

Roding Valley Interest Groups

June 2023

The aim of this small booklet is to provide details of our current interest groups.

If you wish to join an interest group or want more information, please contact Jacqui at jackie_steinberg@btinternet.com.

The contact details of the interest group convenors will be provided to all new members as part of their “**welcome package**”.

The interest groups are divided into the following categories and details of each group can be found on the associated page

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If you wish to join a group or have any ideas for new groups please e-mail Jacqui at jackie_steinberg@btinternet.com or use one of the links on our web site <https://u3asites.org.uk/rodingvalley/welcome>

Arts & Crafts

Practical Art

Convenor - Karen

Venue - Jack Silley Pavilion in Tidys Lane Epping.

Day and Times - Every Friday morning 9.30 until 12:30.

Aim - To help increase the painting ability of each individual to a level where they are pleased and confident with their work.



About - It is a small friendly group of people of all abilities using various mediums of paint. Our weekly meetings are a tonic to us all.

We will try to arrange an outdoor session on a day to be decided. It will be nice to sketch and paint in the open air and create our versions of the landscape before us.

Cost - The fee of £13.00 per quarter will apply.

Vacancies - Unfortunately there are no spaces in this group at present

Stitchery

Convenor - Barbara

Venue - Meetings held at convenor's Home.

Day and Time - 2nd Tuesday in each month, in the morning.

Aims - To teach knitting, crochet, and similar handicrafts. We aim to improve the members' skills in all forms of Stitchery.

Vacancies - The group currently has vacancies, so new members are very welcome.

Paper Crafting

Convenor - Valerie

Venue - At Valerie's home in Chigwell

Days and Time - To be confirmed

About - The crafters decide from session to session what the next one will be.

Costs - Crafters must buy the materials they need, but Valerie will provide machinery and tools.

Board & Card Games

Duplicate Bridge Group

Convenor - Ann

Venue - Theydon Bois Village Hall

Day and Time - Every Monday Afternoon. We ask that members arrive and be seated by 1.15p.m. Play Starts at 1.30 and we finish at 4.30p.m. There is a short break for tea and biscuits.

Aim - To enjoy playing the card game of bridge.

About - The Bridge Group continues to be very popular with members, we now average 10 tables.

If you have never played Relaxed Duplicate Bridge, but would like to play, we are happy to explain the difference in the scoring.

You do not have to come as a pair, we will try to find you a partner

Vacancies - At the moment we have room for newcomers



Rummikub

Convenor - Barbara

Venue - Theydon Bois Village Hall.

Day and Time - 4th Tues every month at 2.45 pm.

Aim - To enjoy friendly games of Rummikub, in a very relaxed environment

Vacancies - The Rummikub Group currently has vacancies, so new members are very welcome

Whist

Convenor - Penny

Venue - Theydon Bois Village Hall

Day and Time - 3rd Tues of the Month at 2.45pm

Aim - To enjoy friendly games of Whist, in a very relaxed environment

Vacancies - The Whist Group currently has vacancies, so new members are very welcome

.....More Games

Scrabble

Convenor - Kathy

Venue - Theydon Bois Village Hall

Day and Time - 4th Tuesday every month at 2.45 pm. (starting again in September)

Aim - To enjoy friendly games of scrabble, in a very relaxed environment



Vacancies - The scrabble group currently has vacancies, so new members are very welcome

Canasta

We are hoping to start a new Canasta Group and Mary has volunteered to act as the coordinator

This may meet at her home or at the Village Hall, depending on the number of members interested in joining this group.

Cryptic Crosswords

Convenor - Sheila

Venue - Theydon Bois Village Hall

Day and Times - 4th Tuesday in every month starting at 2:45 p.m.

Aim - To enjoy learning about and completing Cryptic Crosswords

About - We are a friendly and relaxed group who work together to complete a range of crosswords from national newspapers. Some are more difficult than others. You do not have to be a cryptic crossword expert to join the group. We have a range of abilities and there is no competition. We also have tea and biscuits!

Vacancies: More members are very welcome.



Cultural Activities

Concerts

Sunday Afternoon Concerts at the Royal Festival Hall

Convenor - Sally

Day and Time - 3:00pm on various Sundays – See website and newsletter for details

Whilst not strictly a group as such, we do open these Concerts to all Roding Valley u3a members.

Theatre Trips

We are delighted to announce that 'Theatre tickets for some of the best West End Shows' will once more feature on the Roding Valley u3a agenda!!! Details of upcoming shows can be found on the website and in our newsletter.

Jazz Appreciation

Convenor - Roy

Venue - The Home of Keith in Theydon Bois

Day and Time - 3rd Wednesday monthly from 2.30pm to 4.30pm

Aim - To look at the History of jazz music. This is by looking at the lives and hearing the music of those pioneers that created this sensational music way back then. So come and foot tap with us.

Vacancies - At the moment we have room for newcomers



Film Club

We are currently establishing a new Film Club

We plan to arrange trips to the cinema, watch films in people homes and have discussions on the films we have watched.

Members can take part in some or all of these activities.

Outings

Outings

Convenors - Gloria, Derek, Elaine, Andy, Susan and Julia.

Aims - To visit places of Interest, either by Coach or Public Transport.

All Roding Valley u3a members are welcome to book places on our outings.

Details of upcoming outings will be published in the monthly Newsletter.

Discussion / Current Affairs

Discussion Group

Convenor - Julia

Venue - We take in turns to host meetings in our own homes.

Day and Time - Our group meet on the 2nd Wednesday in each month at 2.00p.m.

Aim - To discuss various topics of general interest

About - Topics and venues are chosen as we go along. Sometimes research homework is required beforehand. We enjoy our discussions and usually come to a fairly light hearted conclusions without pistols at dawn.

Recent topics have included: abortion, surrogacy, jihadi brides, citizenship. We also discuss more light hearted subjects such as: whatever happened to Christmas.

Vacancies: At present the group is not full and we do have room for 1 or 2 new members.

Discussion & Debating

Convenor - Richard

This is a shared group with Waltham Abbey u3a

Venue - Waltham Abbey Town Hall - (James Suite)

Day and Time - 3rd Monday of the month - From 10.30 until 12 noon.

Cost - There will be a charge of £2.00 made to all members attending each meeting



Food & Drink

Afternoon Tea Group

Convenor - Mara

Venues - Venues and dates are shown in Monthly Newsletter; however, Mara does need to be contacted a few days beforehand as we meet at various venues and most of them need to know numbers.

Day and Time - We meet on the first Monday in each month at 2.30 p.m. until about 4.00p.m. at various venues.

Aim - Purely Social - We provide a pleasant social environment for those who would like to meet and chat to others.

Vacancies - There is no waiting list at present

Pub Lunch Groups

We have 2 pub lunch groups

Convenors - Ken / Janet

Venues - Various hostelrys.

Days and Times – Last Thursday / fourth Thursday of the month

Vacancies - There is no waiting list at present



Science and Technology

Science Group

Convenor - Andrew

Venue - Convenors home in Epping

Day and Time - 1st Thursday each month in the morning.

About - Andrew has experience in Chemistry and Drug Research but would cover all areas of Science. The format would be flexible and there are possibilities for discussions about podcasts, articles or short presentations by group members.

Vacancies - The group is full at the moment, but we are taking names on a waiting list

History

Family History

Convenor - Suzanne

Venue - At the home of a member.

Day and Time - The group meets on the 2nd Monday in each month from 10.00a.m. until Noon.

Aim - To explore ways of investigating family history and build your own family tree.

About - The group looks at a different topic each month and helps individuals with their own research.

We have a varied programme of subject matters including looking at and understanding websites and new online resources. There are short talks from Members on their research and helping each other with research and resources.

Vacancies - At the moment we have room for newcomers

World History

Convenor – Richard

This is a shared group with Wanstead and Woodford U3A.

Venue - Theydon Bois Village Hall. In the Oak Room.

Day - 1st Tuesday of each month

Time - 2.45p.m. and the meeting lasts for 2 or 2 and a half hours and we have a 15-minute refreshment break around 3.30 pm.

Aim - To study world history. We could look at any event, or period or any historical person.

About - The group itself makes suggestions and then the meeting decides on which historical subject that will be discussed at that meeting.

Vacancies - At the moment we have room for newcomers



Home and Garden

Gardening Groups

There are 3 gardening groups

Full details can be found on the website

Venue - We normally meet in each other's gardens

About - Various topics are discussed i.e. growing different plants, cuttings, saving water and general gardening tips.

All whilst enjoying a nice cup of tea or coffee and cake, which is provided by the host.

Vacancies – To be confirmed



Flower Arranging

Convenor - Margot

This is a shared group with Wanstead and Woodford U3A

Venue - Derby Road Methodist Church Coffee Bar in South Woodford.

There is a pay and display car park here. You will need a smart phone to pay for parking.

Day and Time - Meetings are on 2nd Tuesday in every month in the afternoons from 1.00 to 3.00

About - Flower arranging is a fun time with flowers and foliage - as anything goes.

Cost - The cost per session £4.00 to £5.00 depending on numbers.

Vacancies - We would welcome new members of all abilities.

Walking

Walking Group

We arrange a wide section of walks throughout the year. Details can be found on the website and in our newsletter.

Languages

Spanish Conversation

Convenor - Teresa

Venue - The convenor's Home in the Chigwell area.

Day and Time - 2nd and 4th Wednesday every month.

Aim - To enjoy speaking in the Spanish language. It is not a teaching group and any members wishing to join this group must be able to speak Spanish fairly fluently. The level is from Intermediate to Advanced where members will converse and discuss different topics. We also have group discussions to improve our oral skills.

Our main objective is to converse about everyday situations.

About - We always have plenty to converse, in Spanish of course. Members of the group tell us about their exotic holidays, special celebrations or family matters.

We practice the language on a range of tasks and activities. The emphasis is on conversation.

Vacancies - Unfortunately the group is full and there is a waiting list.



Latin

Convener - Robyn

This is a shared group with Epping Forest U3A

Venue - Meetings held at Robyn's in Theydon Bois

Day and Times - There are two Latin groups and they meet on alternate Mondays, with breaks when Robyn is on holiday etc. We start our meetings at 2pm.

Latin 2 is more advanced

Vacancies - We would welcome new members

Literature & Writing

Book Group

Convenor - Ruth

Venue - Theydon Bois Village Hall

Day and Time - 3rd Tuesday of the Month at 2.45pm

Aim - To enjoy reading and discussing books in a friendly and relaxing atmosphere



About - We are a small congenial group and read a varied selection of books from classics to recently published novels.

Everyone has said that since joining the Book Group, they have enjoyed reading and discussing books that otherwise they might not have entertained.

Vacancies - There are currently vacancies in the book group

Creative Writing

Convener - Michael

Venue - Members houses in the local area/ Loughton

Day and Time - The first Wednesday of the month from 10.00a.m. until 12.00p.m.

Aim - To provide a stimulus and inspiration to get people writing, knowing that all and any contribution will be welcome.

About - We write across a whole range of genres and subjects including short stories, articles, poems, rants and personal experiences.

Vacancies - There are currently vacancies in the creative writing group, so new members are very welcome

You do not have to have any previous writing experience to join the group. We just have fun listening to your written stories, poems and ideas in a friendly environment.

Sport, Keep Fit and Dance

Keep Fit

Convenor - Mara

Venue - The Theydon Bois Village Hall

Days and Times - We normally meet during term time on Tuesday from 1.30 to 2.30p.m.

Aim - To improve and maintain physical ability and function by means of a varied programme of balance, stretching and strengthening exercises and activities. Some exercises are done sitting, some standing and others moving around using balls, hoops and other apparatus.

About - The group is suitable for people of most abilities.

We have breaks for Christmas, Easter, New Year and Summer Holidays.

Vacancies: There is still a short waiting list



Tai Chi

Wanstead and Woodford u3a has invited RV u3a Members to join their Tai Chi Group.

Convenor - Jagdish

Venue - Woodford Memorial Hall.

Day and Time - Every Monday from 1:30 to 3:30pm

Cost - £2.00 per session – TBC

Buckhurst Hill u3a has invited RV u3a Members to join their Tai Chi Group.

Convenors - Elenora and Carol.

Venue - Roding Valley Hall, Station Way, Buckhurst Hill

Day and Time - 1st and 3rd Wednesday every month from 10am to 12 noon

Cost - £2.00 per session, payable at the door.

Singing for Fun

We are currently looking for a new pianist and then the Singing for Fun Group will once again be up and running.

Mindful Movement for Wellbeing

Convenor - Suzanne

Venue - Theydon Bois Village Hall

Day and Time - 2nd Tuesday at 2.45 to 4pm from May to December 2023 -running for 8 week

Aim - To teach Mindful Movement for Wellbeing.

About - Each session will focus on a different theme and will include seated and (optional) standing movements and stretches, an introduction to various mindful breathing techniques, relaxation and meditation practices.

This course has been inspired by the Mindful Ageing Course being run by the u3a Trust and links are available to sources of mindful movements, and meditation practices that will be shared with the group.

Cost -The cost of the course will be £8 payable to Roding Valley u3a in advance to secure a place.

General Costs

The costs for meetings in Theydon Bois Village Hall are normally £1 per session.

For meetings in people's home, the only costs are normally a contribution towards the teas and coffees.

Where equipment is needed there may be extra charges.

Members are advised that they are personally responsible for their own safety when attending groups and main meetings.