

Waltham Abbey U3A Newsletter

September 2026

Meeting: 8 September

Speaker: John Dwyer

‘Think you’ve got a poor memory? Forget it’

(Please bring a pen and paper with you)

Doors open 9.15 am

Please enter through The James Suite

A message from the Chair ...

With the first rain for months we might get back to something resembling normal. The grass around the Abbey has never looked so brown. If you are a gardener the rain is very welcome. For most of us old folks the high temperatures have been unbearable, so the change in temperature is very welcome.

But enough of the weather. My first few months as Chair have, to say the least, been interesting. The committee members have been very helpful and friendly. However, I think the last two speakers at our full members meetings have been disappointing. Because of this some members have left early, so, we as the committee, need to look again at the types of speaker we invite. My thoughts are that the speakers should make use of photos etc when making the presentation and that the subjects need to be of interest to the majority in attendance at the monthly meetings, which is not always easy. The other thing to say is that a number of our members have hearing issues and we need to ensure that the speakers are heard by everyone. So we need to have a good search for future speakers who will be entertaining. If you, our members, have any ideas, please let us know. You can speak to myself or any other members of the Committee.

Yours Roy

chair@walthamabbeyu3a.org

A message from the Vice Chair ...

You may have noticed in this newsletter that our main meeting opening hours have changed again.

The original change was instigated last year as part of a cost cutting exercise by our previous Chair, with agreement of the Committee. However, the booking with the Town Hall was not amended so that money was actually saved. At the August Committee Meeting it was decided that Waltham Abbey u3a main meeting would never to the old opening hours and welcome members at 9.15.

If you have any comments about this, or any other matter, the email to use is:

chair@walthamabbeyu3a.org

New Groups

If you have any ideas for a new group, our Group Co-ordinators will be happy to help you. You do not have to run or set it up yourself. We need more groups to increase the range of activities we offer, and to attract and retain members.

Please let us have your suggestions. You can contact Jan Field, Joan Pitman or the Group Co-ordinators.

groupcoordinator@walthamabbeyu3a.org.

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 via the Newsletter, please forward them to:

newsletteradmin@walthamabbeyu3a.org

East of England Region u3a bulletin

The September issue of the bulletin is now available. If you would like to receive a copy please email laurenhenderson1.east.u3a@outlook.com.

The current issue focuses on a number of different u3a groups; a power lifting 72 year old who won Gold in the over 70s British Powerlifting Championships, and a range of helpful workshops.

Terry Hoye's News - 0794 423 9235

HOLIDAY GROUP :- Members who are attending the holiday to Warners Norton Grange on 14th September are reminded that if you have not returned the sealed envelope with contact details in case of emergency please bring to the monthly meeting on the 8th September.

Garden Visits

HEVER CASTLE MONDAY 7th SEPTEMBER:-

Members are reminded to meet at Quaker Lane bus stop at 9.15 to leave by 9.30am . If you are unable to attend please let me know as soon as possible as I do have a reserve list .

RHS HYDE HALL TUESDAY 20th OCTOBER £18:

There are a few places available for the above visit to RHS Hyde Hall. As Waltham Abbey U3A are affiliated RHS members you only have to pay for the coach . If interested please text me or see me at the monthly meeting . New members welcome to join us.

SATURDAY WALK :-

The next walk is on Saturday 5th September meeting at Loughton Tube Station at 10am and we should return by 4pm. You will need to bring a debit/credit or Oyster card for tube fare. New members are welcome to join the group. If you intend to come on this walk please advise me by text no later than the Friday evening 4th September .

EATING OUT GROUP:-

The next lunch will be at The King Harold's Head Nazeing on Wednesday 23rd September meeting at 12.15pm for 12.30pm lunch . If you are interested in joining us please contact me to obtain your choice from the menu, to be returned to me no later than midday on Thursday 10th September as we go on holiday on the 14th September

SUNDAY LUNCH GROUP:-

The next Sunday lunch is on Sunday 13th September at The Plough Sewardstone meeting at 12.15 for a 12.30 pm lunch from the Carvery or choice from the main menu . Why not come and join us to save cooking especially members going on the holiday the next day. If you wish to attend please contact me no later than the Thursday evening 10th September.

Saturday Walk in August: A walk in Baker Street, spotting a statue of Sherlock Holmes and Members enjoying Queen Elizabeth II Garden in Regents Park



Garden Visit to Pashley Manor: Members enjoying the gardens and Peter and Carol spot the stag



A Poem from Jackie Berg, a member of the Play Reading Group.

The Packaging Nightmare

I'd really like a biscuit
A nice and crunchy bite
But the packet's impossible to open
It really is a fight .

I want to open the Bailey's
But the top, it just won't turn
I'm really getting angry now
And my fingers feel the burn.

Then there's the tasty pickle jar
To put upon my food
But the lid, it just won't shift
My expletives are very rude.

Then there's my roll-on deodorant
I think the lid's stuck fast
I stick it in the door jam
Twist and it opens up at last.

And what about that tab thing
Under the ketchup top
You need the strength of Atlas
To finally get it off.

Of course we have the vacuum pack
It really is a disaster
They imagine us just struggling
And go into fits of laughter.

So now I'm getting very thin
There's nothing I can eat
If only I could open things
But I must admit defeat.

I hate the medicine bottle top
You push down and then you turn
But nothing shifts that blasted top
When will they ever learn.

All this gives me a headache
So I try to take a pill
But the pills refuse to pop out
So I'm feeling very ill.

And now I'm really hungry
And getting into bed
Without my food and drink and pills
By morning I'll be dead.

Thank you to Sandra O'Nions for forwarding it to us, to add to the Newsletter, and for Jackie Berg for writing it back in January 2004 and agreeing to share it with us. I think we can all relate to this!

And, here is a photo of the u3a Play Reading Group reading Agatha Christie's 'The Mouse Trap' at their usual venue, The Library, Sun Street. They all enjoyed cookies and coffee in the interval.



PLEASE NOTE AN AMENDMENT TO THE TELEPHONE NUMBER FOR GLORIA
MARSHALL, LOOSE LADIES GROUP - THIS SHOULD READ 07871368540.

AI - An East of England u3a Notification from Ian Matthews:

1. U3a Podcast.

Written and produced with u3a members, the monthly u3a podcast can be accessed on all podcast platforms. The August episode is about the u3a Festival hosted in York, featuring interviews with Johnny Ball who opened the event, a member who plays in a steel band and a member who was a builder and had a career change into shoe design. Coming up in September is an interview with the Editor of u3a Matters magazine, discussing why gardening is so popular and going behind the scenes of the annual Jane Austen festival in Bath. More information about the podcast and how to listen is [available on the u3a website](#).

2. Part 2 of the AI Presentation is being held on 21st September. The details for registration are below.

AI - what's all the fuss about? Part. 2

The East of England Region - AI event, Monday 21st September 2026, 10am – 12pm

Copy and Paste this link to register:-

https://www.eventbrite.com/e/ai-whats-all-the-fuss-about-part-2-tickets-1995438270583?aff=oddttdtcreator&keep_tld=true

The [AI team](#) and members of the region will help you improve your AI Literacy.

Dates for your Diaries

Date	Time	Venue	Event
Saturday 14th March— December Mon - Sat Closed Thurs & Sun	Open 10am - 4pm	Museum	Exhibition Town and Country: Life in Roman Durolitum.
Saturday 19 th September Saturday 17 th October	11am	Museum	Discover Waltham Abbey Guided Tour 11 am
Saturday 5 th September	1pm – 3pm	Community Centre	Open afternoon
1st Tuesday of the month	10.30am - 12.30	Abbeyfields	Main Meeting for u3a Committee
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 22nd November	1 pm to 4pm	Community Centre	Christmas Fayre
Tuesday 8 th December	9.50 am	Town Hall	Monthly Meeting
Saturday 9th 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 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

Saturday 5: 12 noon: Joshua Harris & Jonathan Lilley - orchestral music arranged for piano duet

Saturday 12: 12 noon: Jonathan Lilley - piano; A summer idyll.

Saturday 19: 12 noon: Sofia Holovchuk - violin, Douglas Tang - organ.

Saturday 26: 12 noon: Charles Spanner - organ.

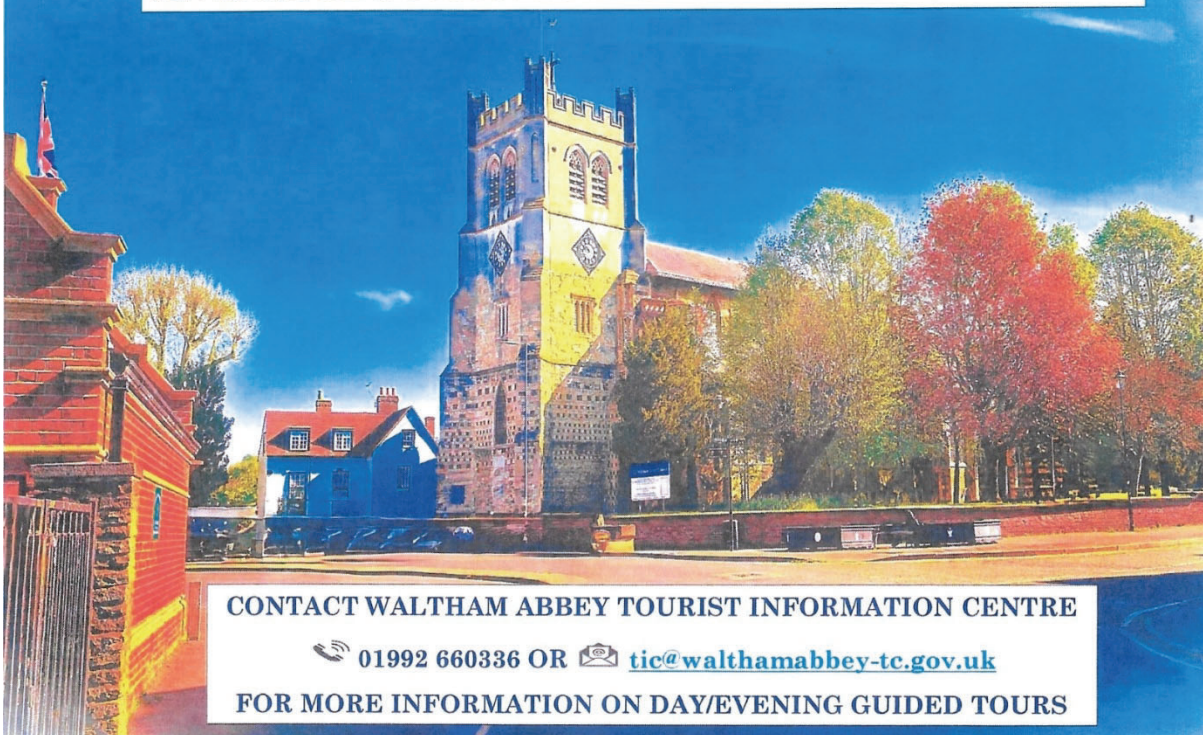
Waltham Abbey Flower Club

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

Meeting at Waltham Abbey Community Centre, on the 4th Tuesday in the month. Doors open 1.45pm for a 2pm start.

Community Events

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

**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@waa.org.uk

Building new Museum installations

Making crafted items

Repairing building outdoors furniture

Social group activities

Participation in wider local community projects

Games & puzzles

**ESSEX
SHED**

Live on the Terrace White Water Centre

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

Doors open 18.30 – costs vary

12 September: Luther Vandross Tribute - On The Terrace.