



**NEXT MEETING**

**BUCKHURST HILL u3a**

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 Website: <https://buckhurst-hill.u3asite.uk>  
 Charity Reg No: 1178911

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Roding Valley Hall  
 Station Way  
 Buckhurst Hill  
 IG9 6LN  
 (car parking on site)  
 (doors open  
 1.30 pm)

12<sup>th</sup> March  
 Speaker:  
 Jef Page  
 "The Match Girls"

**FUTURE MEETINGS**

9<sup>th</sup> April  
 Speaker:  
 Lyndsay Whitehouse  
 "My Life in Prison"

14<sup>th</sup> May  
 Speaker:  
 Gary Jones  
 "All About Nursing"

## Thoughts from the Chair (*David Dooks*)

March marks the transition from winter to spring in many parts of the world. As the days grow longer and temperatures begin to rise, nature slowly awakens from the cold months. Trees start to bud, flowers bloom, and animals become more active, bringing a sense of renewal and fresh beginnings. Pity it's still raining!

One of the most significant events in the month is the March Equinox, which will occur on 20<sup>th</sup> March. On this day, day and night are nearly equal in length across the globe. It also signals the start of spring in the Northern Hemisphere and autumn in the Southern Hemisphere. A more important date for those of us with analogue clocks and watches is Sunday, 29<sup>th</sup> March, when 'time springs forward' an hour at 1 o'clock in the morning.

In ancient Rome, March was the first month of the year. Conversely, in Buckhurst Hill u3a, it is the final month of the year. I am, of course, talking about our membership year – don't forget to renew, the sooner the better, please.

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## BUCKHURST HILL u3a NEWS

### Membership Renewals (*Christine Slade*)

Thank you, everyone who has already renewed their membership. Another year to look forward to.

Our current membership year ends on 31<sup>st</sup> March. Please renew your membership before that date to have a seamless transition into our new membership year and continued eligibility to attend all your usual groups and events.

If you haven't renewed once that date has passed, we aren't allowed to contact you, nor can you participate in u3a activities.

Many group leaders have copies of our new membership application form which we hope will aid those who lack a printer. The form is also available at monthly meetings, on our website, or by contacting me on either 020 8505 1005 or [membership@buckhillu3a.org](mailto:membership@buckhillu3a.org).

### Paying for u3a Membership Subscriptions, Outings and Events (*Kevin Lucas*)

Regrettably we are **no longer** accepting cash in payment for u3a Membership Subscriptions, Outings and Events. In addition, can I encourage everyone who uses online banking to do so when paying money to Buckhurst Hill u3a, rather than cheques.

Membership application and renewal forms all contain the relevant bank details as do all event booking forms.

Unfortunately, like so many other banks, NatWest is closing our branch in Loughton in early May which means the nearest branch, for now, will be in Epping. This change makes it harder to bank cheques on a regular basis.

Interest Groups that are self-funding and collect money to cover hall hire etc will continue to accept cash for the time being. (ie Keep Fit & Craft).

# BUCKHURST HILL u3a NEWS – GROUPS

## Interest Group News (*Fiona Lucas*)



This month the very popular **Fun Afternoon Quiz Group** will be held on Friday 20<sup>th</sup> March, starting at 2 o'clock at Roding Valley Hall. This change of venue means that we can accommodate more tables so that more people can enjoy more light-hearted fun! I'm not sure where else you can have a good laugh plus refreshments for £2! There are still a few places left for this month's quiz. Please contact Christine on the details above if you'd like to join us. This month Buckhurst Hill is hosting the Quiz, so we shall be in the very experienced hands of Sue Meredith and Bob Clayton, who have stepped in as this month's Quiz Masters.

Quiz Dates for the Remainder of 2026	Booking Opens
Friday 17 <sup>th</sup> April	Saturday 21 <sup>st</sup> March
Friday 15 <sup>th</sup> May	Saturday 18 <sup>th</sup> April
Friday 18 <sup>th</sup> September	Saturday 29 <sup>th</sup> August
Friday 16 <sup>th</sup> October	Saturday 19 <sup>th</sup> September

I am very pleased to announce that Hilary Wrightman is starting up a new **Kalooki Group**. Kalooki is a card game popularly played in Jamaica. It is sometimes called Jamaican Rummy for its similarities to Rummy – although the games are different. It is a 13-card version of rummy which, although slightly more difficult, I am reliably informed that it can be mastered in just a few minutes! Beginners as well as experienced players are welcome to join in. It will be held monthly, on the 2nd Tuesday in the evening, starting on 14<sup>th</sup> April. If you would like more details or would like to join the group, please contact Hilary.

Hilary also runs an occasional Group that teaches you how to sell on **eBay**. If you have decluttered recently and would like to learn how to make some money out of your unwanted items, then this is the Group for you. You would only need to attend one or two meetings before you can start to profit from that Treasure that is lurking in the loft! If anyone would like to book a session with Hilary please contact her.

Please remember that any u3a is run by the 'Members for the Members' and it is completely reliant on the willingness of members to volunteer to run all our Interest Groups, Events and Outings. If you have enjoyed participating in our activities, maybe now might be time to think about how you can contribute in some way to expanding what we have on offer. Running a Group is not scary and I am there to support you to get any new Group up and running. Please contact me if you have an idea for a new Interest Group for Buckhurst Hill members, or are willing to help out, at [groups@buckhillu3a.org](mailto:groups@buckhillu3a.org).

## Craft Group (*Fiona Lucas*)

This month, the Craft Group met to stencil and embellish zipped canvas pouches. We used fabric paints to stencil a design on the front of the pouch, then once it had dried, we embellished our pouches with seed beads and bugle beads. The beading was a bit fiddly, but it was lovely to be crafting together and having a good chat while we worked! As always, the results were beautiful – the struggle to thread fine beading needles and control the tiny beads was all forgotten when we looked at the finished pouches!



Unfortunately, our friendly Group is full at present and there is a short waiting list. If you are interested in seeing more of our past projects, or want to enquire about joining, please explore the Craft Group page on the website. [https://buckhurst-hill.u3asite.uk/u3a\\_groups/craft/](https://buckhurst-hill.u3asite.uk/u3a_groups/craft/).

## The Photography Group (Kevin Lucas)

The Photography Group's first outing of 2026 was a visit to the Natural History Museum to view the "Wildlife Photographer of the Year" exhibition.

When we arrived, we walked through the impressive gardens which follow the story of how life on Earth has changed from the days of the dinosaurs through to today.



The exhibition is, as always, excellent and leaves the amateur photographer feeling rather inadequate! Here is a sample of the winning entries.



*This photograph is entitled "Dawn Watch" and was taken by Luca Lorenz who was the winner of the Rising Star Portfolio Award.*



*This photograph is entitled "The feast" and was taken by Audun Rikardsen who was the winner of the "Oceans: The Bigger Picture" category.*



© Andrea Dominiz

*This photograph is entitled "After the destruction" and was taken by Andrea Dominiz who was the winner of "The Young Wildlife Photographer of the Year 2025 Award" and winner of the category for young photographers aged 15 – 17 years*



© Wim van den Heever

*This photograph entitled "Ghost town visitor" was taken by Wim van den Heever who was the winner of the "Urban Wildlife" category and also "The Wildlife Photographer of the Year 2025 Award". This photograph was judged to be the most striking and memorable of all category winners.*

Our next outing on 26<sup>th</sup> March will be a walk from London Bridge to Tower Bridge via Bermondsey taking in "The Larders of London". Fingers crossed for reasonable weather!

To join the Photography Group, no special expertise or equipment is normally required, indeed, many of the group are now taking photographs using their Smartphones. Members with no interest in photography are welcome to join us purely for the outings. We have visited some very interesting locations in London.

Please contact me for further information.

### Curry Club (*Geoff Wrightman*)

The Curry Club met on Thursday 19<sup>th</sup> February at the Temple Indian Restaurant at Woodford. This was another great meal enjoyed by 18 members of the Club. As usual, more than enough to eat with some members taking home some of the excess. We were very well looked after by the staff, and everyone enjoyed a very sociable evening.



Our next Curry Club outing is on 19<sup>th</sup> March at the Manjal Restaurant in Langston Road, Loughton – why not join us?

If you are interested in joining this group, please contact me.

### Visit to the Brand Museum (*Margaret Bint*)

We had a very interesting trip to the Brand Museum on Thursday 5<sup>th</sup> March. An informative talk by a volunteer, Karen, gave us a little of the history.



A big feature of the museum was the time tunnel showing changes in packaging etc and how consumer products have changed through the decades since Victorian time.



There was so much to see. Bringing back many memories to most of us, I'm sure.

### **Lunching With Style – Easter Celebration** *(Hilary Wrightman)*

This year, our LWS Easter Celebration will be held at The New Boar, Abridge on Tuesday 31<sup>st</sup> March. Come and join us on this occasion. We have some places available.

The booking form is enclosed with this newsletter.

### **St George's Day Lunch Party** *(Mary Nathan)*

I still have a few tickets left, so join us on Thursday 23<sup>rd</sup> April for a St George's Day Lunch Party at the Roding Valley Hall. Tickets are £21.00 per person. A fish & chips or vegetarian lunch will be followed by entertainment. Be quick if you want to come.

The booking form is enclosed with this newsletter.

### **Visit to Battersea Dogs & Cats Home** *(Hilary Wrightman)*

Join us for a behind-the-scenes Tour of Battersea Dogs & Cats Home on Thursday 18<sup>th</sup> June. Only 12 places are available.

The booking form is enclosed with this newsletter.

### **Visit to Royal Court Theatre** *(Hilary Wrightman)*

Join us on Monday 6<sup>th</sup> July for a tour of the building and the backstage areas, then have Afternoon Tea.

The booking form is enclosed with this newsletter

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### **Sunday Club** *(Mary Nathan)*

I have room for 2 more members. We have tea and cakes, so if you fancy a good natter and lots of laughs, come and join us on the fourth Sunday of the month at 2.00pm.

Phone Mary if you are interested.

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### **Ten Pin Bowling** *(Mary Nathan)*

Top scores were Edna Rogers 101, Jean Pearson 116 and our "star bowler" Carol Smalley 155!

Our future bookings are: 7<sup>th</sup> April, 5<sup>th</sup> May, 2<sup>nd</sup> June and 7<sup>th</sup> July.

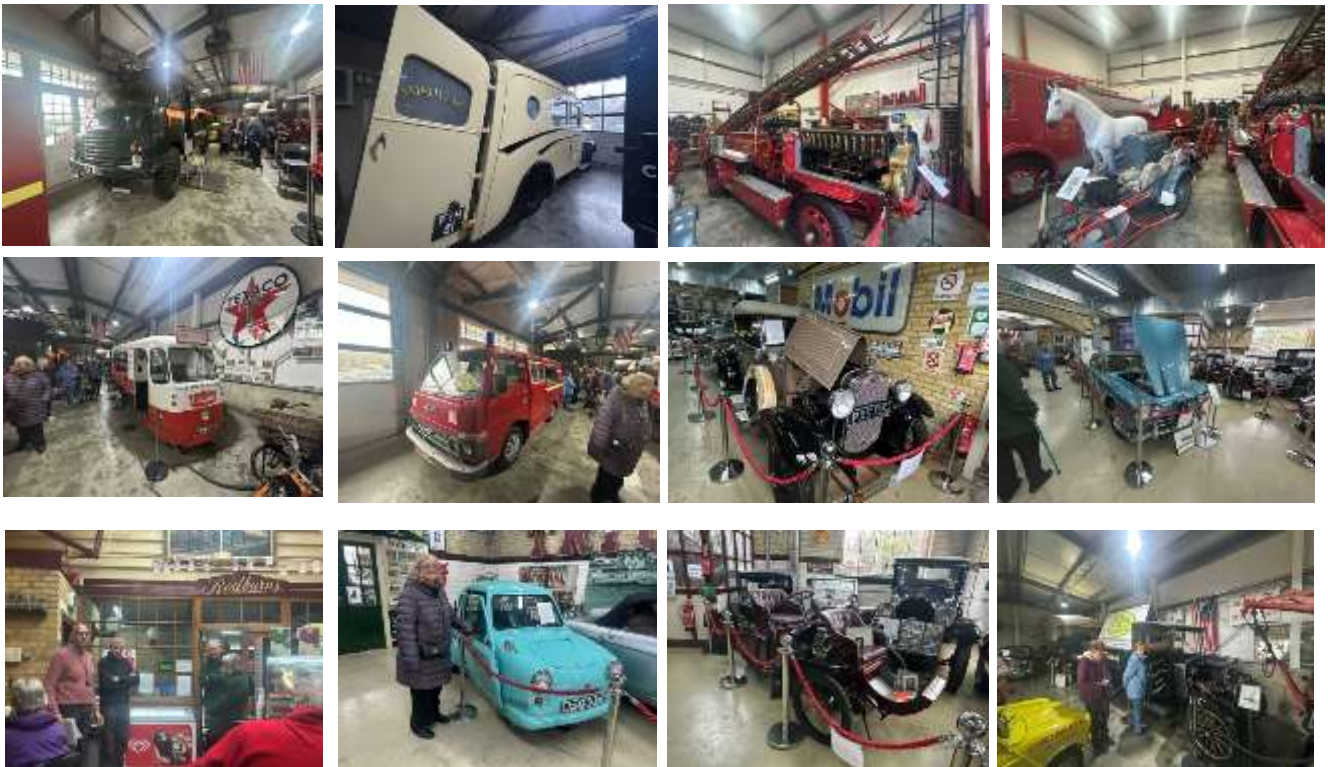
## Visit to Whitewebbs (Geoff Wrightman)

On Thursday 26<sup>th</sup> February, 17 members of our u3a visited the extraordinary Museum of Transport in Enfield.

The museum site was an old water pumping station with many of the original features intact and protected.

This is the venue for many transport related memorabilia, both large and small. In addition, there are many small items from toys to typewriters.

There are sections for large vehicles like fire engines, commercial vehicles etc, and also a selection of old and classic cars including a Model T Ford. There is a display of bicycles covering many generations.



So many memories from the past!

Our members enjoyed a light lunch at the small on-site café.

This museum is fairly close by, at Crews Hill, Enfield, and well worth a visit for you and your families.

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## Creative Yarns (Yvonne Hall & Joan Brunt)

We started the year making crochet fingerless gloves with great success. We provided advice, particularly for beginners; some of the group made more than one pair.



For our February meeting some of us tried a new knitting stitch called dip stitch, and a 1-cord stitch which makes a great edge to a knitting project.



Some of the group stayed for lunch, and we had a fun discussion about items that we have created and or are going to make. Our spring post-box topper from last year will soon be put on the post box in Kings Avenue, near the doctors'.

Lastly, I'm so sorry but we are full and there is a waiting list. If you would like to join the group, please email me through the Buckhurst Hill u3a website adding your name and membership number. Thank you.

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## Creative Writing (Fiona Lucas)

As many of you will be aware, Jackie Jacques unfortunately had a recent emergency admission to hospital which has severely curtailed her gallivanting for now! She has written an enlightening piece about her experiences in Whipps Cross Hospital which is sadly too long for us to publish in the Newsletter, however, we have put it on the website for all to read – just click on the link!

[www.buckhurst-hill.u3asite.uk/wp-content/uploads/2026/03/Never-Say-Die-pdf](http://www.buckhurst-hill.u3asite.uk/wp-content/uploads/2026/03/Never-Say-Die-pdf)

## Museums and Galleries Group (Joan Brunt)

A small group of six members of the Museums and Galleries Group visited the Fashion and Textile Museum in Bermondsey to see the Cosprop Exhibition.



The exhibition displayed some of the period costumes used over the past sixty years in film and television.

It was amazing to see the fine detail in each one and learn about the founder John Bright who not only established Cosprop but ventured into film making too. We were surprised at the number of films and television programmes that the Company had supplied costumes for, from *The Charge of the Light Brigade* to *Downton Abbey*. The display charted John Bright's collaboration with Merchant Ivory, the independent film company, who made several epic films over the last sixty years using authentic costumes.



John Bright OBE was quoted explaining that an actor would arrive at Cosprop carrying a script and the name of a character and walk out with the character forming in their mind, having found their costume. He had collected period clothing since the 1960s and carefully restored them. His vision for the Company was to develop a more authentic style of costume design based on the study of original clothing. The Company now employs over forty experts including costumiers, dyers, costume makers and milliners and has won BAFTA and Oscar awards.

We all agreed that it was a wonderful visit and enjoyed seeing the costumes of some of our favourite film and television characters.

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## COMMUNITY

### Memory Café (*Valerie Thame*)

Our u3a, in conjunction with the Buckhurst Hill Residents' Society and the Buckhurst Hill Parish Council, run a Memory Café for people who have a degree of Dementia, along with their carer or partner.



We offer light refreshments, together with music, games, a quiz, Bingo and lots of fun!

We meet on the second Friday of the month at the Roding Valley Hall between 10.00am and noon. There is no charge!

If you know of anyone who would like to join us, please contact either Jenn or Jean as follows:

**Jenn Page**

**07930 324408**

**[jennpage1946@gmail.com](mailto:jennpage1946@gmail.com)**

**Jean Skippen**

**[jeanskippen@gmail.com](mailto:jeanskippen@gmail.com)**

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### Visit to Fire Station (*Geoffrey Wrightman*)

Buckhurst Hill u3a has been given the opportunity to join a visit on Tuesday 14<sup>th</sup> April to the Essex Fire Museum at Grays. You need to make your own way to:

Essex Fire Museum  
Grays Fire Station  
Hoggs Lane  
Grays CM17 5QS

Meet there at 10.45am

Entry is Free of Charge with a Proposed Lunch at a Local Pub

If you are interested in joining this visit, please contact Geoff Wrightman.

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## The Antiques Roadshow is coming to Valentines Mansion



Valentines Mansion & Gardens will be hosting the BBC's iconic Antiques Roadshow on Sunday 7<sup>th</sup> June, promising a day of fascinating discoveries, remarkable stories and hidden treasures.

Please note that this is a ticketed event.

The show is inviting the public to submit items to be considered for appraisal – whether it's a cherished family heirloom or a more modern treasure, simply upload your photographs and details via [Share Your Story](#).

If you would prefer to attend as a spectator and soak up the atmosphere, you can apply for a [spectator ticket](#).

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## MEMBERS' NOTICE BOARD

If you would like a Newsletter mention for a special birthday or anniversary or, alternatively, would like a card sent to members who are unwell or to the family of a member on their passing, please phone and tell our Social Secretary, Mary Nathan.

Hilary Wrightman will collect tablet blister packs at our monthly meetings and take them to Superdrug for recycling into silver emergency blankets for the emergency services.

We are helping the Copped Hall Bookstall collect ink cartridges and coins, which can be brought to the monthly meeting, in a bag, and handed to Kevin or Fiona Lucas.

\*

## MEMBERSHIP FORMS & RENEWALS

Membership forms are available at our Monthly Meetings, on our website, by emailing [membership@buckhillu3a.org](mailto:membership@buckhillu3a.org) or by phoning 020 8505 1005. If you want your membership card posted to you, please include a stamped self-addressed envelope with your form, otherwise collect it at a monthly meeting. If you pay by bank transfer, membership cards will only be issued once membership forms have been received. When giving your own details and those of your emergency contacts, please ensure phone numbers are current.

\*

## OUTINGS & EVENTS

Booking forms are circulated with Newsletters and are available at monthly meetings. Completed forms (with contact details) must be given or posted to the event organiser.

## NEWSLETTER ARTICLES

Articles for inclusion should be emailed to [newsletter@buckhillu3a.org](mailto:newsletter@buckhillu3a.org) or posted to Newsletter Editor, 18 Scotland Road, Buckhurst Hill, IG9 5NR. Due to the Easter Bank Holiday weekend, the next newsletter will be early. The closing date for inputs to that Newsletter is Monday 30<sup>th</sup> March.

### East of England u3a (*Kevin Lucas*)

Buckhurst Hill u3a is a member of the East of England u3a network which covers all counties from Bedfordshire to Suffolk with Essex having by far the most u3a branches.

Each month East of England publishes a newsletter highlighting what is happening amongst the u3as in the region.

If you would like to take a look at this newsletter please follow this link – [East of England u3a](#) which will take you to the publication page of their website. From there you can explore their whole website. You can also access the link to East of England u3a on the information page of our website.

## UPCOMING EVENTS FOR MEMBERS

Tuesday 31 <sup>st</sup> March	Lunching with Style Easter Celebration – The New Boar
Thursday 23 <sup>rd</sup> April	St George's Day Event – Lunch & Entertainment
Thursday 14 <sup>th</sup> May	Brick Lane Music Hall – The Golden Age of Musicals (+ afternoon tea)
Thursday 18 <sup>th</sup> June	Battersea Dogs & Cats Home
Sunday 5 <sup>th</sup> July	Garden Party
Monday 6 <sup>th</sup> July	Royal Court Theatre and Afternoon Tea
Friday 10 <sup>th</sup> July	Roydon Garden – Visit
Sunday 19 <sup>th</sup> July	Copped Hall: <i>Play: The Merry Wives of Windsor</i>
Friday 25 <sup>th</sup> September	Macmillan Coffee Morning
Friday 3 <sup>rd</sup> December	Roydon Garden – Christmas Lights
Saturday 12 <sup>th</sup> December	Breakfast at the Monkams

These are dates for diaries. Some booking forms have already been issued, while others will accompany the newsletter in the coming months.

Visits that are Sold Out are no longer included.

All u3a-organised events and outings are for Members Only.

***Reminder to all Group Leaders – only paid-up members are eligible to attend group activities, so please ensure you have membership numbers and up-to-date contact details for all of your group.***

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## GROUP INFORMATION

GROUP	MEETING DAY
Backgammon and Banter	Last Monday of the month 2.30pm
Book Club	Monthly, 2 <sup>nd</sup> Monday 10.00am
Book Club (Non-Fiction) (RVu3a)	Monthly on 2 <sup>nd</sup> Monday 2.00 pm–4.00 pm
Bridge (Social)	Weekly, each Tuesday 10.00am
Carry on Crafting	Monthly, 3 <sup>rd</sup> Wednesday 11.00am
Coffee Morning	Monthly, on 3 <sup>rd</sup> Thursday 10.30 am – 12.00 noon
Craft Group	Monthly, 4 <sup>th</sup> Friday 2.15pm
Creative Writing	Monthly, 1 <sup>st</sup> Saturday at 10.30am
Creative Yarns	Monthly, usually 2 <sup>nd</sup> Wednesday, 10.00am
Cribbage	Monthly, on the 4th Thursday evening
Current Affairs (RVu3a)	Monthly 2 <sup>nd</sup> Tuesday 2.45pm
Curry Club	Monthly on 3 <sup>rd</sup> Thursday evening
Curious Mementos	Monthly 2 <sup>nd</sup> Friday 2.00–4.00pm
eBay Group	As arranged
Family History	Monthly on 2 <sup>nd</sup> Saturday 10.30am–12.30pm
Film / TV discussion and Cinema Outings Group	Monthly, 3 <sup>rd</sup> Monday 2.00pm Cinema Outings as arranged
Fitness for Fun	Monthly 4 <sup>th</sup> Tuesday 10.30am
Flower Arranging	As arranged
Forest Walks	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays, 10.00am
Fun Quiz Afternoon	Monthly on 3 <sup>rd</sup> Friday, 1.30pm. September/October/November
Grumpies	As arranged
Improv Group (RVu3a)	Fortnightly, 2nd and 4th Thursday 2.00 pm–3.30pm
Italian: Basic (EFu3a)	Alternate Wednesdays 2.00 pm – 4.00pm
Italian: Conversation (W&Wu3a)	Alternate Wednesdays 2.00 pm – 4.00pm
Kalooki	Monthly, on the 2nd Tuesday evening (from 14 <sup>th</sup> April)
Lunch Club 1	Monthly 2 <sup>nd</sup> Tuesday
Lunch Club 2	Monthly 2 <sup>nd</sup> Monday
Lunching With Style	As arranged
Mah Jong	First Monday, monthly at 2.00pm
Museums and Galleries Group	Monthly on 1st Thursday, am
Outings	As arranged
Paint Pouring	Monthly: 1 <sup>st</sup> or 3 <sup>rd</sup> Tuesday or 1 <sup>st</sup> or 3 <sup>rd</sup> Wednesday, or 1 <sup>st</sup> Friday 2.00pm
Photography	Monthly usually 4 <sup>th</sup> Thursday
Play Reading	Monthly on 1 <sup>st</sup> Thursday 2.00pm
Recorder (Intermediate) (EFu3a)	Monthly, 3 <sup>rd</sup> Wednesday 10.00am – 12.00 noon
Rummikub	Monthly on 2 <sup>nd</sup> Monday 2.30pm

Science Group (RVu3a)	Monthly on 1 <sup>st</sup> Thursday 2.00pm
Scrabble 1	Monthly on 2 <sup>nd</sup> Wednesday 2.00 pm
Scrabble 2	Last Friday of the month 2.00pm
Sunday Club	Monthly on 4 <sup>th</sup> Sunday 2.30–4.30pm
Sunday Lunch for Singles	Monthly 1 <sup>st</sup> Sunday
Ten Pin Bowling	Monthly on 1 <sup>st</sup> Tuesday (unless school holidays)
Theatre Outings (Local)	As arranged
Theatre Outings (West End)	As arranged

#### VISITORS

Visitors/Potential New Members will be allowed to attend the Monthly Meeting ONCE ONLY (free of charge)