

# Epping Forest u3a News Bulletin

Issue 3 March 2024

*"Welcome to Epping Forest u3a's March 2024 web News Bulletin which provides the latest news about forthcoming meetings, events and other activities taking place at Epping Forest u3a.*

*As we say goodbye to winter, enter spring and look forward to summer, we enter the season when our charity and its groups start to organise outings.*

*Spring brings a time when gardens are starting to wake up again after winter. Our Garden Group (one of two gardening groups at EFu3a) is organising a March meeting in Saffron Walden to visit the garden at Grove Lodge. More information is given about this event later in this Bulletin.*

*In May, the Events Team will kick-off our season of outings and excursions that are open to all our members with a coach trip to Broadstairs.*

*Epping Forest u3a is one of more than 1,000 local charities operating under the auspices of the University of the Third Age which was established in 1982 to provide retired and semi-retired people with things to do during their retirement. Its focus is on learning and one of its founding principles is that 'you are never too old to learn'.*

*Our charity offers a wide range of activities that include academic subject study, discussions, practical arts and crafts skills, playing board and card games, engaging in different types of exercise and sports, visits to places of interest, and social events with entertainment.*

*All our activities are run by our members. We are therefore especially interested in attracting retired people who would like to get actively involved in both supporting existing activities by taking part in them and in developing new activities that represent their personal interests with other members who share those interests.*

## Scenes from the Epping Forest Area

### Scenes from High Beech



Photos provided by **Barrie Gunter**



Open Morning for New Members  
27<sup>th</sup> March 2024  
Theydon Bois Village Hall  
From 9.30 am to Midday

Epping Forest u3a will be holding an Open Morning for new members on 27<sup>th</sup> March 2024. These are members who joined EFu3a after March 2023. Many of our Group Convenors will have displays promoting their interest groups and there will be opportunities to get more information about our groups from the people who run them.

There will also be opportunities to find out how members can volunteer for a range of different roles to support existing activities and work together with other members to develop new activities.

Refreshments will be served and members of the EFu3a Executive Committee will be on hand to provide further information about our charity and its activities.



Theydon Bois Village Hall

# Groups News

Epping Forest u3a offers a wide range of interest groups and other activities to its members. All activities are run by the members themselves on a volunteering basis. Members are invited to come forward with ideas for new groups that they would like to introduce and help to run

## Garden Group

Spring is here and gardens are blooming. The Garden Group re-launches its meetings for this year with a visit to the National Garden Scheme Yellow Book Garden at Grove Lodge in Saffron Walden on 14th March. This garden dates back to Victorian times and is a 10-minute walk from the town centre. It is semi-woodland with an orchard and flower beds, two ponds and topiary. Members have to make their own way there for a 2pm start.



NGS Yellow Book Garden, Saffron Walden



### **Art History – New Group**

This new group will cover different periods of art history. During its first year, it will focus on Italian Renaissance Art. Members will be led by the group convenor, an experienced art historian, through the lives of individual artists such as Verrocchio, Botticelli and da Vinci, an examination of the Medici dynasty and Renaissance cities. In two-hour meetings, members will view DVDs and then engage in discussion led by the convenor. The group is for beginners, those with some knowledge and those who already have a special interest in art history.

### **Technology Support for Members**

The EFu3a Technology Support Team offers basic-level advice and guidance to members on the use of everyday communications technologies such as smartphones, tablet and laptop computers focused on the skills members need to take advantage of online messages we send out about EFu3a matters. Increasingly, at EFu3a, we are contacting members electronically via email and our website. It is important that members know how to use these services.

### **Other Group News**

The Bird Watching group will visit the RSPB Reserve at Rye Mead on 11<sup>th</sup> March 2024  
The Clothes group will continue to meet 2<sup>nd</sup> April, 7<sup>th</sup> May and 4<sup>th</sup> June.  
The Football Banter group will next meet on 3<sup>rd</sup> April 2024.  
The Latin group is still recruiting new members.  
The Table Tennis group will next meet on 24<sup>th</sup> March 2024, a different day from usual because there is a Bank Holiday when it normally meets.  
Ten Pin Bowling group will next meet on 25<sup>th</sup> March 2024.

# Events News

## Forthcoming Monthly Meetings for 2024

Held in Theydon Bois Village Hall

Starting at 10.30 a.m.

Dates	Speakers	Subjects
8th April 2024	Siobhan Pierce	Clown to Corporate
13th May 2024	Andy Strange	History of WWII Airfields in East Anglia
3rd June 2024	Andrew Baker	Charles Dickens
1st July 2024	Philip Caine	The Silk Road
12th August 2024	Mark Butterworth	Make The Bold Move - Write That Book

### Capital Ring Walks

This series of walks is gradually taking its members all the way around the outside of London. The March stage of this round London series of walks on 13th March 2024 will start in Hendon and end in Highgate. Walkers will meet outside Hendon Central Station at 11am and walk through Hendon Park, proceed along the River Brent footpath, passing under the North Circular to Lyttelton Playing Fields, along Mutton Brook, taking in Hampstead Garden Suburb and then on to Highgate.

There will be further walks on 17<sup>th</sup> April 2024 from Highgate to Stoke Newington and on 22<sup>nd</sup> May 2024 from Stoke Newington to Hackney Wick.

## Day Trip to Broadstairs

Our Events Team is organising a day trip to Broadstairs on 16<sup>th</sup> May 2023. This outing, like all the others we organise at Epping Forest u3a, is open **only to our members**. Coach transportation is provided. Broadstairs has seven beaches, attractive cliff-top walks, fisherman's cottages, cosy cafes, museums and many interesting shops to visit.

## New Online Publication Announced by u3a

### “u3a Friends”

The Third Age Trust – the national advisory body for the u3a movement – has announced a new online “gateway” called *u3a Friends* that will publicise u3a activities from across the country. This publication will keep u3a members informed about national u3a developments and the activities of local u3as, especially when these comprise new initiatives that local u3as around the country might learn from. Non-members will also be able to gain access to u3a Friends. One hope is that by showcasing the wide range of activities produced by u3as across the UK, new members will want to join. This online newsletter can be accessed via the national u3a website (go to: [u3a.org.uk/newsletter](https://www.u3a.org.uk/newsletter)).

## u3a Festival 2024



This year the u3a is holding its first ever festival at the University of York between 18<sup>th</sup> and 20<sup>th</sup> July.

There will be a wide range of activities from sport to music and workshops.

Our national body, the Third Age Trust will be releasing further information on a dedicated festival webpage and video blog in the months ahead. You can visit its website to find out more - <https://www.u3a.org.uk/>