



Waltham Abbey U3A Registered Charity number 1173927

Waltham Abbey U3A Newsletter

April 2024

Next Meeting:

Tuesday 9th April

Presentation by Nick Dobson

"1066 The year that changed our lives"

Doors open 9.50 am

New Members always welcome

Message from our Chairperson

Happy Easter!

Those Members who have just returned from the u3a break to Gunton Hall, I hope you all had a lovely time.

The first of our 10th Anniversary celebrations is Bingo, on Saturday 6th April; I look forward to seeing many of you there. It will be a fun afternoon with our experienced Bingo caller, Bernie.

Our membership year for 2024/2025 begins on 1st April, so anybody who has not already renewed for this year should do so within the next 60 days to avoid removal from our membership.

Next month, May 14th, is our AGM and the meeting will start at 10.10 am and not 10.30am. All committee members will resign, and members attending the monthly meeting will vote in the committee for the next year. Four Committee members will be resigning and not standing for next year, so we do need new committee members. In particular, anyone with social media knowledge, or computer skills, or who is willing to learn. Training will be provided and support thereafter. Only a basic knowledge will be required. If we have to bring in outside help, they will require payment, and this will put up our membership fees next year. Any new members are welcome to step forward.

We also need group leaders to start new groups i.e. book group, fishing group, darts group, social group, walking group are just a few ideas. Please remember, u3a is run by the members for the members. Without you we won't exist!

Just a reminder – our membership of £10 per person per year pays for £4 membership per member to the Third Age Trust (TAT), it pays for our speakers every month, it pays for the hire of the Town Hall every month, it pays for the printed copies of the newsletter every month, it pays for the printing of our membership cards, and it pays for our new member welcome packs. As a member of u3a you have access to a wealth of online newsletters, podcasts, workshops, learning, games etc.

Go to <https://www.u3a.org.uk/> or via Waltham abbey u3a page <https://u3asites.org.uk/waltham-abbey/welcome> All this - not bad for a tenner!!

Message from our Chairperson continued

This year, our 10th Anniversary, as a thank you to all members, we are subsidising the cost of all 5 of our celebratory events from our funds. There will also be something to mark the occasion at our November meeting - which is the actual 10th anniversary, and we will also have a year end celebration at our December meeting.

If you wish to know about the finances for Waltham Abbey u3a and its group activities a copy of our audited accounts will be made available prior to the AGM.

Please, please, help our u3a to survive and grow and go forward by supporting us however you can. Contact Amanda or Helen with your ideas, feedback or if you wish to volunteer for committee or group leader. We will help you and support you.

Amanda Miles u3awalthamabbey@gmail.com

It has been my pleasure and privilege to have held the role of **Membership Secretary** of Waltham Abbey u3a since its inception in November 2014.

However, it's now time to hand over to **another volunteer** who I'm sure will enjoy the role as much as I have.

It's a great way to meet the members, be involved in new projects and enjoy the warm glow of knowing that your contribution is valued!

All training will be given! Please contact me for more information if you think this is something you'd be interested in.

Pam Phillips— 07932038159

Waltham Abbey u3a will be celebrating their first 10 years in 2024

We are planning the following events to help celebrate

Bingo

Will be held at the Community Centre on Saturday 6th April 2pm – 4pm. Tea & coffee will be provided. The tickets will cost £10, for 2 x 5 games plus a flyer and the prizes will be cash. There will also be a raffle. Books on sale 2pm. Eyes down 2.30pm. Please do not arrive on the day unless you have already given us your name.

Quiz

This will be held at Elphwood on Saturday 1st June 2pm – 5pm. Tea and coffee will be provided. There will be an entrance fee of £1 per person plus a raffle.

In order to ensure we have enough equipment and seating, if you are interested in attending please email or text Sheila sheilanellie@hotmail.com, 07963 271736 or put your name on the list at the April monthly meeting. **Closing date will be 24th May.**



Waltham Abbey u3a will be celebrating their first 10 years in 2024

Picnic in the Park

This free event will be held at the Community Centre on Sunday 14th July 2pm – 5pm. Tea and coffee will be provided, but please bring your own picnic and / or nibbles.

There will be activities and games that we will be borrowing from the Essex Library Service for the afternoon. This may include crazy golf, Jenga, quoits and possibly croquet!

Family and friends welcome.



WALTHAM ABBEY U3A 10th ANNIVERSARY AFTERNOON CREAM TEA.

As announced in the March newsletter the above event will be on Wednesday 25th September in the Town Hall between 2pm and 4pm. The event is being catered for by a local company . To enable us to know how many are interested we have started taking names and deposit of £5 (non refundable) so if you are interested in attending this event please see Ann Wraith at her table at the monthly meeting on Tuesday 9th April , or text Terry if unable to get to the meeting . We aim to keep the cost of the tickets as low as possible by requesting donations from local businesses. The cost of ticket will be decided by the July monthly meeting .

Terry Hoye and Ann Wraith

0794 4239235.



Barn Dance

We have booked the Town Hall for a Barn Dance on Saturday 16th November from 7.30 pm to 11 pm. We will have live music and will be dancing traditional English Country Dances. There will be a raffle. Ticket prices will be confirmed next month.



Waltham Abbey u3a Group news

Group news this month

Singing for Fun, Line Dancing and Country Dancing will be performing in the Market Square on Saturday 4th May from 2 pm They will be joined by Abbey Performing Arts. We will be celebrating May Day and will follow the Holy Cross Day event. Please come along to support us. May 4th is also Star Wars Day. If the day is wet, we will be in the Library.

Country Dancing Group—The next session will be Monday April 8th, 2.15 pm, £2.50, in the Community Centre.

Loose Ladies – a 2nd group has started! It is held on the 2nd Friday of the month at the Sultan Pub 10.30 am – 12pm. Come along and have a coffee and a chat – stay for lunch if you wish. There are spaces in this group at the moment, although it is growing fast! The next meeting will be Friday 12^h April. Contact Sylvia Bird 07840 282014

Water Colours – Watch this space, there may be changes to come!

Group Karaoke (also known as sing-a-long-and-dance group) is held on 2nd Tuesday of the month after the monthly meeting. The time is 1.30pm – 3pm and costs £3. Come along and have some fun singing and dancing to your favourite songs. (no individual singing unless specifically requested).



A bit of Easter Fun at Line dancing

New Groups—If you would like to learn something new, or are interested in sharing a skill, there is always room to start a new group. Please contact **Pauline Woods** 07935 723079

Group Facilitators

If you have information about your group or would like to share a photograph of the group with Waltham Abbey u3a, newsletter please forward them to Helen via email or by hand at a monthly meeting. newsletterwalthamabbeyu3a@gmail.com

Members please remember to take your membership cards to the groups that you are attending. Group Facilitators will be looking to check that you have your 2024–2025 blue membership cards.

Gardening Group

VISIT TO BLICKLING ESTATE :-

Members who are booked to go on the above visit on Tuesday 16th April are reminded to be at Quaker Lane Bus Stop at 9am sharp so we can be on our way as early as possible. There is a restaurant to purchase snacks and drinks or you are welcome to bring a packed lunch.

VISIT TO WIMPOLE HALL ON TUESDAY 21st MAY

Members who have a place on the above trip are reminded that payment is required at the monthly meeting on Tuesday 9th April. The cost is £32 or £16 for National Trust members ,cash or cheque payable to Waltham Abbey U3A .

VISIT TO KNEBWORTH HOUSE AND GARDENS ON TUESDAY 25th JUNE

Terry will be taking names for the above visit at the monthly meeting on Tuesday 9th April or you can text him requesting a place. The visit will include a guided tour of the house, and there are nice gardens to explore. The cost will be £32 payable at the end of the May monthly meeting .

SATURDAY WALK—Change of date

Due to a change of date of a football match in April the Saturday Walk will now be on Saturday 20th April , meeting at Loughton Station at 10 am . Please accept Terry's apologies for any inconvenience. If you wish to join us this month please let Terry know by Thursday 18th April .

SUNDAY LUNCH .

The April Sunday Lunch will be on Sunday 7th April at the Highland Restaurant Broxbourne meeting at 12.15 pm for 12.30pm three course carvery lunch. New members are welcome to join us so if you wish to attend please let Terry know by Thursday 4th April.

EATING OUT GROUP

The meal for April will be lunch at The Plough Sewardstone Road on Wednesday 24th April meeting at 12.15 for 12.30 lunch. If you wish to join the group please obtain the choice of menu form at the April monthly meeting or text Terry to let him know you wish to come . NEW MEMBERS WELCOME .

Gardening Group visit to Copped Hall—photographs sent in by Terry Hoye



Simply the Best—Holiday to Warner's Gunton Hall

On Friday 22nd March 53 U3A members boarded the Golden Boy Coach with our favourite driver Colin to go to Gunton Hall ,having a break in Newmarket for coffee and BIG BREAKFAST for some. After a good journey we arrived at Warners to be met by staff (plus 4 U3A members who booked independently to join us for the weekend) and given the information pack and told chalets would be ready by 3pm .

After a nice evening meal from the self service buffet we all went to the Pavilion for the evening entertainment which started with a Warner vocalist, who was very good, followed by tribute act Shinila Twain

After breakfast on Saturday the group did various things , a long walk to Gorleston on Sea, about 8 miles so knackered on return , bus to Lowestoft or Yarmouth, or in the resort quizzes , swimming, pitch and putt, snooker and line dancing so plenty to do.

After the evening meal the evening entertainment was the highlight of the weekend which was the tribute to Tina Turner who was excellent, with so many changes of costume, and singing all of Tina's songs

Sunday was another good day with plenty to do in the resort including watching dart professional Keith Deller , walking to the beach or round the grounds of Gunton Hall with its lake ,walled garden , and the beautiful display of daffodils and tulips.

The evening entertainment was with the resident band Crackerjax, and the Warner entertainers show singing soul and Motown numbers. Some members took part in the Pub Quiz and were announced as the winners Well Done .

After breakfast the cases were collected by the porters and members relaxed in the lounge until Colin arrived with the coach. Once the cases and members were on the coach we said farewell to Gunton Hall and were on our way home stopping in Newmarket for lunch . We arrived in Waltham Abbey at 3.30pm after a lovely weekend which I think everyone enjoyed **Terry Hoye**

March Holiday Photographs



Bill Henderson meeting professional darts player Keith Deller



After a three year tournament spread over a number of u3a holidays—Derek and David won the final snooker tournament by beating Ann and Pauline by 3 games to 2.



'Tina Turner' and Waltham Abbey u3a. Photos from Terry Hoyer



'Wind Blows on the beach Photo from Terry Hoyer



U3a group on a walk from Gunton Hall. Photo from Terry Hoyer.

Dates for your Diaries

Date	Time	Venue	Event
Tuesday 14th May 2024	10 am	Town Hall	u3a AGM and Waltham Abbey Monthly Meeting. Tricia Thompson 'Conkers and Skipping Ropes'
Saturday 6th April 2024	2 pm	Community Centre	Tenth Anniversary Bingo
Saturday 4th May	2 pm	Market Square	May Day Celebration—u3a groups and Abbey
Saturday 1st June 2024	2 pm	Elphwood	Tenth Anniversary quiz
Sunday 14th July 2024	2 pm	Community Centre	Tenth Anniversary Picnic in the Park
Wednesday 25th September	2pm	Town Hall	Tenth Anniversary Afternoon Tea
Saturday 16th November	7.30 pm	Town Hall	Tenth Anniversary Barn Dance

Events organised by Epping Forest District Council and other organisations.

Day	Venue	Event	Time
Tuesday	Waltham Abbey Leisure Centre	Drop in service for those who may have money worries and or wellbeing concerns	9.30 am to 2 pm
Wednesday	Museum, Waltham Abbey	Community Café – Dementia Friendly	12 noon—1.45 pm
Wednesday	Museum	Men's Shed	2 pm – 4 pm
Friday	Town Hall	Short Mat Bowls	9.45 am—Noon (£5.40)
Friday—First session 12th January	Museum	Museum Movers	10.30 am—12 noon
Last Friday of each month	Waltham Abbey Baptist Church Hall	3 Memory Café 4U	2.30 pm to 4.30 pm

Help Please

If you have an article, a picture, a joke, a story a poem or a review that you would like to see printed in the newsletter, please send to Helen by email, using the following; newsletterwalthamabbeyu3a@gmail.com For inclusion in the May newsletter please send by Friday 26th April. Thank you.

Newsletter Circulation—Please check your spam folders—your newsletter may be there!

If you have an email address and have not received this newsletter, please email newsletterwalthamabbeyu3a@gmail.com quoting your membership number.

If you do not have an email address, newsletters are available for collection at the monthly meeting and at the Tourist Information. and Library.

Community Information

Epping Forest Play in the Park and Bike Maintenance—DR BIKE.

Town Mead—

Tuesdays 2nd and 9th April 1.30— 3.30 pm

WALTHAM ABBEY FLOWER CLUB

Meeting :Tuesday 23rd April 1.30 pm for 2 pm

Community Centre, Waltham Abbey.

All welcome : Raffle, sales table, refreshments

Demonstration by Sandra Ward 'Thinking of Summer' Visitors £8

WALTHAM ABBEY CHURCH

Music for Lunch 12 noon—Retiring collection

Saturday 13th April

Saturday 20th April

Saturday 27th April

SATURDAY MAY 4TH

HOLY CROSS DAY AND MAY DAY CELEBRATIONS

Holy Cross Day—The Parade will leave Cornmill Meadows Car Park at 12.15 pm, parade through the Town and finish at the King Harold Memorial.

The church Tower will be open in the afternoon.

MARKET SQUARE 2—3 PM -(if wet in the Library)

Singing for Fun, Line Dancing and Country Dancing from the u3a and Abbey Performing Arts will be providing some entertainment.

Waltham Abbey Town Hall - James Suite

ESSENTIAL TREMOR

Awareness Day
2nd April 2024
10.30 to 2.30



In conjunction with our Craft Market

Free Tea & Coffee available in James Suite for all visitors to either event

Find out more
at tremor.org.uk



 NationalTremorFoundation
 @thatTremor

 National Tremor Foundation



The Royal Gunpowder Mills general open days Sunday 14th and Sunday 28th April. Adult £15, child £10. Free tea, coffee and biscuit. There will be no food on sale. 11 am to 4 pm.

**St Thomas' Church
Present a St George's Day
Concert**

**by
Enfield Brass Band
Sunday 21st April 2024**

**3.30pm
St Thomas' Church, Upshire
EN9 3SS**

**£10 Adults £5 Children
(Inc: Cream Tea)**

Please pre-book for catering purposes.

Tel: 01992 711573



**Discover Historic
Waltham Abbey**

Guided Tours

Taking place every third Saturday of the month between April and September, starting from the Tourist Information Centre in Highbridge Street at 11.00am, and lasting around an hour.

£5 per person including a visitor pack and refreshments on arrival. Children 8 to 16 years £2, under 8 free.

*Pre-booking welcomed but not necessary - contact the
Tourist Information Centre on 01992 680336
or email ti@walthamabbey-tc.gov.uk*



20th April Turn up Town Tour—the first for 2024.

11 am from the Tourist Information £5 per person.

Special guests for the town's 50th Anniversary—include the Mayor and Town Crier.

**ST LAWRENCE CHURCH
IN HILLHOUSE C OF E SCHOOL, EN9 3EL**



**FUN
BINGO**



**PLEASE JOIN US
ON SATURDAY 27th APRIL
AT 2:30 PM - 4:30 PM**



**HIGH TEA AND
FUN PRIZES**



ADULT TICKET £10

CHILD TICKET £2

PLEASE CONTACT VALERIE 01992 713996

By Wednesday 24th April

**FREE
EVENT**



**REGISTER
ONLINE TO
SECURE YOUR
PLACE!**

**SOUND, MUSIC,
AND CLIMATE CHANGE IN
SPIRITUAL COMMUNITIES**

**WORLD
PREMIERE
'CLIMATE OF THE
BELLS' BY JENNY
SUILFORD**

Join us for a free day of talks, forest walks, music and dance events, and community discussion. All welcome. Lunch, morning and afternoon tea provided.

LIVE MUSIC

ACADEMIC PANELS

FOREST WALKS

INTERFAITH PANEL

MORRIS DANCING

LUNCH AND TEA

BIRD WATCHING

SACRED HARP SINGING

...AND MUCH MORE!

22 JUNE 2024

Want to know more? <https://fb.gg/c7mk8k>

**9AM-5PM
HIGH BEACH CHURCH
CHURCH LANE,
LOUGHTON IG10 4BF**



Hosted by King's College London,
Climate Change Research Hub,
Environmental and Humanities Institute,
Church of Holy Trinity, High Beach,
The 100 Equal Temporal Project,
King's Culture.

