



NEXT MEETING

BUCKHURST HILL u3a

Enquiries: enquiries@buckhillu3a.org
 Website: <https://buckhurst-hill.u3asite.uk>
 Charity Reg No: 1178911

COMMITTEE CONTACTS

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

(doors open
 1.30 pm)

9th July
 Dr Paul Rabbitts
 "The History of
 London's
 Royal Parks")

FUTURE MEETINGS

13th August
 Paul Barwick
 "The White Mouse,
 Nancy Wake"

10th September
 Alan Coleman
 "Famous People
 I Have Known"

Thoughts from the Chair (*David Dooks*)

P-H-E-W!! As the mercury shot up the thermometer, was I alone in thinking "Oh no, not another heatwave"! Back to the routine of closing blinds and shutters from early dawn, having two or three cold showers during the day and drinking copious amounts of water until opening the home up in the evening in a vain attempt to get an airflow going to cool the bedroom down before trying to bed. Then, just when you thought you'd managed the day well enough to try sleeping, there's an enormous thunderstorm to keep you awake in the early hours!

School holidays are beginning soon so what does that mean for you - extra child-minding, bunkering down for a few weeks to avoid the extra tourist crowds, or the start of summer sport watching? Or maybe it means looking forward to long-term plans for travel, last minute holidays or even a weekend away? If you are going to be in different surroundings during July and August, please email me a holiday snap (chair@buckhillu3a.org) so that we can put a 'members on their travels' section in our Newsletter. Whether it's Barbados or Brighton, Malaga or Margate, please share a picture with us.

The football World Cup is still with us, the final not being until 19th July. Do you feel growing excitement or prolonged boredom? With Scotland already eliminated, home country hopes rest with England, but I'd warn against putting your 50p on them to 'bring it home'.

A week ago, we recognised the time, organisation and effort put in by our Group Leaders and Helpers by providing a lunch for them at The Monkams. On a hot day, it was nice to get together and say thank you.

BUCKHURST HILL u3a NEWS

Garden Party and Afternoon Tea (*Mary Nathan*)

Have you booked and paid to go to the Garden Party and Afternoon Tea on Sunday 5th July but don't have your ticket? Please 'phone Mary for the address of this event. You are on the list.

Curry Club (*Geoff Wrightman*)

Our next venture is on Thursday 16th July at the Theydon Bois Balti House. Why not join us? Please contact Geoff for details.

Visit to Private Garden at Roydon, Essex (*Hilary Wrightman*)

Join us for a private viewing of one of the most outstanding private gardens in Essex on Friday 10th July. There are approximately 9 acres of land, which includes formal, Japanese, beach and arid gardens as well as numerous sculptures and other points of interest. There is also a wood.

Any of our members who would like to be accompanied by a non-member can contact Liz Davison on 07768 514281 to book a place. This is how a non-member can join this visit and pay on the day.

The booking form (for members only) accompanies this newsletter.

Interest Group News (*Fiona Lucas*)

Good News for all guitar players! One of our new members, Stephen Selby, has offered to start a **Guitar Group**. Stephen is an experienced guitarist who has played acoustic, electric and bass guitars over many decades and still plays in several bands. He is introducing a monthly fun session for beginner and intermediate players, to get together to play and sing well known songs, chosen by the group (singing will not be compulsory!). Some guitars will be available, but players should bring their own if possible.

The Group will meet on the fourth Tuesday morning of each month, starting on 22nd September, at his home in Buckhurst Hill for a two-hour session. It doesn't matter how good you are as long as you want to join in and have a lot of fun. He needs a minimum of three players to start the group off, and the maximum will be around 6 people because of space.

If you would like to join the Group or just find out more, please contact Stephen.

The **Flower Arranging Group** will be meeting on 3rd July to make an arrangement in a Tea Pot! There is still just one place left for this session. If anyone would like to take this place, they would be very welcome. Please email me at groups@buckhillu3a.org and I will be pleased to send you details and a booking form.

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. Being a Group Leader is not onerous, 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.

Brick Lane Music Hall

Our members had a great afternoon's entertainment and enjoyed afternoon tea at Brick Lane last month.



Rochester Christmas Market (*Hilary Wrightman*)

A few places are still available for our visit to Rochester Christmas Market on Friday 27th November. The market is regarded as one of the UK's premier events, with over 250,000 visitors. It has over 120 stalls selling sustainable gifts, distinctive clothing and homewares and a wide variety of artisan goods and foods. Something for everyone. Rochester town centre is within walking distance and offers another excellent source of shopping and food and drink. Entry to the market is free and the cost is for coach travel only.

The booking form accompanies this newsletter.

Craft Group (*Fiona Lucas*)

Despite it being yet another record-breaking hottest day last Friday, a hardy band of Crafters armed with water bottles, mini fans and damp flannels met to make a very useful lined sticky notebook with an elastic fastening. Mercifully, after having to get up and choose our papers, the rest of the afternoon was spent in a more sedentary fashion, measuring, cutting and gluing! Some bits were a little fiddly but in the end we all produced some beautiful notebooks, each very different as there was such a large choice of decorative papers. Some even went the extra mile and worked out how to add a pencil holder onto the side!



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/.

Visit to Battersea Dogs and Cats Home (*Colin Rotbart*)

Twelve animal lovers visited Battersea Dogs and Cats Home on 18th June and had a 1¼-hour tour which was fascinating. Battersea re-home 100 dogs and cats with a 3-month average stay. We were shown many dogs and cats waiting to be re-homed.



The organisation was vast, and fortunately the home itself was freehold as the development around was modern and extensive, and developers would no doubt have had eyes on the site. Vets and nurses were permanently employed, plus hundreds of staff including a huge network of administrators and fund raisers. They are a charity so rely heavily on donations and liaise with many other rescue shelters.

Whittington Lodge (yes, named after Dick Whittington!) is a Grade II listed building within the site and was used to house dogs and cats at the turn of the 20th Century and is now the location of a small museum.



Ten Pin Bowling (*Mary Nathan*)

There won't be 10-Pin Bowling in August. We will resume at City Limits in September.

Call the Midwife and Chatham Dockyard Tours (*Hilary Wrightman*)

We have spaces available on our tours of Chatham Dockyard and the Call the Midwife set on Friday 4th September (there is a lot of walking involved!) In the morning we will tour the Call the Midwife set and will then have a break for lunch - there are two places to eat: one is a proper sit-down venue; the other is a "cold" small snack bar. Following lunch we will have a coach tour of Chatham Dockyard itself.

Merry Wives of Windsor (*Mary Nathan*)

Due to lack of support, Buckhurst Hill u3a will not be arranging tickets for the Shakespearean play at Copped Hall this year. Any member who wants to attend should book with TicketSource.

HOT, INNIT?!

by

Jackie Jacques

The weather is sizzling, we oldies are grizzling
And Nanny State fears for our health:
Drink water, not booze, and wear something loose,
Stay indoors, with the fan on the shelf.

They advise no more outings, and please draw the curtains,
Heat exhaustion is on the horizon
Watch a film, read a book, give WhatsApp a look,
And try not to let any flies in.

The heat's gonna soar, for five days or more
But the garden will dry up untended
So please wear a hat and don't stay to chat
With the robin that you have befriended.

Just water those pots – be sparing, not lots!
And did you remember your sun cream?
Don't be a chancer, remember skin cancer
May well put an end to your pipe dream.

And yet, years ago, the thinking was No –
Sit Gran on the sand by the ocean
And if she should blister, where the hot sun has kissed her
Then dab her with calamine lotion.

Is it worth all the fuss that they make over us?
Shall I venture an evening of curries?
While the sun shines make hay, for there'll soon come a day
When meltdown's the least of my worries.

Change my mind on that score when I open the door
To a furnace blast searing my skin.
Will chicken tandoori be the end of my story?
Head back to my dungeon within.

If climate change stays, and England's ablaze,
(Well, forty degrees is a bummer)
Then I have a ruse – I'll save up for a cruise
And head to the North Pole next summer.

The Photography Group (*Kevin Lucas*)

Thursday 25th June was to have been a walk around the Leamouth Peninsular but a test walk on a soggy Wednesday the previous week found around half the walk closed off, and since it was a relatively short walk the idea was abandoned.

Plan B, as an alternative, a walk from Westminster to the Tower of London along the north bank of the Thames via the newly opened Bazilgette Embankment was proposed and promised to be an enjoyable outing until the weather got in the way with forecast temperatures for Greater London of 35°C (or 94°F in old money) and Met Office Red Warnings of extreme heat, so it was decided this perhaps was not the best idea and this will now take place later in the year.

And so onto Plan C! In the end a group of twelve brave photographers ventured into Knighton Woods where there was plenty of shade and somewhat cooler temperatures – only mid 80's. The Group was given a challenge to photograph "Light, Shade and Shadows" after which we retired to Chez Lucas for morning coffee.



The Group

Here is a selection taken by the Group, the ponds were covered in green algae.



Steve Skippen



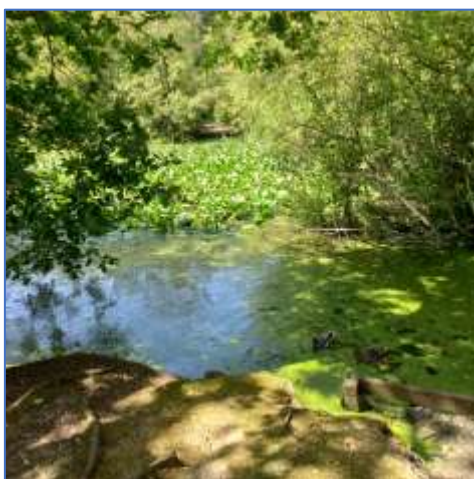
Fiona Lucas



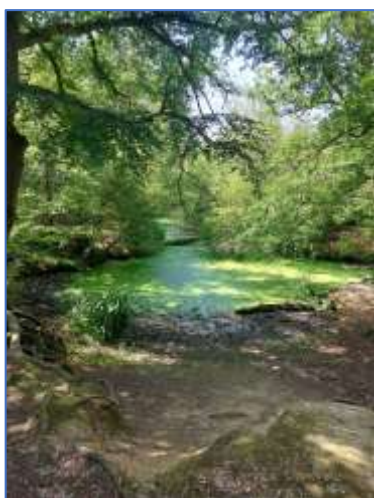
Karen Wood



Kevin Lucas



Valerie Thame



Julie Barclay



Sally Gillespie



Sam Blitz



Anne Harriman



Janet Gray



Yvonne Hall

The Group is taking a break over the summer but in July we will be holding our annual Afternoon Tea and Members' Competition. Outings will resume in September with a walk from Greenwich to Canary Wharf.

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.

Paint Pouring (*Jacqueline Jacques*)

In June, we attempted to combine a few of the techniques we have mastered. We started by layering a cup with several colours, which we flipped onto the canvas. We spattered the resulting paint puddle with silicone to make cells and, having stretched out our design (by tipping the canvas this way and that to cover the edges of the canvas) we sent a marble on a merry roll throughout the picture. The results are pretty impressive, I think you will agree.



Holiday in 2027 – Best of the Scottish Highlands (Hilary Wrightman)

Would you be interested in joining us for this holiday?

We have been offered places on Newmarket Holidays' tour of the Best of the Scottish Highlands. We would fly from Heathrow on Friday 7th May 2027 at 1.00pm. This holiday would be for 6 nights (half board) at the Carrbridge Hotel on the banks of River Dulnain.

Price: Double and Twin Rooms £1419.00 per person
Single Room £1746.00 per person

Deposit: £275.00 per person.

All tours, transfers and guide are included in the price.

From the stunning Road to the Isles and legendary Loch Ness to the mysterious Black Isle, this holiday features a host of Highland highlights. Take a cruise on the Moray Firth, explore the mythical waters of the Loch Ness, and a cruise to take in views of the scenery; and the ruins of Urquhart Castle, Balmoral Castle, the Scottish holiday home of the Royal Family, with time to see Crathie Kirk, and the Victorian village of Ballater. Continue with a journey along the 'Road to the Isles' from Fort William to Mallaig, passing through charming villages and breath-taking landscapes, including the enchanting Isle of Skye. Conclude with a trip to the Victorian seaside town of Nairn and the poignant grounds of Culloden Battlefield.

Places will be held until Monday 31st August 2026.

Please contact me, Hilary Wrightman, at outings@buckhillu3a.org if you are interested or have any questions.

MEMBERS' CORNER

Alzheimer's Society Forget-Me-Not Appeal – Crochet Flowers

It is highly likely that you will know or have known someone with this awful disease and the Alzheimer's Society is looking to raise funds to help those suffering. The Society's official emblem is a Forget-Me-Not flower, which symbolises memory, identity and community.



Some of our members have been busy making crochet forget-me-not flowers that we will be offering at our monthly meeting for a minimum cash donation of £1.00. Please look out for the flowers at the rear of the hall and contribute as generously as you can.

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 foreign coins, which can be brought to the monthly meeting, in a bag, and handed to Kevin or Fiona Lucas.

*

MEMBERSHIP FORMS & RENEWALS

Our membership year runs from 1 April 2026 to 31 March 2027.

Membership forms are available at our Monthly Meetings, on our website, by emailing 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 or posted to Newsletter Editor, 18 Scotland Road, Buckhurst Hill, IG9 5NR. The closing date for inputs to the next Newsletter is Friday 7th August.

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

Friday 10 th July	Roydon Garden – Visit
Friday 4 th September	Call the Midwife & Chatham Dockyard Tours
Friday 25 th September	Macmillan Coffee Morning
Friday 27 th November	Rochester Christmas Market
Friday 3 rd December	Roydon Garden – Christmas Lights
Saturday 12 th December	Breakfast at the Monkams
Friday 7 th May to Thursday 13 th May	Tour of the Scottish Highlands

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.

GROUPS INFORMATION

GROUP	MEETING DAY
Backgammon and Banter	Last Monday of the month 2.30pm
Board Games	Monthly, 2 nd Tuesday 2.00pm
Book Club	Monthly, 2 nd Monday 10.00am
Book Club (Non-Fiction) (RVu3a)	Monthly, 2 nd Thursday 7.15 pm
Bridge (Social)	Weekly, each Tuesday 10.00am
Carry on Crafting	Monthly, 3 rd Wednesday 11.00am
Coffee Morning	Monthly, 3 rd Thursday 10.30 am – 12.00 noon
Craft Group	Monthly, 4 th Friday 1.00pm
Creative Writing	Monthly, 1 st Saturday at 10.30am
Creative Yarns	Monthly, usually 2 nd Wednesday, 11.00am
Cribbage	Monthly, 4 th Thursday evening
Current Affairs (RVu3a)	Monthly 2 nd Tuesday 2.45pm
Curry Club	Monthly, 3 rd Thursday evening
Curious Mementos	Monthly 2 nd Friday 2.00–4.00pm
Dog Walking (EFu3a)	Monthly 3 rd Friday 10.00–11.30am
eBay Group	As arranged
Family History	Monthly, 2 nd Saturday 10.30am–12.30pm
Film / TV discussion and Cinema Outings Group	Monthly, 3 rd Monday 2.00pm Cinema Outings as arranged
Fitness for Fun	Monthly 2 nd & 4 th Tuesdays 10.30a
Flower Arranging	As arranged
Forest Walks	1 st and 3 rd Mondays, 10.30am
Fun Quiz Afternoon	Monthly, 3 rd Friday, 1.30pm. September/October/November
Grumpies	As arranged
Guitar Group	Monthly, 4 th Tuesday morning (starting 22 September)
Improv Group (RVu3a)	Fortnightly, 2 nd and 4 th 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 (from 15 September)	Monthly, 3 rd Tuesday evening
Lunch Club 1	Monthly, 2 nd Tuesday
Lunch Club 2	Monthly, 2 nd Monday
Lunching With Style	As arranged
Mah Jong	First Monday, monthly at 2.00pm
Mosaics for Beginners	Monthly, 2 nd Monday at 1.00pm
Museums and Galleries Group	Monthly, 1 st Thursday, am
Outings	As arranged

Paint Pouring	Monthly: 1 st or 3 rd Tuesday or 1 st or 3 rd Wednesday, or 1 st Friday 2.00pm
Photography	Monthly usually 4 th Thursday
Photography: Developing Technical Skills (RVu3a)	Details on RVu3a website: https://rodingvalley.u3asite.uk/u3a_groups/photography-group/ .
Play Reading	Monthly, 1 st Thursday 2.00pm
Recorder (Intermediate) (EFu3a)	Monthly, 2 nd Wednesday 10.00am – 12.00 noon
Rubber Bridge (EFu3a)	Weekly Thursday afternoon 1.30–3.30pm
Rummikub	Monthly, 2 nd Monday 2.30pm
Science Group (RVu3a)	Monthly, 1 st Thursday 2.00pm
Scrabble 1	Monthly, 2 nd Wednesday 2.00 pm
Scrabble 2	Monthly, 2 nd Friday 2.00pm
Sunday Club	Monthly, 4 th Sunday 2.30–4.30pm
Sunday Lunch for Singles	Monthly, 1 st Sunday
Ten Pin Bowling	Monthly, 1 st 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)