



Waltham Abbey U3A Registered Charity number 1173927

Waltham Abbey U3A Newsletter

March 2024

Next Meeting:

Tuesday 12th March

Presentation by Lucy Allen

"The Ship of Dreams—The Titanic"

Doors open 9.50 am

New Members always welcome

Message from our Chairperson

Spring is on its way! I've spotted crocuses, daffodils, azaleas plus many other plants and trees in bud – hopefully the rain will stop soon, and we'll start to feel a little warmer.

I know that some of you are off on another u3a holiday in March, I'm sure you will all have lots of fun. I expect others are planning or have already made plans for their holidays or break away for later in the year.

I would like to congratulate and thank many of you who are persevering and continuing to attend our activities despite the weather, the road closures, and the bus re-routing, it shows we are made of stern stuff in the Abbey.

As you are probably aware it is renewal season for our u3a. Please do not panic, your current membership, regardless of when you joined will not expire until 31st March, and then you will have up to 60 days after that – so 1st June, to renew. Anybody who has not renewed in that period, it will be assumed that they no longer wish to be a member and they will be removed from our membership. New members however, may continue to join throughout the year. We currently have in the region of 400 members, and about 100 of you renewed for 2024/25 on Wednesday at our renewal /swap shop day. Thank you for that.

Message from our Chairperson continued

We continue to need committee members, especially anyone with social media knowledge, and 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.

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

Bingo

This will be held at the Community Centre on Saturday 6th April 2pm – 4pm. Tea and coffee will be provided. In order to ensure we have enough equipment and seating, if you are interested in attending please email or text Amanda u3awalthamabbey@gmail.com 07932 011537 or put your name on the list at the monthly meeting. We anticipate that 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.

We will be looking for volunteers to check the winners numbers and make tea and coffee. Please give your names to Amanda.



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 monthly meeting.



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!



WALTHAM ABBEY U3A 10th ANNIVERSARY AFTERNOON CREAM TEA.

We are pleased that following members voting for a choice of events to celebrate Waltham Abbey U3A 10th Anniversary in 2024 Ann Wraith and Terry Hoyer have agreed to organise this event. It will be in the Waltham Abbey Town Hall on Wednesday 25th September between 2pm to 4pm.

To enable us to know how many are interested in this event we will start taking names and asking for a £5 deposit per person (non refundable) at the March monthly meeting . It is our aim to keep the cost as low as possible depending on donations from local companies etc . We will issue a receipt for the deposit then issue tickets when the full amount is collected. If

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. We will be providing further details in future newsletters and at monthly meetings.



Waltham Abbey u3a Group news

Group changes this month

Loose Ladies Group 2— The group has now started and it is held on the 2nd Friday of the month at the Sultan Pub 10.30am to 12 pm. Come along and have a coffee and a chat—stay for lunch if you wish, There are plenty of spaces in the group at the moment. The next meeting will be on Friday 8th March. Contact Sylvia Bird 07840282014.

Discussion Group—The cost from March will rise to £3 per session.

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 has changed and will now be 1.30pm – 3pm. Come along and have some fun singing and dancing to your favourite songs. (no individual singing unless specifically requested).

Sewing Group – The sewing group has now moved from the Upshire Village Hall to the Woodbine Sports and Social Club. This has enabled us to reduce the cost to £2. We still meet on 1st & 3rd Thursday of the month 10am – 12.30pm. Contact Carol Fleckney 07915 056086

Craft Group – There will be no meeting during March. The next meeting will be April 11th. The morning session is currently full but there are some vacancies for the afternoon session. Come and enjoy company whilst learning new skills.

Dolls House Group— This is held on 3rd Tuesday of the month at 2pm. Contact Jan Field

Check out the groups and activities list in the newsletter for information. And read Terry Hoye's news for further details of his groups.

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 2023—2024 green membership cards or 2023—2024 blue membership cards.

HOLIDAY GROUP

WARNERS GUNTON HALL FRIDAY 22nd MARCH

Members are reminded to return the sealed envelope with contact information etc to Terry at the monthly meeting on Tuesday 12th March .

Members to meet at Quaker Lane Bus Stop at 9.30am on Friday 22nd March . Please remember your allocated seat number so we can get on our way as early as possible also you are reminded to bring a credit or debit card as Warners is a cashless venue . Any problem please do not hesitate to contact Terry.

HOLIDAY TO WARNERS SINAH WARREN MONDAY 2nd SEPTEMBER.

It is regretted all places for the above holiday have been taken so Terry has a reserve list if you are interested.

If you have a place for this holiday you are reminded that the £50 per person deposit must be paid at the March monthly meeting . Please make payment by cash or cheque payable to Waltham Abbey U3A . If you have any problem please contact Terry as soon as possible.

GARDENING GROUP

VISIT TO BLICKLING ESTATE NORFOLK ON TUESDAY 16th APRIL

Members who have booked this trip are reminded payment is required at the Monthly meeting on Tuesday 12th March. The cost is £36 or National Trust members £22, payment by cash or cheque payable to Waltham Abbey U3A .

It is regretted this trip is now full but Terry is holding a reserve list if interested.

VISIT TO WIMPOLE HALL ARRINGTON NR CAMBRIDGE .TUESDAY 21st MAY

The garden visit for May is to Wimpole Hall Gardens and farm on Tuesday 21st May You will be able to visit the house, gardens and farm which has many rare breed animals and different farm machinery. There is a café and restaurant to purchase food and drink or you are welcome to bring a packed lunch .

The cost is £32 or £16 for National Trust members. Terry will be taking bookings at the March monthly meeting so if interested please see him at the meeting.

SATURDAY WALK

The Saturday Walk will be on Saturday 9th March meeting at Loughton Tube Station at 10am . Depending on weather conditions it is planned to walk round Wanstead Park to discover the bluebells . If you would like to join us on this walk please let Terry know by Thursday 7th March

EATING OUT GROUP

The lunch for the Eating Out Group will be on Wednesday 13th March at the Toby Carvery Buckhurst Hill, meeting at 12.15 pm for 12.30pm lunch. If you wish to join us please let Terry know by Tuesday 6th March so he can advise the restaurant.

SUNDAY LUNCH AT THE HIGHLAND RESTAURANT BROXBOURNE.

The Sunday Lunch in March will be on Sunday 17th March meeting at 12.15pm for 12.30 pm lunch . If you wish to join the group please contact Terry no later than Thursday 14th March

Photographs from the January Saturday Walk to China Town sent in by Terry Hoye



Card Making and Craft group in action—photograph sent in by Marlene



There are vacancies for the afternoon group who will be meeting again in April.
Contact Marlene if you are interested.

Did you know?

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>

Dates for your Diaries

Date	Time	Venue	Event
Tuesday 9th April 2024	10 am	Town Hall	Waltham Abbey u3a Monthly Meeting. Nick Dobson '1066 The date that changed our lives'
Saturday 6th April 2024	2 pm	Community Centre	Tenth Anniversary Bingo
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 December	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 February newsletter please send by Tuesday 26th March. 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



FREE

All ages welcome. Children must be accompanied by an adult.



Play in the park is all about playing games and having fun outdoors. No need to book, just drop in at any time. The Play in the Park team bring a range of sports equipment and arts & crafts resources for children and their parents/carers to enjoy together. The team will be there to help organise activities and games all totally **free of charge!**

Waltham Abbey

Town Mead Leisure Park, Waltham Abbey, EN9 1JH
 Tuesday 2 April 13:30 – 15:30
 Tuesday 9 April 13:30 – 15:30




eppingforestdc.bookinglive.com
 01992 564 226



Epping Forest District Council
 @efdcommunitieswellbeing
 @efdcommunity

Bike Maintenance
 To book a space at the bike maintenance session, please read the accompanying 'Dr Bike' leaflet.

For a full list of Play in the park sessions scan me:



What3words location finder
 Town Mead: banana.dance.logic

DR BIKE

GET A FREE HEALTH CHECK ON YOUR BIKE TO KEEP YOU CYCLING!

What does it include?

- Brakes - Calliper and cable adjustment, cable and pad replacement.
- Gears - Indexing, adjustment, and cable replacement.
- Chain - Check for wear, lubricate if required.
- Tyres - Puncture repair/tube replacement, inflated to recommended pressure (PSI).
- Other - Check all nuts and bolts are correctly torqued.
- Headset and bottom bracket check.
- Check bar plugs and cable end caps, and replace if missing.

How long will it take?

We will spend a maximum of 30 minutes on the bike, and will signpost 'bike shop' if repairs required exceed this time.

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 26th March 1.30 pm for 2 pm
 Community Centre, Waltham Abbey.

All welcome : Raffle, sales table, refreshments

Workshop by Irene Visitors £7

WALTHAM ABBEY CHURCH

Music for Lunch 12 noon—Retiring collection

Saturday 2nd March

Saturday 9th March

Saturday 16th March

Saturday 23rd March

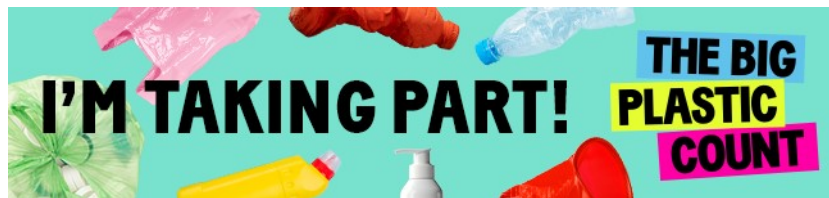


ROYAL GUNPOWDER MILLS

NEW - Take a ride on The Gunpowder Railway

The Royal Gunpowder Mills general open days are on the second and fourth Sundays of the month from 31st March.

Visit www.royalgunpowdermills.com



The Big Plastic Count brief is really simple: count your plastic waste for one week (from 11-17 March) and submit your results to us online. This will automatically generate your personalised household plastic footprint and will help us to reveal how much plastic we are throwing away as a nation, and what really happens to it afterwards. We'll use the results to convince UK ministers to lead the way at [global talks that could finally phase out plastic pollution for good](#).

We would love for the members of the Waltham Abbey U3A to join us on our mission, and would be extremely grateful if you would be willing to help us achieve that by sharing on the registration link with your group members: thebigplasticcount.com/U3A

Julia Bell—Everyday Plastic



**ALL ACTIVITIES ARE FREE UNLESS STATED.
BOOKING ESSENTIAL.**

Mondays

2-4pm Community Kitchen.
2-4pm Hairdressing by Veronica.

Tuesdays

10-12pm Happy Tapping stress relief with Simply Being Happy Linda Swanton.
1-3pm Happy B Sewing with Barbara Hollingum.
7pm every 1st Tues Gong Bath sound meditation with Linda Swanton.

Wednesdays

10-12pm Art for Beginners with Linda Roy.
All materials required are supplied.
1-2pm postnatal mother/baby - start date to be confirmed.
5.30-7.30pm 1-1 Counselling. First 5 sessions are FREE.

Thursdays

10-11am Fitness Training for beginners - from 7th March.
2-4pm Feb 22-Mar 28 Digital Skills training with VAEF.

Fridays

10-4pm from 23rd Feb for 4 weeks HSBC information sessions with basic banking support.
2-4pm Community Kitchen.
4.30-5.30pm from 23rd Feb for 12 weeks Performing Arts classes for children with singing, dancing and acting by Abbey Performing Arts.

Saturdays

6.30-8pm Cocaine/addiction anonymous meetings.

BOOKING ESSENTIAL.

3Food4U Community Centre 47 Highbridge Street, EN9 1BD
Email: info.3food4u@gmail.com WhatsApp: 07973166940
Registered charity in England. Charity number 1192310