



BUCKHURST HILL u3a

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

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NEXT MEETING

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

(doors open
1.30 pm)

13th August

CANCELLED

FUTURE MEETINGS

10th September
Speaker
TBA

8th October
Judith Hood
"Discovering My Gift
as a Medium"

Thoughts from the Chair (David Dooks)

August has many celebratory dates. The 1st is recognised as Yorkshire Day and the 7th is International Beer Day (they are often combined)! The 8th is International Cat Day and if you like bigger felines, the 10th is World Lion Day. The 12th is the start of Red Grouse shooting season (not very popular in the Buckhurst Hill area any more), International Youth Day (to recognise the potential of young people) and World Elephant Day (to raise awareness about their protection from ivory-hunters). The 13th is an International Day for Left-Handers and the diminishing art of Calligraphy. The 19th is World Photography Day and the 27th is Rock, Paper, Scissors Day – try playing with anyone except children, they're the experts!

If there isn't an August day for you there, the evening of the 12th will provide an astronomical event you won't be able to avoid – a partial solar eclipse! From around 6.15pm, the Moon will begin to cover the Sun, with peak coverage at around 7.10pm before the Sun fully reappears about an hour later. A word of warning, though – don't look at the Sun during this time, even through sunglasses – it's dangerous! Later that evening, from midnight to 5.30am, there will be the Perseid meteor shower (shooting stars), with forecasts of up to 150 meteors per hour. If you are a night owl or perhaps taking a bathroom visit(!), look out of your window into the night sky and you might be surprised.

With the schools' Summer break having started, the holiday season has begun and so far I've received two 'holiday snaps' from our membership. Whether staying at home (enjoying the sunshine, searching for shade or keeping grandchildren occupied), or going away, wherever you spend the next few weeks, remember to email me (chair@buckhillu3a.org) a photo that we can share in the Newsletter.

The continued spate of heatwaves have inevitably led to hosepipe bans for thousands of homes in our area. But be aware, if you have a Blue Badge and cannot use a watering can due to health or mobility reasons, or you are on your water provider's Priority Services Register under certain circumstances, the ban doesn't apply. Check out your water provider's website for full information.

BUCKHURST HILL u3a NEWS

INTEREST GROUP NEWS (Fiona Lucas)

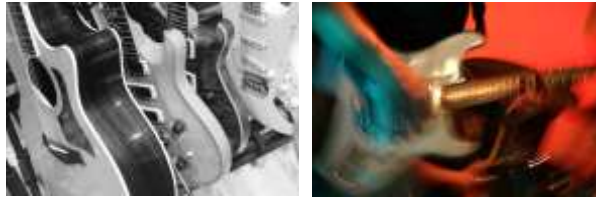


One of our new members Tess, a qualified Laughter Yoga Leader has volunteered to start a **Laughter Yoga Group**. Come along and have a good laugh! No jokes or downward dogs, just some playful laughter games. A happy session that also has health benefits in reducing stress, lifting mood and getting the blood flowing.

Despite the name, Laughter Yoga has no yoga poses and no requirement to be flexible, spiritual, or even particularly cheerful. What it does require is a willingness to show up, laugh and play! All exercises can be done standing or sitting.

The sessions will take place for an hour, starting 15th September, on the first and third Tuesdays of the month at Loughton Bowls Club from 10.30am to 11.30pm. Meetings will cost £2 to cover the cost of Hall Hire. If you would like to join this Group or find out more, please email Tess.

Calling all Guitar Players!



This is a reminder that one of our 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 **Kalooki Group** will meet again in September when it changes its day and time. It will now meet on the third Tuesday afternoon, starting on 15th September. Kalooki is a card game popularly played in Jamaica. It is sometimes called Jamaican Rummy for 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. If you would like more details or would like to join the group please contact Hilary.



The very popular **Fun Quiz Afternoon** will be back next month! Booking will open on 22nd August, if you would like to book a place make a note to call Christine. She will not be taking bookings before this date.

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.

Craft Group (*Fiona Lucas*)

At the end of July, twenty-four Crafters met to create little cotton reel pincushions. Many of us had not done any embroidery for ages and to begin with we were all very quiet whilst we concentrated on remembering how to do chain stitch, French knots, cross stitch and the like! It was quite therapeutic and as everyone designed their own cottage roof, using different stitches and colours of felt, each little pincushion looked very different.



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/

The Photography Group (Kevin Lucas)

On Thursday 30th July the Photography Group held its annual Afternoon Tea and Members' Competition. Fortunately, the weather was kind and had cooled down somewhat which made sitting in the garden far more acceptable than it had been earlier in the week.

Members were invited to submit a photograph taken on one of the Group's outings since September 2025. There were eighteen entries which were printed to A4 size, mounted and displayed anonymously ready for judging.

During the course of the afternoon everyone selected their favourite photograph which was again done anonymously. This year's entries were:



Anne Harriman



Yvonne Hall



Stephanie Kerstein



Karen Wood



Janet Gray



Noel T



Robert Gunn



Dave Hall



Sam Blitz



Carolyn Glattback



Pauline Leadley



Gillian Heard



Fiona Lucas



Cathy Lee



Valerie Thame



Kevin Lucas

The runner up was Julie Barclay's photograph of "Ruby" which was taken on our walk along the Regent Canal from Litte Venice to Kings Cross.



Runner up – Julie Barclay

This year's winning photograph was taken by Steve Skippen during our rearranged walk into Knighton Woods during (one of) June's heatwaves –



Winner – Steve Skippen

We are taking a break during August, but 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.

Flower Arranging (*Fiona Lucas*)

In July, a large group of keen flower arrangers met for a lovely afternoon with Lynn, who taught us how to create a beautiful arrangement in a tea pot! We were shown how to shape our oasis to fill the teapot, create an easy bow using a magical pull-bow and work with greenery and both real and faux flowers to create a full arrangement. As we each brought different tea pots of different sizes and shapes, all our arrangements looked quite different. Thank you, Lynn, for a lovely afternoon!



There is a mailing list for members who would like to be informed when a Flower Arranging session will be taking place. If you would like your name to be added to the list, please email Fiona at groups@buckhillu3a.org or call her on 07540 948222.



Football Predictions (*David Dooks*)

So the 2026/27 football season is soon to begin (I hear cheers, boos and yawns from members in equal measure!). For those of you with more than a passing interest in the national game, why not take part in a free, fun competition we are running where the prize at the end of the season will be the prestigious title of **Buckhurst Hill u3a Football Predictions Champion!**

All you need to do to enter is email me (chair@buckhillu3a.org) before the end of August with the teams you think will finish the season at the top and bottom of each of the top four men's divisions – Premier League, Championship, League One and League Two, and the women's Super League. So that's all there is to it, just nominate ten teams – how hard can it be? In our Newsletters, we'll monitor a snapshot of our top performing members.

Ten Pin Bowling (*Mary Nathan*)

Scores for the July session of 10 Pin Bowling were: David Dooks 133 and 121, Carol Smalley 103 and 129, Jean Pearson 113, Jean Page 112.



Our next date is Tuesday 15th September.

Curry Club (*Geoff Wrightman*)

On Thursday 16th July 2026, 21 members of the Curry Club sat down to an excellent meal with great service at the Theydon Bois Balti House.



Why not join us on Thursday 20th August when we visit MOHABIR Restaurant in South Woodford. Please contact Geoffrey Wrightman for more information.

Special Relationship?

by
Jan Shillum

Nobody warns us that as we grow older,
age creeps up so slowly, gets gradually bolder.
At first, we don't notice, but slowly and surely
the back and the knees go to make us feel poorly
and then it's the ears and the eyes that give in,
hair turns white on our head but black on our chin.

New creases appear out of nowhere it seems,
overnight while we sleep – we're still young in dreams.
In the States when I visit the family each year
my wrinkles and grey hair attract almost fear,
the unvarnished truth of my face and my figure
is too much for Americans and act like a trigger –
they've all been so tinted and tightened, etcetera
in the vain hope it's going to make them feel better.

But we understand that nature knows best,
nothing stands in the way of her progress.
We're biodegradable with built-in obsolescence,
all part of the plan to make way for adolescents.
If only they'd see that with age, we get wiser,
distilled to our unique selves – but rather nicer.
Respect for our elders, if taught at an early age
might ensure we all know how to turn that last page.

Paint Pouring (*Jacqueline Jacques*)

In July there were fewer Paint Pouring meetings than usual, but those who attended produced some very pretty paintings highlighting the 'swiping' method of painting.

We will continue with swiping, this month, for those who missed it and those who would like to have another go.



LOCAL EVENTS AND OUTINGS

Garden Party and Afternoon Tea (*Mary Nathan*)

My thanks again to Jacqueline and Peter for their help and the use of their lovely garden.



The weather was lovely, the food good and the company was great. From the feedback I had, everybody enjoyed the afternoon.

Royal Court Theatre (*Linda Barclay*)

A recent visit to the above writers' theatre proved very enjoyable.

The guide was very knowledgeable and lead us through every nook and cranny.

Opened in 1870 in a converted chapel, then named the New Chelsea Theatre. In 1888, it moved to the current building in Sloane Square. Artistic director George Devine took charge in 1956 launching John Osborne's 'Look Back in Anger'.

The theatre censorship was abolished in 1960, which the Royal Court helped achieve.

In 2000 the theatre underwent a major National Lottery-funded architectural renovation.



The theatre continues launching modern classics including Jez Butterworth's 'Jerusalem'.

Just two negative points I wish to make: only one of the two theatres were available for viewing and we were served a paltry afternoon tea which would have been better described as light refreshments.

UPCOMING EVENTS FOR MEMBERS ONLY – DIARY DATES

Friday 4 th September	Call the Midwife & Chatham Dockyard Tours
Friday 25 th September	Macmillan Coffee Morning
Friday 6 th November	Sipsmith Gin Distillery
Friday 27 th November	Rochester Christmas Market
Thursday 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.

***Only paid-up members are eligible to attend group activities or outings.
Group Leaders and outings organisers maintain membership numbers
and up-to-date contact details for participants.***

FUTURE LOCAL EVENTS AND OUTINGS – INFORMATION

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.

Visit to Sipsmith Gin Distillery (Hilary Wrightman)

Gin lovers, join us at Sipsmith Gin Distillery for a Distillery Tour and Tasted Tasting on Friday 6th November. The booking form is enclosed with this newsletter.

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

[Sylvia Medhurst \(Cathy Tredgett\)](#)

An update on Sylvia Medhurst for those who know her. She has moved into a Care Home, has settled well and is benefitting from being there.

Cathy and Mary went to see her and spent a very enjoyable afternoon with her, as this photo shows.



[More Than Meets the Eye \(Steve Skippen\)](#)

Too long for the Newsletter, but should anyone be interested in reading my article, 'More than Meets the Eye', to share my recent Knighton Woods experience on a u3a photography outing, please click on the link below:

<https://buckhurst-hill.u3asite.uk/wp-content/uploads/2026/08/More-than-Meets-the-Eye.pdf>
stephenskippenwriter@yahoo.com

COMMUNITY

Broadmead Road Bridge Petition

Iain Duncan Smith, MP, has constantly made representations to Redbridge Council, Transport for London and Government about the prolonged closure of Broadmead Road. To support his case to the Transport Secretary, he is asking for local support and has an online petition form, available at

<https://www.iainduncansmith.org.uk/campaigns/re-open-broadmead-road-bridge-0>

u3a members and friends, families and colleagues are invited to sign.

Collection for Ukraine (*Geoff Wrightman*)



THE ROTARY CLUB OF BARKINGSIDE AND REDBRIDGE

Once again, in conjunction with **UK-Aid Felsted** we are looking to collect the following new or used items:

Wheelchairs, Walking Frames, Crutches, Walking Sticks, Medical Boots, Spectacles and any other medical equipment.

In addition, we are looking for tinned and dry foods. Many supermarkets in Ukraine have been forced to close and basic goods are in great need.

The collections will be made at the following times and locations:

Roding Valley Hall (car park), Station Way, Buckhurst Hill, IG9 6LN

Between 9.00am and 10.30am **Saturday 15th August**

Sir James Hawkey Hall (car park), Broomhill Road, IG8 OBG

Between 11.00am and 12.30pm **Saturday 15th August**

Barkingside, Fullwell Cross Roundabout Car Park, IG6 1PP

Between 10.00am and 11.30am **Sunday 16th August**

Loughton Swimming Pool (car park), Traps Hill, Loughton, IG10 1HD

Between 12.00 and 1.30pm **Sunday 16th August**

Theydon Bois Village Hall (car park), Coppice Row, CM16 7ER

Between 2.00pm and 3.30pm **Sunday 16th August**

If you require any further information, please contact Geoffrey Wrightman.

Visit to Poppy Factory – 9th September (*Fiona Lucas*)



Waltham Forest u3a is organising a coach trip to Richmond and the Poppy Factory on Wednesday 9th September and has offered places to Buckhurst Hill u3a members

Cost: £30.00 (Richmond and the Poppy Factory) or £15.00 (Richmond only)

Pick up: 8.45 am at The Larkswood, Harvester, New Road, Chingford, E4 9EY (there is parking close by).

The visit to the Poppy Factory will take approximately 2 hours leaving plenty of time for lunch and to explore Richmond. The Poppy Factory is a National Charity helping to support Veterans and their families. Our visit includes a 30-minute presentation and an hour self-guided time in which you can explore the exhibition and have a go at Poppy making.

Richmond offers lots of green spaces, exclusive shops and a variety of restaurants. You can walk by the Thames and spend a relaxing and enjoyable time there.

Please contact Joy Pankhurst or Val Lord for more information.

Visit to Chenies Manor House – 9th September (*David Dooks*)

Wanstead & Woodford u3a is organising a coach trip to visit Chenies Manor House in Buckinghamshire on Wednesday 9th September and has offered places to Buckhurst Hill u3a members.



The Grade 1 listed building is one of England's finest Tudor mansions, with a fascinating history dating back to 1460. The visit will include the following: Tea/Coffee & biscuits on arrival, and an introductory talk. Guided small group tours of the house, a light sandwich lunch. There will be time to see the gardens, maze and church.

Date: Wednesday, 9th September.

Cost: £49.00.

Pick-up: 11.00am Coach leaves Hawkey Hall, Woodford.

Return: Coach returns from Chenies at 4.00pm.

If you are interested, please email or phone our W&Wu3a contact, Lynne Stillwell for payment details – cheque or bank transfer, giving Lynne your Buckhurst Hill u3a membership number. Please request your places as soon as possible.

Big Red Bus Tour (*David Dooks*)

In conjunction with Layer Marney Tower, ex-BBC Radio Essex duo, Steve Scruton and Ian Wyatt run Red Routemaster Tours of the Essex countryside, adding their own unique musical commentary and stories along the way. A few of our members went on the latest vintage bus tour, which visited the East Anglian Railway Museum and the most photographed village in Essex, Finchingfield, before returning for a sumptuous afternoon tea in the historic Long Gallery at Layer Marney Tower.



The last tour of the year will be on Sunday 20th September and will visit the Essex coast, while Steve and Ian will host a musical Christmas Dinner at the Tower in December. For more information, visit the website <https://www.layermarnetytower.co.uk/events/>.

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 on 020 8506 2203.

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 4th September.

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.

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	Monthly, 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)	Monthly, 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
Laughter Yoga	Monthly, 1 st and 3 rd Tuesday
Lunch Club 1	Monthly, 2 nd Tuesday
Lunch Club 2	Monthly, 2 nd Monday
Lunching With Style	As arranged
Mah Jong	Monthly, 1 st Monday 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

MONTHLY MEETING – MONTHLY 2ND THURSDAY

Visitors or Potential New Members are allowed to attend the Monthly Meeting ONCE ONLY (free of charge)