



Waltham Abbey U3A Registered Charity number 1173927

## Waltham Abbey U3A Newsletter

April 2026

Meeting: 14th April

**Speaker : Chris Truran**

**'A funny thing happened on the way to the Old Bailey'**

Doors open 9.50 am

**Please enter through The James Suite**

### Message from Amanda

Spring is well under way now and the clocks have gone back one hour. It's been lovely the last week or two to see the sun, feel a little bit warmer, and see the spring flowers.

As this goes out, many of you will have renewed your membership. For those of you who haven't yet done so, you have until 31<sup>st</sup> May. You can send your payment to us by bank transfer if you can't get to the monthly meeting. Please ensure your surname and membership number are quoted as the reference. Full details are available on our website and in this newsletter.

If any of you wish to join the committee for 2026/27, please ask me or a committee member for a nomination form. The form must be completed and returned by the April monthly meeting on April 14<sup>th</sup>. The May monthly meeting will of course be the AGM and so will start a little earlier at 10.15 with doors opening 9.30am.

Amanda Miles [u3awalthamabbey@gmail.com](mailto:u3awalthamabbey@gmail.com) 07932 011537

## u3a members news and opportunities

**Membership Renewal** day was Saturday 28<sup>th</sup> March.

Renewals for 2026/2027 can take place between March 28th and May 31st. After this date we will assume that you do not wish to renew your membership unless you have contacted us to let us know that you will be arranging to renew. We have different levels of membership

- **Membership 1** This costs £15 and includes a £4 membership fee to the national u3a Third Age Trust.
- **Membership 2** This costs £19, and includes a £4 membership fee to the national u3a Third Age Trust and 5 editions of Third Age Matters Magazine

**Membership 3** Associate Membership - Members of other u3as who attend Waltham Abbey u3a Groups. The cost of this is £11 unless part of a group sharing group.

For those who wish to pay by bank transfer please add your name and membership number as reference

Our bank details are:

National Westminster Bank

Waltham Abbey u3a Account number: 83676643 Sort code: 51-61-34

## Notification of 2026 AGM and agenda for meeting,

### AGENDA

Apologies for absence

Agree Minutes of previous AGM, May 2025.

Approval of Accounts

Executive Committee Reports.

Chair's Report

Stand down of Executive Committee

Election of Executive Committee for 2026/27

Raffle

Group Activities

## Waltham Abbey u3a Group news

### Group news this month.

**Country Dance Group**—will meet on Monday 13th April at 2.15 pm in the Community Centre. Come along and learn something new or remember dances you did at school. You do not need to come with a partner. Come along and enjoy the dance music.

**French Group** – now meet at Abbeyfields on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month 1.30 – 3pm. Next meetings are 1<sup>st</sup> April, 15<sup>th</sup> April, 6<sup>th</sup> May and 20<sup>th</sup> May.  
Contact Petros Constantinou 07856 822013

**German Group** – the group will not be meeting Friday April 3rd, Good Friday.

**Group Karaoke** – Come along to Group Karaoke. No singing on your own. Group singing to your favourite songs. Come and have a fun afternoon, 2<sup>nd</sup> Tuesday of the month 1.30 – 3pm Town Hall.

**Loose Ladies Group 1** – Meets the last Friday of the month 10.30 am– 12.00 pm at the Sultan. Next meeting 24<sup>th</sup> April There are currently 3 spaces. We are also looking for a group leader for this group. Contact Amanda 07932 011537

**Recorder Group** – If you play recorder or have played before and would like to take it up again, you will enjoy meeting others to be able to play and learn together as a group.

This will be a new intermediate group, meeting once a month on a Wednesday morning from 10-12 at a Member's home in Loughton.

You will need to bring your own recorders and a music stand.

Please contact Anna Vriend via her email [a.vriend@virginmedia.com](mailto:a.vriend@virginmedia.com) if you are interested.

**New Groups**—Our Group Co-ordinators will be happy to help you start a group. You do not have to set up or run a group on your own. Many of our groups are now full, and it would be nice to have some more groups, especially for our new members to be able to join.

Please contact **Jan Field** or **Joan Pitman** or any other Committee member.

### 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](mailto:newsletterwalthamabbeyu3a@gmail.com)

Following Paul Barwick's talk at the November meeting, I have been approached and asked if an **Eyes on the Spies Walking Tour**— could be arranged. I have been in contact with Paul and have booked May 22nd 2026 to do the shorter walk. I have 12 people who have said that they are available. If you have not already expressed your interest please contact: [newsletterwalthamabbeyu3a@gmail.com](mailto:newsletterwalthamabbeyu3a@gmail.com)  
If you are interested and available on May 22nd.

Thank you, Helen

## New Group Proposal—AI

### AI for Everyone: Your Guide to the U3A AI Community

**Learn & Connect with the Community**

- Join Monthly "AI News" Events**  
Attend 90-minute Zoom updates on the latest developments in the world of AI.
- Take the Popular "Silver AI Course"**  
A six-module course covering AI images, chat, ethics, and the rise of robots.
- Ask Questions at Weekly "Breakfast Zooms"**  
An informal Q&A session every Wednesday morning for any AI-related questions.

**Discover AI's Impact Across Society**  
Events cover diverse topics from healthcare and education to government and geopolitics.

**Explore AI Topics & Tools**

- January 23rd: AI and Healthcare
- March 20th: AI and Education
- June 26th: AI Transforming Lives for those with Disabilities

**Get Hands-On with Free AI Tools**  
Learn to use popular tools like ChatGPT, Google Gemini, and Microsoft Copilot.

**AI for Accessibility**  
Specific resources highlight how AI can transform lives for those with disabilities.

© NotebookLM

I have proposed starting a new group for "AI" for anyone with an interest in AI, but not necessarily any skills and people who do have skills and don't mind sharing. Members do need to have their own devices or access to suitable devices to get started. The computers in the library are fine.

The u3a "AI for everyone" group provides online AI resources for and support for the local AI groups – recorded talks, reference materials and useful links.

The first step would be to become familiar with free generative chatbots like ChatGPT, Copilot, Gemini and Claude, to see the range of things they can do, like creating music and lyrics with Suno or priming a chatbot to ask you questions in that language you are learning.

I will be at the April meeting if you want to ask me any questions or email me at [hemmings.janice@gmail.com](mailto:hemmings.janice@gmail.com)



This is a photo of Janice changed into a very flattering cartoon by AI.

**AFTERNOON PRIZE BINGO :-** Just under 60 members enjoyed the prize bingo in the Waltham Abbey Community Centre on Saturday afternoon 21<sup>st</sup> March . With Bernie Leverett being the caller the members were in good spirits especially those who were lucky to be winners. The winners received vouchers plus an Easter Egg so they went away happy. May I thank my team for all their help to make in a success. Look out in future Newsletters for the next Bingo afternoon .

**NEW EVENT IN JULY :-** On Friday 17<sup>th</sup> July there will be our annual day visit to Southend on Sea leaving Quaker Lane bus stop at 9.30 am. A chance to go for a paddle in the sea, or open your wallet or purse to treat yourself in the shopping centre .The cost will be £18, so if interested please put your name on the list at the April monthly meeting and pay by cash or preferably cheque payable to Waltham Abbey u3a at the May monthly meeting.

**HOLIDAY GROUP :-** Member who are coming on our weekend break to Warners Gunton Hall on Friday 10<sup>th</sup> April are reminded to be at Quaker Lane bus stop at 9.15 am so the cases can be loaded and we can be on our way by 9.30 am . If you have not returned your sealed envelope with contact and medical information please bring it to Terry on the day. It would be appreciated if you ensure that you renew your annual membership for 2026/27 prior to the weekend away.

**SEPTEMBER HOLIDAY TO WARNERS NORTON GRANGE** At the time of writing there are two twin or double chalets available for our holiday on the Isle of Wight Monday 14<sup>th</sup> September until Friday 18<sup>th</sup> September costing £480. The Golden Boy Coach will be staying with the group so will include two optional trips on the island. If interested please contact Terry as soon as possible

**GARDENING GROUP Visits - ELTHAM PALACE :-** Members are reminded to meet at Quaker Lane bus stop at 9.20 am on Tuesday 21<sup>st</sup> April to leave by 9.30 am. There are places available to purchase refreshments. If for any reason you are unable to attend please let Terry know as early as possible as there is a waiting list for members wishing to attend.

**LEONARDSLEE GARDENS & LAKES :-** Members who have booked the trip to Leonardslee Gardens on Tuesday 19<sup>th</sup> May are reminded that payment of £30 cash or preferably cheque payable to Waltham Abbey u3a is required at the April monthly meeting on Tuesday 13<sup>th</sup> April. Any problem please let Terry know.

**KELMARSH HALL & GARDENS :-** At the time of writing there are a few places for the above visit on Tuesday 30<sup>th</sup> June cost is £32 so if interested please contact Terry as soon as possible to secure your place. Payment will be required at the May monthly meeting .

**EATING OUT GROUP :-** The lunch for April is on Wednesday 15<sup>th</sup> April at Primo Piatto Italian Restaurant in Honey Lane opposite the Woodbine. There is an option of two courses £17 or three courses £21. If interested in joining us please contact Terry for the choice of meal as soon as possible as it must be completed and returned to him no later than Wednesday 8<sup>th</sup> April .

**SUNDAY LUNCH :-** The April Sunday Lunch at the Plough, Sewardstone, on the 19<sup>th</sup> April meeting at 12.15 pm for the 12.30 pm carvery lunch or choose from the main menu if you wish. Please let Terry know by Thursday 16<sup>th</sup> April if you wish to join the group this month . New u3a members are always welcome to join the group.

**SATURDAY WALK:-** The walk in April is Saturday 25<sup>th</sup> meeting at **WALTHAM CROSS RAILWAY STATION AT 10.00 am** If you wish to join us please let Terry know no later than the day before the walk.

# Saturday Walk March 2026

## photographs from Terry Hoyer.



Group photo on the 50th floor  
8 Bishopgate with The Shard  
in the background.



View over the River Thames



View of the Post Office Tower



View of St. Pauls



2 members on the 50th floor  
8 Bishopgate



Keadenhall Market



Strolling in the market

## Dates for your Diaries

Date	Time	Venue	Event
Saturday April 4th	9.00 am— 4.00 pm	Sun Street	Easter Msrket
Saturday April 4th— Sunday April 5th	11.00 am— 4,00 pm	Royal Gunpowder Mill	Easter Extravaganza Book through <a href="http://ticketsource.co.uk/rgm">ticketsource.co.uk/rgm</a>
Saturday April 11th	1—3 pm	Library	Community Poppy Project
Saturday 14th March— December	Opening hours	Museum	Exhibition Town and Country: Life in Roman Durolitum.
Saturday 18th April	11am	TIC	Discover Waltham Abbey Guided Tour
Tuesday April 28th	11 am to 12.30 pm	Museum	Memory Lane Tuesday
Thursday 23rd April	3 pm—6 pm	Town Hall	Mayors Fund Raiser—Pie and Mash, Live singer and raffle. £15 Tickets from TIC
Tuesday 12th May Monthly Meeting	9.50 am	Town Hall	Annual General Meeting u3a
Tuesday 9th June Monthly Meeting	9.50 am	Town Hall	Wayne Fox—'Mudlarks'
Saturday 27th June	11 am	Town Mead	Waltham Abbey Town Show
Tuesday 14th July Monthly Meeting	9.50 am	Town Hall	Howard Slater 'Sammy Davis Junior'
Sunday 19th July	1 pm to 4 pm	Community Centre	Picnic in the Park for u3a members, friends and families
Saturday 21st November	Tbc	Library	Library Christmas Fayre
Saturday 9th January 2027	3.30 pm— 5,30 pm	Abbey Gardens	Lea Valley Wassail.

### 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](mailto:newsletterwalthamabbeyu3a@gmail.com),

For inclusion in the April newsletter please send by **Sunday 26th April 2026**.

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

**Events organised by Epping Forest District Council and other organisations.**

Day	Venue	Event	Time
Monday	Lea Valley Church	Coffee Morning	10 am–12 noon
Monday	Waltham Abbey Library	Get help and support with your digital skills	10 am to noon
Monday	The Cutting Crew, Ninefields	EFDC Lets Get Together	10-30 am–12.30 pm
Monday	Museum	Waltham Abbey Men's Shed	1 pm–3 pm
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	Waltham Abbey Gardens Meet at Abbey Church	Walk & Talk with Mind West Essex	10 am
Wednesday	Museum, Waltham Abbey	Community Café – Dementia Friendly	12 noon–1.45 pm
Wednesday	The Olive Branch, Abbey Gardens		10 am–2pm
Friday	Town Hall	Short Mat Bowls	9.45 am–Noon (£5.40)
Thursday	Waltham Abbey Fire Station	The Community Catch up	10.00–12.30 pm
Last Friday of each month	Waltham Abbey Baptist Church Hall	3 Memory Café 4U	2.30 pm to 4.30 pm

**Waltham Abbey Church**

Music for lunch 12 noon

18th April – Salva Armonica—vocal ensemble

25th April - Jennifer Townsend (Flute) - Johnathan Lilley (Piano)

**Waltham Abbey Flower Club**

Meeting 28th April, Demonstration tba.

Refreshments with home made cakes. All arrangements made are raffled.

Meeting at Waltham Abbey Community Centre, doors open 1.45pm for a 2pm start,

If anyone is interested in a stamp collection or a watch repair kit, please contact Helen via the newsletter email. A u3a member would like to pass them on to someone else.

## Community Events

### Memory Lane Tuesdays

Join us for a journey down memory lane and share your stories!  
Relive fond memories and enjoy friendly conversation at our monthly reminiscence sessions exploring objects and photos from our collection.

You are welcome to bring objects from home related to the theme of the month.

11:45- 13:00 on the following dates:

20 January 2026  
17 February 2026  
17 March 2026  
28 April 2026  
26 May 2026  
23 June 2026

£5pp with refreshments included, book online on our website or just turn up!



### Waltham Abbey Community Poppy Project

#### Monthly Crafting Sessions 2026

Saturday 14th February, 1-3pm  
Saturday 14th March, 1-3pm  
Saturday 11th April, 1-3pm  
Saturday 9th May, 1-3pm  
in  
WALTHAM ABBEY LIBRARY

*Dates for the rest of the year coming soon....*

Come and join our team working to create poppy displays around Waltham Abbey for Remembrance 2026

For more information, search 'Waltham Abbey Community Poppy Project' on Facebook, or email [walthamabbeydi@gmail.com](mailto:walthamabbeydi@gmail.com). If you have other crafting skills and want to get involved, please come to one of the above sessions. All welcome.

## WALTHAM ABBEY MEN'S SHED

Re-opening November 17th 2025  
Epping Forest District Museum Mondays 1-3pm

welcoming, inclusive place for local men to get together.. socialise  
turn their hand to practical tasks, benefitting the local community

**New members welcome!... free to join / attend**  
Free refreshments every week.. all abilities / interests welcomed!  
Just turn up... or for more information, contact:  
01992 910 701 [communityhub@essex.org.uk](mailto:communityhub@essex.org.uk)

Building new Museum installations

Repairing / building outdoors furniture

Making crafted items

Social group activities

Participation in wider local community projects

Games & puzzles

ESSEX SHED

### Discover Historic Waltham Abbey

#### Guided Tours

Taking place every third Saturday of the month between April and October, starting from the Tourist Information Centre in the Town Hall at 11.00 am and lasting around an hour and a half.

£5 per person including a visitor pack and refreshments on arrival. Children 8 to 16 years £2, under 8 free.

Reserving your place by pre-booking is helpful - or pay on the day.

Contact the Tourism Information Centre on 01992 660336 or email [tic@walthamabbey-tc.gov.uk](mailto:tic@walthamabbey-tc.gov.uk)



The April walk will be lead by Chris Sumner

## Waltham Abbey u3a member Essex Quiz

1. Where is the balustrade from old London bridge?
2. What explosive was developed at the Royal Gunpowder Mills and what was it used for?
3. The last arrived invasion in Essex was in 1724—by who?
4. Battle of Barking Creek, 1939. Who shot down what?
5. Boxing Day 1946 Hatfield Heath villagers challenged local POW's to a football match—who won and what was the score?
6. Where, it is said, did Henry VIII hear about Anne Boleyn's execution?
7. Who was "sixteen string Jack"?
8. Where is Father Christmas buried?
9. Which film star is "Baroness Haden-Guest of Saling"?
10. Which Scottish hero is said to have been born in Writtle?
11. Where did the Tolpuddle Martyrs live on their return to England?
12. Which Essex girl features (or featured) on a bank note?
13. Where is "corned beef city"?
14. What was the first car built at Ford's Dagenham works?
15. How many natural lakes are there in Essex?
16. What is the natural stone of Essex?
17. Stanley Holloway's monologue "Albert and the Lion", may have been inspired by what exhibit in which museum?
18. How many principal waterways are there in Essex?

Answers will be in the May newsletter and will be available at the AGM.

**Newsletter** – We are still looking for someone who would be interested in editing the monthly newsletter for us. If you would like to do this please contact Helen via the newsletter email, [newsletterwalthamabbeyu3a@gmail.com](mailto:newsletterwalthamabbeyu3a@gmail.com)

The May newsletter will be my final newsletter. If you wish to continue to receive the newsletter, you will need to consider, whether you or a group of you could produce it, I have enjoyed gathering the information and arranging the newsletter. Helen,