

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 MAY 2026

**Meeting: Monday 11th May – Cafe and Bar open from
1pm, Meeting formally starts in the Auditorium at 1:45 pm with
Notices. Martin Orkin “The Beatles-Part 1 Beatlemaina”**

Chair's Corner

It was wonderful for me to be back at the Spotlight for our April meeting and I was really delighted that so many of you gave me a wonderful welcome back. I was also most pleased that the audience all joined with me to thank the Committee for all their work in keeping our u3a running so smoothly.

As I had anticipated, last month's speaker, Lindsey Barrell, gave us a very entertaining talk about her experiences of Burlesque and the Women's Institute. And all in Burlesque costume!

April also saw our first quiz of the year. Sadly, I couldn't be there as I had another short stay in hospital, but I hear that it went very well and was most enjoyable.

Thanks once again to John Mills, our Quizmaster.

Our main meeting at the Spotlight this month on **Monday 11th May** takes us back over 60 years as **Martin Orkin** will be telling us about **Beatlemania** in the fab 1960s from Love Me Do to Day Tripper and We Can Work it Out



Never has any other band come anywhere near the success the Beatles had. In just 3 years, from 1962 to 1965 - the band released 9 consecutive number-one UK singles, plus many other high-charting hits. They also released 6 LPs.

How many can you remember? Join us for a trip down memory lane next Monday.

Later in the month we have our Interest Afternoon on **Friday 22nd May**. Our speaker, **Nan Millette**, will be telling us about **Hand Hooked Rugs** and she will be bringing along some of her rugs to show us. I am intrigued to see whether they will bear any resemblance to the rugs my father used to craft in the austere post-war years, long before the days of fitted carpets – how I appreciated being able to step onto a warm rag rug rather than cold lino when I got out of bed on a winter's morning.

As usual, it will be at the Barclay Hall, Hoddesdon starting with drinks and cakes and the chance to have a chat with fellow members from 1.30pm then Nan will start her talk at 2pm..

Tickets are available on the door priced £3 – do come along.

I hope to see as many of you as possible at our Main meeting on Monday 11th May and/or at our Interest Afternoon on Friday 22nd May.

Glynis Evans, Chair



**DEADLINE FOR JUNE NEWSLETTER
SUNDAY 31st MAY 2026**



2026 meetings

- 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:

- 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. Patterned Path to Freedom”**
- Dec **No meeting**



PLEASE NOTE:

DUE TO ESSENTIAL MAINTENANCE WORK TAKING PLACE AT THE SPOTLIGHT IN THE AUDITORIUM & DINANT ROOM FOR SIX WEEKS DURING THE SUMMER, OUR AUGUST MONTHLY SPOTLIGHT MEETING IS, UNFORTUNATELY, CANCELLED.

WE SINCERELY APOLOGISE BUT THIS IS BEYOND OUR CONTROL!

MANY THANKS FOR YOUR UNDERSTANDING.



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

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:





CAN YOU HELP PLEASE?

Our next publicity event will be at the Love Hoddesdon Gala Day on Sunday 28th June from 10.00 am – 5.00 pm.

These events 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 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.

Sunday 28th June 10-5.00 Hoddesdon Town Centre – Gala Day

Lesley Robinson will be arranging the rota so please let her know if you can help by email



MANY THANKS



Possible Padel Group

Ten of us recently enjoyed a free trial session of the latest racquet game, Padel, at the Broxbourne Sports Club and we are now launching our Group!

Cost will be £6 for 2 hours of play between 2.00 p.m. – 4.00 p.m. on Thursday afternoons. Our booking is for 2 courts each week with 4 players on each court. If more than 8 players are available each week, a swap in, swap out arrangement can work.

Some coaching may also be possible to arrange at an extra cost.

If you would like to join the Group, please let me know know at secretarylvu3a@outlook.com or by 'phone to 07985 617004

Lesley

01992 441946

Lots To Do in May!

spotlightvenue.com



May 6th

**Barbara Manning with
My Kind of Music.**

Easy listening music for a spring afternoon. From Chopin to show-biz, folk songs to film themes and seasonal favourites—you're in for a treat. £3,

12.00—2.00pm

Hot lunch to pre-order.

May 12th West Side Story

A brilliant re-working of the Romeo and Juliet theme, with music by Leonard Bernstein. 10 Academy Awards!



2.00 pm £12



**May 13th Let's Do Lunch
Travelling Hopefully**

We tend to take world travel for granted today, but many people lost their lives exploring new forms of transport and new routes.



May 19th Paintings, Craft Cards
Ceramics, Photographs. Poets' Corner
Board Games.

*Live music and 'Open Piano',
with Barbara Manning and talented
students.*

11.00am—2.00pm FREE ENTRY!

May 22nd

**Café Concert
with the
AJ Quartet**



Jazz standards

in many moods!

The gin is cold, but the piano's hot!

7.30 pm £20

**In the Spotlight Bar
Pizza Supper to order**

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



Exploring
London
Groups 5 and 6



11.00 am
at the
Museum



Friday, June 5th

Talk & demonstration by Mrs Marshall on the making of ice cream in Victorian times, plus a taste!

Cost £10

On the day Entrance **£6.50** to museum,
plus **£2** tea/coffee if required.

Contact: Marion Barrett email: marion4@sky.com.
Mobile 07977 035767

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



GROUP LEADERS AND MEETERS AND GREETERS MEETING ON 24 th APRIL 2026

Over 30 people attended the meeting held at Barclay Hall on Friday, 24 th April preceded by a buffet lunch.

The Secretary, Lesley Robinson, welcomed everyone and thanked Group Leaders and Meeters and Greeters for all of their work in the last year.

Tim Robinson, the Treasurer, led the discussion which focussed on making both the Spotlight main meeting and the offerings of the groups more attractive and interesting for current and prospective members.

Having looked at many u3a branches websites, it is clear that we have a higher proportion of members attending the Spotlight Meeting than seems to happen at equivalent central events in other branches. Clearly a very good thing and we would consider all options for improvement in the future, including an alternative layout for group tables and we would urge the Spotlight to improve the catering offered to our members.

We discussed the need for a Groups Co-ordinator (or two people sharing the position) and we would urge anyone interested in helping to step forward and talk to a member of the Committee.

The Group Leaders Handbook needs a re-write and simplification but should cover the role of group leaders , the financial aspects of managing groups and problem-solving such as dealing with accidents, insurance cover and “taster” session criteria.

It is important that groups are open for business and that overspill events or spin-off groups are created in the event of groups/events becoming over-subscribed. We would also look at adding group short videos on to the website to attract new audiences.

The current Group Sharing Arrangement with the five other local branches (Ware, Hertford, Waltham Abbey, Broxbourne and Cheshunt) was not operating as we all hoped at present and needs repointing and an up-to-date exchange of opportunities available.

The Committee had created a New Groups Support Policy which allowed for financial support for a maximum of 3 months for venues and Tutors (if required) and some equipment (if needed). All applications to be vetted by the Committee!

There were at least four current new initiatives (including Padel at Broxbourne Sports Club 2-4pm on Thursdays) and at the meeting we moved forward with the idea of a Bowls Group and Pickleball Group (being followed up).

If you are interested in becoming a Group Co-ordinator or have an idea for a new group around one of your interests or have an idea for making the Spotlight Event more attractive please do talk to a member of the Committee at the meeting on 11 th May or contact one of us directly if you are not attending that meeting.

Publicity Events

Members of Lea Valley u3a have recently been volunteering on our publicity stand at two local events:

Friday 10th April – Older Persons' Fair organised by Lewis Cocking MP
Saturday 18th April - Love Hoddesdon Spring Fayre & Heritage Day

Both were very successful and we had lots of good conversations with members of the public letting them know what the Lea Valley u3a can offer them. We're looking forward to seeing some of them at our Spotlight meetings in the future.

Our thanks go to the following for helping:

Lesley Turner
Anne Brown
Joan Shell
Diane & Tony Rodgeron
Coral Hensman
Kathleen & Richard Lord
Jill Davies
Glenys Lardi
Valeria Vellani
Pam & Stan Benton

Dennis Bruce
Mick Clarke
Barbara Morgan
Pauline Clark
Marion Barrett
Sonia Scott Miller
Tony Crowther
Vikki Rae
Jenny Parkinson
Monica Georgiou



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



LVu3a Spotlight Meeting with a Difference

Lindsey Barrell and her alto ego, Ms Cherry Bombe; entertained us at our April Spotlight meeting with highly amusing tale of her time with the WI.

Exploring London 6 visit to Nightingale Museum



Members of Exploring London Group 6 had a most enjoyable day out at the Florence Nightingale Museum recently. Although only a small museum it held a great deal of information, with authentic artifacts, together with a very interesting talk and guide around the museum by the curator. The photo was taken in the gardens of St Thomas' Hospital with the statue of Mary Seacole behind.

The Arts and Literature

ART APPRECIATION Dennis Bruce

taxi4dennis@hotmail.co.uk Shoreditch Street Art Tour. £16. Walking tour of Spitalfields & Shoreditch with works by street artist Eine, D`Face, Sweet Tooth and maybe a Banksy, led by an expert guide. **Saturday 20th June**, meet Liverpool St. Station at 9.30 am. This 2hour 30minute walk will take place, rain or shine.

BROXBOURNE ARTS FORUM - BArts Lee Rayner email

See Events leaflet / Pick up a full programme from the Spotlight.

BOOKS FOR SALE Joan Underwood –

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**

CHINESE BRUSH PAINTING Group 1 Sybil Hammond –

CREATIVE WRITING Lesley Robinson

Now Amalgamated with
Broxbourne

PLAYREADING Kay Braithwaite

READING FOR PLEASURE (1) Carol & Keith Reast

Our book for May was Covenant of Water by Araham Vergese which was very well received by our Group giving an average score out of 8.5 out of 10. It was a large book but it covered the history of one Indian family from 1912 to 1977 which was fascinating and we would thoroughly recommend it. We find that we have space for one more member so please contact Keith or Carol Reast

READING FOR PLEASURE (2)

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 3 rd Friday.

ARCHAEOLOGY & ANCIENT HISTORY Laurence Cole 0

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

EXPLORING LONDON (5) Ann Young

EXPLORING LONDON (6) – Marion Barrett. Email: Mobile

Home Friday June 5th 2026 Joint Visit by

Exploring London Group **5 & 6: London Canal Museum** with a talk & demonstration of how ice cream was made in Victorian Times. Full details & map from Group 6 table @ May Main Meeting. **Cost: £10.** On the day entrance fee to museum £6.50 plus £2 tea/coffee

Marion Barrett, email; mobile

Wednesday July 22nd 2026 - Visit to Camfield Place 2.30pm Guided tour of House & Garden followed by afternoon tea in the dining room. 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 One space left.** Self Drive.

Marion Barrett . email Thursday

August 20th Visit to the Crouch Ridge Estate Vineyard 11am Golden Boy Coach from Spinning Wheel. Hoddesdon 9.30am. Guided tour around the vineyard, fun tutored wine-tasting session of 3 Crouch Ridge wines. Light lunch in the garden included. (Weather permitting) **Cost £85 Deposit £40 @ May meeting. Final payment £45 @ July meeting. Minimum 16 for this visit.**

Marion Barrett email. All U3A

members welcome on any of these visits. 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 –

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

GARDEN GROUP Dennis Bruce

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

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:

GENERAL HISTORY Joint leaders: **David Pracy**

We meet at Mayhem Theatre Arts, Brewery Road, 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

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 We

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

BRIDGE Richard Lord

BRIDGE 2 New Group for beginners. mobile

Please phone or email for details,

EXPLORING PHOTOGRAPHY Stan Benton

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 –

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 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 –

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

NEEDLE FELTING GROUP Gill Winter.

SCRABBLE Martin Benson

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 &

June Brown 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 _____ David . 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

Every Thursday at 10:00am at Rye Park.

PILATES Joan Underwood - 8

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

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 Now

amalgamated with Cheshunt U3A. LVU3A members can join the group without having to become Cheshunt members.

WALKS- INTERMEDIATE Jill Dockley Details:

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:

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 –

PUB LUNCHE (2) Vivien J. Smith

Mon.29th June at The Cowper Arms, Station Road, Cole Green, Hertford,SG14 2NL. 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.

PUB LUNCHE (3) Pauline Hurst :

SOLOS LUNCH CLUB *New Group* Coral Spevack.

Languages

FRENCH Improvers/Advanced Coral Spevack

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, Mobile

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:

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

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

LINE DANCING FOR ABSOLLUTE BEGINERS Sarah Hill 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 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** -

LVu3a Committee and Helpers for 2026

Chair Glynis Evans	01992 916485	lvu3a@live.co.uk
Treasurer Tim Robinson	07928 457028	lvu3atre@outlook.com
Secretary Lesley Robinson	07985617004 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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Meet & Greet Pam Benton	01992 610371	pambenton@hotmail.co.uk
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