



Waltham Abbey U3A Registered Charity Number 1173927

Waltham Abbey U3A Newsletter

August 2026

Meeting: 11 August 2026

**SPEAKER: Peggy Griffin
'Records Banned by the BBC'**

Doors open 9.50 am

Please enter through The James Suite

Dear U3A Members

Welcome to the 11 August meeting and the first Newsletter completed by Ann and Cheryl. We are still experiencing some teething problems, but are hopeful that these will soon be resolved. We hope we have included all the information that has been forwarded for this Newsletter.

Our speaker Peggy is an author but gives talks on various subjects. She will be talking to us on records that were banned by the BBC during 1931 - 1957. Did they go too far in their condemnation of popular songs?

If there is anything you would like us to include in future Newsletters please send it to Newsletter@u3awalthamabbey.org.

We hope you are all keeping well in this current heatwave and managing to keep cool.

King Harold Day and Beyond October 2026 – January 2028

Waltham Abbey Town Partnership are applying for a National Lottery Heritage Fund grant to support some project activities around the Bayeux Tapestry Exhibition and the Year of the Normans. If the application is successful, the project activities will include:

The creation of an immersive presentation of the story of the events of 1066 based on the Bayeux Tapestry using images supplied under licence by the British Museum and others held by the Epping Forest District Museum. The presentation will be installed in the 14th-century crypt of the Waltham Abbey church, which is an excellent example of the surviving Perpendicular Gothic architecture of the church.

The project will include living history events on the 10th of October 2026 and in October 2027, commemorating the Battle of Hastings. These events will include re-enactors, activity workshops and talks. The project will also include community engagement workshops to design and create a mosaic inspired by the stories of King Harold's life and the Bayeux Tapestry.

There are limited guided visit offers provided by individual heritage organisations (Waltham Abbey Church, Lee Valley Regional Park and the Waltham Abbey Tourism Group). As there is no joined up public guiding offer available for residents and visitors, this project provides an opportunity to set up an accredited and supported guiding scheme. Working with students from New City College in Loughton and other volunteers, the project will give volunteer trainee guiding opportunities to individuals, including 16-18-year-old students attending the college's Travel and Tourism courses.

Volunteer guides will receive training in guiding and research techniques. Funding to enable schools in Waltham Abbey to take part in educational visits to the Bayeux Tapestry exhibition at the British Museum, delivered in partnership with Epping Forest District Museum as an official exhibition partner and longstanding education provider in the district. These visits will give young people direct access to nationally significant heritage through project-funded transport, enriching their understanding of the Bayeux Tapestry and the events of the Norman Conquest, which is an essential part of the National Curriculum.

The project will also support the development of high-quality learning resources and targeted free educational sessions to Waltham Abbey schools delivered by the museum's Learning Officer. Through the activities, local schools will be supported to explore Anglo-Saxon England and the Norman Conquest in greater depth in the classroom and the museum. The activities will ensure that more young people can engage meaningfully with this period of English history and appreciate the significant heritage of their hometown.

I would like to thank Tony O'Connor for providing the information and the u3a committee for giving me the opportunity to share this with all of you.

If you would be interested in participating and helping with the project in any way, can you please contact Helen Wilson at the August monthly meeting or by emailing HelenW@walthamabbeyu3a.org.

Waltham Abbey Group News

Country Dance Group: The group now meets in Hall 1 at the Community Centre at 2.15 pm on the second Monday of each month. There will be no meeting in August. The next meeting will be at 2.15 on Monday 14 September. New members are welcome to come and learn some dance moves and dances, or just listen to the music.

Board Games Group: Group meets on the final Friday of every month in The Angel, Sun Street at 2pm. We play a variety of games from Trivial Pursuit and Who wants to be a Millionaire to Triominos and Labyrinth. We have played games based on London Underground and Logos. We have played games that have helped us reminisce and we are going to play a game called Kingmaker in August. This is a game that one of the group had, and played in her youth.

New Groups – Our Group coordinators 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.

Please contact Jan Field or Joan Pitman our Group coordinators.

Group Facilitators

If you have information about your group or would like to share a photograph of the group with members of Waltham Abbey u3a, and would like to read in the newsletter please forward them to newsletter@walthamabbeyu3a.org

St Thomas' Church



**Upshire
EN9 3SN**



Sunday Afternoon Teas and Art Exhibition

9th August - 2.30pm-4.30pm

**Come along, enjoy the Art Exhibits by
a Local Art Group and the
Tea/Coffee and Cake**



**Our Teas are held 2nd and 4th
Sunday of each month until
27th September. 2.30—4.30**

**Everyone is welcome to our lovely little church
for home made cakes and a cup of tea or coffee.
You can either sit in the church and enjoy the
occasional organ music or sit outside in the
churchyard and admire the beautiful views from
both the front and back of the church.**

HOLIDAY GROUP :- May I thank members for paying the final payment for the U3A holiday in September at Norton Grange . Later in the month members will receive the information letter and asked to complete contact information in case of an emergency. Members have been asked to let me know by 11th August if they wish to go, including the visit to Osborne House.

GARDEN VISITS :-

VISIT TO PASHLEY MANOR 18th AUGUST £32 :- At the time of writing there are four places available for the visit to see the beautiful gardens at Pashley Manor in Sussex. If you are interested this visit please contact me by text as soon as possible

VISIT TO HEVER CASTLE 7th SEPTEMBER £31

Members wishing to join the visit to Hever Castle, the childhood home of Ann Boleyn, with nice gardens, lake and a maze, please text as early as possible to avoid disappointment . New members welcome

SATURDAY WALK FOR AUGUST

The next walk will be on the 15th August meeting at Loughton Tube Station at 10am. If you wish to join the group for this walk please let me know by the Friday afternoon . New members welcome.

EATING OUT GROUP :- The next lunch will be at The Maze Restaurant and Grill in Market Square where they offer a two course lunch for £14.90 on Wednesday 12th August meeting at 12.15 for 12.30pm lunch . If you wish to join us please contact me for the choice of menu as soon as possible no later than Wednesday 5th August

SUNDAY LUNCH GROUP :- The Sunday lunch will be on the 16th August at the Plough Restaurant, Sewardstone, meeting at 12.15 for 12.30pm carvery roast or choose from the menu . If you wish to join us in August please let me know before Thursday 13th August . New members welcome to join us

Visit to Anglesey Abbey



Magnificent Clock on show in the house



Members enjoying the house



Group at Anglesey Abbey

Colin accepts a birthday card and gift



Colin shows a photo taken at Southend

Visit to Southend



Saturday Walking Group



Stephen's House, Finchley



Linda shares lunch with Spike Milligan



Stork looking for carp

U3A Family Fun Day 19 July 2026 at Waltham Abbey Community Centre



Thank you to Carol for sending these.

Dates for your Diaries

Date	Time	Venue	Event
Saturday 15 th August	1—3 pm	Library	Community Poppy Project
Saturday 14 th March—December (Closed Thurs & Sun).	10 am - 4 pm	Museum	Exhibition Town and Country: Life in Roman Durolitum
Saturday 15 th August Saturday 19 th September Saturday 17 th October	11am	Museum	Discover Waltham Abbey Guided Tour 11 am
Tuesday 11 August Monthly Meeting	9.50 am	Town Hall	A talk on ‘Records banned by the BBC’
Saturday 5 th September	1pm – 3pm	Community Centre	Open afternoon
Tuesday 8 th September	9.50am	Town Hall	Monthly Meeting
Tuesday 13 th October	8.50 am	Town Hall	Monthly Meeting
Tuesday 10 th November	9.50am	Town Hall	Monthly Meeting
Sunday 22 nd November	1 pm to 4pm	Community Centre	Christmas Fayre
Tuesday 8 th December	9.50 am	Town Hall	Monthly Meeting
Saturday 9 th January 2027	3.30 pm— 5.30 pm	Abbey Gardens	Lea Valley Wassail.

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 wor-ries and or wellbeing con-cerns	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

The concerts will resume on Saturday August 29th.

Waltham Abbey Flower Club

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

Meeting at Waltham Abbey Community Centre, doors open 1.45pm for a 2pm start to 4 pm, every 4th Tuesday of the month. Please note we do not meet in January, June, August or December.

Community Events



Live on the Terrace White Water Centre

<https://www.visitleevalley.org.uk/whatson>

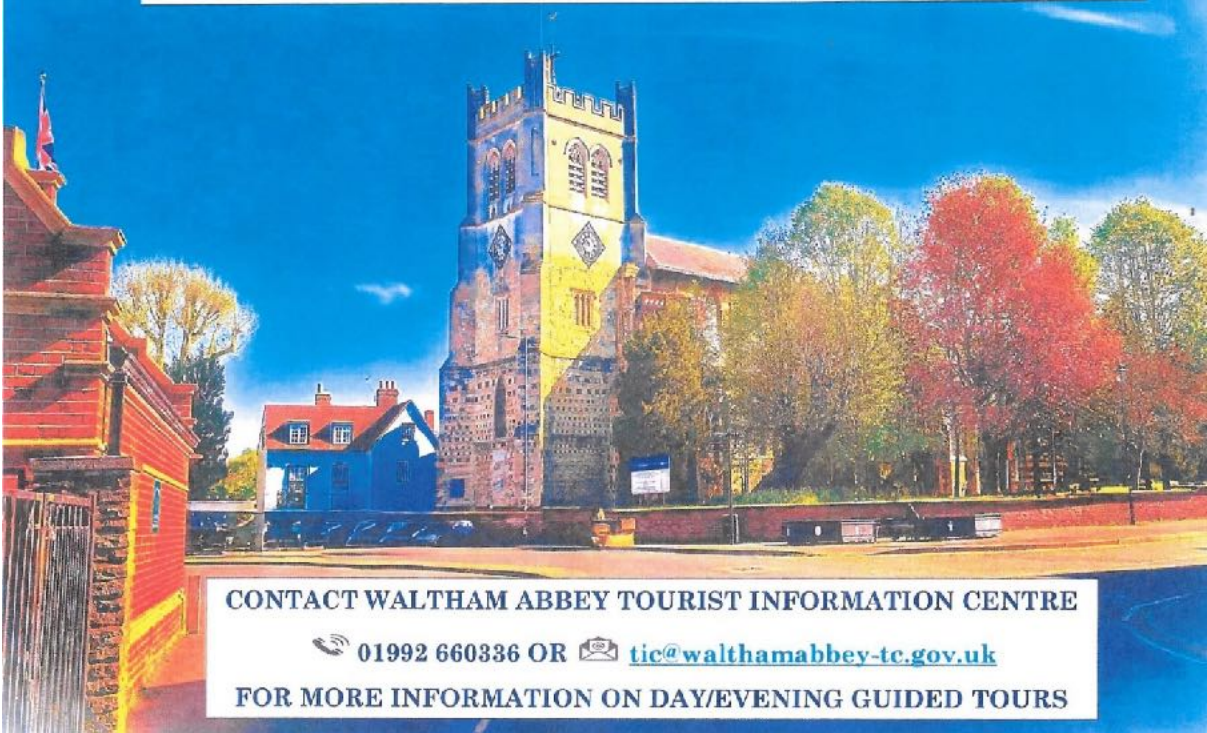
Doors open 18.30 – costs vary

8th August – Keeley Smith – Disco Diva

15th August – Destiny – A tribute to Whitney Huston

21st August - Live Music - The Soul Corporation.

AN INTRODUCTION TO HISTORIC WALTHAM ABBEY



CONTACT WALTHAM ABBEY TOURIST INFORMATION CENTRE



01992 660336 OR



tic@walthamabbey-tc.gov.uk

FOR MORE INFORMATION ON DAY/EVENING GUIDED TOURS