



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)

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

FUTURE MEETINGS

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

10th December
Christmas Meeting
(Booking Essential
via Booking Form to
be issued with
November newsletter)

Thoughts from the Chair (David Dooks)

The last day of October may bring knocks on your door, with strangely-clad characters offering options and benefits in return for your support. No, it's not the local council election candidates again, but the annual commemoration of Halloween. Originally a Celtic festival celebrating the end of the harvest and the start of the new year. In the spirit world, people believed that ghosts roamed the earth on this night because the boundary between worlds was perceived to be so thin. The church later created All Saints' Day on November 1st to honour saints, making 31st October All Hallows' Eve. Common traditions have become the wearing of scary outfits to scare away bad spirits, creating Jack-o'-lanterns (faces carved into pumpkins and putting candles inside) and the American-influenced door-to-door practice of Trick-or-Treating. If you open your front door to any ghoulish children asking for sweets or treats, you'll avoid a 'trick' by donating some Haribos or Smarties. If only it was so easy to get the doorstep politicians to go away!

Following quickly after the Night of the Dead will come Bonfire Night, celebrating the failure of the Gunpowder Plot, when a group of Catholic conspirators, including Guy Fawkes, tried to blow up the Houses of Parliament and assassinate Protestant King James I. Guards caught Fawkes in the cellar beneath Parliament guarding barrels of gunpowder on the night of 5th November 1605. The King survived, and citizens lit celebratory bonfires across London. Parliament then passed an Act making 5th November a permanent day of thanksgiving. It never considered the growth of a fireworks industry over the past four centuries where 10 million people in the UK now buy £300 million of fireworks annually. Pets up and down the country probably wish the Gunpowder Plot had been successful.

Both of the occasions above signify one thing – Christmas is on the way.

Macmillan Coffee Morning (Mary Nathan)

Once again, my thanks to my band of helpers.

It went well and people enjoyed meeting up with friends and having a chat while at the same time making money for Macmillan.

I can't say yet what the Coffee Morning made as I have two more payments to come in but thank you for your support.

Same time next year!



Can you Help?

Would you be able to come early 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.

If you can help, please come to the back entrance (kitchen) by 12.45pm (access via the car park).



BUCKHURST HILL u3a NEWS

INTEREST GROUP NEWS (*Fiona Lucas*)

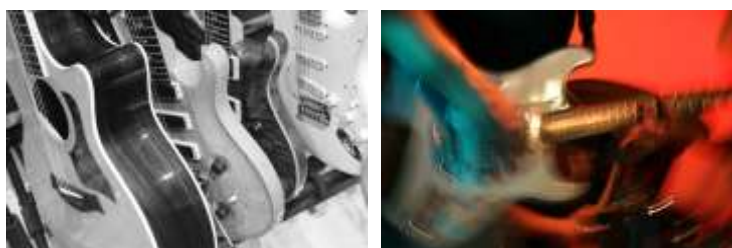


The final **Fun Quiz Afternoon** of the year still has a couple of places left! Please contact Christine if you would like to come, on the number above.



Our new **Laughter Yoga Group** has room for a few more participants! 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. It is a happy session that also has health benefits in reducing stress, lifting mood and getting the blood flowing.

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



The Guitar Group still has room for a couple more players! The Group will meet on the 4th Tuesday morning of each month, starting on 26th October at Stephen's (the Group Leader) 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 if you have an idea for a new Interest Group for Buckhurst Hill members or are willing to help out, at groups@buckhillu3a.org.

Fitness for Fun and Friendship (*Sue Meredith*)

This October marks the end of a very successful first year for the Fitness for Fun and Friendship group.

At present there are 36 members in the group, and we have about 20 or so members turning up to exercise and enjoy an excellent session run by Julie every two weeks. All our exercise is to music and is completed either sitting or standing.



Our friendly group is full at the moment, and we have a short waiting list. If you would like to join the waiting list, please contact me.

Curry Club (*Geoff Wrightman*)

The Curry club met on the 17th of September at Kanchans Gants Hill for our dinner

This visit was a little further away from our normal area but it one of the few “true” Indian restaurants in the area. There were 19 members who sat down to a very substantial meal which was served efficiently but a little slow (gave more time to talk to each other). The style of cooking was a little “hotter” than expected which was enjoyed by many but found a little challenging for some. A very enjoyable night.



Our next curry night is Thursday 15th October at Temple by Woodford station. This is a return visit by popular demand, so please book early

Please contact Geoffrey Wrightman for more information.

Craft Group (*Fiona Lucas*)

Last month, we tackled some paper folding. We had previously folded old pre-loved paperbacks over seven years ago when we made some lovely Christmas decorations – this time we were folding sections of old paperback books to make a vase and then folding decorative paper to make some Kusudama Flowers to arrange on top! The Craft group has been running for over eleven years and, I have to confess, that this is the first time that no one finished the project in the allocated time! After frantic folding, the vases were mostly completed but everyone had to take home the paper and embellishments to finish off. I am very grateful to those who sent me photos of their finished pieces. I promise that next time, the task will be back to being less frenetic and more manageable!!



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)

For the first time in London's history, it is now possible to walk along the north bank of the Thames, from the Houses of Parliament to the Tower of London, without straying more than a few paces from the river. This has been made possible by the opening in January 2026 of the Bazalgette Embankment near Blackfriars Bridge.



The route – 2.4 miles and very easy to follow

In May 2024, London's new super sewer was connected to the Lee Tunnel, which has been in operation since 2016 – completing the full 'London Tideway Tunnel' network. Blackfriars is one of Tideway's largest and most important sites, located on the north bank of the Thames to the west of the Blackfriars Road Bridge.

Bazalgette Embankment is named after the great Victorian engineer Sir Joseph Bazalgette, and accounts for half of the three acres of new land reclaimed from the Thames through the project.

On Thursday 24th September the Photography Group completed this walk which had originally been planned for June, but the very hot temperatures had forced it to be postponed until more acceptable weather. It was a beautiful day and an easy flat walk which we all enjoyed.

If you are interested in doing this walk, leave the ticket hall of Westminster tube station via exit 1 then turn left onto the Embankment. Keeping the river on your right-hand side just walk towards the City!



Some of the Group!!

By the time we had reached Bazalgette Embankment the Group had spread out somewhat, but we wanted a Group photo that included The Shard, which is a regular sight in many of our London walks. My apologies to the Group members who are not included in the photo!

Here is a selection of photographs taken by the Group.



Denise Reddington



Stephanie Kerstein



Anne Harriman



Cathy Lee



Sue Bird



Pauline Leadley



Noel T



Steve Skippen



Karen Wood



Fiona Lucas



Lorraine Lynes



Sam Blitz



Yvonne Hall



Kevin Lucas

Due to holidays (again) there is no outing planned for October but all Buckhurst Hill u3a members are invited to take part in an Autumn challenge. Take a photo with an Autumn theme and send it to me at the email address noted below. The best entries will be published in a future newsletter.

The next outing is planned for 26th November and will be a visit to the very atmospheric Brompton Cemetery which we last visited in November 2017! This will be our final outing of the year.

To join the Photography Group, no special expertise or equipment is normally required, indeed, most 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*)

This month sees a winding up of the Paint Pouring group with a sunny flourish.

I have really enjoyed leading this group through some challenging but very enjoyable fluid art techniques and thank my friends, the painters, for their constancy and enthusiasm. Here are our beautiful and very varied sunflowers and marigolds.



Ten-Pin Bowling (*Mary Nathan*)

Top scores were: Rhona Davidson 100, Carol Smalley 114 and 141. Well done, girls.

Creative Yarns (*Yvonne Hall*)

The summer topper was taken off. It looked very sad – the summer had turned it almost white. Most of the components have been recycled and a new one is being planned for next year. The autumn topper is on. Hopefully, it will survive the weather.



Some of the group have been busy with workshops this year, learning different patterns with crocheting and knitting, not all successful. Our last crochet workshop was a chevron headband. We have also added beads to knitting patterns.



Lastly, I'm sorry, but we have a full group at the moment.

Football Predictions Competition (*David Dooks*)

As the domestic football season entered its international break, the current top three members in our football predictions competition are:

1. Jeff Palmer
2. Sue Cushway
3. Philip Bailey

Do they think it's all over? – it's not yet!

LOCAL EVENTS AND OUTINGS

Krakow (Words & photos Fiona and Kevin Lucas, and Linda Barclay photos)

Monday 7th September found a group of eight Buckhurst Hill u3a members travelling to Krakow for a three-night visit.



The journey was uneventful, but what was unexpected was the weather; as we disembarked the plane we were confronted with a temperature in the low 30°Cs!

Once through the airport formalities we were greeted by our guide, Karolina and after a short coach ride arrived at our hotel, The Novotel Centrum, situated a short walk from the Old Town and overlooking the Vistula River. Our first afternoon was spent having lunch, recovering from the journey or having a short introductory walk. That evening, the eight of us had a very enjoyable group dinner organised by Hilary followed, in most cases, by an early night as we prepared for the next day's excursion.

The plan for our first full day was a visit to Auschwitz and Birkenau, the notorious concentration and extermination camps. Karolina provided a detailed background to the "how" and "why" the camp came into being and how it developed during the Second World War. As a group we approached this visit with some trepidation.

Auschwitz has become a major tourist attraction which has resulted in the construction of a modern visitor centre. All Polish school children have to visit a concentration camp at least once in their school career and so there were a lot of school parties, but as we were guided around the various buildings it was clear these visits were very well choreographed.

It may be unfair, but everything seemed slightly sanitised, the beautiful weather and green trees did nothing to diminish this feeling. It felt like walking around a well-tended army barracks rather than a place of unspeakable horrors.

There were however plenty of sights that reminded you of the past purpose of the place.



The Arbeit Macht Frei (Work will set you free) gate

It was inside the buildings that the horrors were more apparent where displays and exhibits told the story of Auschwitz in detail. Notably in Block 5, were rooms containing thousands and thousands of pairs of spectacles, pieces of luggage, shoes (men's, women's and children's) and tons of human hair. The most horrific experience though was walking through the gas chamber and crematorium; there are just no words to describe your feelings. Over 1,100,000 people were killed here. In many places, the taking of photographs was forbidden out of respect.



After Auschwitz we travelled a short distance to Birkenau, which was the largest centre for the extermination of Jews and the largest Nazi German concentration camp for prisoners of various nationalities. In the summer of 1944, there were c90,000 prisoners in Birkenau, 69,000 Jews, 13,000 Poles and 8,000 of other ethnic origins.

The site is dominated by the entrance gate through which the transport trains passed with prisoners destined for the gas chambers.



KL AUSCHWITZ WAS THE LARGEST NAZI GERMAN CONCENTRATION CAMP AND SINCE 1942 ALSO MASS EXTERMINATION CENTRE FOR JEWS. IN THE YEARS 1940-1945, THE NAZIS DEPORTED AT LEAST 1,300,000 PEOPLE TO AUSCHWITZ:

- 1,100,000 JEWS,
- 140,000-150,000 POLES,
- 23,000 ROMA,
- 15,000 SOVIET PRISONERS OF WAR,
- 25,000 PRISONERS FROM OTHER ETHNIC GROUPS.

1,100,000 OF THESE PEOPLE DIED IN AUSCHWITZ. APPROXIMATELY 90% OF THE VICTIMS WERE JEWS. THE SS MURDERED THE MAJORITY OF THEM IN THE GAS CHAMBERS.

Birkenau is a desolate place; it is still possible to see where huts stood in row upon row covering an enormous area. Our guide took us into several of the remaining huts which gave a hint of the terrible living conditions.



It had been a sobering day, and we were a hot and weary group that returned to our hotel ready for a reviving drink and dinner.

Our second day's excursion was a walking tour of the Old Town, the weather continued to be very much in our favour and after a short coach ride we were dropped in the centre of the Town. Karolina, our guide, kept up a running commentary explaining the history of Krakow, in particular how it had survived the Second World War when cities such as Warsaw were flattened.

There are many impressive sights such as the towers of St. Mary's Basilica, overlooking the main market square and from which every hour a fireman plays a trumpet call, replicating the ancient warning that the city was under attack. The market square is a hive of activity, surrounded by shops, bars and restaurants.



Suffering a little bit from cultural information overload, as well as the high temperature, some of the group split off to go their own way. In our case this involved ice-cream and a trip on the river which proved an excellent way to see the Wawel Royal Castle as well as some of the other sights.



But the rest of the Group found other ways to cool down!



During our stay, we all enjoyed dinner on the outdoor terrace of the Oranzeria café with its excellent food and spectacular views of the castle and the river.

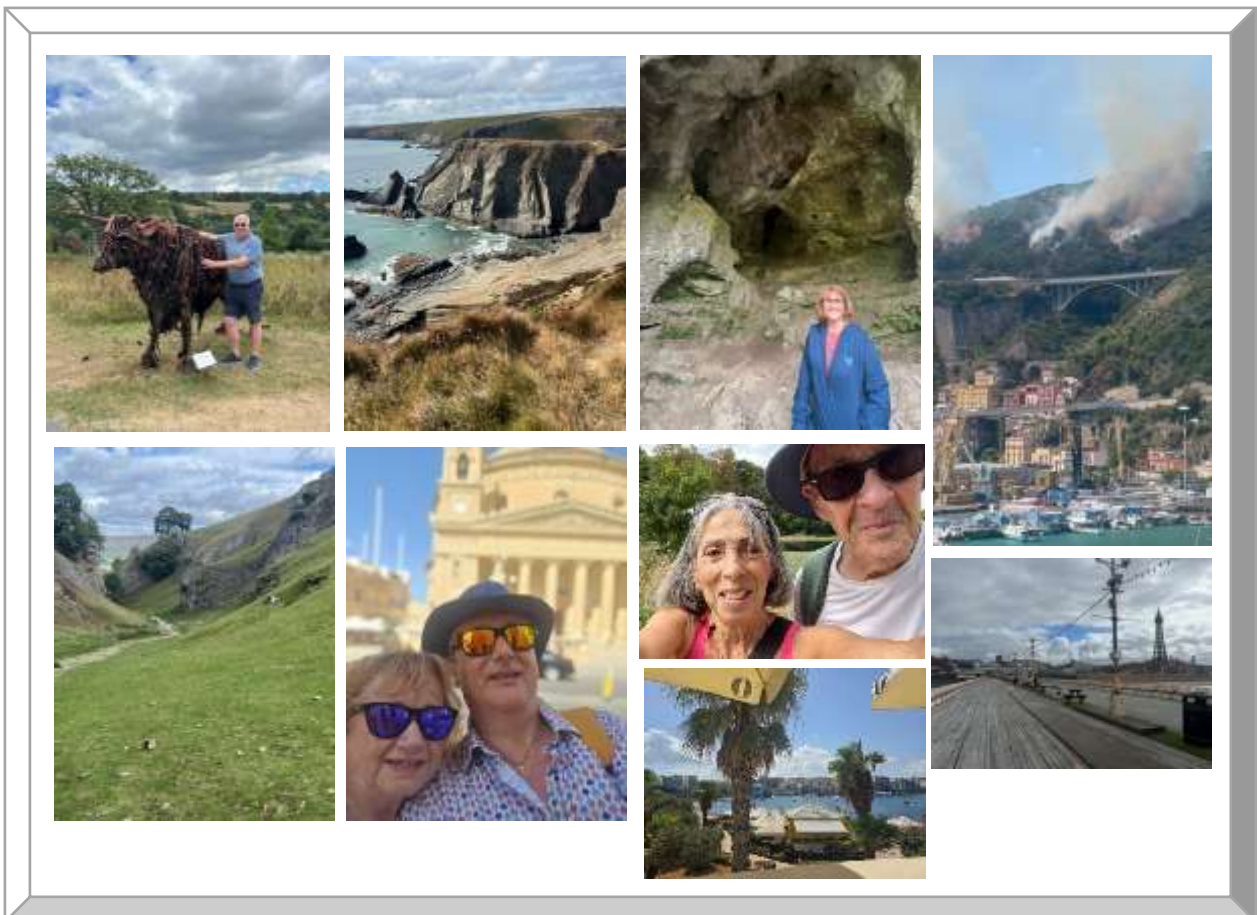


As our visit drew to a close, we were all wondering if we would actually get home as this was the week of the Air Traffic Control problems in the UK, but in the end all was well, even if leaving Krakow airport was rather more chaotic than arriving.

Krakow is a city well worth visiting and our grateful thanks go to Hilary for organising the trip.

Members on their Hols (*David Dooks*)

During a long Summer, some members sent me the holiday snaps below.



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.

Evening Quiz (*Hilary Wrightman*)

On Saturday 21st November we will hold a quiz evening at the Roding Valley Hall. Bring your own food and drinks. Tables are for 6 people. As with local quizzes, we will provide water and sweets.

The booking form is enclosed with this newsletter.

Visit to Private Christmas Light Show (*Hilary Wrightman*)

Join us for a private viewing of one of the most outstanding Christmas light shows in Essex on Thursday 3rd December. There is a MiniBus travel option, but all places need to be filled to be viable.

The booking form is enclosed with this newsletter.

Lunching with Style (*Hilary Wrightman*)

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.

Breakfast at the Monkams (*Mary Nathan*)

Note the date: Saturday 12th December at 11.00am. The booking form will be circulated with the November newsletter.

COMMUNITY

Station Way – Bridge

Apparently, works are due to start to repair the bridge. At the moment there is no indication if that will entail the total closure of the bridge or lengthy traffic hold-ups.

It might be advisable to avoid that area until such time as it becomes apparent what the actual disruption will involve.

Collection of Winter Clothing



THE ROTARY CLUB OF BARKINGSIDE & REDBRIDGE and THE ROTARY CLUB OF RODING

COLLECTION OF WINTER CLOTHING (coats, jackets, hats, gloves, jumpers etc)

In aid of the Whitechapel Mission for the Homeless

DONATION DATES

Between 16th and 20th November

DONATION TIMES

10.00–11.00am and 5.00–7.00pm

Place your donations in a sack and deliver it to either of the following addresses during this period and the times indicated:

10 Field Close Buckhurst Hill IG9 5AQ

(please call 07774 604676 to confirm availability)

79 Malmesbury Road South Woodford E18 2NL

(please call 020 8505 5988 to confirm availability)

Alternatively: please call Geoff Wrightman on 07774 604676 to arrange a possible collection from your home



THE ROTARY CLUB OF RODING

Invite you to a
QUIZ AND PLOUGHMAN'S SUPPER

on

SATURDAY 10th OCTOBER 2026

7.00 for 7.30 pm

TICKETS £15.00

(Payment by Credit Card accepted)

(Please bring your own drinks)

**At THE GRANGE FARM CENTRE
HIGH ROAD
CHIGWELL
IG7 6DP**

In Aid of FIREFLY LONDON

**Providing therapy, education, play and community for children
with medically complex needs
(eg Cerebral Palsy and Dyspraxia)**

Hilary Wrightman on 07836 671582

hilary.wrightman@gmail.com

or

Esther McCafferty on 07947 001172

emmccafferty53@gmail.com

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 6th November.

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 and TV discussion 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
Grumpy Old Men	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)