



APRIL 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.

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.

21st May. Our 2024 AGM, followed by a talk by Gary Matthews on Easton Lodge, whose gardens are an idyllic haven (Historic England, Grade II registered) and have been partially restored to their former glory by a team of dedicated volunteers.

18th June. Mike Barbakoff on the World War II history of Bletchley park

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 is £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.

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: Caroline Mary & Cheryl. We hope you will enjoy your membership and take part in lots of our activities.

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 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.

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. Events cost £10 a head

and must be prebooked. The Programme of Events is now on the Events page of London Region website. Events are likely to get booked up quickly, so book early. www.u3asites.org.uk/london-region

u3a Friends Extra

Friends Extra is a new benefits website exclusively for u3a Friends. It covers a wide range of benefits such as: Health and wellbeing discounts on eye care, health tests, gyms, spa deals and golf courses. Shopping savings on major brands and retail discount cards. Travel discounts from selected partners. Lifestyle and leisure offers such as days out, trips to the cinema and theatre. Insurance offers and access to financial advice and a legal helpline. Look out for more details in the April u3a Friends newsletter. If you do not receive the Friends newsletter already just go to u3a.org.uk/news/newsletter and sign up to receive it. Make the most of your membership!

South

East Region Summer School This will take place at the University of Chichester from 2-5 September. Booking details and information will be available from 11th April. u3asites.org.uk/southeastu3aforum/events

GROUP NEWS

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

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 Duggleby is offering to lead such a group at her home.

Eastern Dining – Roy Emmett leads a shared group with Redbridge and is relaunching on Tuesday, 30th April with a meal at 7 pm at Caraway, 53 Cranbrook Road, IG2 6HA, This is two minutes from Gants Hill station as you walk back towards Ilford. Your attendance should be confirmed no later than the previous day with Roy at royemmett@outlook.com or 07954 167627.

Golf Fore Fun – Look for Howard Mather's item about starting this group.

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

Lesley Searle

Birdwatching

Members of the Birdwatching group wish to thank Jackie Breaden who started this group in 2019 and has made our outings so enjoyable. She has now stepped down as Group Leader and the baton has now been passed to Chris Farnes. Our next outings are on **Wednesday 17th April** meeting at 11.00 a.m. in the Car Park (parking charges apply) at Fishers Green, Stubbins Hall Lane, Waltham Abbey EN9 2EF and on **Wednesday**

15th May meeting at 11.00 a.m. in the Car Park (parking charges apply for non RSPB members) at Rye Meads RSPB Reserve, Rye Road, Hoddeson, Ware SG12 8JS. Group members are usually able to offer lifts on both occasions although Rye House Station is 400 yards away from the Reserve with trains from Liverpool Street. Please get in touch with Chris Farnes for more details:

farnesfamily6@gmail.com or 020 8521 2187. New members are most welcome but please contact Lesley in the first instance.

Book Group 1

Book Group 1 will meet at the usual venue 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 9th May at 1pm. The book will be *The Witches of Manningtree* by R.D. Blackmore

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 on: haniafranek@hotmail.com

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. Fully booked, but contact Joy or Val to go on the waiting list. Joy jjpankhurst@btinternet.com mobile 079521 42232 or Val lordval99@btinternet.com mobile 07806 093533

Coach Trip to RHS Wisley

Date **9th July** Pick up time 9.00 at the Larkwood Harvester, 175 New Road E4 9EY. Departure time tba.
Price £18 to include driver's tip. Payment when booking please. Cheques payable to Waltham Forest u3a.

We are able to have free entrance to Wisley as our u3a is affiliated to the RHS. It is the historical home of the Royal Horticultural Society, and one of the world's great gardens.

It spans 200 acres and attracts a million visitors annually. Whether you are an avid gardener or not, there is much to see. It boasts some of the largest plant collections and is a wonderful day out.

For more information contact:
Joy jjpankhurst@btinternet.com
mobile 079521 42232
or Val lordval99@btinternet.com
mobile 07806 093533

Country Pub Lunches

Decent pub grub in a country pub setting encased in laughter. With summer approaching, we will try to hold two a month. Contact Howard on
aitchu3a@groupemail.com

Epping Forest Walk

The next walk will be on Tuesday 14th May We will meet at 1.30pm at Leytonstone High Road Overground Station. We will walk through Reservoir Wood ending at Wanstead Underground station.

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 **17th April** will be "Happy Go Lucky" The film on **15th May** will be "Loving Vincent".

Contact Arthur Russell if you would like a place at either showing.

Freedom Pass Wanderers

We have a full year of activities planned, using London as our playground and TFL as our trainset.

Our May wander is around Lambeth North-St George's Cathedral, Imperial War Museum etc.

Please contact Howard Mather on
aitchu3a@groupmail.com to join us.

Gardening Group

On **Weds 24th April** we will visit **Kew Gardens**. 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 have reached my maximum of 20. Howard is also planning trips to Kew. Barbara Humm 07913 229094
barbara.a.humm209@gmail.com

Kew Gardens Group Visits

21st June and sometime in September. If you want to take advantage of the subsidised entrance and want some friendly company, why not join Howard. Contact
aitchu3a@groupemail.com

Playing Golf

The Golf Fore Fun Group starts in less than a month with crazy golf and I suspect tons of laughs. I thank you for the great response.

However, a few folks have mentioned that they would prefer to play "Proper" Golf, whatever individual interpretations of that is. So, why not see if there are sufficient interested members to start a regular golf playing group.

Interested?

Contact aitchu3a@groupmail.com

Outdoor Sketching

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

Outing to Copped Hall (NB Change of Date)

If you have already told me you wish to come, you need only inform me if you **can't** come on the new date.

This visit will be on **Friday 21st June at around 1pm** 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. We will have a guided tour of the house and garden, plus refreshments.

Barbara Humm 07913229094
barbara.a.humm209@gmail.com

Poetry

The subject on Tuesday 7th May will be teachers/mentors.

Ten Pin Bowling (at Romford)

The last Friday in the month starting at 11am at Namco Funscape Romford, 1st floor. The Brewery, Romford RM1 1AU. Unlimited bowling for 2 hours plus tea/coffee for £7 each, it's great fun. Contact Howard Mather for more information. aitchu3a@groupmail.com

Walking Cricket

Our Walking Cricket group meets every 3rd Thursday of the month (weather permitting) and will continue up to October. We will be meeting on **Thursday**

18th April at 2.00 p.m. at Ridgeway Park, Peel Close, Chingford, E4 6XQ at 2 pm meeting outside the cafe. This is a shared group with Redbridge so there is plenty of light-hearted banter and gentle exercise. Existing group members will be notified individually but anyone is welcome to come along and give it a go. Ladies are especially welcome. For more information contact Trevor Farnes:

farnesfamily6@gmail.com or 8521 2187

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. cost is **£30**. Club.

LOCAL MUSIC

Waltham Forest Music Society

Recital by the Ormonde Ensemble on Friday **3rd May** at 7.30pm The programme includes Mozart's Quintet for Winds and pieces by Poulenc, & Faure. At All Saints Church, Highams Park E4 9QZ. Members £10, non members £15.

Music in the Village

at St. Michael & All Angels, Northcote Rd. E17 6PQ **1st May**. Baroque cantatas, sonatas and more. Music by Telemann,

Fasch, Bach and Roderick Williams. 7.30pm £6 for seniors, but feel free to pay more if you wish.

London Forest Choir

LFC will perform Bach's B Minor Mass accompanied by McCarthy's Baroque Band on Saturday **18th May** at 7.30pm at St Peter and St Paul's Church, The Green E4 7ES. Tickets £18 in advance, £20 on the door. www.londonforestchoir.org.

Local Drama

The Starlighters theatre company present Love is in the Air a show that takes a look at many aspects of love with well known songs both poignant and funny on Friday **24th May at 7.30 p.m.** and Saturday **25th May at 2.30 p.m.** at Waltham Forest Community Hub, 18a Orford Road, Walthamstow, E17 9LN Tickets: Adults £10 Concessions £5 available from www.ticketlab.co.uk/events/wfchub

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 Apr. 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 Tues; 1.30
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

To join a group or make enquiries

Contact: Lesley, Groups Co-ordinator
0208 539 7753 lesley.searle@gmail.com

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
Secretary & Website updates	Jane Harrington 0208 520 6554 secretary@wfu3a.org.uk
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Publicity, Catering & Facebook Admin	Chris Farnes 0208 521 2187 farnesfamily6@gmail.com
New Member Hosts:	Dorritt Okoye , Jan Rossington & Stephanie Patterson

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