



Waltham Abbey U3A Registered Charity number 1173927

Waltham Abbey U3A Newsletter

October 2024

Next Meeting:

Tuesday 8th October

Presentation by Andy Thomas

"Ghosts and the Paranormal"

Doors open 9.50 am

Please enter through The James Suite

New Members always welcome

Message from Amanda

Well, September was a busy month for some with the u3a holiday to Hayling Island and the Afternoon Tea, plus the day trip to Beth Chatto Gardens and Southend. Thank you to Terry for organising these events.

The last of our 10th anniversary celebratory events is the barn dance in November, so get your tickets now.

Our December meeting, will be a little different this year as we will make this the final anniversary celebration for this year. We are inviting all groups to bring along some examples of their work, or photos of their activities to share with the rest of us. We are also inviting members who wish to share or show us their individual talent to come along to the December meeting. Group Leaders can contact Jan or Joan, our Group Co-ordinators. (Their details are on the activity sheet). Individuals can either contact their Group Leaders, or myself.

Our first Waltham Abbey u3a meeting was 11th November 2014, and we will mark the occasion at our monthly meeting on 12th November 2024.

Take care of yourselves

Amanda Miles u3awalthamabbey@gmail.com 07932 011537

Over the summer Helen Wilson has been transferring membership records to our new software system called Beacon. As you know we 'tick off' your name as you enter the Town Hall for the monthly meeting. We are obliged to do this in case an emergency/ catastrophe occurs, and we need to ensure everyone has made it safely out of the building. To this end, it is important that anyone leaving the meeting early, gets their name crossed through on the attendance register. (Someone will be sitting at the back of the hall to do this) It would be terrible if an emergency worker was injured, or worse, looking for someone who had left without getting their name removed.

As we now have new reports, the committee has decided that it is friendlier to sort members by their first name rather than membership number, and it works well with the new software. This means there is no need to show membership cards at the Tuesday meeting, as only current members are on the list.

During the monthly meeting the committee and volunteers do their best to ensure that all members can enjoy getting together. If anyone wishes to question or understand our decisions the best course of action is to come to a committee meeting where you will be able to have a discussion with the committee. This is the correct forum to voice any questions/feedback to them.

Every meeting has an "Any Other Business" scheduled in the agenda. Meetings start at 10.30 in hall 3 of the community centre on the first Tuesday of the month. Alternatively, an E-Mail can be sent to u3awalthamabbey@gmail.com "For the attention of the committee." For anyone without access to E-Mail, write your concerns and place in a sealed envelope, with 'For u3a committee' and leave at the Town Hall or the Library.

Waltham Abbey u3a will be celebrating their first 10 years in 2024

Barn Dance

We have booked the Town Hall for a Barn Dance on Saturday 16th November from 7.30 pm to 11 pm. We will have live music, from members of the Chingford Morrismen's band and will be dancing traditional English Country Dances. If you have never done any English Country dancing before, do not worry, as all figures and all dances will be walked through before dancing them and all figures will be called during the dances by John or myself.

Some of the dances have been practiced at the Country Dance group, and are made up of figures that are in many other dances. If you did Country Dancing at school, you will be able to do a star, a cast (single or double) a cross over, a promenade and a swing. You may also remember a strip the willow or a Ladies Chain!

There will be a raffle. Ticket prices will be £5 for u3a members and £7 for non-u3a members.. The bar will be open for the purchase of drinks and nibbles.. We are not providing food for the evening, but you could bring your own.

Tickets are now available from Helen. Sylvia will be selling tickets at the October meeting.

Helen Wilson



Waltham Abbey u3a Group news

Group news this month.

Country Dancing Group—The next session will be Monday October 14th , 2.15 pm, £2.50, in the Community Centre. Come along and learn different figures and dances. All welcome.

The **French Group** has now started and meets fortnightly on Wednesday 1.30 – 2.30pm. See the activity sheet for details

The **Scrabble Group** meets on the second and fourth Thursdays of each month at 2pm in The Angel, Sun Street. Come along and have a game or two.

Calling all u3a members who can knit or crochet

The 'Waltham Abbey Community Poppy Project' is now underway for 2024 and you are warmly invited to get involved. The project aims to install a number of community crafted poppy displays around Waltham Abbey for Remembrance this November. Details coming soon about where to hand your poppies in, but for now, please knit and crotchet as many as you can. A number of different patterns can be found on the internet,

Follow the information group by searching "Waltham Abbey Community Poppy Project ' on Facebook.

New Groups—If you would like to learn something new, or are interested in sharing a skill, there is always room to start a new group. Pease contact **Jan Field** or **Joan Pitman**.

Some members have suggested Fishing; or another Book Group—are you interested or could you help? If anyone is interested in book group, please contact Jan and Joan.

Group Facilitators

If you have information about your group or would like to share a photograph of the group with Waltham Abbey u3a, newsletter please forward them to Helen via email or by hand at a monthly meeting. newsletterwalthamabbeyu3a@gmail.com

Members please remember to take your membership cards to the groups that you are attending. Group Facilitators will be looking to check that you have your 2024–2025 blue membership cards.

WALTHAM ABBEY U3A 10th ANNIVERSARY AFTERNOON TEA

This event was a great success with 130 members enjoying a great afternoon tea with sandwiches , cream and scones and cake supplied by Collins Catering . The tables were dressed with flower arrangements and place names in U3A blue and yellow made by Marlene and Ann . After the tea there was the raffle and entertainment by the Singing for Fun group which was the perfect end for the lovely afternoon .

HOLIDAY GROUP :- Following the success of our holiday in September Terry has decided to organise another break in the spring details below. :-

WEEKEND BREAK TO WARNERS LAKESIDE HAYLING ISLAND

In conjunction with Waltham Abbey Travel Terry has arranged a Friday to Monday break at Warners Lakeside 14th March to 17th March . Waltham Abbey Travel have managed to provisionally book 16 single chalets and 18 twin or double chalets all with walk in showers at a cost of £269 per person . If interested please text or contact Terry as early as possible (remember the early bird catches the worm) to secure a place . A deposit of £50 per person (**NON REFUNDABLE**) cash or cheque payable to Waltham Abbey U3A is required at the monthly meeting on the 8th October

GARDENING GROUP VISIT TO HAMPTON COURT PALACE AND GARDENS :-

Terry is pleased to say that our visit to Hampton Court Palace and gardens on Friday 18th October is fully booked with a reserve list . Please meet at Quaker Lane bus stop at 9.30 am . There are facilities to purchase hot or cold food and drink or you can bring packed lunch to eat in the grounds. Audio facilities as you walk round the palace is available so look on the Hampton Court Palace website for details. If unable to attend please let Terry know as soon as possible .

VISIT TO HYDE HALL CHRISTMAS ILLUMINATIONS

Following the success of our visit last year Terry has booked another visit this year as he has been told the illuminations are better this year. The date is Wednesday 4th December meeting at Quaker Lane bus stop at 4.30 pm and cost will be £25. RHS Members and RHS member's guests will be £20 so advise Terry if you are a RHS member when booking . Please let him know if you wish to attend and payment will be required at the monthly meeting on the 12th November cash or cheque payable to Waltham Abbey U3A

Garden Group Visit to Beth Chatto Garden—photos from Terry Hoye



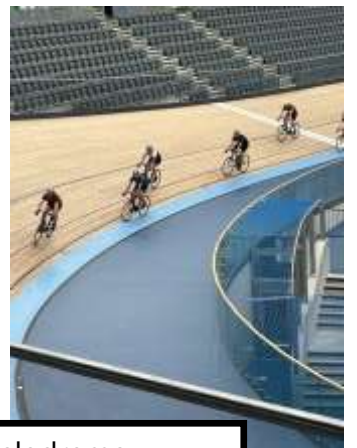
Saturday Walk in September to the Olympic Park —photos from Terry Hoye



Visit to Swimming Pool



Visit to Velodrome



Visit to Southend September 2024 —photos from Terry Hoye



On the longest pier



Enjoying the sun



On the pier train

Eating Out Group –Toby Inn Buckhurst Hill Photographs from Ann Wraith



Sunday Lunch Group –Photographs from Terry Hoyer



Tenth Anniversary Afternoon Tea –Photographs from Terry Hoyer and Ann Wraith



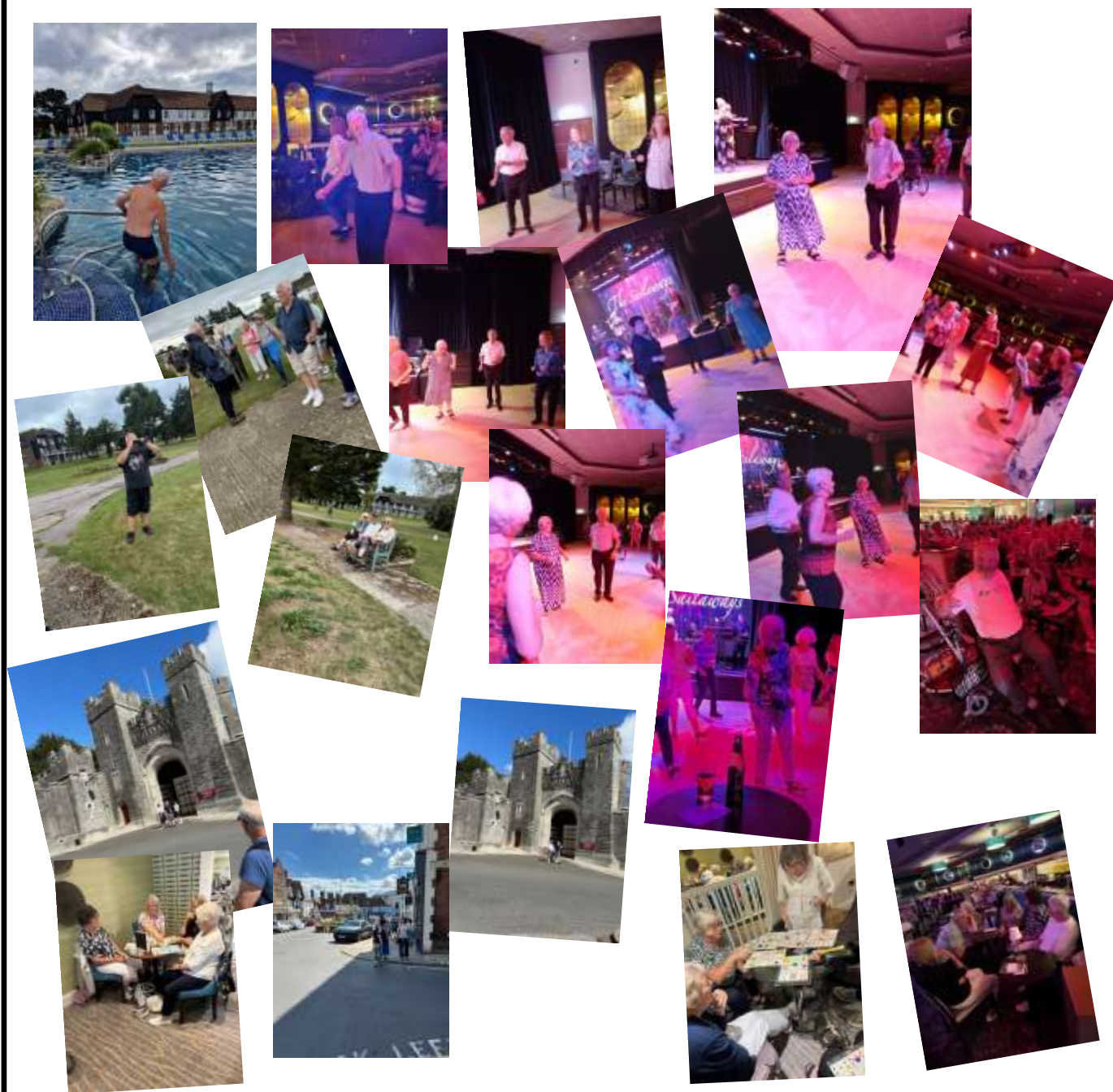
Preparing the tables



Singing For Fun
entertain with popular songs,



u3a Holiday to Sinah Warren Photos from Ann Wraith and Terry Hoye



Speaker Co-ordinator a message from Terry Knight.

I am the Monthly Meeting Speaker Co-ordinator. My role is to contact potential Speakers and find out if they are interested in visiting us at a monthly meeting. If they are I then need to negotiate a fee and confirm the booking.

I took on this role in 2017 so have been doing it so far for 8 years and will be leaving around June 2025. We are therefore looking for another U3A member to take over this role.

I am more than happy to spend time with anyone interested in explaining what has to be done and how I do it. You may find you have a better way of doing the job and that would be up to you.

On average I would say it takes about 2 hours a week and is reasonably straight forward. I do have speakers booked up until December 2025 so there would be no need to panic from day one. I will also continue to book speakers until I leave.

Anyone who takes on this role will be expected to join the U3A management committee and give an update on Speaker appointments once a month.

Dates for your Diaries

Date	Time	Venue	Event
Saturday 12th October	Various	Museum; Library; Church	King Harold Day
Saturday 19th October,, 16th November	10.30 am–12 noon	Museum	Behind the scenes tour £7
Tuesday 12th November Monthly Meeting	9.50 am	Town Hall	Nick Dobson ' How the First World War Ended'
Saturdays 5th; 19th; and Friday 27th October	Sat: 9.30–12.30 Fri: 4–7 pm	Library	Poppy Project Crafting Sessions
Saturday 16th November	7.30 pm	Town Hall	Tenth Anniversary Barn Dance

Events organised by Epping Forest District Council and other organisations.

Day	Venue	Event	Time
Tuesday	Waltham Abbey Leisure Centre	Drop in service for those who may have money worries and or wellbeing concerns	9.30 am to 2 pm
Wednesday	Museum, Waltham Abbey	Community Café – Dementia Friendly	12 noon–1.45 pm
Friday	Town Hall	Short Mat Bowls	9.45 am–Noon (£5.40)
Friday	Museum	Museum Movers Seated Dance Exercise	10.30–12 Noon (£7)
Last Friday of each month	Waltham Abbey Baptist Church Hall	3 Memory Café 4U	2.30 pm to 4.30 pm

Help Please

If you have an article, a picture, a joke, a story a poem or a review that you would like printed in the newsletter, please send to newsletterwalthamabbeyu3a@gmail.com,

For inclusion in the November newsletter please send by Thursday 24th October..

If you have any ideas for our u3a, or any feedback for the committee or group leaders, please let us know.

Newsletter Circulation—Please check your spam folders—your newsletter may be there!

If you have an email address and have not received this newsletter, please email

newsletterwalthamabbeyu3a@gmail.com quoting your membership number.

If you do not have an email address, newsletters are available for collection at the monthly meeting and at the Tourist Information. and Library.

Eyes on the Spies Walking Tour— I have been asked to gather names to see if we can make a group for one of these tours, Can you please contact

newsletterwalthamabbeyu3a@gmail.com If you are interested.

Community Events

WALTHAM ABBEY FLOWER CLUB

Meeting : Tuesday 22nd October

AGM followed by workshop by Chris.

Homemade cakes, raffle, tea / coffee

1.30 pm for 2 pm start. Visitors £7.



Waltham Abbey Church

Music for Lunch 12 pm

5th, 12th, 19th, 26th October

Tea/Coffee from 11.30 am

'Tax, Care and Toy Boys'.

On January 27th, 1pm, in the Town Hall there will be a talk titled 'Tax, Care and Toy Boys'. This will be an entertaining and educational 45-minute talk from an estate planning expert, from the Coop, and include Q&A, and signpost where you can go to get further guidance should you need it.

The talk will provide some insight about the following areas:

Protecting your home and savings -

Inheritance tax -

'Sideways disinheritance' and blended families

Lasting Powers of Attorney -

The speaker will introduce the above issues in a fun and entertaining way and explain what steps can be taken to plan for the future.

If you would be interested in attending, please see Amanda at the November monthly

The Mindful Life Group

The UK's only not-for-profit
dedicated to older adult mental
health



Mindfulness for Older Adults who Care

Our free course starts **Monday 7th
October 2024**, 11-12noon online

Some feedback from one of our
previous attendees:
*'It appealed because it was something
that I could do at home, something for
me, you know, I realised there was help
out there'*

We are a Clinical
Psychology led
organisation and
aim to provide robust,
evidence-based
interventions to
support good mental
health and reduce
dementia risk.

Visit our website
www.the-mindful-life.com
to register for updates



Waltham Abbey Community Poppy Project

Sat 28th September, 9.30-12.30
Saturday 5th October, 9.30-12.30
Saturday 19th October, 9.30-12.30
Friday 25th October, 4-7pm
in
WALTHAM ABBEY LIBRARY

Can you knit or crochet?

Come and join our team working to create poppy displays
around Waltham Abbey for Remembrance 2024.

For more information, search 'Waltham Abbey Community Poppy Project' on
Facebook, or email walthamabbeydl@gmail.com. If you have other crafting skills and
want to get involved, please come along to speak to us at one of the above sessions.
There will also be poppy colouring sheets for children. All welcome.

Community Events



This much loved event is back on **Saturday 2 November** at the Royal Gunpowder Mills.

BUY Early bird tickets £7.50 Adult and £5 Child while they're still available - discounted from £15 full price.

Bring your friends and family to enjoy a premier display by Explosives FX - one of the UK's leading pyrotechnic companies.

Family fun from 3.30pm. Arrive early to soak up the atmosphere with food and drink stalls and entertainment.

Please walk or use public transport. There is some parking in Waltham Abbey and limited paid spaces available at the Royal Gunpowder Mills.

CHURCHILL AND THE DISTRICT

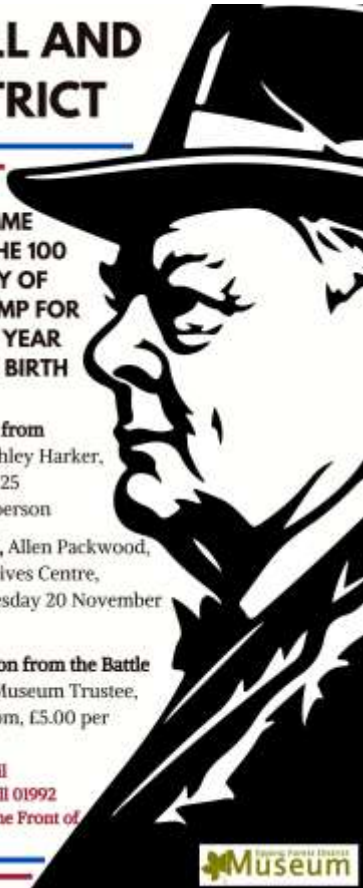
**A TALK PROGRAMME
COMMEMORATING THE 100
YEAR ANNIVERSARY OF
CHURCHILL'S TIME AS MP FOR
EPPING AND THE 150 YEAR
ANNIVERSARY OF HIS BIRTH**

'A Bridge too Far: 80 Years on from Operation Market Garden', Ashley Harker, Museum Trustee, Wednesday 25 September 7-8pm, £5.00 per person

'How Epping Saved Churchill', Allen Packwood, Director of the Churchill Archives Centre, Cambridge University, Wednesday 20 November 7-8pm, £5.00 per person

'Winter in Wartime: 80 Years on from the Battle of the Bulge', Ashley Harker, Museum Trustee, Wednesday 18 December 7-8pm, £5.00 per person

Light refreshments. To book email enquiries@efdmuseum.org.uk, call 01992 716882 or speak to a member of the Front of House Team.



King Harold Display Opening and Talk Programme

12 October King Harold Day in Waltham Abbey with the opening of new display at the museum centred around a battle axe found in 1860 in the abbey church and believed, at the time, to be 'Harold's battle axe'.

'William Burges and the 1860s Restoration of the Waltham Abbey Church, Essex', Grenville Weltch, Friends of Waltham Abbey Church, Wednesday 16 October 7-8pm, £5.00 per person.

'Harold and Hastings: Fact and Fiction', Dr Tom Licence, Professor of Medieval History and Consumer Culture at the University of East Anglia Wednesday 23 October 7-8pm, £5.00 per person.

To book the talks above you can email enquiries@efdmuseum.org.uk, call 01992 716882 and/or speak to a member of the Front of House Team.

Answers to Scrambled 70s songs in September newsletter

1. I'll be there
2. Close to you.
3. Le Freak
4. Heart of Glass
5. Bohemian Rhapsody
6. Let's Get it on
7. Dancing Queen
8. Superstition
9. Dreams
10. Tiny Dancer
11. Night Fever
12. Stayin Alive
13. Ain't no mountain high enough
14. Bridge over troubled water
15. London Calling
16. More than a feeling
17. How deep is your love
18. American Pie
19. Lean on me
20. Don't go breaking my heart