

LEA VALLEY U3A

**Members welcome from Broxbourne, Hoddesdon & Lea Valley
Area**

Meetings held at Spotlight, Hoddesdon.

Registered Charity No. 1033311

Chair: Glynis Evans

Web Site: www.leavalley.u3asite.uk Email: chairmanlvu3a@outlook.com



Find us on our Facebook Page Lea Valley U3A @Lea Valley U3A



NEWSLETTER APRIL 2026

Meeting: Monday 13th April – Cafe and Bar open from 1pm, Meeting formally starts in the Auditorium at 1:45 pm with Notices. Lindsey Barrell (aka Ms Cherry Bombe)” Buresque, Me and the WI”

Chair's Corner

I must start by thanking all our many members who sent me their best wishes or visited me during my recent spell of poor health. I was shocked to be so incapacitated and never expected to be a hospital in-patient for so many weeks but found the support of LVu3a members really wonderful.

This particularly included the committee, who have done a fantastic job in running everything in my absence. Apparently, it can take months for a full recovery from pneumonia so I will be relying on their continued help for some time to come, so I would like to publicly send them all a huge thank you.

I fully anticipate being able to come along to our next Spotlight meeting, having sadly had to miss Tricia Thomas's History of Underwear in March.

I am delighted that we will be welcoming Lindsey Barrell back as our April speaker on **Monday 13th April**. Lindsey was our Interest Afternoon speaker in May last year when she spoke about British Sign Language. Anyone who was at that meeting would be able to tell you what a truly engaging and entertaining speaker Lindsey is. Indeed, she is reviewed on the Speakernet as "Refreshingly funny, a little bit quirky, confident and knowledgeable, Lindsey Barrell has a wealth of knowledge to share from her lived experience of teaching Burlesque to the Women's Institute".



Then on **Monday 27th April** we have our next **Quiz**. As usual this will be at St Augustine's Parish Centre, Churchfields, Broxbourne, EN10 7AU. The quiz starts promptly at 1.30pm and tickets cost £2 (or £3 for non-members of LVu3a) and include tea and cake. If you haven't got your ticket yet, John Mills will be selling them at the Spotlight meeting on 13th April.

Other LVu3a events happening this month include publicity stalls on Friday, April 10th at the Spotlight (10am-2pm), and on Saturday, April 18th at the Spring Fayre in Hoddesdon Town Centre. Please let the Secretary, Lesley Robinson, know if you can help at all, even for a short time.

We also have a lunch for Group Leaders and Helpers on Friday 24th April.

I hope you have already renewed your membership for 2026. Can I remind you that on the back you should put your emergency contact details and you should have your membership card with you whenever you are at a LVu3a event.

I hope to see as many of you as possible at our Spotlight on 13th April and/or at our Quiz on 27th April.

Glynis Evans, Chair

For All Group Leaders & Meet and Greet Team

Your contribution to the smooth running of Lea Valley u3a is very much appreciated, so by way of a thank you, the committee would like to invite you to a buffet lunch and a chance to get together and to thank you in person.

Date: **Friday 24 th April 2026**

Venue: Barclay Hall, Hoddesdon Time: 1.00 - 4.00 p.m.

Please advise any of the committee if you have any topics for discussion you would like raised at the meeting. Other items for discussion will include: The Group Leaders; Handbook; running of the groups financially ; their general current position; any ideas for new groups; running of Meet & Greet team We hope to see as many of you as possible at this event.

For catering purposes, please let Lesley Robinson know by Friday 10 th April at the latest if you will be attending, either by email at secretarylvu3a@outlook.com or on 07985 617004 (text or WhatsApp is fine)



DEADLINE FOR MAY NEWSLETTER SUNDAY 3rd MAY 2026



2026 meetings

- Apr 13th **Lindsey Barrell (aka Ms Cherry Bombe) Buresque, Me and the WI"**
- May 11th **Martin Orkin "The Beatles-Part 1 Beatlemania"**
- Jun 8th **Dr Steven Dowbiggin "Capel Manor"**
- Jul 13th **Tony Harris "Henry VIII"**
- Sept 14th **Gary Matthews 'Easton Lodge Gardens & the Countess of Warwick'**
- Oct 12th **Helen Fry 'The London Cage'**
- Nov 9th **Robert Voss – Lord Lieutenant of Hertfordshire**

Interest Afternoons:

- Apr 27th **No meeting due to quiz**
- May 22nd **Nan Millette "Hand Hooked Rug Making We are not Doormats"**
- Jun 26nd **Elizabeth Eastwood "Scandals Slander & Gossip"**
- Jul 24th **Derek Prior "Royal British Legion-The First 100 Years"**
- Sep 25th **Co-Op "Estate Management"**
- Oct 19th **No meeting due to quiz**
- Nov 27th **Kay Goddard "The Underground Railroad. Patternd Path to Freedom"**
- Dec **No meeting**

LVU3A's 22nd FUN QUIZ – Mon 27th April 2026 1:30pm

Our next quiz will take place on the above date, at our usual venue (St Augustine's, Broxbourne), so save the date! Tickets will go on sale from our January main meeting. As before the ticket price will be £2 for LVU3A members and £3.00 for non-members, including tea and cake. Tickets must be purchased (or reserved) in advance; they will not be available on the door.

Web site

Our website was rebuilt in March 2026, and now uses the preferred u3a system called SiteBuilder.

Please visit our new site at:-

leavalley.u3asite.uk



Lea Valley u3a



Newsletter/Social Media/Website

If your Group has enjoyed a good meeting or outing, please send a report (two or three sentences is fine) with a photo if possible, to Alan for the Newsletter at alanjc000@gmail.com

to Lesley for social media at secretarylvu3a@outlook.com & to John for the website at lvu3aweb@hotmail.co.uk

Text & photos to Alan & John should be sent as attachments please.

Please make sure you have permission to do so from members appearing in photographs.



Proposed visit (TBC) to DSI Costumes. Friday 23rd October 2026 . 2pm

. Two hour guided tour and talk . Hear the history of the company and see the production processes of performance costumes for West End shows, Film productions and Strictly. Coach and entrance £54. Deposit £25 ASAP please so that I can confirm the arrangements. I will need 30 members for this visit to be possible. Joan Underwood. joanu@talktalk.net 07510 270228

ATTENTION ALL MEMBERS!

Pam Benton is the organiser of the monthly **Meet & Greet** team. **She** urgently requires **Volunteers** to take a turn at the tables found at the main entrance to greet members and mark off attendance sheets. The more members we have the less frequently your name will appear on the duty rota! The Ethos of the U3A is to give back as well as enjoy! Please consider volunteering! Please contact **Pam Benton** 01992 610371 email pambenton@hotmail.co.uk

GOLF GROUP SUGGESTION



We were recently contacted by Nine Iron Golf, based at the Springtime Nurseries site in Crews Hill and, subsequently, paid a visit. It is an indoor golf simulator set-up which allows you to effectively play at a huge number of worldwide courses. There are levels of membership but a casual round (for a group of up to 4) for an hour is priced at £30pp off peak (12pm to 4pm). The ex-professional golfer running it (Craig Kearney) will be doing breakfast sessions too,

working with the next door café.

Personal coaching sessions are also available. Monthly membership at £99 buys you 5 hours of play per month on the simulators. Clubs are also available to hire. Whilst this is a good idea for autumn/winter months, it might be an idea to combine it with outdoor play in better weather conditions (using Wormley Par 3 course perhaps or Cheshunt Golf Course).

Please contact me if you are interested in this proposal for a, not very serious golfing group, which can be tailored to people's diaries and is therefore not at a fixed date and time.

Tim Robinson: 07928 457028 or lvu3atre@outlook.com

CAN YOU HELP PLEASE?



The Lea Valley u3a has been invited by the Borough of Broxbourne as well as our MP to have a promotional stand at town centre events this year. These are great opportunities to promote the Lea Valley u3a and to hand out our publicity material to help encourage new members.

THANK YOU to those of you who have already come forward to offer help & support at one of these events, for which we are very grateful. However, there are still vacant slots.

So please do check your diaries and see when you may be able to give an hour of your time to help. Dates are as follows:

Saturday 18th April 10-5 Hoddesdon Town Centre –
Spring Fayre & Heritage Day

Sunday 28th June 10-7.30 Hoddesdon Town Centre –
Gala Day

Lesley Robinson will be arranging the rotas so please let her know if you can help please by email at secretarylvu3a@outlook.com or on 07985 617004



MANY THANKS



REQUEST FROM A MEMBER



One of our members has asked if there is anyone within our membership who could restring a guitar so she can learn to play. She is happy to pay.

If you can help or know of someone or could please let Lesley Robinson know at secretarylvu3a@outlook.com or 07985 617004 or let her know when you see her!

MANY THANKS

u3a Online Learning Events

There is so much more for you to enjoy with your LVu3a membership!

The calendar is full of exciting online talks for u3a members to enjoy. Here's a taster of what's available in April. To see the **full list** of upcoming events that you can join online see www.learning@u3a.org.uk , navigate the site & discover many events; workshops & talks available at no extra cost.

Nixon's Political Life

Thursday, April 16 at 2 pm Paul Carter looks at Nixon's political life travels across the landscape of post-war US and the world

The magic of magic squares

Friday 17 April at 2pm Alison Eves reveals an intriguing link between a 16th century Durer etching and a 20th century carving on the Sagrada Familia.

A deeper dive into England's history – with Charles Boundy

Tuesday, April 21 at 2 pm

Oi! Mind Yer Language!

Thursday 30 April at 2pm Discover the delights and secrets of our English language including children's language development; dictionaries and new words; surnames and place names.

Why not join the u3a online community: *Interest Groups Online (IGO)*

Looking to meet fellow u3a members who share your interests? Or want to discover something new? The online community *Interest Groups Online (IGO)* is full of exciting groups. There is something for everyone. Join *IGO* today to share your passions and find new ones.

Explore www.u3a.org.uk for all the above and more!

Urgent Appeal

If Lea Valley u3a is to continue after our October AGM, we will need to elect a new **Chair** as after 5 years Glynis is standing down!

We would be very happy to chat to you about the role, if you feel this is something you would like to consider.

Also

We are still looking for a **Group Co-ordinator** to help facilitate the setting up of new groups & supporting the Group Leaders. This could be a shared role.

Please come & have a chat if you'd like more details.

Vice-Chair – this is also a post we would love to fill!

As a committee we work as a team and, therefore, no-one is on their own.

Please do think long & hard if you could help keep LVu3a thriving.

THANK YOU



Stevington Manor Gardens.

Wednesday 10th June

By coach from Spinning Wheel, leaving at midday £38 includes coach, drivers tip, entry to gardens and short guided tour. Find out more:kathybrownsgarden.com

The garden will be open exclusively for our group on this day. To book your place phone Dennis: 07881858058.



‘Allo ‘Allo

Can you speak French to a high level and would like to share your skill?

Our Improvers/Advanced French Group is looking for a person to lead our small friendly group to help take us forward on our learning journey.

We meet weekly on Wednesday mornings from 10.30 – 12 in our homes on a rota basis.

If this opportunity is of interest to you, please contact Coral Spevack on corallynne@btinternet.com or mob: 07931 341779

 **Lea Valley u3a**
Registered Charity No.1033311 

Explore Something
Just A Little
Different at
Yewtree Farm, Anstey



*A close encounter
with
alpacas....*

£38



**2.00-
5.00 pm**

Self-Drive
May 20th 2026
Exploring London Group 6
Dennis Bruce: taxi4dennis@hotmail.co.uk



May 11th

Speaker: Martin Orkin

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm. Guests welcome



Capel Manor

Speaker Dr. Steven Dowbiggin OBE

June 8th

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm. Guests welcome!

Hand-Hooked Rug Making



An Interest Afternoon with Nan Millette

May 22nd

Tickets £3, including tea and cake

1.30 for 2.00 pm at Barclay Hall, Hoddesdon

June 26th

Scandals, Slander...



.....and Gossip!

Speaker: Elizabeth Eastwood

Hertfordshire has had its share of scandals throughout the ages—elopements, clandestine marriages, bigamy, adultery, kidnapping, a wicked Earl, a vicar's wife—but relishing some gossip may actually be *illegal!*

An Interest Afternoon at Barclay Hall, Hoddesdon

1.30 pm for 2.00 pm

Tickets £3, incl tea and cake



Henry VIII

England's *Greatest King!*

Musician, Composer, Poet, Sportsman.....

*Fluent in several languages, including
French, Latin and Spanish.*

*Founder of the Church of
England and the Royal Navy*

Speaker Tony Harris

July 13th

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm. Guests welcome!

Easton Lodge Gardens



and Daisy Greville, Countess of Warwick

Speaker: Gary Matthews

Easton Lodge gardens date back over 400 years, but their most renowned owner was Daisy Greville, Countess of Warwick and mistress of Edward VII, who in 1902, commissioned leading designer Harold Peto to create stunning formal gardens.

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm. Guests welcome!

September 14th

Heritage Group

Summer Day Trips



Tuesday, June 2nd

Layer Marney Tower £46

Guided tour visiting parts of the house not normally open to visitors. Free flow to gardens, Essex Barn, Parish Church and

Tower. **Ploughman's Lunch/ tea/coffee/cake available in the Stables Tea Room only by pre-order.**

Price / details from Joan Underwood.

Book with £25 deposit at February Meeting

Friday, July 31st

Hughenden Manor £42

NT Members £25

Country home of Victorian Prime Minister, Benjamin Disraeli, and, more recently, as a top secret map-making facility during WWII.

Short introductory talk (outside) then free flow to house and gardens



Book with £25 deposit at February Meeting

Trips open to all u3a members

Prices include all gratuities



Visit to Oxford, December 6th-8th, 2026

3 days / 2 nights B and B

4* Mercure Hotel, Eastgate, Oxford. £395 pp. Deposit £75
*En-suite Twin / Double rooms (Limited number of Single Rooms)
TV, tea/coffee- making facilities. Restaurant for Evening meals*

Day 1 Visit to Blenheim, including entrance
to Christmas decorated Palace and Courtyard Market

Day 2 At leisure in Oxford for visiting
historic buildings, museums, etc,
or Christmas shopping



Travel with Cannon Travel and Golden Boy Coaches





As a u3a we are committed to looking after the welfare of our members. If you are aware of any members who are unwell and have been absent for a while or you know of any member who has recently been bereaved then please let me know. I can then send them a card so that they know we are thinking of them.

Please contact me with details:
sylviaedington2017@gmail.com

Sylvia Edington, Safeguarding
 Officer - 07711 828250

Men wanted! Are you a Solo Man? – Why Not Join our Solos Adventure Club!

Our Solos Adventure Club is growing and we would like to invite more men to join our friendly group! If you're single, widowed or divorced and keen to meet new faces, you'll find a warm welcome within our group. We enjoy regular meet-ups, lunches and are hoping to plan days out & other social events – all in a relaxed and supportive atmosphere. If you'd like to find out more about our Solos Adventure Club please get in touch with Group Leader, Coral at Corallynne@btinternet.com



CROQUET

We play on Wednesdays 9.30-12.30 at the Broxbourne Sports Club, Mill Lane, EN10 7BA, where there is ample parking. It's a welcome sign that summer is on its way when croquet resumes, and this year it will be on 1 April. **New members welcome.** If you haven't played before, we will show you the basics and

Contact details page 20.

treat you very gently!

Exploring London 6 Enjoy a Visit to Royal Hospital Chelsea

Our afternoon in Chelsea started with a very enjoyable lunch in the visitors' cafe. Before our tour started, we visited the interactive museum. Our group was then taken on a tour of the Royal Hospital, Chelsea. Our very knowledgeable tour guide was Norman, a very fit 87 year old Chelsea Pensioner!



The Hospital first opened in 1692 and Norman gave us the history from King Charles II, who had the original idea of wanting to keep the military on his side, until the present day. We were shown the chapel, the great hall where the Chelsea Pensioners still take their meals, the original sleeping quarters etc. We also enjoyed being shown around the extensive courtyards.



History of Underwear!

Our Spotlight meeting on Monday 16th March was very entertaining and educational when Tricia Thompson gave us the lowdown on the history of underwear, from cavemen to the current day.

She explained how ladies used contraptions made from, or incorporating, wood, iron and whalebones, usually accompanied by considerable pain and discomfort to achieve the look of the 'perfect body'; a concept we often see in the media today. Padding was used to enhance the hips, and corsets were drawn in to achieve the smallest waist possible, often resulting in harming their own internal organs. The waist achieved in the third picture (bottom right) was said to be 13 inches. Ouch!

Men had a much easier time apparently opting for comfort, rather than looks.

The Solos Adventure Club met for an informal lunch on Tuesday 24th March at The Glass Lounge in Hoddesdon.



These relaxed and enjoyable lunches are to become a regular event for our Group alongside the other outings & events we plan.

The French Boules group

enjoyed playing in the spring sunshine at Rye Park. For further information, please contact Jacques Bremont at mcbremont@googlemail.com



110 Years of Hertfordshire's Aviation Heritage



Our March Interest Afternoon certainly was interesting! Speaker, Guy Thomas, who is a tour guide with the RAF Museum at Hendon, shared his extensive knowledge and passion for the subject with his slide presentation and talk.

Details of the part played, during both World Wars and beyond, of the many airfields that were then in Hertfordshire together with their planes was enlightening. With its proximity to Elstree Studios, the nearby airfield had also been used by several famous names, including Clark Gable and Glenn Miller. For some members, memories were evoked of experiences they had had during their career which they enjoyed discussing with Guy.

The Arts and Literature

ART APPRECIATION Dennis Bruce 020 8360 7096

taxi4dennis@hotmail.co.uk Proposed 2 ½ hour walking tour of the Shoreditch Street Art scene. Led by specialist street art tour guide. exploring the most exciting and colourful locations of street art. £16 Saturday 20th June. 10 am start. Meet Liverpool Street 9.30.

BROXBOURNE ARTS FORUM - BArts Lee Rayner email

leerayner_arts@hotmail.com See Events leaflet / Pick up a full programme from the Spotlight.

BOOKS FOR SALE Joan Underwood – 01992 444550 joanu@talktalk.net

CHAIR STRETCH AND MOBILITY Fridays 2-3pm, United Reform Church, Broxbourne. This group is run by Lucy who runs our Keep Fit (formerly Movement and Mobility) group, for Broxbourne u3a but members of LVu3a are also very welcome to attend. £5 per session. Contact: **Lucy Kennedy, mobile 07957860268, lucy@btconnect.me.uk**

CHINESE BRUSH PAINTING Group 1 Sybil Hammond – 01992 635783 sybil.hammond23@gmail.co.uk

**CREATIVE WRITING Lesley Robinson idrobinson0612@gmail.com
secretarylvu3a@outlook.com 01992 465462** Now Amalgamated with Broxbourne

**PLAYREADING Kay Braithwaite 01992 460162
braithwaite156@btinternet.com**

**READING FOR PLEASURE (1) Carol & Keith Reast 01992 465725
carol.reast@ntlworld.com**

READING FOR PLEASURE (2) 01992 442260 rosemaryryanbrox@aol.com
Our March book was 'Butter' by Asako Yuzuki, in translation. Gourmet cook Manako is convicted of the serial murders of lonely businessmen she is said to have seduced with her cooking. Journalist Rika seeks to interview her and a gastronomic exchange begins. The majority of members scored it low – 2 & 3 – but the extensive research into the history & social history of Japan by the member presenting the book led to an interesting & worthwhile meeting. Next book 'The Curfew' by T M Logan. We meet in members houses at 10am, normally on the 3rd Friday.

ARCHAEOLOGY & ANCIENT HISTORY Laurence Cole 01992 442187

le.cole@btinternet.com Our group meets on Zoom on the 4th Wednesday afternoon of the month. We welcome anyone interested in learning more about ancient civilisations such as Egyptian, Minoan, Mycenaean, Greek, Roman or British as revealed in the many documentaries we can show. If you would like to join us, please ask us to send the Zoom link.

EXPLORING LONDON (2) Chris Vaughan 01992 946033
vaughanhillview@aol.com

EXPLORING LONDON (5) Ann Young 01992 462376 anndaneyo@aol.com.

EXPLORING LONDON (6) – Marion Barrett. Email: marion4@sky.com. Mobile 07977 035767. Home 01992 446186. Wednesday 22nd July- Visit to Camfield Place 2.30pm Tour of house,garden, followed by afternoon tea.
Nestled in a quiet oasis just 17 miles from Central London, Camfield has a unique literary history being the home of both Beatrix Potter and the Queen of Romance, Dame Barbara Cartland. **Cost £38. £20 deposit secures a place.**
marion4@sky.com mobile 07977 035767

Please ensure you have your membership card with you with next of kin details on reverse and that you have renewed your membership.

FAMILY HISTORY Laurence Cole – 01992 442187 le.cole@btinternet.com

On first Monday of the month at 10-12pm at Hoddesdon Methodist Church.

GARDEN GROUP Dennis Bruce 07881858058 taxi4dennis@hotmail.co.uk

Our first visit in 2026, will be in Broxbourne, **2pm 26th May.**

This is an event where we visit one of our members personal gardens.

Please send an email if you would like to be invited. Stevington Manor Gardens.

Wednesday 10th June By coach from Spinning Wheel, leaving at midday £38 includes coach, drivers tip, entry to gardens and short guided tour. Find out more:kathybrownsgarden.com The garden will be open exclusively for our group on this day. To book your place phone Dennis: 07881858058.

GENERAL HISTORY Joint leaders: David Pracy 01992 893264

d_pracy@hotmail.com, Paul Martin 07394 252107 [\[martin@hotmail.com\]\(mailto:martin@hotmail.com\) We meet at Mayhem Theatre Arts, Brewery Road,](mailto:paul-john-</p></div><div data-bbox=)

Hoddesdon, 1.15 to 3.30, usually on the 3rd Monday of the month

Buses pass the door, parking at Sainsbury's only two hours but other parking nearby. Everyone welcome.

HERITAGE GROUP Joan Underwood 07510270228, 01992 444550

joanu@talktalk.net **PLANS for 2026**

TUESDAY 2nd JUNE Layer Marney Tower £46.

FRIDAY 31st JULY Hughenden Manor NT £25. Non NT. £42.

FRIDAY 23rd OCT. DSI Costumes. £54

SUNDAY 6th---TUESDAY 8th DEC. Oxford Christmas Markets and Blenheim Palace.£395 2nt/3days Mercure Eastgate Hotel, Oxford. B.B with ensuite rooms. ALL BOOKINGS plus DEPOSITS from the February Meeting.Heritage trips are open to ALL u3a MEMBERS.

Hobbies, Indoor Games etc

ASTRONOMY Laurence Cole on 01992 442187 le.cole@btinternet.com We

meet at The Haywards in Broxbourne at 7.30pm on the first Tuesday of the month. New members welcome.

BRIDGE Richard Lord 01992 464000 johnrichardlord@aol.com

**BRIDGE 2 New Group for beginners.mobile 07954049546 or
email liz.trew@virginmedia.com** Please phone or email for details,

EXPLORING PHOTOGRAPHY Stan Benton 01992 610371

stan_benton@hotmail.com .All abilities, no previous experience required.
Camera and camera phone users equally welcome. Fresh Air provided.
See notice page 4. Please contact Stan above for details.

JIGSAW SWAP SHOP – Richard & Kathleen Lord – 01992 464000

kathleentlord@aol.com Swaps 50p or buy for £1. Proceeds to Lea Valley
u3a. Please secure puzzle boxes with an elastic band or tape.

KNIT AND NATTER Gill Fowke 07801 667054 gfowke@live.co.uk We now
meet at **Hoddesdon Methodist Church 1 - 3pm every Friday.** £3 per person
to cover hire and refreshments. Knit, crochet, embroider etc (Or just come to
make tea and coffee and natter!)

MAHJONG Sybil Hammond – 01992 635783 sybil.hammond23@gmail.com

At Nazeing Congregational Church at 10am. Please get in touch with me if you
are interested in joining.

NEEDLE FELTING GROUP Gill Winter. gill_s_winter@yahoo.co.uk

SCRABBLE Martin Benson g.martin.benson@gmail.com H 01992

892396, M 07518833105 Rejuvenated Scrabble group Now meeting 1pm to
3pm on first and third Wednesday each month, at The Haywards. Queries to
Martin Benson.

Keep Fit and Outdoor Activities

COUNTRY DANCING, Val Foster 01992 628619 valfoster162@gmail.com &

June Brown 01992 301987. Your country dancing group takes place on the
1st & 3rd Thursdays of the month in the large room at Bollescroft from 2-4 p.m.
This is a joint group with Broxbourne u3a. We are a very friendly & sociable
group & warmly welcome new members, so do pay us a visit. Your first visit is
free & then it's £4 per meeting. Please remember your u3a Membership Card.

**CROQUET Joint leaders: Richard Lord (01992 464000,
johnrichardlord@aol.com), David Pracy (01992 893264**

d_pracy@hotmail.com). We play on Wednesdays 9.30-12.30 at the Broxbourne
Sports Club, Mill Lane, EN10 7BA, where there is ample parking. It's a welcome
sign that summer is on its way when croquet resumes, and this year it will be on
1 April.**New members welcome.** If you haven't played before, we will show you
the basics and treat you very gently!

FRENCH BOULES - Jacques Bremont 01920 421346

mcbremont@googlemail.com Every Thursday at 10:00am at Rye Park.

PILATES Joan Underwood - 01992 444550 M 07510270228

joanu@talktalk.net Wednesdays 1.30pm. Methodist Church Hall, Middlefield Road, Hoddesdon. £5 per session. We have room for two additional members. As this is not a beginners group some experience of Pilates would be Advisable.

TABLE TENNIS Details Dennis Bruce 020 8360 7096

taxi4dennis@hotmail.co.uk Mondays 2pm to 4pm Laura Trott Centre. We are a group of mixed abilities, come along and give us a try.

WALKING NETBALL LVu3a contact Gwen Fish 07982975514 Now amalgamated with Cheshunt U3A. LVU3A members can join the group without having to become Cheshunt members.

WALKS- INTERMEDIATE Jill Dockley Details: 01992442671

jilldockley@btinternet.com The walks will be circular to make transport arrangements easier, and will be in the region of 5 to 6 miles long. They take place on the first Friday of the month

WALKS - SHORT Jill Dockley Details: 01992 442671

jilldockley@btinternet.com These walks are generally on the 3rd Sunday of the month and if you would like to be included on the mailing list please contact Jill Dockley.

Eating and Drinking

EAT YOUR WAY AROUND WORLD Pam/Stan Benton – 01992 610371

pambenton@hotmail.co.uk stan_benton@hotmail.com Our next meal will be on **Wednesday 29th April**, 6.30 at Khao Yai, a Thai restaurant in Brocket Road, Hoddesdon. As we will not be at the next main meeting, please email me to reserve your place. All members of Lea Valley U3A are welcome. Please see Pam or Stan Benton at the next main meeting to book. This is open to all members of Lea Valley U3A, new diners always welcome.

PUB LUNCHES (2) Vivien J. Smith 01992 465030 vivienandroy@live.co.uk

Mon. 27th April at Sparks, 91 High Street, Hoddesdon, at 12.00. At the moment this group is full but if you want to join, please contact Glynis Evans on 01992 916485 and we hopefully re- open a 2nd Pub Lunch.

SOLOS LUNCH CLUB *New Group* Coral Spevack.

corallynne@btinternet.com

Languages

FRENCH Improvers/Advanced Coral Spevack 07931 341779

corallynne@btinternet.com

We are continuing the group Mary Cole founded, aiming to concentrate on conversation, translation from various sources – French newspapers, magazines, on-line resources etc and occasional grammar! We welcome confident French speakers as well as those wishing to improve their French.

We meet weekly on Wednesday mornings from 10.30– 12 in our homes on a rota basis. Please get in touch for further details.

ITALIAN Nunzia Cusumano, nancycusumano1@gmail.com. Mobile 07359 737687. The Italian group meets every Tuesday 2 pm – 3 pm in Hoddesdon. Please contact Nunzia Cusumano for further details. Members from all u3as welcome. All abilities welcome, depending on numbers, additional sessions can be accommodated. Each lesson is £5 paid monthly in advance. First lesson is complimentary.

Music

MUSIC APPRECIATION 50s – 80s Steve Fish on: family.fish@btinternet.com
Our group meets on Zoom, usually on the second Wednesday afternoon of the month from 2.30 p.m. -5 p.m. It is a relaxed afternoon listening to music on a set theme, featuring popular music artists from the 1950s to the late 1980s.

OTHER GROUPS

The following Groups are not part of LVU3A, but welcome our members.

KEEP FIT (Low Impact) Tuesdays 11.30am. First Wormley Scout HQ. Cozens Lane West, Broxbourne. £5 per session. Contact: Lucy Kennedy, mobile **07957860268, lucy@btconnect.me.uk**

HANDBELL RINGING - LVU3A members are welcome to join this local group based in Broxbourne. Ring **Sybil Hammond 01992 635783**

LINE DANCING FOR ABSOLLUTE BEGINERS Sarah Hill 07899 076 843 Every Monday at 6pm (arrive by 5.45pm) at the Hunt room, St Paul's Church, Pauls Lane, Hoddesdon EN11 8TR. Sarah would love to see Lea Valley u3a members at her brand-new class. Come along and try something new. Have fun dancing to all music genres and make new friends whilst keeping fit. No partner required. £8 per class, cash only please. Please give Sarah a call to let her know you're going.

NAZEING HANDBELL RINGERS Pam Benton 01992 610371 We get together to make music with handbells in Nazeing, on a Tuesday afternoon, would you like to join us? Playing music is good for your mental and physical wellbeing. It is a fun and sociable activity, and we are a fun and friendly group! Experience is not necessary, and although the ability to read music, at whatever level, would be an advantage, again, it is not necessary. If you would like to know more, or come along for a taster session, please contact Pam Benton.

FRIENDS OF LOWEWOOD MUSEUM We are a support group for the museum to help with donations from our funds for the purchase of relevant artefacts for display and conservation. We also put on a series of talks on the third Tuesday of the month from February to May and September to November every year at the United Reformed Church Hall, Mill Lane, Broxbourne EN10 7BQ. The evening commences with tea/coffee at 7.30pm. Talks commence at

8pm. Visitors welcome £5.00. For further details please contact **Diana Weston - diana.weston@ntlworld.com - 07778-380**

LVu3a Committee and Helpers for 2026

Chair Glynis Evans	01992 916485	lvu3a@live.co.uk
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Secretary Lesley Robinson	01992 465462	secretarylvu3a@outlook.com
Minutes Secretary Coral Spevack	07931 341779	corallynne@btinternet.com
Membership Secretary Lesley Turner	07929 667061	membershiplvu3a@outlook.com
Group Co-ordinator	V A C A N C Y Could this be you?	
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HELPERS		
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