

Welcome to the July Newsletter.

I know that many of us will be glued to the television this summer, either watching the Football or Wimbledon, or both!

However, there are many other things that the u3a can offer to drag you away from the TV.

Lyn Cameron, our Groups Coordinator has been busy working on some new interest groups to keep you entertained and enlightened (see Page 2).

Finally, if you know of any older people, please make sure that they are drinking enough fluids during the hot weather.



David Powell, newsletters@chalfontsu3a.org.uk

Committee News

Chalfonts u3a AGM

This is a reminder to please attend our **AGM on 22nd July at 2pm**, just before our monthly meeting (which should be a really interesting talk about the Royals and their palaces).

Please note that this is the 4th Wednesday of the month, in order to avoid a clash with the School Sports Day. There will be no meeting on the 8th July.

It is very important that you attend in person, if you can, or by Zoom, or failing that, to cast your vote by proxy (you will receive an email about this with the AGM papers from our Secretary, Kate Trotman).

Under the rules of our constitution, we need a quorum (10% of membership, or 124 votes). If we don't achieve this, then we shall have to do the whole AGM over again until this number is reached!

We also have to thank two of the Committee members who are standing down this year after completing their time in the roles.

Maureen Green
(Membership)

Chris Hillis
(Finance Officer)



Thank you both for your time and energy over the years.

Groups Coordinator

The **Whist Group** is now up and running on the second and fourth Thursday morning of the month. We have a couple of spaces if anyone else is interested.



The **Lunch Group** is running once a month from July. New members are welcome, please contact me if you're interested.

A **Gardening Group** has been suggested to me. If you're interested in meeting other keen gardeners to discuss anything to do with gardening, exchanging knowledge or plants, possibly having speakers, then please contact me and I'll try to set up a meeting to discuss how this would run.



Seated Exercise Group



The taster session for this group was very well attended and a number of people expressed an interest in joining.

There may be some spaces, or if there are sufficient numbers, a second group could be added. Please let me know if you're interested.

For information about any of these groups please contact:

Lyn Cameron, Groups Coordinator - groupcoordinator@chalfontsu3a.org.uk

Chalfonts u3a Monthly Meetings:

22 July 2026 2pm AGM

A short AGM before the talk – please attend.

22 July 2026 at around 2.30 After the AGM

Working with the Royals in their Palaces and The ‘Out-Takes’!

Brian Greenan is one of London’s most experienced Toastmasters and Masters of Ceremonies.

Over the years he has built a unique portfolio, working with all the members of the British Royal Family, both in the UK and the US, whilst they act in their respective roles as ‘Patrons’ of the various high-profile charities and national organisations that engage Brian as their Toastmaster.

He has worked in many of the Royal Palaces, including numerous events at Windsor Castle attended by Her Majesty the late Queen.

Brian gives a fascinating insight to the protocols of Royal events with amusing stories of when things didn’t quite go to plan.



12 August 2026 at 2pm - The Secret Life of Bees - A Talk by Meriet Duncan

Meriet is a local Bee Keeper and author who gives an interactive talk which blends fascinating insights into the life of bees, inside and outside the hive with gentle storytelling, humour, and real-life experiences from her work as a bee keeper.

At its heart is the idea of bees as teachers, what they show us about community, resilience, sustainability and working together.

Meriet’s talks are informative without being technical, uplifting without being sentimental and welcoming of questions and shared experiences.

Meriet will bring a demonstration hive (with no bees) and a selection of honey related items.

09 September 2026 at 2pm – A Talk on Tea by “Two Spoons”

Join the Two Spoons (named after their tea tasting spoons!), Mark Lawson and Giles Oakley, who will give their educational and entertaining talk on ‘The Story of Tea from Bush to Cup’.

Mark and Giles are co-founders of Chesham based Two Spoons Tea and professional tea tasters — which means they’re two of the rare people who can claim to have drunk over a million cuppas and still call it work!

Over the past five decades combined, their pursuit of the perfect brew has taken them from the misty hills of China to the lush gardens of India, Kenya, Sri Lanka and beyond. As well as a chance to taste a delicious Darjeeling tea, Mark & Giles will talk about everything you ever wanted to know about tea and how Two Spoons came into being.

All Monthly Meetings are held at CSP Community Centre, Gravel Hill, Chalfont St Peter, SL9 9QX

News from our Interest Groups

Excursions Group



Our visit to **Crossness Pumping Station** on Thursday 27 June was a true success.

Whilst it was one of the hottest days of the year nothing stopped us all enjoying a wonderful day out. It was a treat to travel by air-conditioned coach to Thamesmead and Abbey Wood, a part of London many of us hadn't previously visited.

The R.A.N.G train (Royal Arsenal Narrow Gauge)



was there to take us up to the Pumping Station for coffee, tea and biscuits before we were shown an extremely informative film.

This explained how the Great Stink of London was



overcome by the introduction by Sir Joseph Bazalgette of the first London sewage pumping system. This helped eradicate cholera and hugely improved the lives of Londoners.

Our guides, both



named Rob, brought everything to life with their enthusiasm and knowledge as they took us around the premises and grounds to show us the huge pumps, the forge, the repair warehouse and talked about how life was for the workers and children who lived within the grounds.

To top it all, Crossness supplied a lovely selection of buffet food followed by cake and fruit for our lunch. The cool breeze off the River Thames was just perfect too.

We do plan at some stage to repeat this trip as we know that many of those in the excursions group wish to visit this iconic former Victorian sewage pumping station.

The Cu3a Facebook page has more about the day with additional photographs. Here is a link to the page <https://www.facebook.com/groups/ChalfontsU3AGroup>

Thames River Cruise – Friday 17 July 2026



With so much interest in this trip we have managed to hire the New Orleans – a boat styled after the classic Mississippi paddle steamer which can take eighty passengers.

Our four hour trip is from Henley to Sonning return and included is a sandwich buffet lunch. Places have now been taken but if you'd like to add your name to the waiting list do email us.

Val Smith, Kate Trotman - Joint Convenors
excursions@chalfontsu3a.org.uk



Entertainment Group

This group is now truly “up and running”

Following our email for some suggestions to local theatre outings, the response has been excellent.

A small group will be going to The Elgiva Theatre in Chesham to see **Psychic Sally** (24 July), and places for the theatre visits to The Swan, High Wycombe for **ABBA – Thank you for the Music** (4 September), **Lord of the Dance**, Waterside (20 September) and **Christmas by Candlelight** (3 December) are now taken.

There is still **availability** on Wednesday 18 November for a 7.30pm performance of “**My Royal Life**” **an audience with Lucy Worsley**. If this interests you please email entertainment@chalfontsu3a.org.uk by return.

Thank you to everyone who has made suggestions for possible outings – we truly appreciate your input. Please keep your ideas coming through!

Val Smith, Kate Trotman - Joint Convenors entertainment@chalfontsu3a.org.uk

Book Club Group 3

We are a friendly group of readers who enjoy quite a variety of books both fiction and non-fiction.

These books are chosen by the group and a new list is circulated when the previous list has been read and discussed at our monthly meetings.

We all agree that we joined to broaden our horizons in reading and the content hasn't disappointed.

If you would like to join us, we would be pleased to see you, so do email us and join us at 2pm on the 2nd Tuesday of the month.

Sue Williams, Convenor, bookclub3@chalfontsu3a.org.uk



Garden Visits Group

Highgrove

The much anticipated visit to Highgrove, HRH King Charles III's private Cotswold home, did not disappoint the Garden Visits Group.

On a cool June morning we set off with raincoats and umbrellas at the ready - fortunately, they didn't need to be deployed.

The beautiful naturalistic garden transported us to a peaceful paradise with a feast of colour and scent.

On arrival we were expertly split into our small tour groups of 13 and introduced to our knowledgeable guide who conducted the garden tour.

We were shown towering delphiniums in pastel shades in the cottage garden, vibrant delphiniums and the thyme walk with golden Irish yews in front of Highgrove house, pyramid orchids hiding in the grass of the wildflower meadow and scented roses in the Carpet garden.

After a 90-minute garden tour we were escorted to the Orchard Room restaurant where we were served a delicious 2 course lunch accompanied by a welcome glass of wine.

There was just enough time after lunch for a visit to the shop - where judging by the Highgrove



bags on the coach, lots of the group found a memento of the day to take home with them.

Julie Hallam, on behalf of the Garden Visits Group

Church Garden

On Monday 22nd June, the Garden Visits Group visited Church Garden in Harefield.

We were given a guided tour of the garden by Kay McHugh the owner and chief gardener.

She explained that when her family bought an overgrown and derelict house and garden in 1995, they saw its potential and that she and the family have slowly and lovingly brought it back to life, over the last 30 years.



Now it has a restored walled garden with sustainable planting producing fruit and vegetables as well as an orchard area with a pond compete with narrow boat. It also contains bee hives, a forest garden, composting area and a fern mount.



At the top of the garden is the 17th century Arcaded Wall comprising 33 identical niches, which is hopefully the next area for restoration.

We all then enjoyed homemade refreshments in the new tea room.

Church gardens in open to the public every Sunday, March to October and at other times by appointment. It's a local hidden gem, and well worth a visit.

Thank you to Jane Campbell for organising and for this entry on behalf of the Garden Visits Group

If you are on Facebook check out ChalfontsU3AGroup, there are even more photos there.

Kate Trotman, Group Coordinator gardenvisits@chalfontsu3a.org.uk

Computer Clinic

I STARTED THE DAY WITH
LOTS OF PROBLEMS.
BUT NOW, AFTER HOURS
AND HOURS OF WORK,
I HAVE LOTS OF PROBLEMS
IN A SPREADSHEET.



If this rings a bell, the Computer Clinic can help. Just bring your spreadsheet along and we'll tackle the problems one by one.

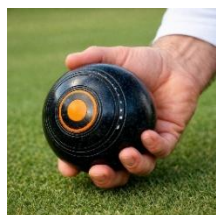
The Computer Clinic is aimed at helping you resolve your computer issues on a one-to-one basis on your own laptop/tablet/phone (covering only Windows and Android devices).

Sessions are on the 4th Thursday of the month from 14.00-17.00 at the Misbourne Room in Chalfont St Peter Community Centre. 30 minutes 'slots' are allocated in advance to avoid you having to wait a long time and potentially not being able to get help.

The next session is on 23 July and has spaces available, so book a slot for yourself and let me solve your issues.

Sign up here: computerclinic@chalfontsu3a.org.uk Suzy Mills, Computer Clinic Convenor

Lawn Bowls Group



I can report that we have been having more people turn up for U3A bowls this season regardless of the weather!

If you are interested in joining us please contact: Mike Alderton, Convenor
lawnbowls@chalfontsu3a.org.uk

Theatre Group

The next event we have planned is a full day trip to Chichester in August with some sightseeing and a matinee performance of My Fair Lady.



The Autumn season is shaping up nicely with a broad selection of entertainment, notably The Truth in September, Sinatra the Musical in October and, the most recent addition, the Cherry Orchard in November

Following the Chichester trip, I will be taking over responsibility from Howard and am busily planning thought provoking plays, light entertainment and musicals for the coming new year.

I am new to this role so would welcome you letting me know of any shows that you are particularly keen to see.

If you would like further information, or to join, contact:

Tim Brooker Group Convenor theatretrips@chalfontsu3a.org.uk

Crosswords Group

Why not come and join our convivial crossword group and enjoy a stimulating and fun morning?

It doesn't matter if you think that you'd be/are "rubbish," you'd soon find out how good you can be!

Bob Leven, Convenor crypticcrosswords@chalfontsu3a.org.uk



Textiles & Crafts Group

Our Textiles & Crafts Group include some very talented ladies.

This beautiful piece of embroidery is the work of Eileen Carkett shown at our last monthly meeting.

The rest of the group had a repeat and very enjoyable session making braids, led by Sandra Dawson.



Paula Walker & Sandra Dawson, Co-Convenors for Textiles & Crafts Group
textiles@chalfontsu3a.org.uk

Crochet Group



Here are a couple of photos from our last monthly crochet group meeting including one of our members' current crochet project.

We're all at various stages in our crocheting journey but share an enjoyment of each other's company and friendship.

Kate Trotman & Paula Walker, Co-Convenors for the Crochet Group

crochet@chalfontsu3a.org.uk



Creative Writing Group

The Creative Writing Group meets about once a month, usually on a Monday morning.

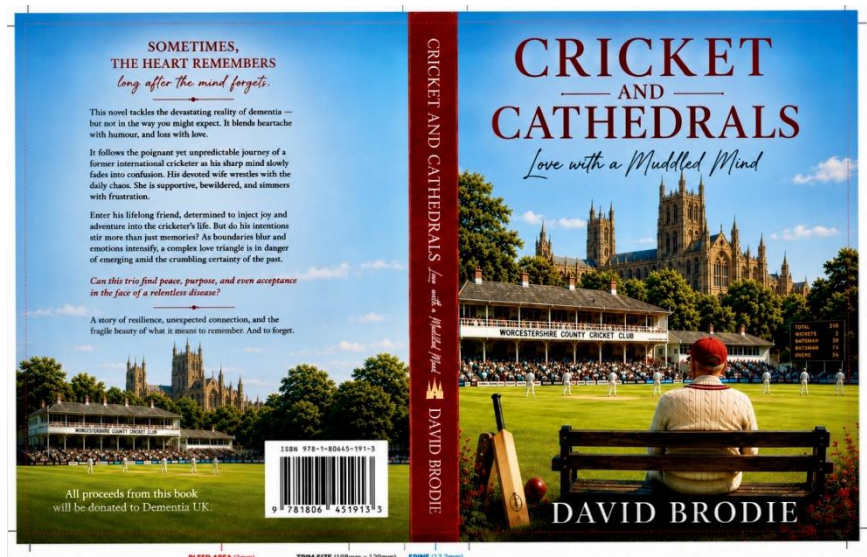
The normal format for the group is to have two short sessions of free writing on topics chosen by the convenor. Between these 10 minute sessions we also comment about the monthly topic, which had been pre-circulated, so everyone has had the opportunity to read it in advance.

This monthly topic involves writing for approximately 500 words on topics as wide-ranging as 'The meeting', 'I squeezed the toothpaste and nothing came out', and 'In the dead of the night'.

It is amazing what a variety of responses come from the group. One of us has recently published a fictitious love story in the context of dementia.

If anyone would like a copy of this by giving a donation to Dementia UK, please email me at the email address below and I will make all the arrangements. All proceeds from the book will go to Dementia UK.

David Brodie, Convenor creativewriting@chalfontsu3a.org.uk



New Experiences Group

In June, the New Experience Group played adventure golf at Wexham Park Golf Centre. The new course takes you round the world in 18 holes and is very well designed with lakes and waterways.

Some people dropped out because of the heat, but 16 of us soldiered on and rewarded ourselves with cream teas in the café afterwards.



Angela Cranston, Joint Coordinator, newexperiences@chalfontsu3a.org.uk

Mixed Walking Cricket

We have had one home fixture this month against Purley on Thames, which was fun as always, though we didn't quite get enough runs to beat them!

For the Chalfont Fringe Event we played on Gold Hill Common on Monday 22nd June in the afternoon and everyone attending had fun with new people joining in. Thanks to Corinne for promoting the event.

We then escaped to The Jolly Farmer for well-earned drinks on a hot day.

Next month, we are going up to Worcester to play in a walking cricket festival with teams from around the country, so we are very much looking forward to meeting other walking cricketers.

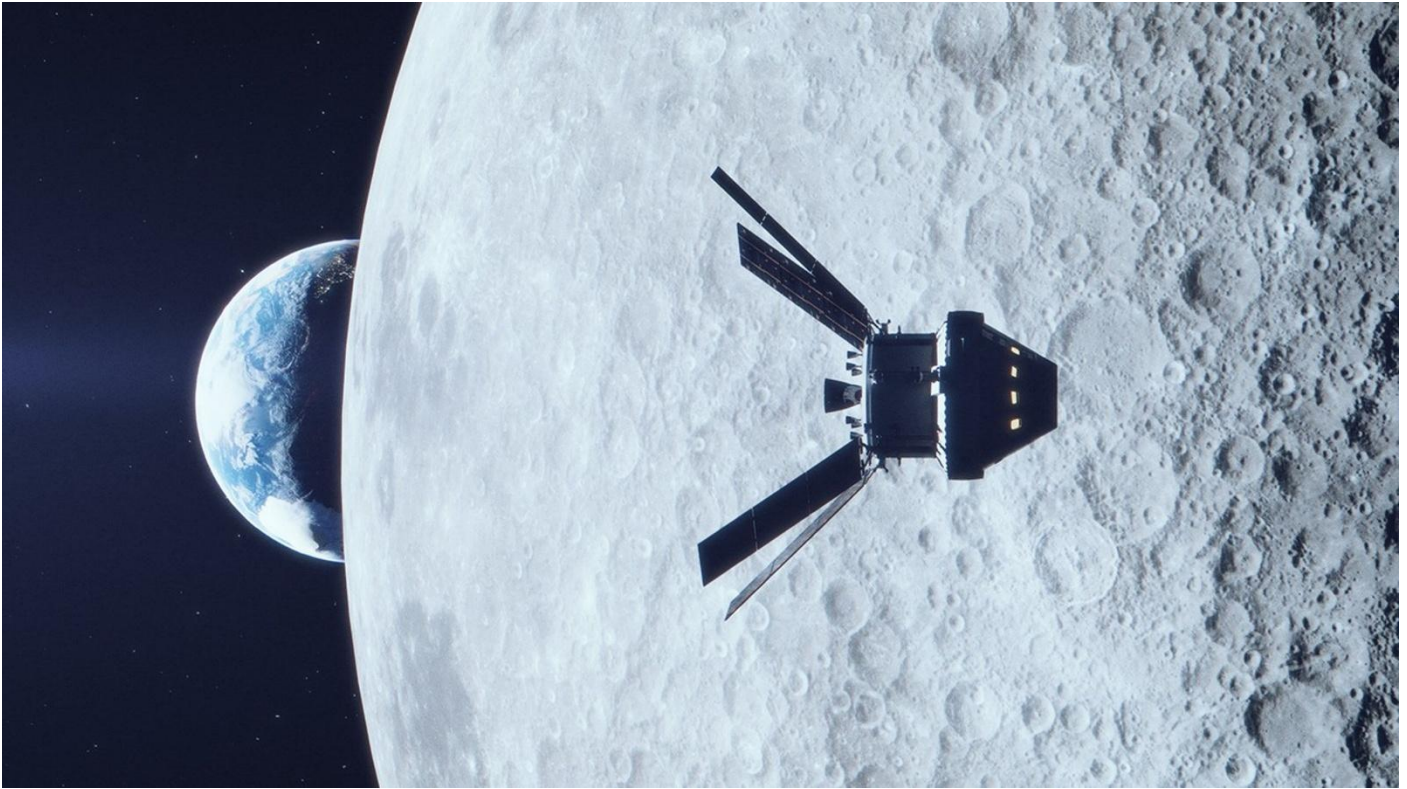
If there is anyone who might be interested in trying out this enjoyable game please get in touch.

Eileen Powell - Mixed Walking Cricket Group Convenor mixedwalkingcricket@chalfontsu3a.org.uk

Science: Earth and Space Group

For the next Science: Earth and Space Group meeting on Friday 3rd July, we are looking forward to hearing from a very experienced science speaker, William Joyce, who is travelling all the way from Brighton to talk to us about Exploring the Moon.

Lunar exploration is once again at the forefront of space exploration, but many questions about the Moon remain unresolved. This discussion presents recent scientific results and key highlights that have influenced our current knowledge of the Moon.



Will is planning to bring some simulated moon rock analogues, plus some real pieces of Moon rock (lunar meteorite fragments), and Moon globes.

The meeting will take place at 3pm on Friday 3rd July and is, as usual, in the Members room at the Chalfont St Peter community centre.

If you would like to join us and are not already a member of the Science: Earth and Space group, please email the co-convenors Karen-Anne Devoil and Tony Micallef science@chalfontsU3a.org.uk

Regional u3a Zoom events

Thames Valley Network

Think Britain doesn't make anything anymore?

A talk by Dr. Richard Marks

Wednesday 15th July 2026 10.30 a.m. on ZOOM



This talk takes you behind the headlines to explore what Britain is really producing in 2026— from precision aerospace components and cutting-edge pharmaceuticals to artisan textiles, advanced robotics, and sustainable energy systems. You'll discover how British manufacturers are thriving through innovation, resilience, and global reach, often in places the media overlooks.

With insights drawn from factory floors, boardrooms, and historical context, Richard reveals how today's makers are building on centuries of industrial heritage while shaping the future. Whether you're a sceptic, a supporter, or simply curious, prepare to be surprised by the scale, diversity, and ingenuity of modern British manufacturing.

The fee for this talk is £2.00 per device, please book via www.u3atvnetwork.org.uk

Closing date Sunday 12th July



Did you know?

As well as the 70 Interest groups that we have in our own Chalfonts u3a, there are many more that are available to us online.

Interest Groups Online (abbreviated as IGO) is an online u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home.

The activities are run by members and are a great way to meet people from all across the u3a movement. It costs £12 annually to join, and there are 140 groups to choose from!

Details: <https://www.u3a.org.uk/learning/interest-groups-online/interest-groups-online-groups>



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Book with Riviera Travel, tell them that you belong to Chalfonts u3a and your u3a will receive a payment from Riviera which helps support our activities.

See the advertisement in Third Age Matters magazine for further details. www.rivieratravel.co.uk



Chalfonts u3a Directory of Interest Groups

For general enquires about interest groups please contact
Lyn Cameron, Groups Coordinator - groupcoordinator@chalfontsu3a.org.uk
Telephone: 07503 481537

Or, if you know which group/s you wish to join please contact the convenor direct

Interest Group	Convenor(s)	Email
Badminton	Jacqui Robinson	badminton@chalfontsu3a.org.uk
Ballroom Dancing	Christine Hardwick	ballroomdancing@chalfontsu3a.org.uk
Bird Watching	Tony Micallef, Jan Sawyer	birdwatching@chalfontsu3a.org.uk
Book Club 1	Carol Lyons	bookclub1@chalfontsu3a.org.uk
Book Club 2	Marsha Partridge	bookclub2@chalfontsu3a.org.uk
Book Club 3	Sue Williams	bookclub3@chalfontsu3a.org.uk
Bridge	Sue Fisher, Ainsley Kemp	bridge@chalfontsu3a.org.uk
Coffee Mornings	Chris Coteman, Lesley Bedford	coffeemornings@chalfontsu3a.org.uk
Computer Clinic	Suzy Mills	computerclinic@chalfontsu3a.org.uk
Computing	Les Klein	computing@chalfontsu3a.org.uk
Creative Writing	David Brodie	creativewriting@chalfontsu3a.org.uk
Cribbage	David Burbidge, Sharon Duncan	cribbage@chalfontsu3a.org.uk
Cricket - Walking (Mixed)	Eileen Powell	mixedwalkingcricket@chalfontsu3a.org.uk
Crochet	Paula Walker, Kate Trotman	crochet@chalfontsu3a.org.uk
Croquet	Sharon Duncan, Clyde Perkins	croquet@chalfontsu3a.org.uk
Cryptic Crosswords	Bob Leven	crypticcrosswords@chalfontsu3a.org.uk
Cryptic Crosswords Too	Val Darbyshire	crypticcrosswordstoo@chalfontsu3a.org.uk
Current Affairs	Bob Leven	currentaffairs@chalfontsu3a.org.uk
Curry Club	Chris Franklin	curryclub@chalfontsu3a.org.uk
Cycling Longer Routes	Dave Duckworth	cyclinglongerroutes@chalfontsu3a.org.uk
Dining Group	Lyn Cameron	dininggroup@chalfontsu3a.org.uk
Entertainment	Val Smith, Kate Trotman	entertainment@chalfontsu3a.org.uk
Excursions and Outings	Val Smith, Kate Trotman	excursions@chalfontsu3a.org.uk
Family History	Jan Sawyer, Marguerite Fletcher	familyhistory@chalfontsu3a.org.uk
French Con Advanced	Heather Glasgow	frenchfluent@chalfontsu3a.org.uk
French Con Intermediate 1	Sandy Oldham	frenchconversation1@chalfontsu3a.org.uk
French Con Intermediate 2	Ray Luker	frenchconversation2@chalfontsu3a.org.uk
Garden Visits	Kate Trotman	gardenvisits@chalfontsu3a.org.uk
German Conversation	Renate Danner	germanconversation@chalfontsu3a.org.uk
Guitar - Beginners	Clyde Perkins	guitar@chalfontsu3a.org.uk
History	Trish Hart	history@chalfontsu3a.org.uk
Italian Beginners	Les Klein, Margaret Turner	italianbeginners@chalfontsu3a.org.uk
Italian Beginners Plus	Lesley Bedford	italianbeginnersplus@chalfontsu3a.org.uk
Lawn Bowls	Mike Alderton	lawnbowls@chalfontsu3a.org.uk
London Walks	John Hardwick, Caroline Ashcroft Susan Mills	londonwalks2@chalfontsu3a.org.uk
Lunch Group	Awaiting convenor	groupcoordinator@chalfontsu3a.org.uk
Mac OS Computing	Les Klein	macoscomputing@chalfontsu3a.org.uk
Mahjong	Sam Patel	mahjong@chalfontsu3a.org.uk
New Experiences Group	Angela Cranston, Sharon Duncan	newexperiences@chalfontsu3a.org.uk
New Members Coffee Morning	Eileen Powell, Val Smith	newmemberscoffeemorning@chalfontsu3a.org.uk
Old Time Music Hall Singing	Sharon Duncan, Richard Campbell	musichallsinging@chalfontsu3a.org.uk
Photography	David North	photography@chalfontsu3a.org.uk
Pickleball	Richard Cranston	pickleball@chalfontsu3a.org.uk
Pickleball 2	Diane Eaton	pickleball2@chalfontsu3a.org.uk
Pilates	Lesley Bedford	pilates@chalfontsu3a.org.uk
Poetry & Literature	David Burbidge	poetryandliterature@chalfontsu3a.org.uk
Quizzers	Margaret Turner	quizzers@chalfontsu3a.org.uk
Really Useful Group (RUG)	Sharon Duncan	rug@chalfontsu3a.org.uk

Really Useful Technical Team	Les Klein	rut@chalfontsu3a.org.uk
Rummikub	Anita Crosbie	rummikub@chalfontsu3a.org.uk
Science: Earth and Space	Tony Micallef, Karen-Anne Devoil	science@chalfontsu3a.org.uk
Scrabble	Anne Higson	scrabble@chalfontsu3a.org.uk
Seated Exercise Group	Awaiting convenor	groupcoordinator@chalfontsu3a.org.uk
Short Mat Bowls	Sheila Woolgar	shortmatbowls@chalfontsu3a.org.uk
Singing For Pleasure	Sharon Duncan	singing4pleasure@chalfontsu3a.org.uk
Snooker	Gio Pedalino	snooker@chalfontsu3a.org.uk
Spanish Aspiring Intermediates	Ann Robinson	spanishpreintermediates@chalfontsu3a.org
Spanish Conversation	David Hillis	spanishconversation@chalfontsu3a.org.uk
Table Tennis	Gio Pedalino, John Park	tabletennis@chalfontsu3a.org.uk
Table Tennis 2	Eileen Powell, Gio Pedalino	tabletennis2@chalfontsu3a.org.uk
Table Tennis 3	Lesley Bedford, Gio Pedalino	tabletennis3@chalfontsu3a.org.uk
Tai Chi	Lesley Bedford	taichi@chalfontsu3a.org.uk
Textiles and Crafts	Sandra Dawson, Paula Walker	textiles@chalfontsu3a.org.uk
Theatre Group	Howard Dawson, Tim Brooker	theatretrips@chalfontsu3a.org.uk
Ukulele Group	James O'Flynn	ukulele@chalfontsu3a.org.uk
Walking (6-10 Miles)	Marion Clegg, Sally Buckley	walking6-10miles@chalfontsu3a.org.uk
Walking (less than 6 Miles)	Sue Fisher, Frances Byrne	walking2-6miles@chalfontsu3a.org.uk
Walking-Strollers group	Kate Trotman	strollers@chalfontsu3a.org.uk
Weekend Group	Kathy Beattie, Sue Fisher	weekendgroup@chalfontsu3a.org.uk
Whist	Lyn Cameron	whist@chalfontsu3a.org.uk
Wine Appreciation	Grace Hunter	wineappreciation@chalfontsu3a.org.uk
Wine Appreciation 2	David Hillis	wineappreciation2@chalfontsu3a.org.uk
Wine Appreciation 3	Rory Christie	wineappreciation3@chalfontsu3a.org.uk
Yoga	Geoff Clegg	yoga@chalfontsu3a.org.uk
Yoga 3	Geoff Clegg	yoga3@chalfontsu3a.org.uk
Zumba Gold	Lyn Cameron	zumbagold@chalfontsu3a.org.uk

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Webmaster	Les Klein	webmaster@chalfontsu3a.org.uk

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u3a National website	www.u3a.org.uk
Thames Valley Network website	www.u3atvnetwork.org.uk