



Waltham Abbey U3A Registered Charity number 1173927

Waltham Abbey U3A Newsletter

May 2024

Next Meeting:

Tuesday 14th May

AGM

Presentation by Tricia Thompson

“Conkers and Skipping Ropes”

Doors open 9.50 am

New Members always welcome

Message from our Chairperson

Well, our first 10th Anniversary celebration activity – Bingo, went extremely well. Many of you have asked if we can do this again. This was a one off for our 10th Anniversary, and the costs for the afternoon came from our funds. The reasons that we are unable to do this again are as follows:

- We would have to add the cost of hiring the hall
- We would have to purchase a bingo machine
- We would have to add the cost of refreshments and the purchase of the bingo tickets.
- We would have to add the cost of a gambling license – which we didn't need to purchase for a one off.
- We topped up the prize money from our funds.
- We would need volunteers to put out and put away tables and chairs; someone to work out the prize money on the day; someone to check you in; someone to sell the bingo books; people to prepare the refreshments and tidy away; someone to call and someone to check the numbers; and of course, the raffle.

It would be lovely to be able to hold bingo sessions more frequently, but I hope that you understand why we are unable to do so.

Our next 10th anniversary activity is the quiz, and I'm sure that will be a great success too.

I look forward to seeing you at our May Day extravaganza on Saturday 4th May 2pm outside the library. There will be displays from our line dancing and country dancing groups and singing from our Singing for Fun group. There will be refreshments in the library.

Message from our Chairperson continued

Finally, I hope that you will be able to come along to our AGM on Tuesday 14th May 10.10 am. We would like you to approve the accounts; approve the change to our constitution and vote in the nominations for next years committee.

Amanda Miles u3awalthamabbey@gmail.com

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

We are planning the following events to help celebrate

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.**



White Water Rafting at the Lee Valley Centre

As part of our 10th Anniversary Celebrations, Pam is delighted to be able to invite members to a White Water Rafting Experience at the Lee Valley Centre, Waltham Cross.

Lee Vally White Water Centre, together with Lee Valley Regional Park has very generously offered to part fund up to 2 rafts for us at a hugely reduced cost of £20 per person for the 2 hour session. The dates that have been offered are:

- 1) Friday 7th June 12.00—14.00
- 2) Friday 21st June 12.00—14.00

All equipment and instruction is provided and the session is led by qualified and experienced raft guides. You do need to be able to complete a short swim test and be comfortable in moving water to enjoy this activity.

\if you would like to take part in this special event or would like more information please contact Pam by email pam.phillips22@gmail.com or phone 07932038159 .

Pam Phillips



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 will depend on what is available from the library.

Family and friends welcome.



WALTHAM ABBEY U3A 10th ANNIVERSARY AFTERNOON CREAM TEA.

There are still places available for our afternoon tea on Wednesday 25th September in the Waltham Abbey Town Hall between 2pm and 4pm . To secure your place please pay a £5 deposit towards your ticket to Ann Wraith at _the **END** of the monthly meeting on the 14th May. If unable to attend the meeting please contact Terry by text or phone

TERRY HOYE 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 £5 for u3a members and £7 for non-u3a members.. The bar will be open for the purchase of drinks and nibbles,.



Waltham Abbey u3a Group news

Group news this month

Singing for Fun, Line Dancing and Country Dancing will be performing outside the Library 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.. There will be u3a refreshments in the Library. There will be children's activities in the museum and library.

Loose Ladies Group 2—!The next meeting will be Friday 10th May. A friendly group of Ladies who meet in the Sultan Pub on the second Friday of the month 10.30 am—12 pm. Have a cup of tea / coffee and stay for lunch if you are able. Please phone Sylvia Bird if you are interested in joining— 07840 282014.

Country Dancing Group—The next session will be Monday May 13th, 2.15 pm, £2.50, in the Community Centre.

Water Colours – Will be meeting from May in Waltham Abbey Community Centre. See group list for times and day.

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).

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 WIMPOLE HALL :- Members are reminded to meet at Quaker Lane bus stop at 9.30am on Tuesday 21st May . Wimpole Hall has plenty to see including the gardens, house, and farm with many animals so it should be an interesting day . There is a restaurant to purchase refreshments or you are welcome to bring a packed lunch . National Trust members are reminded to bring their 24/25 membership card. If unable to attend please advise Terry as early as possible.

PAYMENT FOR VISIT TO KNEBWORTH HOUSE AND NYMAN GARDENS

Payment for the above visits to Knebworth House £32 and Nyman Gardens £37 (National Trust members £20) will be collected at the **END** of the monthly meeting on Tuesday 14th May as Terry is on holiday at the June meeting . You can pay by cash or one cheque payable to Waltham Abbey U3A. If you are unable to attend the monthly meeting but are coming to Wimpole Hall you can bring payment with you then.

There are a few places available for the trip to Nyman Gardens on Tuesday 16th July so if interested please get in touch with Terry.

SATURDAY WALK :-

The next walk will be on the 18th May meeting at Loughton Tube Station at 10am . As Terry is planning to go a bit further that usual we may be back a bit later but no later than 6.30pm. If you wish to join the group please contact Terry prior to the walk he knows how many are coming

SUNDAY LUNCH. :-

The next lunch at the Highland Restaurant is on Sunday 12th May meeting at 12.15pm for 12.30pm three course lunch . Please let Terry know if you wish to attend no later than Thursday evening 9th May . New members are welcome to join the group.

EATING OUT GROUP :-

The next meal is on Wednesday 15th May at the Crown Public House restaurant, Broxbourne (on banks of the River Lea) meeting at 12.15pm for 12.30pm lunch. The two course meal costs £17 or 3 courses £21 . If interested please contact Terry for a menu and to see choice of meal.

ANNUAL VISIT TO SOUTHEND

Waltham Abbey U3A will be going to Southend on Sea again this year on Friday 20th September meeting at Quaker Lane Bus stop at 9.30 am and leaving Southend at 4pm . You will have the opportunity to look round the shops in the town centre as the coach will stop near the shops then go to the beach front for those wishing to see the sea. The cost will be £16 this year so if interested please see Terry at the **END** of the monthly meeting on Tuesday 14th May or contact him if you are unable to attend the meeting .

Tenth Anniversary Bingo—photographs sent in by Terry Hoye



Visit to Blicking Hall—photographs from Terry Hoye



Saturday Walk Pictures sent in by Terry Hoye



Admiring flowers in Hyde Park

Princess Diana Statue



Saturday Walkers by the Queen Victoria Statue in front of Kensington Palace

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 01962 690399 or email tdg@walthamabbey-ti.gov.uk



Duncan Phillips

There will be a guided Tour on Saturday 18th May, leaving the Tourist Information at 11 am.

£5 per person, including refreshments on arrival and a visitors pack.

Helen Wilson will be leading the May 18th walk.

Help Please

On Saturday 4th April we will be serving refreshments in the Library between 1 pm and 3 pm. If you can help by providing a cake / biscuits or some time to serve please contact Helen / Carol through the u3a newsletter email address. newsletterwalthamabbeyu3a@gmail.com

Thank you.

Waltham Abbey U3A AGM

to be held in Waltham Abbey Town Hall,
Tuesday, 14th May 2024, at 10.10 a.m.

AGENDA

Apologies for absence

Agree Minutes of previous AGM, May 2023.

Agree Constitution updates

Approval of Accounts

Approval of Mike Teahan to continue as Examiner of accounts

Executive Committee Reports: There are none

Chair's Report

Stand down of Executive Committee

Election of Executive Committee for 2024/25

Raffle

Monthly Speaker

Hard copies of papers will be available at the AGM. If you would like papers in advance please email newsletterwalthamabbeyu3a@gmail.com

Dates for your Diaries

Date	Time	Venue	Event
Saturday 4th May	2 pm	Outside the Library	May Day Celebration—u3a groups and Abbey Performing Arts
Saturday 1st June 2024	2 pm	Elphwood	Tenth Anniversary quiz
Friday 7th or Friday 21st June	12.00—14.00 pm	White Water Centre	10th Anniversary White Water Rafting
Tuesday 11th June 2024	10 am	Town Hall	Charlie Haylock 'The Origin of Surnames'
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)
Last Friday of each month	Waltham Abbey Baptist Church Hall	3 Memory Café 4U	2.30 pm to 4.30 pm
Third Saturday of the Month	Tourist Information	Monthly Guided Tourist walk (cost £5)	11 am

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 June newsletter please send by Monday 27th May. 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.

**SATURDAY
4th MAY**

May Celebrations

WALTHAM ABBEY
PROCESSION / MUSIC / DANCING / CAKE

12:00 Holy Cross Festival
Procession bringing the Holy Cross to Waltham will leave Cornmill car park, going through the town centre, ending near the King Harold Memorial in the Abbey Churchyard where the Holy Cross will be installed and a ceremony will take place.

THEN INSIDE & OUTSIDE
WALTHAM ABBEY LIBRARY & MUSEUM
50N STREET 10W 10EL

1:00 Refreshments & Activities
2:00 Abbey Performing Arts
2:15 u3a Line Dancing
2:30 u3a Singing for Fun
2:45 u3a Country Dancing

u3a

FREE EVENT

SOUND, MUSIC, AND CLIMATE CHANGE IN SPIRITUAL COMMUNITIES

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.

22 JUNE 2024

10AM-5PM
HIGH BEACH CHURCH
CHURCH LANE,
LOUGHTON IO1D 4BT

World Premier
Climate of the
Bible by Jerry
McGraw

REGISTER
UNITE TO
BEAT YOUR
PLACE!

LIVE MUSIC | ACADEMIC PANELS | FOREST WALKS
INTERFAITH PANEL | FOLK DANCING | LUNCH AND TEA
BIRD WATCHING | SACRED MUSIC | ...AND MUCH MORE

Want to know more? <https://t3.co/70kgyt70>

KING'S COLLEGE LONDON

St Thomas' Church

Quiz Night



Saturday 4th May 2024

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

7.00 pm (Doors open 6.30pm)

£10.00 per head—tables of 8

(Includes hot drink and nibbles,
anything stronger, bring your own)

**Please pre-book for catering and safety
purposes on Tel:07899846711**

If you are on your own or can't make a table,
come along anyway, and make new friends.

St Thomas' Church

Upshire

EN9 3SS

Sunday Afternoon Teas and Plant Sale

12th May - 1.30pm-4.30pm

**Come along and stock up
with plants and enjoy a
delicious cake**



Our Teas will be held

2nd and 4th

Sunday of each month from

12th May until

22nd September.



**Everyone is welcome to our lovely little church
for home made cakes and a cup of tea or coffee.
You can either sit in the church and enjoy the
occasional organ music or sit outside in the
churchyard and admire the beautiful views from
both the front and back of the church.**

WALTHAM ABBEY FLOWER CLUB

Meeting :Tuesday 28th May 1.30 pm for 2 pm

Community Centre, Waltham

Abbey.

All welcome : Raffle, sales table,
refreshments



The Royal Gunpowder Mills general open days second and fourth Sundays of the month. Adult £15, child £10. Free tea, coffee and biscuit. There will be no food on sale. 11 am to 4 pm.

Visit www.royalgunpowdermills.com