



BUCKHURST HILL u3a

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

COMMITTEE CONTACTS

Chair Facebook Administrator	David Dooks	chair@buckhillu3a.org facebook@buckhillu3a.org
Vice Chair	Valerie Thame	v.chair@buckhillu3a.org
Business Secretary	Sue Bird	bussec@buckhillu3a.org
Treasurer Joint Webmaster	Kevin Lucas	treasurer@buckhillu3a.org webmaster@buckhillu3a.org
Membership Secretary Newsletter Editor	Christine Slade	membership@buckhillu3a.org newsletter@buckhillu3a.org
Speaker Secretary	Ruth Read	speakers@buckhillu3a.org
Social Secretary	Mary Nathan	mary.faith.nathan@gmail.com
Minutes Secretary	Cathy Tredgett	cathyray70@gmail.com
Committee Member	Chris Embling	christopherembling@gmail.com

OTHER CONTACTS

Outings Co-ordinator Accessibility Officer	Hilary Wrightman	outings@buckhillu3a.org access@buckhillu3a.org
Groups Co-ordinator Joint Webmaster	Fiona Lucas	groups@buckhillu3a.org webmaster@buckhillu3a.org

CONTENTS

Chair	Page 2
Groups News	Page 3
Local Events & Outings	Page 9
Upcoming Events & Outings	Page 11
Community	Page 12
Members' Noticeboard	Page 12
Groups Information	Page 13

NEXT MEETING

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

(doors open
1.30 pm)

10th September
Speaker
Gordon Brown
*"The SAS in
Wartime Essex"*

FUTURE MEETINGS

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

12th November
Keith Stanger
*"A Light-Hearted
Look at the
Print Industry"*

Thoughts from the Chair (*David Dooks*)

September brings the start of the new school year for many children. Do you remember your first day at school? In the days of old, you'd be nervously waiting in the playground for the bell 'to go'. Dressed in a blazer two sizes bigger than you with sleeves down to your knuckles, new shoes you'd not been allowed to wear for fear of scuffing them and a collar and tie that you couldn't tie, you wondered what this new environment would entail. You had your pencil case with a ruler, pencils, sharpener, a rubber and a strange, triangle-shaped thing called a set square and half a plastic circle called a protractor that you had no idea what they were for. Once inside the massive building, you were guided to your classroom where you met your new teacher for morning registration. Then the day started – some of you may remember the morning break for your bottle of milk, the school dinner that you either liked or hated and perhaps bits of the reading, writing or arithmetic that you'd sat through. But the best part was making new 'best friends', some of whom you might still know today. They say school days were the best days of your life – but I bet we all have memories of staring blankly at a blackboard or gazing out of the window!

Another thing that September will bring is, hopefully, an end to the heatwaves that marked the 2026 Summer as one of the hottest on record. The hot weather might have impacted the number of member holidays because I've only received a couple of holiday snaps so far. Please send me any snapshots from recent travels and we'll put them in a section in next month's Newsletter.

Finally, thank you to the dozen members who aim to be football pundits of the year and have submitted their team predictions into the competition I set out in the August Newsletter. It's not too late to enter if you want to join in.

Can you Help?



Would you be able to come early (by 1.00pm) to help put out the chairs for the monthly meeting? We are looking for some volunteers to assist us remove the chairs from the stage where they are stored to create the seating area for our members, and to assist with their return after the meeting.

BUCKHURST HILL u3a NEWS

INTEREST GROUP NEWS (*Fiona Lucas*)



At last we have another Book Club! **Book Club 2** will start on 7th October. Julie Barclay has offered to lead this new Club on the first Wednesday morning of each month. Julie writes; 'The aim for the Book Group is to get together to review a book in a friendly, fun environment. We shall talk about the book, our likes and dislikes, discuss how it made us feel and whether we liked the characters and the plot. Who knows where our discussion will take us!' Julie has registered the Book Club with Essex Libraries and they will be lending the Group the books which you will read. If you would like to join Book Club 2, please contact Julie.

The **Flower Arranging Group** will be meeting on Friday 2nd October to create a beautiful Autumn Arrangement. If you would like to join the mailing list for this Group, please contact Fiona at groups@buckhillu3a.org. The Booking Form for the session will be sent out later this week to the mailing list members.



The very popular **Fun Quiz Afternoon** will be back this month! All places have now been booked, and Christine is operating a waiting list.

After five messy but lovely years of **Paint Pouring**, Jackie has decided to hang up her apron and instead start a new group called '**Let's Doodle!**'. Jackie writes: 'After September I will no longer be offering Paint Pouring as a u3a Interest Group. I feel we have exhausted the fluid art techniques that can be safely explored in my garage and that repetition will soon start to pall. I have really enjoyed running the groups over the past five years and making some very good friends in the process. What I am offering now is a therapeutic activity where you can sit comfortably and develop drawing skills without meaning to, simply by scribbling with a pencil or felt tip, repeating images and shapes and colouring them in. You can share ideas and chat over a cuppa while making pleasing patterns and designs which you can then continue to work on at home. I'm calling it '**Let's Doodle!**'. If you think you could do with resting your brain for an hour or two on the first or third Wednesday of every month then please get in touch with me.' This new Group will start in November.





Epping Forest u3a have invited us to share their '**Bridge for Beginners and Refreshers' Group**. Have you ever wanted to try your hand at Bridge, or perhaps you played a long time ago and need a basic refresher course? Are you looking for a new challenge to keep your brain active? Epping Forest u3a's Beginners Bridge Group, led by an experienced player, has just concluded a series of Beginners Bridge Classes and is now ready for a new Group of Beginners and /or Refreshers that can cater for your needs. Sessions are held weekly on Monday afternoons starting at 1.30pm in Epping. If you are interested, please email David, the Group Leader.

Reminders:



Our new **Laughter Yoga Group** starts this month. 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 4th 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. If you would like to join the Group or just find out more, please contact Stephen.

*

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, Fiona, if you have an idea for a new Interest Group for Buckhurst Hill members or are willing to help out, at groups@buckhillu3a.org.

Curry Club (*Geoff Wrightman*)

On Thursday 20th August, the Curry Club had another very successful Indian meal enjoyed by 20 of our members. Everyone appreciated the food (lots of it) and the service level from the staff of MOHABIR at South Woodford. Some photos of our party having a great evening are below.



Our next Curry night is on the 17th September at Kanchans at Gants Hill.

Please contact Geoffrey Wrightman for more information.

Craft Group (*Fiona Lucas*)

In August, the Craft Group met to tackle paper cutting with the aim of making some Greetings cards and gift tags. The most essential tool was a very sharp craft knife! We had to score through a sheet of paper (which held the design) and a piece of card. It was hard work and left us with some achy fingers (but mercifully only one plaster was required)! Once we had cut out the design we could then choose a backing for the card to make the design pop. Embellishments were also available to add to the card. Some of us also cut some little gift tags. The cards looked beautiful when completed, each so different depending on the papers and embellishments chosen.



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/.

NO TIME TO WRITE ANYTHING

by
Carol Smalley

I don't think I've got time to write
For my next 'writing' group
There's five days left before we meet
The weather makes me droop

It's 7 weeks since we all met
There must have been SOME time
When I could have written down
Something that could rhyme

Theres been the 10-pin bowling
Plus art groups and BBQ
My nephew and family arriving from Oz
With days spent with them too

My sister's birthday came along
A day with family
And in between my other niece
Had a baby - named Alfie

A friend from Sheffield came to stay
A wedding in Brighton too
The days were disappearing
To write something that's new

Add up the Sinatra concert
And Horseman's day at High Beach
Just writing anything
Seems so out-of-reach

A couple of hospital appointments
Whitstable for the day
It's become quite impossible
To ever find a way

I'll try and think of something
There's 5 days left to go
I must say yes, yes, yes
And not say no, no, no

Paint Pouring (*Jacqueline Jacques*)

August saw us combining the swiping technique (skimming a palette knife charged with paint mixed with silicone over a painted canvas) and the combing technique to create different textures in our designs.



LOCAL EVENTS AND OUTINGS

Museums and Galleries Group (*Joan Brunt*)

In August the Group visited the Foundling Museum and enjoyed discovering the history behind it. It was founded by a retired sea captain, Thomas Coram, who made his money working in the Americas before returning to England. He was so shocked by the awful conditions experienced by the children and babies in London that he set up a Foundling hospital initially to help. Mothers would take their babies there with a small token, for example a button or piece of ribbon, to identify the baby.



The babies were given new names and sent off to wet nurses in Kent until they were old enough to return to the Foundling School where they were educated and taught a skill. It was a tough life with no affection shown to the children. The Museum displayed lots of memorabilia including different tokens.

For September, the Group visited the Bank of England Museum. It was fascinating to learn about the setting up of the first national bank and the architectural changes over the years. While renovating the building a Roman mosaic floor was unearthed and this is now in the entrance hall of the Museum. The printing process of banknotes was displayed together with some of the machinery. The Bank stores gold bars for its customers and a couple of them were on display, one of which you could try to lift.



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

Last Friday an intrepid group of 20 of our members journeyed to Chatham Dockyard. When the coach arrived it was a double decker which seated 76, very hard to miss, but lots of space to spread.

On arrival we had time for a coffee and then joined The Call The Midwife behind-the-scenes tour.



It was very interesting and our official guide Irene, although not a nurse, certainly knew her stuff. After an hour plus walking around, a drink and some lunch was very welcome.

After lunch we boarded our coach again and had a guided tour of the dockyard itself. It is enormous, covering 500 plus acres, and the history is amazing.

We made our way home having had a very enjoyable day out, and the weather was very kind to us as well.

UPCOMING EVENTS FOR MEMBERS ONLY – DIARY DATES

Friday 6 th November	Sipsmith Gin Distillery
Friday 27 th November	Rochester Christmas Market
Thursday 3 rd December	Roydon Garden – Christmas Lights
Friday 4 th December	Lunching with Style at Linguine
Saturday 12 th December	Breakfast at the Monkams
Friday 7 th May to Thursday 13 th May 2027	Tour of the Scottish Highlands (membership required at time of Tour to be covered by the u3a insurance policy)

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

Visit to Sipsmith Gin Distillery (*Hilary Wrightman*)

Gin lovers, join us at Sipsmith Gin Distillery for a Distillery Tour and Tutoed Tasting on Friday 6th November.

The booking form is enclosed with this newsletter.

Rochester Christmas Market (*Hilary Wrightman*)

Would you like to join us for a visit to Rochester Christmas Market on Friday 27th November? This has proved to be a very popular visit. To accommodate everyone's interest, we now have a larger coach and have spaces available.

Rochester 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.

Lunching with Style (*Hilary Wrightman*)

I'm pleased to confirm that our Christmas lunch will be on **Friday 4th December 2026**. There will be a 3-course set menu lunch (choose on the day), followed by our usual raffle.

The booking form accompanies 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.

There are 15 Twin Rooms available at £1419.00 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 5th October 2026.

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

COMMUNITY

Macmillan Coffee Morning

Join us on Friday 25th September for our annual Macmillan Coffee Morning. It will be held at Roding Valley Hall from 10.00am. There will be Cakes, Refreshments, a Raffle and Bring and Buy.

Entry is £2.00 per person.

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 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 2nd October.

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 1	Monthly, 2 nd Monday 10.00am
Book Club 2	Monthly, 1 st Wednesday 10.30am
Book Club (Non-Fiction) (RVu3a)	Monthly, 2 nd Thursday 7.15 pm
Bridge for Beginners & Refreshers (EFu3a)	Weekly, each Monday 1.30pm
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 Tuesday 10.30a
Flower Arranging	As arranged
Forest Walks	Monthly, 1 st and 3 rd Monday 10.30am
Fun Quiz Afternoon	Monthly, 3 rd Friday, 1.30pm. September/October
Grumpies	As arranged
Guitar Group	Monthly, 4 th Tuesday morning
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	Monthly, 3 rd Tuesday 2.00pm
Laughter Yoga	Monthly, 1 st and 3 rd Tuesday 10.30am
Let's Doodle (from November)	Monthly, 1 st and 3 rd Wednesday 2pm
Lunch Club 1	Monthly, 2 nd Tuesday
Lunch Club 2	Monthly, 2 nd Monday
Lunching With Style	As arranged

Mah Jong	Monthly, 1st Monday 2.00pm
Mosaics for Beginners	Monthly, 2nd Monday at 1.00pm
Museums and Galleries Group	Monthly, 1st Thursday, am
Outings	As arranged
Photography	Monthly, usually 4th Thursday
Photography: Developing Technical Skills (RVu3a)	Monthly, 2nd Tuesday 2.45pm
Play Reading	Monthly, 1st Thursday 2.00pm
Recorder (Intermediate) (EFu3a)	Monthly, 2nd Wednesday 10.00am – 12.00 noon
Rubber Bridge (EFu3a)	Weekly Thursday afternoon 1.30–3.30pm
Rummikub	Monthly, 2nd Monday 2.30pm
Science Group (RVu3a)	Monthly, 1st Thursday 2.00pm
Scrabble 1	Monthly, 2nd Wednesday 2.00 pm
Scrabble 2	Monthly, 2nd Friday 2.00pm
Sunday Club	Monthly, 4th Sunday 2.30–4.30pm
Sunday Lunch for Singles	Monthly, 1st Sunday
Ten Pin Bowling	Monthly, 1st 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)