

will be interesting see what we write.

**Carol Nall,**  
[carolmarynall@gmail.com](mailto:carolmarynall@gmail.com)

### Bridge Group

This group meets on the second Wednesday of each month from 10.30 to 12.30.

If you are interested in joining, please contact the group convenor: Berly Brown at [bkb@tinyworld.co.uk](mailto:bkb@tinyworld.co.uk) or 01491 613251

### Lunch Group

Just a reminder next lunch will be on **Wednesday 24th June 2026 at The Black Horse, Thame.** Meeting at 12 noon for 12.30 pm. We will have menus available at the speaker meeting on 16 June,

### Film and Theatre Group.

Our visit was to the Oxford Playhouse on the 7th May to see **The Beekeeper of Aleppo.** It was enjoyed by all those that attended.



Our next proposed trip is a live scene of **Andre Rieu's 2026 Summer Concert: Viva Maastricht!** on Sunday

**Editor, Peter Dollman,**

Articles for the Newsletter need to be send to [peterdollman52@hotmail.com](mailto:peterdollman52@hotmail.com)  
by the 2nd Wednesday of the month

Please visit our website for news of Ridgeway u3a and TVN events  
<http://ridgeway.u3asite.uk>  
Registered Charity number 120292

9th August 12.00pm at Regal Picturehouse, Henley-on-Thames. Cost is £21.35. These tickets will go fast. If you are interested please contact [peterdollman52@hotmail.com](mailto:peterdollman52@hotmail.com).

### Thursday Art Group

Hot from their success at Art Week 12 members from the Thursday art group will be displaying their work in the library. This will run from 15th May-24th July with 2/3 artists each having a 2 week slot. Please do pop in to see our talented group's display.



# Ridgeway u3a

Newsletter May 2026

Issue No 199

### Visit to Foxington in May

We will be returning to Foxington on Friday 29th May (instead of our usual Coffee & Catchup) for a walk round Mary Roadnight's beautiful gardens



followed by tea and home-made cakes, for £10, payable in advance. We will arrive at 2.30pm to explore the gardens, with tea at 3.30pm. If you are joining us for the visit to Foxington and have not already paid, please give your payment to a member of the committee or pay online before Friday 22 May.

### Monday Book Club

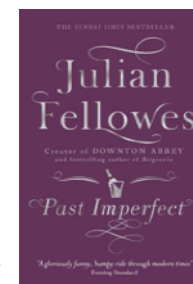
We had a lively discussion at our recent meeting when we gave our views on 'The Interview' by CM Ewan. We had all read the book and it was certainly a page turner!

Unfortunately our response was a universal thumbs down - primarily because the plot and characters were considered to be implausible. It certainly did not encourage any of us to seek out other books written by the same author.

**Barbara Noakes**

### Red Lion Book Group

We read the Julian Fellowes book called Past Imperfect. He is the narrator of the story which concerns a group of 'bright young things' who were at Cambridge together in 1968. He is contacted by Damian who has made a fortune but is now dying and



Damian asks him to check out five of the women from the group who have a child of a certain age. He believes one of the offspring could be his own child and he wants to leave all his considerable wealth to that child. The story is about the unnamed narrator meeting these people he has lost touch with over the last forty years and how they have fared. It is all about class, and how life has changed for the upper classes since WW2. Some have fared better than others. It was overly long and quite confusing in places. It was written in 2008 and Downton Abbey (which he wrote) first came out in 2010. You can see how he drew on his upbringing to develop the story lines in that series. Some of the comments he makes are cringeworthy because he comes across as a terrible snob, but his use of language is lovely. It was a very readable book despite its length and I would read another of his books.

**Claire Parsons**

### Local History Group

**Bayeux Tapestry (Replica!) visit on the 17th June at 2.30pm**



For our June outing we are going to Reading Museum for a guided tour of the full-scale Victorian Replica of the 11th Century Bayeux Tapestry which was created in 1885 by 35 skilled women in Leek, Staffordshire, led by Elizabeth Wardle to ensure Britain had its own accurate representation of this historic embroidery.

The cost of the guided tour will be £10. We suggest having lunch in the Museum cafe before the visit. and carsharing will make parking easier.

Further details can be found by the notice board.

**Sue Carlyle**

### Last Speakers Meeting

#### A medical best friend

For those suffering from medical conditions such as PoTS (Postural Orthostatic Tachycardia Syndrome), non-epileptic seizures and severe allergies, amongst others, the companionship of a trained Medical Detection Dog can literally be a lifesaver and a lifeline to a more normal life. Fully trained Medical Alert Assistance Dogs can detect minute changes in an individual's personal odour, which are triggered by their medical condition, and alert them to an impending medical event, helping them manage life-threatening or life-limiting medical conditions and improve confidence and independence.

At his recent talk to Ridgeway u3a, Ian Grant, a former Metropolitan Police Officer and now a volunteer speaker on behalf of Medical Detection Dogs (MDD), introduced members to the extraordinary work of the charity which falls broadly into two categories, Medical Alert Assistance

Dogs and Cancer & Bio-Detection Dogs.

In 2004, Dr Claire Guest OBE, co-founder, CEO and Chief Scientific Officer of MDD, directed one of the first studies in the world to train dogs to identify bladder cancer by odour publishing a robust proof of principle in the British Medical Journal. In 2008 Claire became Co-Founder of MDD and in 2016 she wrote 'Daisy's Gift,' a memoir about the formation of the



*Jade, a PoTS sufferer, is now completing her training to be a Vet thanks to the assistance of labrador Jules. Photo MDD*

charity and her remarkable labrador, Daisy, who alerted her to her own breast cancer.

As Ian pointed out, a dog's nose is the most sophisticated biosensor on the planet and is capable of detecting odour far beyond human and technological capacity. Dogs have approximately 300 million scent receptors in their noses, compared to around 5 to 6 million in humans. This remarkable ability is being used by Dr Guest and her team to investigate the potential for dogs to sniff conditions such as Parkinson's disease, prostate

cancer, bowel cancer, malaria, and bacterial infections. MDD are proud to collaborate with leading clinical and academic institutions around the world on these groundbreaking research projects.

Like many small but vital charities, MDD has no public funding and relies not only on donations and legacies but also the invaluable contribution of volunteers around the country who give their time and expertise to socialising the puppies before they begin formal training, walking the dogs, supporting events, helping in the office or just sharing the story of MDD on wider basis. For further information on the work of MDD, its current research projects and opportunities to volunteer and/or sponsor a puppy for training, visit

<https://www.medicaldetectiondogs.org.uk>

**Join us at St Leonard's Church, Watlington at 2.30pm on Tuesday 16 June when Paul Lillie will be bringing back memories of Music in the 1960s!** Paul trained at Wimbledon School of Art and he will be both singing and drawing as part of his unique illustrated music talk.

Non-members (£4 fee) and members (free) are welcome. Refreshments will be served following the talk.

**Ellen Froggatt**

<http://ridgeway.u3asite>

### WRITING FOR FUN

After a month's semi-enforced holiday, everyone seemed particularly enthusiastic and full of ideas as to how to develop what we do, so watch this space! Our theme this month is 'Glamping,' which I don't think has been experienced by any of us, so it