



MARCH 2024 NEWSLETTER
'Learn, laugh, live!'
<https://u3asites.org.uk/waltham-forest>

General Meetings

General Meetings take place on the third Tuesday of each month at Winchester Road Methodist Church, Winchester Road E4. **Meetings start at 2pm prompt, doors open at 1.30pm.** Please arrive on time. NB. The hub door will be closed at 2.10 pm. There is a doorbell on a metal post by the main door, if by any chance you are late arriving.

19th March. Fascinated by programmes like 'The Detectorists' and 'Digging for Britain'? Roger Mintey, national u3a subject adviser on Metal Detecting, will be giving us today's talk. He is particularly well qualified to do so, having been the discoverer of the famous 'Reigate Hoard' in 1990. That comprised 6,705 medieval gold and silver coins dating from 1272 and over 300 of them are now in the British Museum.

16th April. Bee-Keeping - a talk by Eric Beaumont who is a local beekeeper from Hackney. He manages fifty colonies in London and Essex and will be bringing some produce with him.

30th Anniversary

2025 will be the 30th Anniversary of the founding of our u3a in 1995. The Committee would welcome any ideas as to how we can celebrate this and make it a special occasion. Please contact any member of the Committee with your suggestions.

Membership Renewals

This year the fee has gone up to £20 single and £32 joint (2 people at the same address).

You can pay by:

BACS - to Waltham Forest u3a. Sort code - 30-99-08. Account number - 23017860. Reference - Members name

Cheque - Made payable to Waltham Forest u3a.

Cash - in person at a monthly meeting
If paying by post with cheque or BACS, please send an SAE for return of your membership card to Mrs. V O'Brien, 3 Marmion Close, Chingford, E4 8EN.

Safety and Security

We are all responsible for our own safety and security whilst on Church premises so please note the Fire Exit plans attached to this newsletter. Should we need to leave the building at the monthly meetings then follow the instructions given by the Chair.

Stamps

From 2nd April 2024. First Class will be £1.35
Second Class 85p.

Used Stamps We collect used stamps in aid of the RNIB. Please cut them out with a margin and bring them along and give to Vicky when you sign in.

New Members

Welcome to new members:

Marian, David and Barbara, & Elaine. We hope you will enjoy your membership and take part in lots of our activities.

Online Talks

During the winter months with poor weather and train strikes why not give some online talks a try? Our National u3a has many to choose from and we hope you enjoy receiving their regular Friends Newsletter. Your membership means that these are completely free and there are many subjects to choose from including Chinese Wand exercise, Toulouse Lautrec and the Music Halls of Paris to Intro to the Air Fryer with recipes. www.u3a.org.uk This is separate from their Interest Groups Online.

Kew Gardens

We are delighted to say that we are now members of the Kew Community Access Programme. This enables WFU3a members to have **one** free visit to Kew. Some of you may go on an organised visit with perhaps the Garden Group or The Freedom Pass Wanderers but others may wish to go independently. If you wish to take advantage of this offer you need to let Ruth or Chris know and give them the date and names of other WFU3a members visiting with you. We will then pass on the appropriate document to you including the code you will need to gain access to the Gardens. Obviously, you must not pass on the document and code to others as we have a **limited** number of free visits. We will be keeping a record of who attends and when to ensure fairness to everyone. Any risk assessment remains the personal responsibility of members who go to Kew under this scheme. (See also item under Gardening Group)
Chris and Ruth

London Region Activities

There will be no summer school this year, but various activities will take place between 31st May and 23rd July. Guided walks, tours or lectures at the National Portrait Gallery, British Museum, V & A Museum and others. Bookings will be launched from 22nd March. The Programme of Events will be uploaded on to the Events page of London Region website, so if you are interested, take a look. Events are likely to get booked up quickly, so book early.
www.u3asites.org.uk/london-region

GROUP NEWS

Vacancies - Book Group 2, Mahjong, Remarkable Women 2, Singing for Fun 1 and Sketching Outdoors, Walking Cricket.

Asian Dining – News of further meals may be released soon.

Favourite Books Are you interested in telling group members about your favourite book; reading someone else's favourite book; perhaps watching a DVD or discussing any issues raised? Jean is offering to lead such a group at her home.

Duplicate groups – Is the group full that you would like to join? Why not start a second one?

Group Leaders' annual meeting – Tuesday, 26th March at 9.45 for 10 am. If you haven't already replied to the invitation and to book your lunch, please do it soon.
Lesley Searle, Groups Co-ordinator

Birdwatching

Our first outing of Spring will be on Wednesday 20th March meeting at 10.30 a.m. in the car park at Walthamstow Wetlands. New members are most welcome but please contact Lesley in the first instance.

Book Group 1

Book Group 1 will meet on Thursday, 28 March 2024, from 2.00 pm to 4.00 pm, to discuss the book **The Nightingale** by **Kristin Hannah**.

Book Group 2

Our next meeting will be on Thursday 11th April at 1pm. The book will be **Skating to Antarctica** by **Jenny Diski**.

Cinema Visits

These take place on the first Tuesday of the month in the afternoon. Hania Franek will inform those on the mailing list which film she intends to go to. If you wish to be added to the list, contact Hania.

Coach Trip to Bury St. Edmunds

Weds 5th June, Cost £18, including driver's tip. Pick up 9am from The Larkwood Harvester, New Road Chingford E4 9EY. Payment when booking please. Bury St. Edmunds is a town in Suffolk best known for its Abbey and Cathedral. People came from all over England on pilgrimage to visit the Shrine of St. Edmund. The Abbey Gardens are on the site of a Benedictine abbey, one of the most powerful monasteries in England.

Epping Forest Walk

The next walk will be on Tuesday 9th April. We will meet outside the Harvester Pub in New Road, Chingford (buses 357, 444, 657, W16) at 1.30 pm. We will walk around Larkwood and Ainslie Wood in the hope that we will not be too early to see the bluebells and anemones. This spring seems to be earlier than last year so we might be lucky. The May walk will be five weeks later and probably too late for bluebells. We will return to the Harvester Pub for refreshments at the end.

There is no regular membership of this group. Please just turn up.
The walk will be led by Ruth, Andy and Val as Alan will be unavailable.
The walks last about one and a half hours, and are approx. 3 miles long. Members should be fit enough to walk at a reasonable pace and to tackle some slopes. Suitable (waterproof) footwear should be worn.

Film Club Home Viewing

The film on **20th March** will be "Carmen Jones". The film on **17th April** will be "Death in Venice"
Contact Arthur Russell on 8531 5175 if you would like a place at either showing.

Freedom Pass Wanderers

It is a year since we started and the group is well established.
Not only do we visit London's gems, but it has morphed into a social outing.
Come and join us, we go monthly but not on a fixed day. If there is large interest in a wander, I can take multiple groups.
Please contact Howard .

Gardening Group

Our programme of outings start on **27th March** with a visit to **Myddleton House** Gardens in Enfield. Arrive at 10.30am, and meet up in the cafe for a coffee.
On **Weds 24th April** we will visit **Kew Gardens**. If you put your name down for a free visit to Kew and want to join this group for a day out, please let me know.
We will meet at Walthamstow Central at 10am at the top of the escalator to travel there. I will need to keep everyone together until we reach the entrance, as I have to show the form to the desk listing names. I will take a maximum of 20 people. Once we are inside we can do our own thing.

Barbara Humm 07913 229094
barbara.a.humm209@gmail.com

Golf Fore Fun

For further details, contact Howard.

Outdoor Sketching

The Outdoor Sketching Group meets every 3rd Thursday from 2 - 4pm. Contact Jackie for more information.

Outing to Copped Hall

Following the very good talk on Copped Hall last month I am prepared to arrange a visit. This will be on **29th May**, subject to agreement with their volunteers. The total cost for a visit of at least 20 people is £300, (£15 per head) but the more people who come, the less each person will have to pay. There is no public transport to Copped Hall, which is off the Epping Road, so we will need to have enough car drivers willing to offer lifts to those without cars. Let me know if you would like to go and whether you need a lift or can offer one. We will have a guided tour plus refreshments. The gardens are on a slope, and there are stairs in the mansion, so visitors need to be fairly mobile.
Barbara Humm 07913229094
barbara.a.humm209@gmail.com

Poetry

The subject on Tuesday 2nd April will be war.

Ten Pin Bowling (at Romford)

Contact Howard for more information.

Walking Cricket

If the weather stays fine we hope to begin **Walking Cricket** again on **Thursday 18th April** at Ridgeway Park, Chingford, E4 6XQ meeting by the cafe at 2.00 p.m.
Existing group members will be notified individually but anyone is welcome to come along and give it a go. For more information contact Trevor Farnes or contact Lesley.

u3a online

Go to u3a.org.uk, register as a member.

To access u3a on line:

u3a.org.uk/learning/interest-groups-online

Group meetings take place on line via Zoom.
The cost is £12 starting on 1st April.

Roots And Shoots Coach Trip

Roots and Shoots is a Walthamstow based gardening club. A coach trip is being organised to Waterperry Gardens in Oxfordshire on Saturday 25th May. There may be a few spare places on the coach. The cost is **£30**, (£20 for the coach, £10 garden entry). Coach picks up from Forest Road at the bus stop where Homepage used to be at 9.10am. Please contact me if you would like to come. I will have a waiting list, although obviously Roots

and Shoots members will take priority. Cheques payable to Whittingham Roots and Shoots Garden Club. Contact Barbara Humm to go on the waiting list. 07913 229094
barbara.a.humm209@gmail.com

Parking Permits

If, like me, you live in a Residents Parking Zone, you will know that the Council has stopped selling paper permits, although we can continue to use those we might already have. We now have to use our mobile phone to enable visitors to park instead of giving them a paper permit to display. You need to have the Ringo app on your phone. If you need help in using this and need to register your over sixties free permits, ring 0203 092 0112, and use option 3 to speak to an adviser. I did this and was helped by a pleasant young man who talked me through sending him a photo of my driving licence so he could register my 90 free permits. This needed to be sent to : wfpshop@nsl.co.uk
Everything seems to be dependent on having a smart phone these days!
Barbara Humm

LOCAL MUSIC

Waltham Forest Music Society

Present a recital by Jill Kemp on recorder, accompanied by Aleksander Szram at All Saints Church, Church Ave, E4 9QZ on Friday **22nd March** at 7.30pm £15 (£10 members)

Roding Players

The Roding Players Orchestra present their Spring Awakening concert on Saturday **23rd March** at St. Mary's Church, High Road, Loughton at 7.00 p.m. Tickets on the door £10 or £9 concessions including refreshments.

South West Essex Choir

SWEC will perform Verdi's Requiem on Sat. **23rd March** at 7.30pm in Chingford Parish Church, E4 7EN. Tickets £16 or £14 in advance before 1st March.
www.southwestessexchoir.org.uk

Music in the Village

at St. Michael & All Angels, Northcote Rd. E17 6PQ **Wednesday March 27th** at 7.30pm
François Couperin Leçons de Ténèbres
Emily Atkinson & Gwen Martin, Nicholas Parle organ, Peter McCarthy bass viol. No

refreshments. **Free** but donations gratefully received!

LOCAL DRAMA

Waltham Forest Festival of Theatre

Five one-act Plays, plus expert adjudications. **22nd - 23rd March** at Forest Community Centre, Guildford Road E17 4EA There will be two plays on Friday by Woodhouse Players and CADOS starting at 7.30pm, and 2 plays by Youth Theatres, plus one play by Wadham Players on Saturday starting at 7pm. £9 per session at the door.

Woodford & Wanstead WEA Film Club

Odeon Cinema, High Road, E18.
First Monday of the month at 12.30pm. If you would like to go on the mailing list for details of upcoming films contact:
weafilmclub18@gmail.com

Age UK Newsletter

For your own copy of the AgeUK newsletter, listing all their activities, contact 8558 5512 or info@ageukwalthamforest.org.uk

Waltham Forest u3a Groups Mar. 2024

Group Name	Meeting Details
Bird Watching	3 rd Wed am
Book Group 1	last Thurs 2-4
Book Group 2	2 nd Thurs 1-3
Chess	1 st Tues 2-4
Cinema Visits	1 st Tues pm
Classics	last Mon; 2-4
Country Pub Lunch 1 ++	tba
Country Pub Lunch 2 ++	tba
Eastern Dining ++	30.4.24 7pm
Enjoying Classical Music	suspended
Epping Forest Walks	2 nd Tue 1:30pm
Film Club	3 rd Weds 2pm
Freedom Pass	
Wanderers ++	Random Days
Gardening Group	Last Wed; 2-4
Geography of G. Britain	2 nd Weds; 10-12
Golf Fore Fun ++	from late March
Knit and Natter	3 rd Fri; 10-12
Mah Jong	2 nd & 4 th Fri; 2 pm
Needlework and Craft	2 nd Mon; 1.30-3.30
Origami	1 st Tue; 2.30-4
Play reading	4 th Tues; 10-12
Poetry	1 st Tue; 10-12
Remarkable Women 1	1 st Wed; 10-12
Remarkable Women 2	2 nd Fri; 2-4pm
Rummikub	1 st Fri; 10-12
Shakespeare	1 st Thu & 2 nd Fri, 10-12

Singing for Fun 1	2 nd Weds 10-
Singing for Fun 2	1 st & 3 rd Fri 2pm
Sketching outdoors	3 rd Thur 2-4
Speed Scrabble	2 nd Tues 2-4
Table Tennis +	2 nd & 4 th Weds 2-4
Tenpin Bowling ++	
(at Romford)	last Friday, 11-1
Theatre Group	As booked
Upwords/Quiddler	3 rd Thurs 2-4
Walking Cricket ++	Begins 18.04
+ =shared with Wanstead/Woodford	
++ = shared with Redbridge	
<i>To join a group or make enquiries</i>	
<i>Contact: Lesley, Groups Co-ordinator</i>	
<i>0208 539 7753 lesley.searle@gmail.com</i>	

All articles are used at the discretion of the newsletter editor and may be edited for content and length. If you would like to write something for the newsletter, please send it to me by email.
barbara.a.humm209@gmail.com

Subscriptions to Waltham Forest U3A run from April to March of the following year. From April 2024: £20 single, £32 couple. If you join between April & August, full fee payable. Join between Sep & Dec. £10 single, £16 couple. Join Jan- Mar, pay full fee £20/32 which will carry over to March of the following year.

Committee

Chairman	Rotating among Cttee
Vice Chairman	Martin Williams 07793 651260 martinw1955@gmail.com
Treasurer	Christine Sherret 07718 990572 treasurer@wfu3a.org.uk
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New Member Hosts: Dorritt Okoye , Jan Rossington & Stephanie Patterson	

If you would like a copy of the minutes, contact Jane Harrington..