



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 28th MARCH 2024

This month's meeting will be on **Thursday 28th March 2024** when the speaker will be Tim Perkins on "*Midshires Search and Rescue*". Tim is the Team's Membership Officer, new Member Co-ordinator and qualified operational search technician. He has been involved in operations in partnership with Herts and Beds Police.

Next month's meeting will be on **Thursday 25th April** when the speaker will be Andrew Baker on '*Nelson Mandela, triumph of warmth, humanity and generosity*'. Andrew is a regular and highly acclaimed cruise ship lecturer.

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Cheshunt u3a Committee Election and AGM will take place at the Main Meeting held on 25th April 2024

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LT PARKING PERMITS FOR 2024-2025 NOW AVAILABLE

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*** CHESHUNT U3A MEMBERSHIP RENEWAL ***
For April 2024-2025 Please see Page 3 for dates and details



U3A MEMBERSHIP CARDS

When attending the monthly meetings, please bring your membership card along to book yourself in at the registration desk. Please also take it to any group meetings, as the group leaders will want to keep their own records. 2023-2024 cards have a light blue stripe.

Monthly meetings will usually be held on the fourth Thursday of each month at 1:30pm at the LAURA TROTT CENTRE. Please note the Hall doors to the u3a Meeting will not open until 1:30pm. The main Meeting will commence in the Hall by 2:30pm.

VISITORS

A Temporary Membership Fee of £2.00 is charged to visitors and a dated receipt will be given. This confers all the advantages of Cheshunt u3a membership, including Insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 25th April 2024 - 31st March 2025

New permits for 25th April 2024 to 31st March 2025 are now available for collection at various tables today and at the regular monthly meetings, excluding the December meeting. It will now be necessary to add your **Vehicle Registration Number** in the space labelled 'Permit Number'.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:15pm** during the main monthly meeting.



SAFETY NOTICE

Following an accident at a meeting we would remind members to be very careful when carrying hot drinks.

*** IMPORTANT ***

PLEASE READ THE FOLLOWING REGARDING

ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2024

To make renewal of your membership a little easier we are offering several opportunities for you to do so.

Membership will still run from 1st April 2024 - 31st March 2025.

Renewals will be accepted as follows:

Thursday 28th March 1:30pm - 2:30pm Main U3A Meeting

Payment by standing order is preferred, BACS, or card payment accepted when your Renewal Form* is completed. **Your New Card will be available for collection at the main meeting from April onwards, not when you pay.** Alternatively, if you provide a Stamped Self-Addressed envelope it will be posted to you.

If you currently pay by standing order it will be necessary to increase the amount payable directly with your bank.

Our annual membership fee will be £15.00 per person from 1st April 2024.

If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine the total membership fee will be £19.00 per year to cover postage costs.

* **Membership Application forms** and **Standing Order forms** can be found on www.u3asites.org.uk/cheshunt 'Welcome' page then click on '**RENEWAL FORM FOR 2024-25**'. Please return the form at one of the above dates, or scan and email to the membership secretary on Cheshuntu3amembership@gmail.com.

RENEWALS MUST BE PAID BY 30th May otherwise it will be assumed you no longer wish to be a Member of the Cheshunt u3a.

Chair's Annual Report 2024

Cheshunt u3a, now in our fourteenth year, continues to be a vibrant organisation to which so many members voluntarily give their time organising activities, arranging meetings, and dealing with all the administration requirements to make it run smoothly. Our membership numbers have remained steady in excess of 700 members.

I would like to thank all those members who continue to lead our extensive range of groups. Stewart Wagstaff has kindly taken the initiative to encourage a number of new groups recently. He has been ably supported by our Groups Co-Ordinator Frank Sluter in helping to set up several groups already, with more possibly on the way. It is also good to see members stepping forward to act as Group Leaders. It is especially pleasing to see that our u3a is now offering members several opportunities to join fellow members on coach holidays away in the UK.

The group leaders make their own decisions, and we can only offer the opportunities those leaders are prepared to take on. If a group is full or does not operate the way you want it to then do, please step forward yourself and start up a separate group. We continue to participate in a Group Sharing Agreement with several other local u3as which gives members the opportunity to enjoy further activities not usually provided by Cheshunt u3a.

As usual our monthly talks have covered all manner of things. We have been entertained by several novelists, a biologist, a wedding toastmaster, and a retired policeman. Talks have covered Epping Forest Wildlife, waterways, women in intelligence, and the secrets of Bletchley Park.

When our u3a started we held meetings in Wolsey Hall. However, the local Council were set on its closure, despite the representations made by your committee. We moved to the Laura Trott Centre

because there is not another venue large enough for our meetings in the Cheshunt area. However, we must accept that we now use what is a multi-purpose Hall that is really designed for sports activities. We have overcome the sound issues by investing in our own equipment and I must thank Stewart Walter, our Vice Chair for continuing to control the sound system at our meetings. Unfortunately, our sound system was not used at our December meeting and the entertainer's system was not ideal given the poor acoustics. With this in mind your committee has decided to re-think the December meeting and we will be using our own system and entertainers in December 2024.

As a committee we feel it is important to maintain links with other local organisations at the monthly meetings; therefore along with the regular interest and group tables, we offer local community groups the opportunity to highlight their activities. These have included Cheshunt Fire Service, Neighbourhood Watch, Age UK, and Three Valleys Male Choir. As well as providing information for our members it also makes others aware of what we do and the interests we have.

According to the Third Age Trust website nationally there are more than 1,000 u3as with more than 430,000 members. Each u3a is a mutual aid organisation, operationally independent but a member of the Third Age Trust, which requires adherence to the guiding principles of the u3a movement. All u3as are encouraged to hold special events to raise the profile of our organisation. We are very grateful again to Jacqui Fry for organising our stand at Tesco Brookfield Centre with their Community Champion Lynn on 20th September 2023. The event was very well supported and helped encourage new members. Music was again kindly provided by the A Team and the Wednesday cyclists made their renowned guest visit.

During the year our speaker secretary and raffle organiser Sue has liaised with Tesco Community Champion Lynn, who has arranged a

lovely Tesco hamper every month for our raffle draw. We are very grateful to Lynn who has become a welcome friend to Cheshunt u3a; she joined us for our December Christmas party and Sue arranged a lovely flower bouquet presentation at that meeting.

Cheshunt u3a could not operate successfully without the dedication and commitment shown by all of those serving on your committee and I thank them for all the unseen work they take on throughout the year. Along with the committee I would also like to thank the Group Leaders who do such a good job in organising the activities so much enjoyed by the members.

We remain grateful for the support we receive from the staff at the Laura Trott centre. They have worked with us ever since we were forced to move from Wolsey Hall in 2018, providing us with storage facilities and setting up the Sports Hall in accordance with our specifications. We have also called upon their First Aid support on several occasions.

And finally, every member plays a part in making this a pleasant and vibrant organisation to be part of. It is run by the members for the members, and I believe that this collective spirit will ensure Cheshunt u3a continues to be a place people want to come to enjoy activities, make friends and help make it fun for everyone.



Splash your *cash*
on our popular *Raffle*

Raffle prizes for the monthly meetings have to be collected as the winning numbers are drawn or they will be redrawn.

Treasurer's Annual Report to 31st October 2023

Hopefully, everyone has collected a copy of the printed accounts when they registered today and will take them away to read them at their leisure; but please bring them with you for the AGM next month.

Our membership of over 700 local residents generated a large amount of funds and together with the monthly income from the books, puzzles, raffles and refreshments we had a total income of £12786.

Looking at the payments section of the accounts, you will see that we managed to finish the year by spending a little under £12000, thus giving us an excess of receipts over payments of £808.

The second set of accounts in respect of the Groups' activities, showed that you generated over £70,000 of income for us, but it also kept me busy in paying out a similar amount of money. However, the Groups also had an excess of receipts over payments of £565.

All income and expenditure is reported to the committee (Trustees) on a monthly basis at the committee meetings.

If anyone has any questions on the accounts, please bring them up at next month's AGM.

I should like to thank Christine Hewkin for examining the 'books' again this year and raising no observations on the accounts.

Rob Scott



CHESHUNT U3A WEBSITE

Visit our website on www.u3asites.org.uk/cheshunt for more information of events and groups. Peter Harris maintains this site. *This programme/newsletter is available on the website about three days before the monthly meeting.*

*** Cheshunt u3a AGM 25th April 2024 ***

At the meeting on 25th April we will be holding our 13th AGM which will start at 2:15pm prior to the raffle and guest speaker.

The AGM is an opportunity for members to raise questions with the committee about the way our u3a operates.

Any questions for the AGM or nominations for new committee members (proposed and seconded) should be submitted to: Cheshuntu3asecretary@virginmedia.com on or before 11th April 2024.

See Page 23 for the AGM Agenda

Ⓟ PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 25th April 2024 - 31st March 2025

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GROUP LEADERS

PROGRAMME / NEWSLETTER ENTRIES

April's Programme / Newsletter Copy is required by

Close Of Play on Tuesday 16th April 2024.

Please email copy to: cheshuntu3aprogram@hotmail.com

Cheshunt u3a Groups 2024

NEW MEMBERS' GROUP

Jan 01992 624868

Carole 01707 552361

Our aim is to aid new members find, through the various special interest groups, interesting, fulfilling and enjoyable experiences and also explore how your own life experiences and interests can contribute to the U3A. Please visit us at our table for more information.

AFTERNOON TEA AND QUIZ Mary Hanney 01992 426341

We had a large number of members for our February quiz and well done to the Magnificent Seven for scoring the most points on the day. I will try harder myself at the April quiz to make sure I don't hand out all the answers to the table round instead of the questions. Hope you all went home with a smile on your face.

Our next Quiz is on **Tuesday 9th April at 2:00pm** at the Halsey Masonic Hall, Cheshunt, cost £1.50. Tea/Coffee £1.50 paid to the Masonic Hall.

BADMINTON/TABLE TENNIS Stewart Wagstaff 07594 475051

The group meets **every Monday evening at 7:15pm to 9:15pm**. The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact.

BIRDWATCHING GROUP Brian Fitzjohn 07709 455991

The Bird watching group meet on the **second Monday** of the month, so the next meeting will be on **8th April**. We have visited the Bittern Hide in Lea Valley Park, and Rye Meads RSPB reserve.

We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides, and on a gentle stroll, spotting birds as we go. Contact is Brian Fitzjohn 07709 455991.

BOLIVIA Peter Harris 01992 429297 peterharris30@live.co.uk

Dates for Bolivia **8th and 22nd April at 2:00pm**. New members always welcome for a light-

hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon.

We are now back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

 BOLIVIA 2 Sylvia Lyons 07851 055346

Bolivia 2 dates **1st and 15th April at 2:00pm.**
Back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

BOOK CLUB/READING FOR PLEASURE Carol Hill 01992 302722

We met this month to discuss *Girl, Woman, Other* by Bernadine Evaristo. There were some mixed feelings about this book; the main negative comments relating to the lack of a formal storyline and the strange, flowing prose, with a minimalist approach to punctuation. Some of us have now read the book twice and enjoyed it both times. Others felt that they could not finish it once.

It was, however, an interesting introduction, for most of us, to lives and lifestyles with which we are totally unfamiliar. Coupled with the fact that each chapter focussed on a single character (although there was overlap between their stories involving friends, relatives, lovers or just the coincidence of visiting the theatre on the same day)

We had insights into careers, traumas, friendships, acquaintances and fateful decisions which all seemed to be bound by bloodlines and history.

Next month we shall be discussing *The Girl You Left Behind* by Jojo Moyes

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

No Sign Language Course arranged just yet.

 COACH TRIPS Heather Douglas 07984 791184

The Weymouth holiday is fully booked. The balance payment is required by the March meeting. Luggage labels can be collected at the April meeting.

A trip to Margate has been arranged for **Thursday 9th May**. The cost is £20 and can be booked from the March meeting.

CURRY CLUB

Mary Hanney 01992 426341

Please see me for date and venue.

CYCLE GROUP

Stewart Wagstaff 07594 475051



The Advance Group under Banksy's Tree

We now turn out around 40 riders every Wednesday morning! The riders have a mix of electric and conventional bikes. At present there are six separate groups of various abilities meeting at various locations. Most groups aim to stay off-road on decent tracks within the Lea Valley, venturing further afield at times on quiet roads and cycle lanes. If interested please get in touch.

EXERCISE GROUP KEEPING FIT Mary Hanney 01992 426341

Every Thursday Laura Trott Sports Centre. Registration **9:30am** class will commence at **9:40am**, cost £4.00. These sessions are run by fully qualified instructors, whose aim is to see we have an enjoyable time, whilst trying to stay fit.

EXPLORING LONDON 1 Eileen Funnell 01992 422475

This month 5 of the group went to Van Hage for lunch. It was very nice and enjoyed by all. Also this month we enjoyed an afternoon on the Tereza Joanne, with tasty lunch and 50s/60s entertainment. A most enjoyable afternoon was had by all.

Monday 22nd April Royal Hospital, Chelsea. Tbc.
Wednesday 22nd May St Pancras Hotel. Tbc.
Wednesday 12th June Eltham Palace

Next Planning Meeting - **Friday 5th April – 10:15a.m.** Cheshunt Free Church.

Group 1 is arranging a coach trip to Eltham Palace on **Wednesday 12th June**. Places are available to U3A members on this trip. Admission price is £12.50. Coach price will be dependent on numbers.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

We had an enjoyable visit to the Charles Dickens museum, which is a large Georgian house with five floors and four flights of stairs. We had to split into two groups as there were 19 of us and the rooms are not large.

It was interesting to look at the rooms in the house from the kitchens to the attic, furnished as they would have been in the period. Dickens' study contains the desk where he wrote Oliver Twist and other works. It also contains many books, some of which are rare and first editions.

There are a lot of portraits of Dickens in the house and information about plays he wrote and acted in. Many were written with his friend Wilkie Collins, who he apparently toured the world with, writing and performing. Also there are a lot of letters written to and from Dickens, some on very small sheets of paper! It takes roughly an hour to look around the house.

Our forthcoming trips are as follows:-

Saturday 20th April - Guided tour of the Old Bailey

Wednesday 22nd May - The Horniman Museum

May I remind members of the group who have not yet paid their annual subs. of £7.00 that it is now due. We meet on the third Friday of the month at Cheshunt Free Church. Our next planning meeting will be on **19th April at 11:00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

The write up for our trip to the Handel & Hendrix Museum on 21st March will be included in next months' magazine.

Next trips:

Kensington Palace – 17th April - £17.50p. – the list for this trip is now closed. For those interested in lunch at Fauberts restaurant after our visit please let Steve know.

Old Bailey – 11th May – £25 – this trip can only be arranged on a Saturday and will be limited to 16 per tour. Depending on numbers we may book a second group for this date but entry would be at a later time.

Our next planning meeting is **3rd April – 11:15am** – Cheshunt Free Church, High Street, Cheshunt.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 10th April 2024** from **11:00am** at St. Clements Church Hall.

Future events:

Thursday 4th April - Old Westminster Walking Tour with London Walks - £12

Wednesday 24th April Highgate Cemetery - £18

Wednesday 15th May Visit and Guided Tour of Hampton Court Palace. After consideration it is decided that a visit by train is the best option. Hampton Court Station is a very short walk to the entrance and because it is in Zone 6 it is travelcard fare. To qualify for the group entrance rate I need at least 15 members paying to enter so please let me know if you wish to join this trip. HRP members are obviously free entry. Group entrance will be £20 and the guided tour £10. This is a Spring visit as planned so the gardens should be at their best then.

In February due to illness at short notice Fiona Lukas led our City Churches Guided Tour. We managed to visit St Mary Aldermary, Bow Lane, a Gothic-style church which is the only surviving one of its kind.

Next we visited St. Stephen, Walbrook. This wonderful church has the architect's rehearsal dome (the precursor to St Paul's Cathedral). It's accompanied by Sir Henry Moore's sculptured stone altar in the centre.

Finally, we visited St. Magnus the Martyr church which stands at the head of the old London Bridge. It was Wren's most expensive parish church and the first to be visited by all those crossing the old bridge into the City.

EXPLORING LONDON 5 John Durrant 07515 971162

On a bright but chilly Monday a large group ventured to Covent Garden for a backstage tour. Over the course of its 360-year existence, the Theatre Royal, Drury Lane has been demolished, burned down twice, struck by a bomb during the Blitz and forcibly

shuttered by the Covid-19 pandemic – rising from the ashes each time to produce yet more renowned productions.

Every reigning British monarch since the Restoration has visited and it's here that "God Save The King" was first performed in 1745. The song was met with rapturous applause – ultimately proving so popular that it was officially named the national anthem.

The Theatre Royal Drury Lane underwent a £66 million renovation project, having closed its doors in 2019. The unique architecture of this Grade 1 Regency building has been restored to its former 1812 glory. Open to the public all day, the newly restored Theatre Royal Drury Lane, affectionately known as "The Lane", is re-imagined as a destination for entertainment, food, bars, art and culture, so the iconic interiors can be enjoyed by everyone not just theatregoers in the heart of London's Covent Garden.

Future visits:

Thursday 11th April - 'On the Beat in Bloomsbury to Fitzrovia' - Full.

Monday 20th May - St Pancras Historical Hotel Tour.

Tuesday 11th June - Transport Museum Depot Tour.

Our next planning meeting is on **Tuesday 9th April 2024 at 10:00am** at the Beaumont Centre.

 **FAMILY HISTORY** Rena King 01992 631826

Please note our small and friendly family history group meet on the **third Monday of the month** [but not if it falls on a Bank Holiday!]

Our next meeting will be **Monday 15th April 2024** from **2:00-4:00pm** at The Tesco Community Room, Brookfield Centre, Cheshunt, where we have free tea/coffee/biscuits and fruit, kindly supplied by Tesco themselves. There is also free parking and the local bus stops there too. If interested do come along. We will be only too pleased to help solve your research problems.

 **GARDENING GROUP** Carole Malcolm 07810 571606

Our last meeting was lively with everyone contributing ideas. We have been accepted by the RHS and are looking forward to enjoying the benefits on offer. If you are interested in gardening, you are very welcome to join us.

Our next planning meeting will be on **Friday 12th April at 10:30 am** at Tesco, Brookfield Community room.

 **HOLIDAY with Cheshunt u3a** Mary Hanney 01992 426341

I now have available the itinerary and pick up points for our April holiday in Wales.

For the August holiday to Hayling Island, the balance will be due at the April meeting. Amount due is £375 per person, cheques to be made payable to *Waltham Abbey Travel*.

 **LINE DANCING (Broxbourne3a)** Lesley Casson 01992 445938

We meet on **Monday and Friday mornings** at Wormley Community Centre. The group has been running for several years so is not suitable for beginners.

 **LOCAL HISTORY GROUP** Pat Dixon 01992 766832
Frank Sluter 07704 730421

Our group met for the second time on Monday 4th March. Again, it was very well attended and we had a discussion about 'Shops Past and Present in Cheshunt and Waltham Cross'. It is very interesting to hear how retail has changed over recent years and we heard from people who had run shops in the area.

Our next subject for discussion is Waltham Abbey and we hope to organise a trip to Waltham Abbey Church. Some of our members will be attending a lecture on Hertfordshire Almshouses given by the Friends of Lowewood Museum on Tuesday 19th March. We will be meeting on **Tuesday 2nd April at 10:30am** at Brookfield Tesco Community Room. This will be a shorter than usual meeting due to other groups meeting before and after our allotted time.

 **MODEL-MAKING** Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2:00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dolls houses, aircraft, trains, boats, war gaming figures, fair ground rides and vehicles.

Wednesday 3rd April: That Finishing Touch.
Wednesday 1st May: Is it a Boat or is it a Plane?
Wednesday 5th June: The world of Lilliput.

 **MORNING WALKS** Rob Scott 01992 445288

Our next walk will be on **Tuesday 2nd April** from the Beehive, Epping Green, Hertford. SG13 8NB. It will be a circular walk of about 5miles starting at **10:00am**. Because of the very inclement weather this year, it is bound to be muddy.

The pub has agreed to open at 9.30am for us to pre-order our lunch, which should be ready for us at approximately 12.45pm.

It is probably preferable to get there from Cheshunt via Hammond Street or Goffs Oak and Newgate Street to Epping Green. Any problems, give me a call on 075944 27190.

The walk in May will be from Braughing.

 **MUSICIANS UNITED** Peter Harris 01992 429297

We meet **weekly on Mondays at 10:00am.**

To date we have 12 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz. Please come along. The standard varies greatly.

Venue St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

 **MUSIC IN THE AFTERNOON** Peter Harris 01992 429297

Current dates **12th and 26th April at 2:00pm.** Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal. Back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

 **PET LOVERS' GROUP** Valerie Kimber 07307 677875

The next meeting will be at Cedars Park cafe on **Tuesday 12th March at 10:30am.** It is an informal social group and it is not necessary to be a pet owner to join.

We will have a coffee and a walk and discuss how we want the group to evolve.

 **OUT TO LUNCH GROUP** Mary Hanney 01992 426341

Nothing planned for April.

 **PHOTOGRAPHY GROUP** Rodney Dixon 01992 766832

Our meeting in March was cancelled. We will be meeting again on **Wednesday 10th April at 2:00pm** at our usual venue in Tesco Brookfield Community Room. The group will bring any prints or 10 images on a stick for discussion. If you want to join our friendly group of amateur photographers, please see me at my table at the main meeting.

 **RUMMIKUB** Peter Harris 01992 429297

Current dates **12th and 26th April at 10:15am.**

Back at St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

SAILING

Nick Law 07973 111462

We sail every **Tuesday** at Broxbourne Sailing Club as part of Hertford and District u3a Sailing Group. The group is currently full, but give Nick a call so she can update you on the latest situation.

SCRABBLE & BACKGAMMON

Frank Sluter 07704 730421

Play Scrabble or learn how to play Backgammon. Tuition will be given. Boards will be provided. Meet at the Community Room in Tesco, Brookfield, next to the fresh bread displays at **10:00am on Thursday 18th April**. Free tea, coffee and biscuits.



dandc@hewkin.com

SEW KNIT PATCH & CHAT

Chris Hewkin 01992 62570

We meet at St. Clements Church Hall every **first and third Thursday** of the month from **2:00-4:00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet. Someone will always help with a new skill or a pattern you don't understand. Please park in Hillview Gardens opposite the church. The next meetings will be on **4th and 18th April**.

SHORT MAT BOWLS

Mary Hanney 01992 426341

Fridays 10:30am to 12:30pm at the Laura Trott Centre. £4.20 per session or £3.70 if "Friends of the Spotlight". If interested contact Mary.



SHORT WALKS

Andy Smith 07930 356976

March's Walk was along the River Lee from Pindar Car Park at Chesunt to The Riverside cafe at Broxbourn. We saw several

Hérons and even a pair of Swans mating, before we enjoyed a Coffee and Cake at the cafe. A total of 3 miles on a sunny but brisk day.

April's Walk will be another 3 mile one from Broxbourne Riverside Cafe to Rye House, again along the River Lee Navigation via Dobbs Weir. Suggest train back from Rye House.

Meeting slightly later to allow for free parking in Mill Lane along side the recreation ground at Broxbourne (No parking from 09:30 - 10:30 am), **Meet outside cafe 10:30am for 11:00am start.**

Optional 2 Course Seniors lunch at the Rye House Pub:- Starter at £2.99, Main £5.49.

SINGING FOR FUN Janet & Barry 01992 425675

We meet every **Monday at 2:00pm until 3:30pm** at the United Reform Church in Cheshunt High Street. We sing along to music downloaded from the internet, 60s, Country, and music from the shows. All lyrics are supplied and we have around 170 songs. If you have a song you like, we will give it a try.

The fee is £2.00 per session and you will get a cup of tea or coffee and a biscuit.

SPANISH Christine Dawson 01992 620888

We usually meet **weekly on Wednesday afternoons**. The group has been running for some time now and is not suitable for beginners. If you are interested in joining us please contact me.

THEATRE GROUP Jackie Yeardye 07939 149997

Wednesday 10th April - Theresa Joanne

This is our next trip which is fully booked - with a reserve list.

NB. Coach pick up time is **10:15am** at the Old Pond O/S Papa Johns. Please make sure you have an emergency contact number with you, which hopefully will not be needed.

Sunday 9th June - Abba Voyage

This trip is fully booked with a reserve list.

Wednesday 21st August - Here You Come Again - Cliffs Pavilion, Southend. There are still a few places available for this show - please come to the table at the meeting.

Wednesday 23rd October - An Officer and a Gentleman - Milton Keynes Theatre. We will be booking this from the April Meeting.

Please note - it is not possible to refund money once the tickets have been purchased from the Theatre, we can only refund if we are able to re-sell the ticket.

WALKING FOOTBALL John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1:30pm to 3:00pm** and the cost is £4.00 per head. Rules are simple and the aim is for the games to be both sociable and fun. If interested please make contact by phone or at the monthly meetings.

WALKING NETBALL Jacqui Fry 07745 264787

If you haven't played since you left school, or in the last few years you are welcome to join us for a fun hour at 'The Laura Trott Centre', Inside court at **2:00pm on Wednesdays**. We have a warm up, followed by a few fun drills then play a few games of Netball.

Contact: **Jacqui Fry** - £4.00 per session.

WATERCOLOUR GROUP Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

ZUMBA GOLD Trudi Marrion 07702 262904

The class is currently full and I am not able to take new members at the moment for Health & Safety reasons. However if you are interested in joining us when spaces become available, or would just like more information about the class, please send a text message to Trudi Marrion on the above number quoting your U3A number.

GROUP SHARING

If interested please use contact details:-

Beginners' Spanish	Tony Frankland	07515 368170
Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Reading For Pleasure	Rose White	01992 621436
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

COMMUNITY NEWS

The groups listed below are independent and not operated under the u3a banner.

ADULT BALLET CLASS 01992 622862 (ask for Jayne)

Every Thursday 12:00 noon to 1:00pm for adults of all ages! An hours class of gentle ballet moves to improve your posture, flexibility and balance. All in a fun filled atmosphere at The Valle Academy Studios, Wilton House, Delamare Road, Cheshunt, Herts, EN8 9SG. No experience required. Each class is £5.00.

BINGO AND SCRABBLE Celia Carne 01992 633241

Every Monday and Wednesday 1:30pm - Beaumont Centre. Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble Group hopes to get going in the near future.

CHAIR BASED KEEP FIT Mary Hanney 01992 426341

Cheshunt Free Church High Street Cheshunt. Every Tuesday. Please note change of times for the next few weeks 12:00 to 12:45..cost £3.00

No class Tuesday April 2nd.

CHESHUNT LIBRARY

Board Games **Thursdays 2:00pm** - adult drop-in sessions - no booking required. Free Tea & Coffee.

FITNESS PILATES

Standing and Seated class. No floor work. Slow controlled movements for mobility and strengthening all areas of the body. Improves balance and coordination and promotes well-being. To book your space or to find out more information, please contact Sandra Batho on 07739 842617. Every **Thursday 12:15pm and 1:30pm**. Scout Hut (behind the Beaumont Centre), Rowlandsfield, Cheshunt.

THE HERTFORD NATIONAL TRUST ASSOCIATION

Sue Camilleri 07954 416628.

We meet on the **third Thursday** of the month, except August and December, at **8:00pm** in Fletcher's Lea, in the grounds of Ware Priory, High Street, Ware, SG12 9AL. We have a monthly speaker and also organise a range of outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00. For further information please contact.

KNIT AND NATTER

Mary Manning 07795 146461

Now **every Tuesday** at the Royal British Legion, Crossbrook Street. From **1:00pm to 3:00pm**. Cost £1.00 including refreshments. **£2.00 from January 2023.**

PARKRUN

Eddie Slaughter 07908 546009

A free run, walk, chat, meet up, opportunity to make new friends. Keep fit for all ages, any shape or gender. **Every Saturday morning** at The Gunpowder Park, Sewardstone Road, **9:00am start**. 5K/3.1 miles at your own pace. For further information please contact Eddie Slaughter on 07908 546009.

PICKLE BALL

We only had 5 people show an interest in pickle ball, so not enough to start a group. However, Matt who runs the Pickle Ball at the Laura Trott Centre is inviting any interested U3A member to go along. Starting at **2:00pm** every **Wednesday**. Book yourself in at reception as usual.

PILATES

Becky Ashman 07964 631780

We meet every **Friday morning, 10:45am to 11:45am** at the Cheshunt Football Club, Theobalds Lane, Cheshunt. A friendly group with a qualified tutor, who will adapt the exercises to your health and capabilities. Please bring an exercise mat or thick towel with you. New members very welcome.

TAI CHI

Aaron aaron@avsweb.co.uk

Slow relaxed movement to tone your muscles, feel calm and in harmony with nature.

One hour class from **2:00pm to 3:00pm**. We meet at the Scout Hut (behind Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free, £4.00 per class after that. Classes are held every **Wednesday**. Telephone **07595 041433**

WALTHAM CROSS LIBRARY

Board Games **fortnightly on Fridays** at **2:00pm** - adult drop-in sessions - no booking required. Free tea and coffee.

GENERAL NOTICES

JIGSAW PUZZLES WANTED

If you wish to donate puzzles to help raise funds please bring them along to the monthly meeting.

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TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the U3A.

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CESHUNT U3A WEBSITE

Visit our website on www.u3asites.org.uk/cheshunt for more information of events and groups. Peter Harris maintains this site. *This programme/newsletter is available on the website about three days before the monthly meeting.*

OUR PRIVACY POLICY

Cheshunt u3a requires a certain amount of private information from its members to enable effective operation. Our Privacy Policy can be viewed on our website www.u3asites.org.uk/cheshunt. Alternatively you can obtain a printed copy by contacting the Membership Secretary by phone or at a monthly meeting. Members' information held by Cheshunt u3a will not be disclosed to any third party.

**AGM AGENDA Thursday 25th April 2024
At the Laura Trott Centre**

NB. The meeting will commence at 2:15pm.

Please take your seat in plenty of time.

Welcome and apologies

Minutes of the Previous AGM (April 2023)

Matters arising

No matters arising from the last AGM

Chair's annual report

Any questions

Proposer and seconder for Chair's report

Treasurer's annual report

Any questions

Proposer and seconder for Treasurer's report

Election of Committee members

Nominations received for volunteers to replace members of the current committee.

Appointment of Independent Examiner

Christine Hewkin is willing to stand again.

Proposer and seconder for the Independent Examiner

Any Other Business

*Our next AGM will be held on Thursday 24th April 2025
(Subject to confirmation)*

**Any questions for the AGM or nominations for new committee members (proposed and seconded) should be submitted to:
Cheshuntu3asecretary@virginmedia.com
on or before 11th April 2024.**

THE CHESHUNT u3a COMMITTEE

CHAIR	STEVE SELL	01992 443012
VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE FOLLAND	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
ASS PROG PROD	STEWART WAGSTAFF	07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	HEATHER DOUGLAS	07984 791184
COMMITTEE MEMBER	ANDY SMITH	07930 356976
COMMITTEE MEMBER	VANESSA LUCAS	01992 621258

PROGRAMME PROD	RAY LUCAS	07952 465528
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