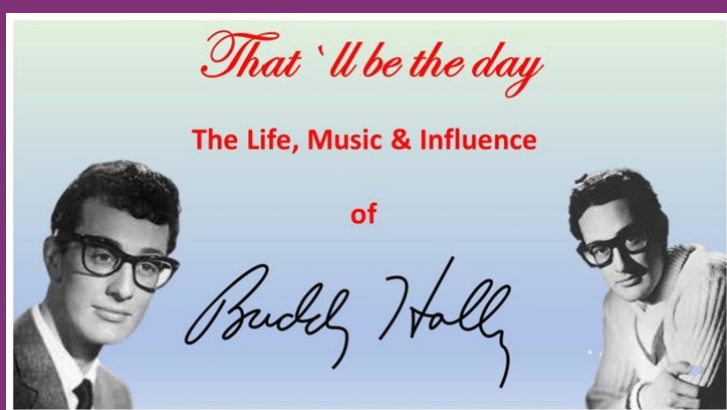




Members Open Meeting: Thursday 8th October
St Ives Corn Exchange 1.20 for 2.00pm

THE LIFE, MUSIC AND INFLUENCE OF BUDDY HOLLY
Speaker: Tony Tutton



Tony will take you on a journey through the life of the legendary Buddy Holly from his birthplace in Lubbock Texas in 1936 to his untimely death on 3rd February 1959. The talk features many of Buddy smash hits, That'll be the Day, Oh Boy, Peggy Sue, Rave On, Heartbeat ...and lots more.

All Members Open Meetings are held at the Corn Exchange, St Ives 1.20pm for 2.00pm start. **Please note:** We kindly ask that members wishing to discuss membership matters or to book outings or theatre trips please arrive early to avoid disruption.

Committee members and the Group Support Team will be available after the meeting to answer questions and discuss any matters of concern.

Articles and features for the November newsletter should be sent to Anne by 17th October: editor@u3aivo.uk



Holkham Hall and Gardens

Thursday 15th October

WAITING LIST ONLY

Join us for a day at
Holkham Hall!

Cost: £39 including Driver's
Gratuity



Rockingham Castle

Thu 19th November

WAITING LIST ONLY

Rockingham Castle, near Corby,
is a former royal castle and
hunting lodge.

Cost: £49 including morning
coffee, lunch.



The Magic of Christmas Show

Thursday 17th
December

WAITING LIST ONLY

At Brick Lane Music
Hall, including 3-
course lunch



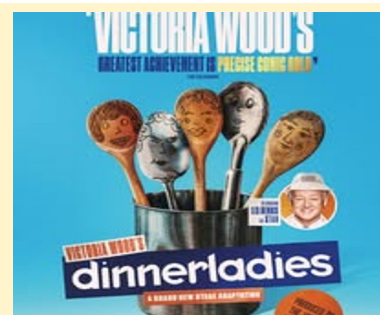
Christmas Carol Goes Wrong

Wednesday
3rd February

Milton Keynes
Theatre

WAITING LIST ONLY

TICKET FOR MATINEE
PERFORMANCE £38
PLUS TRAVEL TBA



Victoria Wood's Dinnerladies

Wed 17th March
Milton Keynes

AVAILABILITY

TICKET FOR 2.30pm
PERFORMANCE
£43.88 PLUS TRAVEL

Or should that be the “Choir of Men”. Nine exceptional talented, versatile performers with an incredible vocal range from baritone to soprano entertain an audience in a high energy alternative musical. Encompassing everything from folk, to rock to heavy metal.

Set in a community working-man’s pub bar, the story line is loosely based on a place where people come and share their troubles. It doesn’t matter who you are or where you come from.

There’s humour, tap dancing on bar and table top, audience participation is encouraged, joining the cast on stage at the start of each act. You only know the performance is starting when they leave and the house lights dim. All were multi-

talented singing, dancing, playing a variety of instruments

as solos or combined, their timing couldn’t be faulted. This was complemented by excellent sound and lighting of the set on stage.

If I have one criticism it is not of the show, but the seating. These were probably the most uncomfortable seats I have sat on in a theatre—a bench seat would have been better! Hopefully these will get replaced along with the rest of the renovations that are going on at the moment at the Cliffs Pavilion, Southend.

Graham Emmett



Booking Procedure for Outings, Theatre Trips and Events

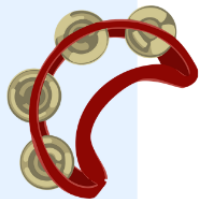
PLEASE DO NOT PAY FOR TRIPS BEFORE YOUR BOOKING HAS BEEN CONFIRMED

- Bookings can be made at Open Meetings or on the website
- Theatre Trips: u3aivo.uk/theatre
- Outings: u3aivo.uk/outings
- Events: u3aivo.uk/events
- Outings: Sue Belcher (07778425052—Strictly for members with no internet)
- When booking a trip on the web page, click on the blue envelope, please DO NOT click on 'CONTACT' at the very top of the page.
- ALWAYS BOOK BEFORE PAYING. All bookings will be confirmed.
- BACS payment preferred please, either online or by going into your branch
- Payment: St Ives (Cambs) U3A Social Account
- Sort code: 40-16-08 Account: 74557352
- Ref: u3a membership number and trip name
- If no alternative, cheques made payable to: St Ives (Cambs) U3A Social Account
- Payment to be made at least six weeks prior to the trip

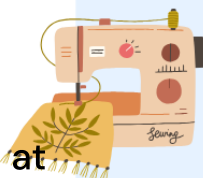


'u3a's Got Talent' Friday 16th October

AN EVENING OF ENTERTAINMENT BY OUR
CREATIVE ARTS GROUPS (but no judging involved!)
ST IVES CORN EXCHANGE, DOORS OPEN 6.30PM
TICKETS £5 (or £3 for performers)



The Corn Exchange has limited capacity so please book tickets as soon as possible.



Our music groups have sometimes provided background music at group fairs, but this event is being organised in response to a request from members who said they would welcome the opportunity to sit and listen to more of their performances, without the hubbub of a group fair. Seating will be round tables with the bar open to purchase drinks, and art & craft work will be on display to view before the event and during the interval.



The evening will comprise a varied programme with performances by our music and singing groups, interspersed with stories and poetry. The evening is being organised by the Events Team and needs to be self-financing, in the same way as our quiz nights and other events are, which means the cost of hiring the hall and bar needs to be covered by ticket sales.



To ease administration, groups taking part have been asked to block-book tickets for their members, but other members can book via the website in the usual way. The event web page will be updated regularly, so please check there for availability nearer the date, and come along to enjoy an evening of entertainment with your u3a friends.

More details on the website here:

[u3a's Got Talent](#)

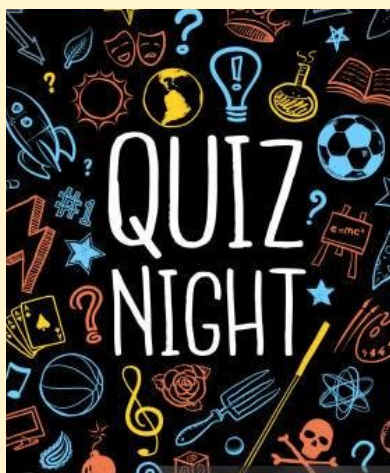


Quiz Night

Thursday 26th November

7pm (doors open 6.30pm)

St Ives Corn Exchange



Back by popular demand the u3a Quiz Night returns for all members on Thursday 26th November at the Corn Exchange.

Doors open at 6:30 pm for a 7pm start. Tables of 6 are invited – either groups or individual members are welcome to come along and make up a team on the night.

£6.00 per person.

For bookings, please click here:

[Quiz Night](#)

Wine Tasting

Wednesday 2nd
December

Broadway Cellars



We have a Wine Tasting Event booked at the Broadway Cellars in St Ives for Wednesday 2nd December starting at 7pm.

There will be a total of 8 wines to taste with a sparkling wine to whet the appetite, followed by 6 other wines from France, Italy, South Africa, Spain and Australia, and to complete the tasting a fortified wine from Argentina

A selection of cheese and Charcuterie will also be provided. The price per person is £40.

Bookings via the events page. Numbers of the event are limited so we recommend early booking. [Wine Tasting Booking](#)

Thank you to those who came to our AGM in September, as well as to those of you who sent in proxy votes.

Our new Trustees meet for the first time in October as our St Ives (Cambs) u3a Committee. Please wish them well.

If you have any concerns, questions or suggestions feel free to contact any of them via the Contact page on our website (u3aivo.uk/contact), or our telephone no. 07458 197372.

If you would like to know how you yourself might be able to help contribute to the life of our u3a please

feel free to get in touch. There are lots of possibilities.

Officers

Brian Gilmour	Chair
Bob Wilson	Treasurer
TBA	Secretary

Other Trustees:

Sheila Louth
Anne Bannell
Sue Belcher
Gill Jones
Roy Moyser
Ian Pask
Robin Carter
Ian Brennand

Only 2 out of 5 people with high blood pressure take their medication as prescribed



A HOLISTIC APPROACH TO LOWER YOUR BLOOD PRESSURE

NHS-Funded | Online | Free To Attend

Our **Blood Pressure Balance Programme** provides an alternative to medication



Our next course starts online on **Tuesday 20th October 2026** for adults aged 65 and over in Cambridgeshire and Peterborough.

Based on breathing, attention and accessible movement practices that are proven to lower blood pressure and designed for all levels of mobility.

For more information, please visit our website



www.the-mindful-life.com



SCAN ME WITH
YOUR PHONE
CAMERA

Saturday 17th October 2026

ST IVES Repair Café

ST IVES METHODIST CHURCH
THE WAITS, PE27 5BY
1PM - 4PM

TO BOOK A SLOT FOR REPAIR, EMAIL:
STIVESREPAIRCAFE@GMAIL.COM
OR VOICEMAIL: 07377 014401

REPAIRING: BIKES • JEWELLERY • CERAMICS • TOOL SHARPENING
SEWING REPAIRS • COMPUTERS • ELECTRICAL APPLIANCES • BITS & BOBS

LEARN NEW SKILLS

Enjoy drinks and home made cake...

You can bring broken items on the day for assessment ready for repair at a later date and enjoy the café vibe

WE WELCOME DONATIONS - CASH OR CARD

St Ives
ecoaction
repairers

St Ives Repair Café is an initiative of **ecoaction**

Sailing Group underway and making way

Following an initial article in the June magazine 10 members of St Ives u3a came forward and expressed an interest in yacht sailing. During three days in late August nine members of the group each enjoyed a day on the water. We sailed on the estuaries of the Rivers Orwell and Stour, and a little out to sea beyond Harwich and Felixstowe. Each day was rounded off with dinner in The Ship at Levington prior to the drive home. Fortunately, the good weather held (a little damp when we arrived at the boat on the third day, but sunny by afternoon) and everyone was able to experience some good sailing. On the last day we even saw the research vessel Sir David Attenborough coming back into Harwich from its recent trip to the arctic. [Sailing Group](#)

Roger Beaman



Environmental Matters

Thursday 1st
October, 2pm at
St Ives
Methodist
Church.



Calling ALL u3a
members who are interested!
Are you an ethical consumer or
do you want to be? Do join us
for what promises to be a lively
discussion on topics such as
makeup, vitamins, deodorant,
nappies, big tech, tea, coffee,
cooking oils, online retailers,
chocolate or ...the list is endless.
All our info will be coming from
surveys done by

www.ethicalconsumer.org

The next meeting is Thursday
5th November.

Vic Lelliot

The Joy of Travelling

After much deliberation it is
with sadness that Julia Bowman
has decided to close this group.
It has been running for over two
years but with dwindling
numbers (mainly because
everyone is travelling all the
time!) it's now going to end.

If anyone wants to start a similar
group then please get in touch
with the Group Support Team.

gst@u3aivo.uk

Board Games

We're pleased to announce that a new board games group will be starting in October. Whether you're new to board games, a Backgammon champion, or someone who loves a jolly good game, you're very welcome. Come along for some fun and friendly competition, traditional and new games and very good company. The first meeting will be on Thursday 22nd October at 10.30 and the November meeting is planned for Thursday 26th. To start with we are meeting in a members' home so please click on the blue envelope to join the group and get the address. [Board Games](#)



Kayaking and Canoeing Group

I first paddled a kayak on a Scout camp at Bala in 1972. It's fair to say that I have been paddling canoes and kayaks ever since, with a trip down the Grand Canyon, a week of paddling around the Isles of Scilly, a circumnavigation of Menorca and six days of Norwegian fjords and coastline being some of the highlights of the past 11 years. While I am not suggesting doing any of those trips as part of u3a, I am suggesting a St Ives u3a canoeing and kayaking group for those able to paddle and with their own equipment.

If you are interested in joining like-minded people bobbing about on local (and maybe not so local) waters, then I'd like to hear from you. I have both an open canoe and several kayaks (including sea and whitewater, and even a 3-man kayak if you want to bring your partner and the dog), so happy to use a single or a double

blade when on the water.

This is not an invitation to have paddling lessons from me (I can point you in the direction of 3 clubs in the county that can help), although if you want a few tips and tricks, I am happy to help.

And while I do have what I consider to be a reasonable amount of paddling gear, I am not a general outfitter for u3a. Initially I envisage some simple trips on the local rivers, but very happy to discuss looking further afield if people want to travel. Interested?

Roger Beaman

[Kayak/Canoe](#)



Anyone for Bridge?

Following an exploratory meeting of members interested in a Bridge group, we have two people willing to teach beginners or “rusty” players, and some who would like to play social or “kitchen” Bridge, not too competitively but aiming to improve their game.

We’re still gathering interest, probably aiming to start the group in the new year. Please let us know if you might be interested, and keep an eye on the website for any developments.

u3aivo.uk/possible-bridge

The Group Support Team comprises of Anne Bannell, Joy Cooper and Alan Rogers at the moment. And although the amount of work generated by this group is not enormous, we all have other roles within the u3a and consequently, especially when one of us is away, we find ourselves a little stretched. We would really love someone else to join us.

If you can answer ‘Yes’ to any of these questions—do get in touch:

- Are you already familiar with how groups work?
- Do you get on well with all sorts of people?
- Can you facilitate? ie. Set up a meeting with others who want to start a new group?
- Spare a couple of hours a month to attend the GST monthly meeting?

gst@u3aivo.uk

Every Month at the Corn Exchange

NEW ACT AND OR
NEW MATERIAL FROM A
VARIETY OF ACTS

JUBADO'S
Events

Presents

**STANDUP
COMEDY**

THIRD SATURDAY OF THE MONTH

TICKETS £7.50 FROM TICKETSOURCE.CO.UK/JUBADOS

ST IVES CORN EXCHANGE
DOORS OPEN 6.30PM
SHOW START 7.30PM

**Riverport
Cafe**



ST IVES CORN EXCHANGE

**QUIZ
NIGHT**

SECOND THURSDAY
OF THE MONTH

TEAMS OF SIX // £12 PER TEAM
GREAT PRIZES UP FOR GRABS!
DOORS OPEN AT 7:30PM // START AT 8PM

Book in Advance: www.ticketsource.co.uk/cxevents
01480 496454 // bookings@thecornexchange.org.uk
ST IVES CORN EXCHANGE, CAMBRIDGESHIRE

ST IVES CORN EXCHANGE

NEW!

**ST IVES
CRAFT &
COLLECTABLES
MARKET**

EVERY 2ND MONDAY OF THE MONTH
9AM - 1.30PM

**BUY COLLECTABLES AND
ORIGINAL HAND CRAFTED ITEMS**

SHIRLEY'S COMMUNITY CAFE
RAISING FUNDS FOR LOCAL CHARITIES & THE CORN EXCHANGE

Get in touch to become a stall holder:
stivescraftsandcollectables@gmail.com
ST IVES CORN EXCHANGE, CAMBRIDGESHIRE

After a busy Summer visiting and photographing different venues it is time for us to return to base for the Autumn. The heat impacted our visits and we did have to resort to zoom for one month.

We enjoyed a trip on the electric boat at Wicken Fen, followed by street photography at St Ives.

Photos by V Bonny & P Marsh



Engage Talks

Wednesday 7th
October
2pm–3.30pm



Talk on Energy Conservation And Home Improvement Advice by Henry Butress.

How to conserve energy and prepare for winter. Do come along to see if any suggestions can help with reducing costs.

To reserve your place please email stives.library@cambridgeshire.gov.uk, phone 0345 045 5225 or ask at library desk. Free event, donations welcome.

Library equipment that you can use at your local library:

Scanners – Photocopiers – Printer

Computers – Printing and photocopying is chargeable.

Lloyds Bank, in the Library every Monday, 9.30 till 3.30

Bus pass renewals or applications for new bus pass. Booking is advised. Mondays, fortnightly from 1.15 till 4.15.

New bus leaflets available explaining the new bus routes.

Opening Hours:

Monday: 9.30am to 7pm

Tuesday: 9.30am to 5pm

Wednesday: 9.30am to 5pm

Thursday: 9.30am to 1pm

Friday: 9.30am to 5pm

Saturday: 9.30am to 4pm

Sunday & Bank Holidays: Closed



Online Drop-In Sessions

The Last Wednesday of Every Month
10.30am – 12.20pm

Having trouble using your Laptop/
Tablet/Phone?

Come down to the library to speak with a volunteer from the charity Cambridge Online and have a short one-to-one session where they can help you with queries you might have regarding your own devices and solve technical issues. Free Drop-ins, first-come, first-served.

Crafty Crew

The 3rd Monday of the month

Cuppa and company 2.00–3.00pm

Staff member on hand to advise with craft making.

We have other events not listed here so please check the Library window for posters and also the windows inside the Library by the door. For grandparents we have thing on during the school holidays so please check out the posters. I'm sure you will find something for the grandchildren there.

On a very hot day in August, I decided to put on my walking boots on and head to Constable Country in Suffolk. The area of big skies, quite lanes, fabulous walking. It's the area made famous by the painter John Constable 1776 – 1837.

My walk started from Flatford Mill – this was built around 1733. The building is a 3 storey water mill that was used for grinding corn. John Constable's father brought Flatford Mill in 1784. In 1943 the National Trust purchased the Mill and Flatford House.

After looking around Flatford Mill and

Willy Lotts Cottage (The Hay Wain) we walked across the meadows following the River Stour to the pretty village of Dedham. Passing cows roaming the meadows and cooling off in the River Stour. In total the walk is 3 miles. Alternatively, you can take the river boat or even try out a paddle board up to Dedham. This year 2026 marks 250 years of John Constable – a year of exhibitions. Please do visit this area and enjoy tea and cake in the various tearooms.

Stella Joyner

