NHS is under pressure as never before, but why is this? Are more people becoming ill, or is it simply because they think they are, probably because they have been consulting Dr Google. Self-diagnosis is fraught with risks.

Self-diagnosis may be foolish, but there is absolutely no excuse for the idiotic individuals who are increasingly clogging up A&E departments with symptoms no more serious than a common cold or a sore throat. They will claim they have gone to A&E because they have been unable to get a GP appointment. What they are, in fact, suffering from is an ailment called SCSD – Severe Common Sense Deficiency. Anyone with a grain of common sense ought to realise they should not visit their GP just because they have the snuffles or, even worse, visit A&E.



I often wonder what the thought processes of such people are, but then the stark truth hit me: they don't have any thought processes. They are also suffering from that other debilitating syndrome, IDCAAE – I Don't Care About Anyone Else. This ailment can have serious consequences for patients with genuine health issues.

As a result, one of the biggest challenges currently facing the NHS is not a shortage of doctors, nurses, hospital beds, or even cash, but a growing "army" of thoughtless, selfish patients. Consider this example: a couple of weeks ago I was waiting for my appointment at my local surgery when a woman came in with her daughter.

"I'm here for my 10.30am appointment," she told the receptionist.

It was 11.15am.

"You're 45 minutes late," said the receptionist.

"I'm not late," said the woman. "I left it until 11.15 because you never get seen on time here."

It was difficult to comprehend that anyone could be that stupid and thoughtless. Her appointment slot had been given to two other patients because she had already been registered as a “no-show.” She huffed and puffed and then stormed out.

On the wall in front of me as I sat waiting was a notice which said that 102 patients had failed to turn up for their appointments without notice in June. The impact of such irresponsibility on an already overstretched surgery requires no explanation. In the UK last year, some 24 million GP, hospital and clinic appointments were no-shows, wasting a full day of appointment time each month for the average GP surgery or clinic. Each no-show costs the NHS around £30. You don't need to be a maths expert to work out that this equates to around £720m a year, enough to build several medium-sized hospitals!

If only a “cure” could be found for the current outbreak of SCSD and IDCAAE, the NHS and, by definition, its patients, would be in a much healthier state. Unfortunately, the treatment for these two chronic ailments has yet to be discovered.

### EXCURSION INFORMATION

#### Greenwich with Thames River Cruise and Lunch – Sunday 27<sup>th</sup> September

Everyone booked on this excursion should have received their pickup times by email.

|                            |         |                                                       |
|----------------------------|---------|-------------------------------------------------------|
| Sheerness East WMC Halfway | 8.30am  |                                                       |
| Abbey Hotel                | 8.40 am | <i>If possible, please arrive 10 mins early so we</i> |
| Sheerness Station Bus Stop | 8.50 am | <i>can load the coach and leave promptly</i>          |

#### Hever Castle Two course Christmas Lunch & tour of Festive Castle Grounds

|                              |                                                            |
|------------------------------|------------------------------------------------------------|
| <b>Date:</b>                 | <b>Wednesday 2<sup>nd</sup> December</b>                   |
| <b>Cost:</b>                 | <b>£65 pp</b>                                              |
| <b>Reference:</b>            | <b>Hever</b>                                               |
| <b>Pickup Points:</b>        | <b>Abbey Hotel &amp; Sheerness East Working Men's Club</b> |
| <b>Deposit Due:</b>          | <b>Thursday 24<sup>th</sup> September</b>                  |
| <b>Final payment Due by:</b> | <b>Thursday 22<sup>nd</sup> October</b>                    |
| <b>Spaces Available:</b>     | <b>YES</b>                                                 |

We will go by coach to Hever Castle, where we will have a 2-course lunch, main and dessert, followed by a tour of the festive castle grounds.

We will be collecting cash or cheque deposits for this excursion at the u3a September general meeting, BACS deposits may be made at any time, using the reference 'Hever'. Final payment for this must be made by the October general meeting, as this is a very popular excursion and we need to pay Hever in advance. There are still a few places available to book. The final payment required may be reduced if number of attendees increase.

#### NEXT OF KIN DETAILS

Members who have not supplied us with relevant next of kin details have been sent reminder emails to update this information. Whilst it is not essential, we would ideally like to hold these details on our database so we are able to contact your next of kin if required, particularly during our excursions. In case of medical matters, we would, of course, contact the emergency services in the first instance.

#### SUNDAY CARVERY LUNCH @ The Masonic

This group has been running since 2024 and is open to all members and their guests. Lunch is a carvery, with desserts, cheese and biscuits and tea/coffee and mints. Currently the cost is £22 and is great value. If you would like to be added to the communications list just let us know.

**SAVE THE DATES:** Our next Sunday Lunch will be **Sunday 25<sup>th</sup> October**

**CHRISTMAS SUNDAY LUNCH:** **Sunday 13<sup>th</sup> December**

## INTEREST GROUPS

**Find out more about our groups on our website:**

[Isle of Sheppey u3a Interest Groups information](#)

If you are interested in joining any of our interest groups, please sign up at one of our meetings or email Lynda at: [lynda.oldfield52@gmail.com](mailto:lynda.oldfield52@gmail.com)

**GROUP CO-ORDINATOR**

***Lynda our Group Co-ordinator is currently in the process of visiting the groups, here is her information about the latest round of visits.***



This month I have visited three groups and it has been a pleasure to meet the members and see what the groups are doing.

**THE BOOK GROUP 2**

This group is facilitated by Val Spoor. The Book Groups meet on the first and third Tuesday of the month at 2.15pm in Minster Library. The book group had to recently split into two separate groups due to the large numbers it has attracted. Book group 2 meets on the third Tuesday of the month.

I was lucky enough to visit when Gordon Henderson attended to tell us about his new book and his life as an author. For those who don't know he was the MP for Sheppey from 2010 - 2024 and, amongst many other things, has been writing since he was 15 years old. It was an honour to have him devote his time to attend the group and it was a very interesting visit.

The group generally read a book each month and discuss it at the meeting allocating points for their enjoyment of the book and its content. They read a variety of authors and different genres. The proof of the popularity of the group is the fact that they have had to split into two.

Val welcomed one new member this month and would welcome more, providing that the library can accommodate them, not only space wise, but also providing the number of books.

**THE CRAFT GROUP**

This group is facilitated by Jean Cheesbrough. They meet on the third Thursday of the month from 1.30pm to 3.30pmish!!! at Sheerness East Working Men's club in Halfway. The reason for the 'ish!!!' is that they are referred to as 'Arts & Crafts & Natter' and they sometimes find that time runs away with them.

I had a very enjoyable afternoon on my visit. They are currently working on a display for the 'Queenborough Xmas Tree Festival'. I was fortunate to see some of the items already crafted and you must, if you can, visit Queenborough church when the festival is on, to see the finished display. I am sure it will be fabulous.



Over the years they have done many of these displays for various events and have also knitted many baby outfits for premature babies to donate to Medway hospital.

The group is normally attended by 8 - 10 people and is a lovely way to spend an afternoon. Lots of chatter in good company.

**THE SCRABBLE GROUP**

This group is facilitated by Val Spoor and they meet on the first and third Thursdays in the month at 10.00am in Sheerness East W.M.C.

I never thought Scrabble would be such fun. I must admit I expected it to be a bit quiet and the members to be quite serious. How wrong can you be!

This is a fun group of people enjoying each other's company and, whilst not taking Scrabbly totally seriously, they are at the same time keeping their brains active and enthusiasm for the game going.

They are always open to more and will welcome new members,

#### A COUPLE OF EXTRAS

Some u3a members have expressed an interest in learning a little French. As complete beginners they are not competent enough to join the existing French conversation group. So, if any of you feel you could get together and help with basic French they would love to have a group. If you think you could help please get in touch with me.

We have also had some enquiries about a creative writing group from a long-standing member Peter Paskell. So, if anyone would be interested in enjoying putting pen to paper with a group of enthusiasts, please also get in touch with me.

Any question about any of the groups or anything in this report Please contact me on 07599302946 or email on [lynda.oldfield52@gmail.com](mailto:lynda.oldfield52@gmail.com)

### SOCIAL HISTORY GROUP – David Goodin

#### Man's Historical Relationship With Water

Social History Group:

September Research and Discussion Topic

Mankind is a creature of the land whose evolutionary development has not suited him to marine environments. Leave him in water long enough and he will subsequently become submersed and consequently drown. And yet, from prehistoric times the human species has been drawn to water and still managed to survive and spread throughout his home planet.

It is possible that man could make and float boats on water long before he could draw. He was using reed boats on the Tigris and Euphrates Rivers as long ago as 5,000 BC, and yet the earliest known illustration of a ship comes from the walls of an Egyptian Pharaoh's tomb, c3,100 BC.

Since those prehistoric days, mankind has learnt to stay afloat on top of the water and even to stay alive under it. He has utilized the natural elements to provide movement to cross the water and has adapted and harnessed the natural movement of water to provide him with power and energy. Water has been a means for his defence and imprisonment, and to enable him to reach far beyond his horizons. He has built his cities alongside water, or built structures to take water to his cities. Ancient Jericho, the oldest known large settlement, was built in an oasis, the source for which has never dried up in 14,000 years of human activity and occupation.

Water has been a prime element in the making and development of mankind. It has inspired him to create wonders to contain, convey or cross water and use it to his command. But, when water turns against him, in the form of storm or flood, mankind is soon out of his depth. On a local level, the members of the Social History Group learnt how London's saviour from the "Big Stink", Joseph Bazalgette, pumped his problem effluent far from the city onto the shores of Essex and Kent, a solution to sewage problems still readily resorted to in modern times by our current water supply authorities.

The County of Kent is well blessed with having water on its northern, eastern and southern boundaries, and ancient towns, such as Faversham were quick to take advantage of the transport benefits offered by such proximity to the sea highway. It is not, therefore, surprising that the Faversham Oyster Company, formed by King Stephen, is the oldest company still in existence, and Shepherd Neame is the longest running brewery, both of whom, in their separate ways, developed as a result of Faversham Creek's link, via The Swale, to the open sea. Along its complete coastline, Kent's coastal communities have taken full advantage of the county's extensive shoreline. From Dover's position as this country's busiest port to Margate being one of its best known seaside resorts, the people by the sea have adapted their bit of coastline and its relationship to the waters around them to earn their livings by fishing, trading or playing. This is man's response to confrontation with water throughout history and throughout the world; whether it be sea, lake, river or canal; from equatorial regions to arctic zones. It has tested man's ingenuity, resourcefulness and courage and he has risen to the challenge.

Regardless of his achievements and success in his dealings with the realm of water, humanity has constantly been reminded of its place in the pecking order. Ever since King Canute got his feet wet on the shores of his kingdom, mankind has constantly been reminded that water, whether it be in the domestic plumbing or out on the wild oceans, will always have its way.

## 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 or Just for Fun articles. Send them to [isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com). Deadline for inclusion in the **OCTOBER** newsletter is **Friday 16<sup>th</sup> October**.

Website Publish date Sunday 18<sup>th</sup> October

## COMMUNITY EVENTS

### SHEPPEY MATTERS - RETRAIN THE PAIN



**Retrain the Pain**  
We are back!

Friday Sept 25<sup>th</sup> at 10am - 12 noon

Masonic Hall, 1 St George's Ave  
Sheerness ME12 1QX

This month we will be focusing on  
Osteoarthritis and joint pain.

Separating the myths from what current  
evidence tells us about  
osteoarthritis and joint health

Understanding what 'wear & tear' means and  
discover simple, practical strategies to help you  
move more easily and stay active.

BETTER TOGETHER -  
LET'S CHANGE THE NARRATIVE AROUND PAIN!

Sheppey Matters

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 30<sup>th</sup> September at 10am – 12 noon

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@sheppymatters.org.uk](mailto:juliec@sheppymatters.org.uk)



**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@sheppymatters.org.uk](mailto:juliec@sheppymatters.org.uk)

Sheppey Matters

### CRITERION BLUETOWN



All are welcome at the little gem hidden in Blue Town, Sheerness.

The Criterion Bluetown encompasses; Bluetown Museum & Heritage Centre, Criterion Theatre & Music Hall, Criterion Friday Film Club, Tea Rooms & Licensed Bar.



For more information: <https://www.thecriterionbluetown.co.uk/>

### 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 SHEPPEY, SHESSNESS

**DAME DOLLY'S SPOOKTAGULAR PIRATE SHOW**  
Written & Performed by Jim Moley

PROPS FOR THE BEST SPOOKY COSTUME!

TERRY TEW

**Fri 30th Oct 2026**  
2pm £10

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



**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEPPEY, SHESSNESS

**SUITS, SHADES AND SOUL**  
The Blues Brothers - Elvis Presley  
Barry Manilow - Buddy Holly

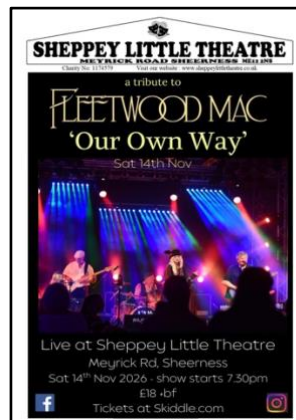
The Imagine Dance Company

**SATURDAY 7TH NOVEMBER 2026**  
SHEPPEY LITTLE THEATRE  
MEYRICK ROAD, SHEPPEY, SHESSNESS

TICKETS £15.00

Call 07712 440500  
Available from Sheppey Glass 01795 500006  
or book online [www.thetheatres.co.uk](http://www.thetheatres.co.uk)

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



**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEPPEY, SHESSNESS

a tribute to  
**FLEETWOOD MAC 'Our Own Way'**  
Sat 14th Nov

Live at Sheppey Little Theatre  
Meyrick Rd. Sheerness  
Sat 14<sup>th</sup> Nov 2026 - show starts 7.30pm  
E18 - 4bf  
Tickets at Skiddle.com



**SHEPPEY LITTLE THEATRE**  
MEYRICK ROAD SHEPPEY, SHESSNESS

Support our  
**CHRISTMAS CRAFT FAIR**  
And Open Day  
Free Backstage Tours

Stall Holders £10  
Double stall in foyer £15  
Contact Janya Thornton  
For stalls and tours  
01795 873491 - Or email  
[info@sheppeylittletheatre.co.uk](mailto:info@sheppeylittletheatre.co.uk)  
Please supply your own table  
Free Entry!

**11.00 am to 2.30 pm**  
**Sat 21st Nov 2026**

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

## NATIONAL u3a

*Have you looked on the National u3a website lately?  
There's so much for u3a members across the country to get involved with!*

### ONLINE LEARNING EVENTS

There are numerous and wide-ranging learning events and short courses (usually free online using zoom – book via Eventbrite). **Coming up soon September/October/November:** [u3a online events](#)

- Secrets of the human brain: sleep and dreams
- The Enchanted Archipelago – a journey through the Galapagos
- Future Lives – promoting brain health: from evidence to action
- AI News -four years of chatbots Laughter Yoga with Merrie Maggie
- Live cookery demonstration – try something new
- Experimental brain research: from old suppositions to modern observations
- Mods versus rockers: a 1960s 'moral panic?
- A history of the world according to sheep
- Flight Inspirations aviation group: October
- First light: the formation of the stars, blackholes and galaxies
- Darkness on the edge of town: Bruce Springsteen and the American Dream
- On the threshold of a dream: music, imagination and the late 60s to early 70s
- Introducing AI and AI in Scotland
- Your guide to feeling connected in a digital world
- Cryptic crosswords for beginner: a six-session course
- David Hockney as I knew him
- **The u3a essay competition 2026 award ceremony - Live**
- Delivered to your door – the complexities of efficient parcel delivery
- The US constitution versus unitary executive power
- Secrets of the human brain: behaviour and personality
- Art deco days
- The history of pirate radio
- Preparing for an AI world
- Soulsville USA series – The History and Legacy of Stax Records
- Staying Safe Online – A u3a Presentation with Q&A
- Melancholy as a creative force: Joni Mitchell's Blue album
- Laughter Yoga with Merrie Maggie: September
- Laughter Yoga with Judith: October
- Mindfulness and meditation series

### 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](#)

**Essay Competition 2026 – Watch the Award ceremony live on zoom – Friday 16<sup>th</sup> October**

#### **Enter Your Photography & Art**

- The "Still Got It" Photography Project
- Paint or Draw – New theme each month
- u3a Eye – Themed Photography Project

#### **Connect with Members**

- u3a rewind
- Missing Pieces
- Virtual Visits
- u3a Walkers' Exchange
- Find a u3a Speaker

#### **Writing Competitions**

Essay Competition 2026 – Watch the Award ceremony – "The Most Incredible Journey"  
Read the winning short stories and final shortlist 2025/2026 on the theme "Lost and Found"

#### **Puzzles & Games**

- Logic Puzzles
- Maths Challenge
- Aileen's Game
- The u3a Quiz Library

## 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 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](#)

## 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.

## JUST FOR FUN

### Some Days in October you might wish to celebrate

#### **Coffee Day - 1<sup>st</sup> Oct 2026**

This is an international celebration of coffee, organised by the International Coffee Organisation, the world trade body for coffee producers. So, drink a coffee to give you a good start to the month!

[Website](#)

#### **National Poetry Day - 1st Oct 2026**

National Poetry Day is day for celebrating poetry's power to bring people together. Celebrated across the UK, it encourages everyone to make, experience and share poetry with family and friends.

[Website](#)

#### **International Day of Older Persons 1<sup>st</sup> Oct 2026**

International Day of Older Persons promotes a society for all ages through action on development, health, and supportive environments.

[Website](#)

#### **Cinnamon Bun Day – 4<sup>th</sup> Oct 2026**

Created in Sweden, Cinnamon Bun Day or Cinnamon Roll Day focuses attention on Swedish baking traditions, with a particular focus on cinnamon buns, so why not enjoy a hot drink and bun today. The Swedes call this "Fika".

[Website](#)

#### **James Bond Day – 5<sup>th</sup> Oct 2026**

This is the date of the world premiere of Dr No, the very first Bond film which starred Sean Connery. Released on 5th October 1962 it paved the way for over 50 years of action-packed movies.

#### **World Smile Day – 5<sup>th</sup> Oct 2026**

A day started by Harvey Ball, creator of the smiley, as a day which is dedicated to smiles and kind acts throughout the world.

[Website](#)

## Harry Potter Book Day – 8<sup>th</sup> Oct 2026

Harry Potter Book Day is a chance for fans young and old to celebrate this much loved series - and it's a chance to pass the magic on to new readers who haven't yet discovered these unforgettable books.

[Website](#)

## National Grouch Day – 15<sup>th</sup> Oct 2026

This is a day to celebrate all the grouches we know - or to embrace the grouch that lives inside all of us. It celebrates Sesame Street's famous grouch, Oscar.

[Website](#)

## World Singing Day – 17<sup>th</sup> Oct 2026

This is a global sing-along held annually on the 3rd Saturday in October. As a catalyst for positive human connection, this one day each year serves as an opportunity to celebrate our global family through the international language of music.

[Website](#)

## International Repair Day – 17<sup>th</sup> Oct 2026

Held on the 3rd Saturday in October, this day promotes environmental benefits of the repairing items and is organised by the Open Repair Alliance. It promotes the use of Repair Cafes and Fixit Clinics around the world.

[Website](#)

## National Reuse Day – 18<sup>th</sup> Oct 2026

National Reuse Day is an awareness day created to encourage us all to reuse items instead of throwing them away.

[Website](#)

## Trafalgar Day – 21<sup>st</sup> Oct 2026

This is a celebration of Lord Horatio Nelson's victory at the Battle of Trafalgar. A ceremony is held on his ship HMS Victory each year and his famous signal 'England expects that every man will do his duty' is hoisted in flags.

[About Trafalgar Day](#)

## MONTHLY MEETING DATES

Meetings are held on the fourth Thursday of each month (*except in December- see below*) starting at 2pm until 4pm, at The Sheppey Hall in Queenborough. Refreshments are included. Doors open 1.30pm.

### 2026

**22<sup>nd</sup> October**

**26<sup>th</sup> November**

**10<sup>th</sup> December - Christmas Meeting**

### 2027

**28<sup>th</sup> January**

**25<sup>th</sup> February**

**25<sup>th</sup> March**

**22<sup>nd</sup> April**

**27<sup>th</sup> May**

**24<sup>th</sup> June**

## 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.