



LONDON REGION u3a PROGRAMME FOR MARCH 2026

WALKS/VISITS FOR u3a MEMBERS

MARKING WOMEN'S HISTORY MONTH

Continuing the London Region's successful series of guided walks and visits to museums and galleries, we are delighted to present a new programme to mark Women's History Month during March 2026.

These events have been carefully selected for our members. Each walk/visit is organised and led by a qualified guide and lasts between 1.5 - 2 hours.

The events are bookable separately and costs £10.00 each with a maximum of 12 – 20 participants. No refunds.

You can book for the sessions from 18th-24th March from 15th February

Please apply and pay online in advance – it's quick and easy, saves paper and helps with administration.

BACs payment: If you do not wish to pay through the online booking system you may pay by bank transfer to London Region's bank account – details provided by email upon request. Note :this is slower than paying online. Place confirmed only upon receipt of payment.

Booking/Payment Confirmation: Your booking and payment confirmations will be sent to you by email on receipt of payment. If you think that you have not received the Booking Confirmation, please check your spam/junk folder before emailing the contact below.

Please bring your Booking Confirmation and Payment Confirmation with you (paper or 'phone) on the day/s you attend, as this will act as your ticket.

Contact for enquiries: Bookings.lru3a@gmail.com

PROGRAMME SUMMARY

See page reference for event details and booking links

Date & Time	Event Type	Event Title	Page
Wed 4 March 11.00-12.30	Gallery Visit	Women in the Imperial War Museum FULL	
Wed 4 March 13.30-15.00	Gallery Visit	Women in the Imperial War Museum Repeat of morning walk. FULL	
Fri 6 March 1100-12.30/40	Walk	Finding the Women FULL	
Mon 9 March 10.45-12.45	Walk	Pioneering Women in Medicine and Science. FULL	
Mon 9 March 1415-16.15	Walk	Women and Conflict	
Tue 10 March 11.00-13.00	Gallery Visit	Women at the Wallace Collection	
Sat 14 March 11.00-13.00	Gallery Visit	Women at the Wallace Collection Repeat of visit on 10 March. FULL	
Wed 18 March 11.00-12.30	Gallery Visit	Women in the National Portrait Gallery. FULL	
Wed 18 March 13.30-15.00	Gallery Visit	Women in the National Portrait Gallery. FULL	
Thu 19 March 11.00-12.30	Walk	Bloomsbury Women in the 1920s	
Thu 19 March 14.00-15.30	Walk	Bloomsbury Women in the 1920s Repeat of morning walk	
Tue 24 March 10.45-12.45	Walk	Women and Conflict Repeat of walk on 9 March	
Tue 24 March 14.15-16.15	Walk	Pioneering Women in Medicine and Science. FULL	

Notes

Our experienced Guides have noted any significant points for their own walk in the Programme description.

On the day, Guides will brief their groups in more detail about the route and any specific instructions.

However, the following general points apply to all walks:

- A back-marker will be nominated by the Guide to keep an eye on those at the back of the group.
- Guides may be equipped with voice amplification equipment.
- All Guides are qualified and full members of Guiding associations with third party insurance but if Applicants have any issues that the Guide needs to know about, please indicate this in your application form.
- Please wear suitable footwear and clothing; bring drinking water and other essential personal items; coins (50p recommended) for public toilets.

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WALK FOR u3a MEMBERS

WOMEN AND CONFLICT,

MONDAY 9th MARCH 2026

GUIDE: KAREN GOLANSKI

Time	Session Type	Session Description
14.15 - 16.15	Walk	<p><u>MEETING PLACE</u> :St. Martin in the Fields Church (on the steps) close to Trafalgar Square.</p> <p>Nearest underground stations: Leicester Square on Piccadilly and Northern Lines. Charing Cross underground on Northern and Bakerloo Lines and Charing Cross national rail. NB Charing Cross may have access issues.</p> <p>The walk ends at Westminster Underground station.</p> <p>Suggest participants consult the TFL Step free tube guide.</p> <p><u>Description</u></p> <p>A walk exploring the influence of women in various conflicts in our history, both on and off the field of battle. The walk will be of interest to both sexes!</p> <p>To Book CLICK HERE</p> <p>Max 15 participants.</p> <p>Cost:£10.00. No refunds.</p>
<p>Karen Golanski :Karen has been a walking tour guide for 10 years starting with the City of London qualification followed by Westminster and Camden. Her previous career was as a physiotherapist. Special interests in her portfolio include medicine, law and order, theatre and the role of women in London history.</p>		

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VISIT FOR u3a MEMBERS
WOMEN AT THE WALLACE COLLECTION

TUESDAY 10thMARCH 2026

GUIDE: RICHARD COHEN

Time	Session Type	Session Description
11.00 - 13.00	Visit	<p><u>MEETING PLACE :</u> In the forecourt in front of the Wallace museum, near the Wallace Fountain to the right of the main entrance Manchester Square, London W1U 3BN.</p> <p>Nearest underground station is Bond Street on the Elizabeth, Central and Jubilee Lines.</p> <p>Suggest participants consult the TFL Step free tube guide.</p> <p><u>Description</u></p> <p>To mark Women’s History Month, we take a fresh look at the Wallace Collection focussing on a diverse selection of extraordinary art works representing women of power and women in many different situations. The Wallace is a national museum in an historic London town house. Its 25 galleries form a unique collection as it has remained almost unchanged for more than 125 years. The setting of the gallery is truly elegant and a glorious reminder of a long-since departed aristocratic way of life. There is also a very comfortable place for refreshments in the gallery after the tour.</p> <p>To Book CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost:£10.00. No refunds.</p>

Richard Cohen : He is an experienced guide with qualifications to guide in several different parts of London. He has worked for many years with U3A in London and is passionate about sharing his enthusiasm for the history of our great city. You can read more about him [here](#).

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WALKFOR u3a MEMBERS

BLOOMSBURY WOMEN IN THE 1920s

THURSDAY 19TH MARCH 2026 11.00-12.30 (morning)

GUIDE: OONAGH GAY

Time	Session Type	Session Description
11.00-12.30	Walk	<p><u>MEETING PLACE</u> : Russell Square underground station outside on the street. Nearest underground station - Russell Square on Piccadilly Line.</p> <p>Walk ends Red Lion Square near Holborn underground which is on Central and Piccadilly Lines.</p> <p>Suggest participants consult the TFL Step free tube guide.</p> <p><u>Description</u></p> <p>Discover visionary cultural and political thinkers of the 1920s in East Bloomsbury, such as Winifred Holtby, Dorothy L Sayers and the economist Eileen Power. We associate Bloomsbury women with Virginia Woolf, but there were many other influencers who came here, attracted by low rents, and cultural connectivity. Women in particular could live here independently and develop new ideas for society following the Great War. Annie Besant took up the cause of Indian independence. Cultural life in London became much more diverse with the addition of women's voices, and professions such as the law became open to them for the first time. See where the first woman barrister to prosecute a murder trial began her career; Helena Normanton has only recently been recognised with an English Heritage plaque.</p> <p>To Book CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost:£10.00. No refunds.</p>
<p>Oonagh Gay is a qualified Camden and Islington guide with 11 years experience. She specialises in walks on the subject of pioneering women. She worked as a researcher for the House of Commons Library for 30 years in her previous career and has a lifelong interest in London history.</p>		

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WALK FOR u3a MEMBERS

BLOOMSBURY WOMEN IN THE 1920s

THURSDAY 19TH MARCH 2026 14.00-15.30 (afternoon)

GUIDE: OONAGH GAY

Time	Session Type	Session Description
14.00 - 15.30	Walk THIS IS A REPEAT OF THE MORNING WALK ON THIS DATE	<p><u>MEETING PLACE</u> :Russell Square underground station outside on the street.</p> <p>Nearest underground station Russell Square on Piccadilly Line. Walk ends Red Lion Square near Holborn underground which is on Central and Piccadilly Lines.</p> <p>Suggest participants consult the TFL Step free tube guide.</p> <p><u>Description</u></p> <p>Discover visionary cultural and political thinkers of the 1920s in East Bloomsbury, such as Winifred Holtby, Dorothy L Sayers and the economist Eileen Power. We associate Bloomsbury women with Virginia Woolf, but there were many other influencers who came here, attracted by low rents, and cultural connectivity. Women in particular could live here independently and develop new ideas for society following the Greet War. Annie Besant took up the cause of Indian independence. Cultural life in London became much more diverse with the addition of women's voices, and professions such as the law became open to them for the first time. See where the first woman barrister to prosecute a murder trial began her career; Helena Normanton has only recently been recognised with an English Heritage plaque.</p> <p>To Book CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost:£10.00. No refunds.</p>

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WALKFOR u3a MEMBERS

WOMEN AND CONFLICT

TUESDAY 24th MARCH 2026

GUIDE: KAREN GOLANSKI

Time	Session Type	Session Description
10.45 - 12.45	Walk THIS IS A REPEAT OF THE WALK ON MON 9th MARCH	<p><u>MEETING PLACE</u> : St. Martin in the Fields Church (on the steps) close to Trafalgar Square</p> <p>Nearest underground stations: Leicester Square on Piccadilly and Northern Lines. Charing Cross underground on Northern and Bakerloo Lines and Charing Cross national rail.</p> <p>NB Charing Cross may have access issues.</p> <p>The walk ends at Westminster Underground station.</p> <p>Suggest participants consult the TFL Step free tube guide.</p> <p><u>Description</u></p> <p>A walk exploring the influence of women in various conflicts in our history, both on and off the field of battle. The walk will be of interest to both sexes!</p> <p>To Book CLICK HERE</p> <p>Max 15 participants.</p> <p>Cost: £10.00. No refunds.</p>
<p>Karen Golanski : Karen has been a walking tour guide for 10 years starting with the City of London qualification followed by Westminster and Camden. Her previous career was as a physiotherapist. Special interests in her portfolio include medicine, law and order, theatre and the role of women in London history.</p>		

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