

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 AUGUST 2026

There is NO SPOTLIGHT MEETING IN AUGUST

**Interest Afternoon 1.30pm Friday 28th August at the Barclay Hall, Hoddesdon
Su Murley: "How I became a Children's Author"**

Chair's Corner

I hope that you have been able to enjoy this summer weather, and you are not finding it too hot. 2026 will certainly be a memorable year!

And our LVu3a July meeting was also certainly memorable too – a significant number of our members got in touch with me after the meeting, to say that they thought Tony Harris's performance as Henry VIII gave us the best meeting ever! His knowledge of the king was outstanding, and I am sure that everyone in the audience learnt something new. And Tony managed to deliver his whole performance in a wonderfully humorous manner, giving us a real insight into Henry VIII's Tudor life. So, his whole presentation fitted in very well with our u3a motto "Learn, Laugh, Live".

Tony Harris offers a range of different talks based on different characters, so I am sure we will be re-booking him for a future meeting – his Donald Trump presentation sounds very appealing to me!

The Auditorium of the Spotlight theatre is having some major refurbishment work during August which means we are unable to have our normal monthly meeting in August. Instead we are holding a new members meeting on that date, Monday 10 th August, and if you have joined our u3a since early 2025 you should have received an invitation to this – if you have not and you think you should have been invited please get in touch with me and I will send you an invite.

Tea/coffee/soft drinks and fruit and cake will be served, and new(ish) members will have the opportunity to meet and chat to other new members, committee members and some Group Leaders. We will also be seeking your perceptions of LVu3a and ideas and suggestions for what we could do to make it even better.

At our August Interest Afternoon on Friday 28 th August we welcome Su Murley giving us her talk "How I became a Children's Author" - the fun and interesting facts she found along the way.

As usual, the Interest Afternoon 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 Su will start her talk at 2pm..

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

Looking ahead to our September Spotlight meeting on Monday 14 th September, we wanted to make it a bit special to compensate for there being no August meeting.

After our speaker, Gary Matthews has given us his talk on Easton Lodge Gardens & Daisy Greville, Countess of Warwick there will be a complimentary buffet and live music. Further details are given later in this Newsletter

I hope you will be able to come along to our Interest Afternoon on Friday 28 th August

– if you have not been to an Interest Afternoon before, then August would be a good time to try one as there is no main meeting in August this year.

Glynis Evans, Chair



DEADLINE FOR SEPTEMBER 6th SEPTEMBER 2026



2026 meetings

- Sept 14th **Gary Matthews ‘Easton Lodge Gardens & the Countess of Warwick’** complimentary sandwiches, cake & music to follow meeting
- Oct 12th **Helen Fry ‘The London Cage’**
- Nov 9th **Robert Voss – Lord Lieutenant of Hertfordshire**
- Dec 7th **Tricia Thompson "He's Behind You- the history of pantomime. plus Christmas festivities.**

Interest Afternoons:

- Aug 28th **Su Murley How I Became a Children’s Author & the fun & intresting fact i’ve found along the way**
- Sep 25th **Co-Op “Estate Management”**
- Oct 5th **No meeting due to quiz**
- Nov 27th **Kay Goddard “The Underground Railroad. Patterned Path to Freedom”**
- Dec **No meeting**

TEENS UNITE

<https://www.teensunite.org/>
Teens Unite, our very well-known local charity, supporting young people with cancer. Can you help by volunteering, donating or shopping please check out their website for full information. Contact Linda @teensunite.org



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.



LVU3A's 23rd FUN QUIZ – Mon 5th October 2026 1:30pm



Our next quiz will take place on the above date, at our usual venue (St Augustine's, Broxbourne). Tickets will go on sale from our July main meeting. Tickets are £3 for LVU3A members and £4 for non-members, including tea and cake. Tickets must be purchased (or reserved) in advance; they will not be available on the door.

We've put ticket price up as last couple have run at a loss because of increased costs.

ANYONE INTERESTED!

Hoddesdon & Rye Park Bowling Club. The Recreation Ground. Old Highway Hod. EN11 0LT Anyone interested at having a practice session with a view to forming a new LVU3A Bowls Group. Wednesday evening from 5-8pm. All bowls will be supplied, trainers or comfortable flat shoes to be worn. Date & time to be arranged depending on interest. Please see sign up sheet at Secretary's desk @ the next main meeting.

SOCIAL EVENT MONDAY 14TH SEPTEMBER



Come along on Monday 14th September to our social event. No ticket is required just turn up as usual to listen to our speaker, Gary Matthews, telling us about Daisy Greville, Countess of Warwick & the beautiful gardens of Easton Lodge & afterwards enjoy complimentary sandwiches & cakes and a sociable time with other members.

Whilst enjoying refreshments, we will be serenaded by Robert Habermann aka Frank Sinatra who will be giving us a preview of some of his songs from his forthcoming show at the Spotlight.

The committee look forward to seeing you there!

SPECIAL OFFER!

The Spotlight is offering LVu3a members a £3 discount for the **FRANK SINATRA - BIG BAND BASH SHOW** On Saturday 26th September at 2.30 p.m. Featuring Robert Habermann as Frank with the Phoenix Jazz Orchestra **Just quote FRANK3 when you book via the Spotlight!**



14 th September Spotlight Meeting

PLEASE NOTE

Please see details of this meeting elsewhere in the Newsletter. For this meeting the auditorium will be set out with tables & chairs at which we can enjoy our complimentary afternoon tea following our speaker. Therefore, our usual Group Tables will not be available at this meeting. However, certain Groups will be located elsewhere at the Spotlight as follows: Heritage Group – located inside the bar area near the entrance. EL5 & 6 – located inside the bar area near the entrance. Spanish/Padel/Science & Environment – located inside the bar area near the entrance. Books – In the foyer opposite the notice boards. Jigsaws – In the foyer along the wall of the Dinant Room. Thank you for your understanding & we hope our September meeting will be very enjoyable!

AGM 2026

Would you like to join our committee?

We would be very happy to chat to you about the main officer roles of:.

Chair, Secretary. Treasurer

If you think you may be interested & would like to give it a go, please do let us know.

Other committee members are encouraged to take on responsibilities for: Vice Chair, Membership Secretary, Groups' Co-ordinator
General committee post

Please get in touch with any committee member for further details or email Lesley if you would like to come on board next year!

As a committee we work as a team and, therefore, no-one is on their own. Our informal committee meetings are held once a month.

We welcome new members onto the committee.

Contact: email Lesley Robinson at for further details.

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

Padel Group

We still have room for more players in the Padel Group. We play on Thursday afternoons between 2.00 – 4.00 pm at the Broxbourne Sports Club in Mill Lane, Broxbourne. Cost is £6 for the 2 hours. If there's more than 8 players, we swap in & swap out between games. Complete beginners welcome! If you fancy a go let Elizabeth Kavanagh know at

First meeting of Science and Environment Group

"We are excited to inform you that the first, monthly meeting of the LVU3A Science and Environment Group will be held on 14th Aug (2nd Friday of mth), 1.30-3.30pm in the meeting room of the Methodist church, Middlefield Road, Hoddesdon. (Tea/coffee will be provided)

The group's aims are to explore topical scientific and environmental subjects that are of interest to as high a proportion of the group as possible. Our initial meeting will, therefore, be to discover people's interests

If you haven't done so already, please let Laurence Cole know if you'd like to join this group (contact details below and at end of newsletter). Subscription costs are still to be decided but the first 3 months (14th August, 11th September, 9th October) will be free, kindly subsidised by LVU3A.

SPANISH GROUP UPDATE

We are finalising arrangements for this new group: potentially fortnightly at a Broxbourne venue for 1.5 hours.

The tutor lined up is keen to get started and most applicants so far are beginners or with limited knowledge of the language.

There will be venue support from central funds for at least the first three months but the larger the group the lower the tutor cost going forward. We are trying to sort out the times that suit the majority of people interested.

It would be good to get started in September.

Would anyone else interested in joining the group please contact Tim Robinson on or on

Stop Press Heritage

Two extra single rooms are now available for the short break to Oxford including Blenheim Palace, Christmas Markets and time in historic Oxford.

Mercure Eastgate Hotel B & B, ensuite rooms, Golden Boy coach travel throughout.

Price £395 pp . Please pay the balance for this trip to Cannon Travel by 20th

September. One twin and one double room still available for this visit.

DO NOT DELAY . Contact me immediately by email if you wish to book joanu@talktalk.net.

Summer holiday 13 th – 18 th June 2027

Northumberland including visits to Bamburgh Castle, Vindolanda, Alnwick Castle and NT Cragside. £815 pp

Further details and to book at the September meeting.

Nazeingberries

On Saturday 12 th September, Nazeingberries (a charity in Nazeing supporting older and disabled people) are having a Summer Fayre, 12 pm - 2pm. It is being held at Nazeingbury House, at the crossroads in Nazeing. Lea Valley u3a will have a stall there, along with other local groups. Why not come along to see what's on offer and support a local charity.

Remember to regularly check the u3a national website (www.u3a.org.uk) for plenty of online events, workshops & lots of interesting articles.
Also, sign up for the u3a Friends newsletter which gives you access to even more!
What does u3a friends offer?

The scheme includes: Regular and special issues of the online national u3a Friends Newsletter, filled with news from u3as across the country, plus fantastic offers and services. Information about nationwide u3a events and national initiatives.

Access to learning opportunities via Interest Groups Online for a low fee.

Exclusive access to our u3a Friends Extra benefits program, featuring discounts, offers, and additional services across a range of areas:

Health and wellbeing.

Shopping savings on major brands and retail discounts

Travel and holidays. Leisure offers, like family days out, trips to the cinema and theatre Insurance offers on car, travel and medical insurance

Access to financial advice and a legal helpline. Don't miss out!

Eating Around the World

The Eating Around the World group enjoyed a very enjoyable, air conditioned, evening at Fishy Delishy in Cheshunt. Our meals were delicious and included mussels and seafood pasta as well as platefuls of fish and chips.
Why not join us next time? Open to all members of Lea Valley U3A



Tudor King visits the Lea Valley u3a



At our July main meeting, Tony Harris, aka King Henry VIII entertained us with his brilliant portrayal of the Tudor King. In the King's quest for a male heir, the trials & tribulations of his six wives were brilliantly



portrayed in such a way that had us all laughing!

Sunday Walking Group

On a hot day in June, the Sunday Walking Group completed an enjoyable stroll, lead by Martin, along the River Lea. On completion we all enjoyed lunch at The Bull in Broxbourne.

Solos Adventure Club Sunday Lunch

12 members of the LVU3A Solos Adventure Club met at Mantos on Sunday 19th July for Sunday lunch. The food was suburb and the company convivial. We were very happy to welcome a new person to our growing membership. If you are on your own, do join us, especially men, please don't be shy!



Lea Valley u3a

Join Lea Valley M.D.G!



Our *new* Membership Development Group

will be involved in making our branch of the u3a the most friendly, *attractive* and *successful* it can be in order to recruit and retain *new* members.

You don't need to be a group leader or committee member to play a part ... just come with your enthusiasm and fresh ideas.....

**Contact: secretarylvu3a@outlook.com
07985 617004**

Lea Valley u3a
Registered Charity No.1033311
To All New Members



The pleasure of your company is requested for Afternoon Tea

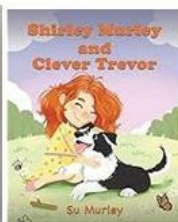
Monday, August 10th, at 2.00 pm

41, Walton Road, Hoddesdon, EN 11 OLN

R.S.V.P. by August 5th
chairmanlvu3a@outlook.com
07960 330264

Interest Afternoon

August 28th



How I Became a Children's Author. *The fun and Interesting facts I've found along the way*
Speaker: Sue Murley. 1.30 pm
for 2.00 pm Barclay Hall,
Tickets £3
include tea and cake.

Members' Social



*with Afternoon Tea
after the main meeting*

September 14th

3.00-4.00 pm

with guest singer, Robert Habermann



Co-Op Estate Management Interest Afternoon



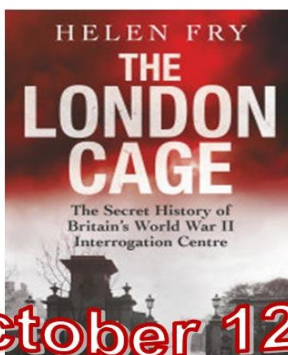
September 25th

2.00 pm, Barclay Hall, Hoddesdon.

Tickets £3, include tea and cake.

01992 916485

A prisoner-of-war facility during and after the Second World War to interrogate mainly captured SS personnel and members of the Nazi Party.



Located within numbers 6-8 Kensington Palace Gardens, London, it was itself investigated following accusations that it used torture to extract information. It was wound down in early 1948.

October 12th

Speaker: Helen Fry

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm.

November 9th



Robert Voss

Lord Lieutenant of Hertfordshire

Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm.

Representative of King Charles in the county of Hertfordshire, the role of Lord Lieutenant is little known or appreciated. The current holder, Robert Voss, CBE, has long experience in business and International trade, acting as President of a number of associations and federations and Chair of the International Trade Council for 7 years.

He has interests in a huge number of Hertfordshire organizations.....

Earth Science

N B G I X I K D P S O I L D
S A E J W R C N S C O W P X
L B O S E E C O J L L N X O
A I L K A I H I D I S U D N
R O O C T C X S N M J U R A
E M G O H A V O U A G T T C
N E Y R E L R R K T A R U L
I I Q R R G J E F E N E P O
M T O D D V O C E A N S A V
P M O J E A R T H P F E R U
M M O U N T A I N O T D Q Q
X V I G P O L L U T I O N Z
Y J A E C O S Y S T E M Z W
L I A T M O S P H E R E V Z

Geology

Desert

Biome

Earth

Ocean

Erosion

Mountain

Volcano

Weather

Climate

Rocks

Soil

Pollution

Minerals

Ecosystem

Glacier

Atmosphere

The Arts an Literature

ART APPRECIATION Dennis Bruce

Trent Park House of Secrets. Residence of Philip Sassoon (banking family) between the wars hosted many leading figures including Edward 111, Churchill. Trent Park was requisitioned by the government in 1939 to be used for housing German P.O.W. officers, the story of how the secret listeners helped to defeat the Germans is now being told 80 years on. Date Wednesday 14th October 11am TBC Price £14 TBC. Self drive. Send me an email if interested.

BROXBOURNE ARTS FORUM - BArts Lee Rayner email

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

BOOKS FOR SALE Joan Underwood –

CHINESE BRUSH PAINTING Group 1 Sybil Hammond –

CREATIVE WRITING Lesley Robinson

Now Amalgamated with
Broxbourne

PLAYREADING Kay Braithwaite 0

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 June book, 'The Romantic' by William Boyd, was enjoyed by most of the group. It is the fictional history of Cashel Ross, born in Ireland in 1799, moving to England, Waterloo, Italy, Zanzibar, the search for the Nile and much else, as well as his life and loves. Next book 'The Covenant of Water' by Abraham Verghese. We meet in members houses at 10am, normally on the 3rd Friday.

ARCHAEOLOGY & ANCIENT HISTORY Laurence Cole

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

September 18th 2026 – Grant Museum & Petrie Museum of Egyptian

Archaeology Entrance – No charge – Donation. Grant museum is home to 100,000 specimens from every continent, every ocean & every animal group.

The collection has been used in teaching and research since 1828 and continues to have a huge impact on how we understand and learn from the natural world. Petrie Museum of Egyptian Archaeology - home to one of the world's largest and most important collection of Egyptian and Sudanese archaeology, telling the stories of people who lived in the Nile Valley in the past.

FAMILY HISTORY Laurence Cole –

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

GARDEN GROUP Dennis Bruce

Self drive to The Mount, Royden. Friday 21st August from 2pm A gem on our doorstep. £10 includes entry tea & cake. This trip is now full, please email if you would like to go on waiting list.

GENERAL HISTORY Leader Paul Martin

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. The next meeting of the General History Group will be on Monday 17th August, when we'll be discussing The Haileybury School Alumni, which includes many well known names from the world of politics, business, sport and entertainment. As ever, all new members and visitors are welcome.

HERITAGE GROUP Joan Underwood

PLANS for 2026

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

or

email or 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.

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 H

M 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

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**

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.

PADEL Elizabeth Kavanagh

Our friendly Padel Group is up and running. We play on Thursday afternoons 2.00-4.00pm at the Broxbourne Sports Club, Mill Lane, EN10 7BA. Cost is £6 for the 2 hours. We have 2 courts and play on a swap in swap out basis if more than 8 members are playing at any one session. Complete beginners welcome!

PILATES Joan Underwood -

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 –

We are taking a

break for the summer. Look out in September for news of our next meal.

PUB LUNCHES (2) Vivien J. Smith

On **Mon.24th August** at The Bull, Broxbourne, 74 High Street, EN10 7DZ, 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 LUNCHES (3) Pauline Hurst :

Pub lunch 3 every 2nd Wednesday every month from 12pm to 2pm next pub lunch will be **12th August**, please contact me for further details

SOLOS LUNCH CLUB 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		
Treasurer Tim Robinson		
Secretary Lesley Robinson		
Minutes Secretary Coral Spevack		c
Membership Secretary Lesley Turner		
Group Co-ordinator	V A C A N C Y Could this be you?	
Webmaster John Mills		
Publicity Lee Rayner	01992 467420	
Newsletter Editor Alan Cole		
Safeguarding Sylvia Edington		
New Members/Visitors Sonia Scott Miller		
Speaker Secretary Marion Barrett		
Meet & Greet Pam Benton		
HELPERS		
Zoom Adviser Laurence Cole		
Powerpoint Secretary Tony Crowther		