LEA VALLEY U3A

Members welcome from Broxbourne, Hoddesdon & Lea Valley Area

Meetings held at Spotlight, Hoddesdon.

Registered Charity No. 1033311

Chair: Lesley Robinson

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

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



NEWSLETTER NOVEMBER 2026

Meeting: Monday 9th November– Cafe and Bar open from 1pm, Meeting formally starts in the Auditorium at 1:45 pm with notoces followed at 2pm with our speaker Robert Voss – ‘ Lord Lieutenant of Hertfordshire’.

Chair's Corner

Welcome to my first Chair's Corner!

I must begin by giving Glynis a **huge 'thank you'** for all the work she's done for the Lea Valley u3a whilst she's been Chair over the last five years and I really hope that, together with you all, I can continue to help our u3a to prosper.

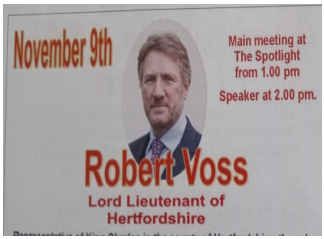
I think you will agree that our speaker in October, historian & author Helen Fry was excellent with her talk on the 'Bugging of the Nazis, WWII & Trent Park', and I know that several of you have said how much you enjoyed her talk. Who would have thought that so much was going on in Trent Park and without



the captured Germans even knowing!? It was extremely fortuitous that our Art Appreciation Group had already arranged to visit Trent Park two days later! You can read the report from their visit together with amazing photos further on in the Newsletter. If you missed out on this trip, I believe the Exploring London Groups are looking into arranging a visit in 2027 so watch this space.

We are very honoured to have the representative of King Charles III in the county of Hertfordshire, **Mr Robert Voss CBE, The Lord Lieutenant of Hertfordshire** as our guest speaker at our November **Spotlight meeting on Monday 9th November**.

Mr Voss has had an illustrious career in business & international trade, and we look forward to hearing his talk and finding out about his role as our Lord Lieutenant. Given his status, there are certain protocols we should observe. One of which is, where possible, not to leave the auditorium whilst he is talking or before he leaves at the end of his talk please.





Later in the month on **Friday 27th November** at our **Interest Afternoon at Barclay Hall from 1.30 p.m**., we have Kay Goddard talking to us about how quilts produced during the period of American slavery carried secret messages of safety or danger ….. This does sound very intriguing! Tickets are £3 on the door including refreshments.

Christmas Celebration, Monday 14th December - If you haven't already bought your ticket for our festive event, there are still tickets available at £5 & will be **on sale on Monday 9th November**. Details can be found further on in the Newsletter.

One member has queried with me that our next Fun Quiz on Monday March 8th 2027 is the second Monday in the month when normally we're at the Spotlight! Even though we book the Spotlight at least a year in advance, 8th March had already been booked. Therefore, our **March monthly meeting in 2027 is booked for Monday 15th March**. Please make a note in your 2027 diaries when you get them!

I think that's all for now! Enjoy your u3a activities & meetings this month and I look forward to seeing you all soon.
Lesley, Chair

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DEADLINE FOR DECEMBER 3rd DECEMBER 2026
Changed to Thursday

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2026 meetings from 1.00 p.m. at the Spotlight

Nov 9th **Robert Voss – ' Lord Lieutenant of Hertfordshire**
Dec 14th **Tricia Thompson 'He's Behind You- the history of pantomime. plus Christmas festivities'.**

2027 meetings from 1.00 p.m. at the Spotlight

Jan 11th **Murray Craig 'Sheep Over London Bridge —The Freedom of the City of London'.**
Feb 8th **Paul Lillie 'The Life of Elvis'.**
Mar 15th **Nik Pringle 'An Introduction to Murder & Prominent Herts Cases'.**
Apr 12th **Paul Gosbee 'Commonwealth War Graves'. TBC**
May 10th **Martin Orkin 'The Beatles pt2'**
Jun 14th **Jason Middlet on' Gemstones & Jewellery of the Rich & Famous'**
July 12th **Norbert Janssen 'Mercy Ships'**
Aug 9th **Duncan Bickley 'Adventures in Helicopters'**
Sept 13th **Andrew J Baker 'Ireland: A Portrait of the Emerald Isles'.**
Oct 11th **Paul Barwick 'The Life & Crimes of Double Agent Zigzag'**
Nov 15th **Nicholas Henderson 'The Wonders of the Heavens- A guided tour'.**

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Interest Afternoons: 2026

Nov 27th **Kay Goddard "The Underground Railroad. Patterned Path to Freedom"**
Dec **No meeting**

Interest Afternoons: 2027

Jan 22 nd **Martin Benson - "DNA and what its profiling can tell us about suspects of crime and about our ethnicity"**
Mar 19h **Simon Rice 'Bee Keeper) will bring Honey & various things associated with beers for sale',.**
May 28 th **Anne Lawrence 'The Life of a Counter Terrorist Detective'.**
July 23rd **Samuel Beddard 'His career with music' (to be 'discussed)**
Sept 24th **Elizabeth Eastwood. 'Scandals, Slander & Gossip'.**

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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

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LVU3A's 23rd FUN QUIZ – Mon 8th March 2027 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 in 2027. 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.

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u3a learn, laugh, live **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 chairmanlvu3a@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.





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 intouch with Group Leader, Coral at Corallynne@btinternet.com

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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 £8 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

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Lea Valley u3a Proposed Spanish Group

A number of people have expressed interest in a Spanish group, led by a tutor (whom I have identified) with a current proposal to meet fortnightly on Tuesday or Friday for 90 minutes (this could be 60 mins if members would prefer that)

As this will be venue-based, we must make sure that costs can be covered in the medium-term, so we need a regular attendance of c15 in order make it viable (that would mean a fortnightly cost of £8 as things stand)

If you would like your name added to the list of potential members then please contact me at:

Tim Robinson.

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Family History Group

For our Christmas meeting on Monday December 14th, at Hoddesdon Methodist Church, Middlefield Road, we are having a talk by renowned family historian Dave Annal (see https://lifelinesresearch.co.uk).

The subject will be: **"Lost in London: solving your London family history problems"**

This should be of general social history interest, as well as of special interest to our many members who have ancestors who lived in London

Non-members of our Group are welcome to come along at 10am for coffee and mince pies (or other soft drinks) to be followed by Dave's talk at about 10:30. You simply need to buy a ticket, price £4, from Laurence Cole on the Family History table at the Spotlight meeting. You can also phone and reserve a ticket

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Hoddesdon Floral art Club



Hoddesdon Floral Art Club are inviting Lea Valley u3a members to join their friendly group on the 2nd Wednesday of the month (except January) between 2pm and 4pm and watch expert demonstrators of delightful floral art; the arrangements are then raffled. We meet at Jackson Hall, Burford Street, Hoddesdon EN11 8JN. Parking on site is free. New members welcome, £10 for visitors (refunded if you join). **Contact: Vivienne Edwards**

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MCR Pathways

MCR Pathways is a national charity helping care-experienced & disadvantaged young people realise their potential & find a path to a brighter future. LVu3a has been contacted by the Partnership Manager for Hertfordshire MCR Pathways as they urgently need volunteer mentors to support young people at Haileybury Turnford School in Cheshunt.

Mentors give just one hour a week during school time to listen, encourage and consistently support a young person. No previous mentoring experience is required, as full training and ongoing support are provided. The life experience and encouragement of u3a members could make a lasting difference to a young persons confidence and future.

If you think this is something in which you might be interested, call for an informal chat with Ernest Moses the Partnership Mthe email to youanager for Hertford.

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SCIENCE AND ENVIRONMENT GROUP

Our October meeting was led & presented by Laurence Cole. The topics of solar panels & AI were very thought provoking & led to a lot of discussion on energy in general as well as AI.

Our next meeting is open to all LVu3a members, so please do come along.



FRIDAY 13 th NOVEMBER 1.30pm to 3.30pm at BARCLAY HALL (behind St Paul's Church, Paul's Lane, Hoddesdon, EN11 8TR)

We have a SPEAKER FROM HERTS & MIDDLESEX WILDLIFE TRUST who will be talking about the varied work being carried out by the Trust workers and volunteers

Tea, coffee and cake available from 1.15pm ONLY £3 entry fee on the door

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Are You a Jigsaw Fan?

Our hugely popular Jigsaw Swap Shop run by Kathleen & Richard at our monthly Spotlight meetings is enjoyed by so many of you.

Whilst there's nothing like doing a physical jigsaw there might be a time when you're unable to get to the Spotlight for your next puzzle. There's a free online jigsaw site called Jigsaway which might be useful. The website is https://jigsaway.com/puzzles/jigsaw-puzzles-for-seniors

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Newsletter Content

Our Newsletters each month often feature some of the meetings & outings enjoyed by some of our interest groups.
For even more variety it would be great to see short articles and/or reports from groups that don't usually appear!
Remember, our newsletter is available online on our website, so interested members of the public could be encouraged to join if they see something that appeals to them.
Just a couple of sentences with a photo introducing your group or reporting on a weekly/monthly meeting is all that's needed! Always get permission from members appearing in photos please.
Please send to: Alan Cole our newsletter editor.

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u3a Survey Results

Over 10,000 u3a members took part in a recent u3a survey entitled 'u3a and me'. The results show the u3a's impact on the lives of members surveyed. It shows that the u3a movement can help to enhance later life.

- 95% said u3a had improved their life in some way.
- 79% said u3a had expanded their social connections.
- 77% said their sense of wellbeing had improved since joining u3a.
- 66% said u3a had helped them stay mentally & physically active.

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Lea Valley u3a Website

Most of you will be aware that we moved from our old website (**lvu3a.org.uk**) to our new site at "**leavalley.u3asite.uk**" earlier this year. Until now if you attempted to find the site using the old address you would be automatically redirected to the new one, without realising.
This auto-redirect is about to expire, so if you have the old address saved as a 'bookmark' or 'favourite' you should update this now to the new address, otherwise you may end up seeing "page not found" or similar, and we would not want you to be unable to keep up with all our news.

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Personal Safety Responsibilities

Please remember that when participating in u3a activities you are responsible for your own wellbeing, safety and actions. By taking part, you are doing so voluntarily and, therefore, should assess your own ability to participate in any activity. Please follow any guidance provided by the Group Leader or guide and ensure you have emergency contact details on the reverse of your membership card which you should carry with you at all times when participating in u3a activities.

Shawe Physio

Shawe Physio, Fawkon Walk, Hoddesdon are offering the following FREE workshops at their premises in Fawkon Walk.

STRENGTH TRAINING FOR MEN OVER 50

Thursday 5 November, 6.30–8.00pm Shawe Physio, Hoddesdon

Over 50? Get stronger, fitter and healthier!

Strength training is one of the best ways to improve your health, build confidence and stay active at any age. Shawe Physio is running a free strength training workshop for men over 50, led by Personal Trainer, Dan, alongside Sophie, Health and Wellbeing Coach. The workshop will cover:

- The benefits of strength training after 50.
- Building muscle, strength and bone health.
- Improving fitness and everyday movement.
- Simple exercises and safe lifting techniques.
- Nutrition to support your training.

STRENGTH TRAINING DURING AND AFTER MENOPAUSE, Thursday 12

November, 6.30–8.00pm Shawe Physio, Hoddesdon Why every woman should be lifting weights after menopause. Menopause changes your body in ways many people don't talk abut, including muscle loss, shifting body composition, declining bone density, disrupted sleep and changes in mood and energy. The good news is that strength training is one of the most effective tools available, and it does't require hours in the gym. This free evening talk, led by Personal Trainer, Dan, alongside Sophie, Health and Wellbeing Coach, will cover:

- How menopause affects your muscles, bones, metabolism and overall health.
- Why strength training is one of the best things you can do during and after menopause.
- How lifting weights protects your bones, improves body composition and boosts energy and mood.
- How to get started, including sample programmes, key exercises and how to train safely.

Both workshops are free to attend, although spaces are limited. If you like to book, pleas phone Shawe Physio on 01992 451849

History Group



At the recent Lea Valley U3a General History Group meeting, discussions began on the subject of *Poverty in Britain.* We were pleased to be joined by Tony Catarinicchia, the Community Engagement Officer from Lowewood Museum, who had kindly provided images and information relating to Poorhouses and Workhouses within the local area.

Tony was delighted to attend the meeting as part of the museums community engagement and outreach work. He stated that the visit provided a valuable opportunity to raise awareness among members about Lowewood Museum, its collections and the local heritage it preserves for the Borough of Broxbourne, as well as the range of volunteering opportunities available.

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House of Secrets Museum



Our Art Appreciation group visited this historic house & museum set on the edge of 413 acres of parkland once a royal hunting ground at Trent Park, North London.

Our visit started with a very interesting talk by one of the many excellent volunteers.

He explained how a network of bugging devices, hidden everywhere from light fittings to the billiard table, captured conversations between German generals, intelligence that proved crucial to the Allied war effort.

Our group of 18 immersed ourselves in the state rooms of Sir Philip Sassoons glamorous 1930 residence, restored beautifully to its original splendour, including John Singer Sargent sketch of Sassoon.

We then explored the basement rooms where the secret listeners captured the conversations of German Generals, which enabled the allies to gain an advantage over Hitler. Lots of interactive displays.

After lunch the day was rounded off with Author Sue Elliott, who gave everyone even more stories and info of the amazing story of Trent Park House of Secrets.

If you missed out this time, keep an eye open on our Exploring London groups, who are planning visits in 2027.

DSI Costumes.



On Friday 23rd October 39 members from Exploring London Groups 5 and 6 visited DSI Costumes, an independent fashion house in Croydon.
Sales director, Gerald Schwanzer, explained that Dance Sport International (DSI) was originally founded as a dance studio in 1982 by Geoffrey Hearn and
Peggy Spencer MBE.
Opening a dress making department in 2000, it now employs 52 skilled workers, who have designed and made costumes for
West End theatre productions, such as Hamilton and Moulin Rouge, films including Wicked and has been the main supplier of costumes for Strictly Come Dancing for its last three series.



LV members had an opportunity to examine many of the costumes made for
the programme and two lucky ladies even got to try on two of the gowns. The visit included a tour of the cutting and machine rooms, where we were able
to chat to the talented and friendly staff as they worked creating costumes for future productions.

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Lea Valley u3a

Registered Charity
No.1033311





Space In Your Garage?

Long-term,secure storage facility needed for

- Large, collapsed Gazebo with cover
- Projector Screen plus large storage box
- 12 Boxes of Books
- 12 Boxes of documents
- Other assorted items

Access to these items would be required *every month* for the books, but just a few times a year for the rest.

<u>One 15' sidewall</u> of a garage,
or secure outbuilding would suffice
Modest monthly fee payable

Please contact Tim Robinson

07928 457028 or 01992 465462

u3a Country Dancing Group

We are a very friendly and social group who meet twice a month, the first and third Thursdays, 2 – 4pm at Bollescroft. (Just next to the Spotlight car park.)

Visiting callers take us through the dances before we attempt them with music and continue to call out the movements through the whole dance. Although all dances are different, they include the same dance movements, just in a different order!

No previous experience is necessary, and you don't have to worry about a partner. It's a great way to enjoy some gentle exercise whilst indulging in a sociable chat!

Please feel free to contact us to discuss a visit. The cost is £4 a session which includes a cold drink. Your first visit is free, so please come along and give us a try!

Val Foster 07704 848363 Email: valfoster162@gmail.com

Next Dates: September 17th

October 1st and 15th

November 5th and 19th

December 3rd (Christmas Party)



MEMBERSHIP DEVELOPMENT GROUP

The inaugural meeting of the MDG met on Wednesday 28 th October to look at ideas for increasing the number of lvu3a members as well as enhancing the current experience for existing members and visitors.

The intention is to create a more welcoming "club" atmosphere on Spotlight days as well as looking at the group offerings and ways to make them more attractive going forward.

Secondly, we looked at expansionary ideas involving distribution of printed leaflets and posters. In addition, we would seek to target local employers with information about the u3a, prepare a schedule of events/fairs at which to have a stall in the next year and prepare a target list of other organisations and health service locations at which we could display our material. We discussed branded merchandise to use at future events.

November 9th



Main meeting at The Spotlight from 1.00 pm

Speaker at 2.00 pm.

Robert Voss

Lord Lieutenant of Hertfordshire

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.....





Christmas Celebration

Monday 14th December

1.00 p.m. Festive Buffet inc. drink from the bar on production of your event ticket.

2.00 p.m. 'The History of Pantomime' with Tricia Thompson

Tickets: £5 Please buy in advance

Raffle!



Festive Music



Lea Valley u3a

Affiliated to BARTS

He's Behind You!



The History of Pantomime

with Tricia Thompson

December 14th, 2.00 pm

and Christmas Festivities

at the Spotlight



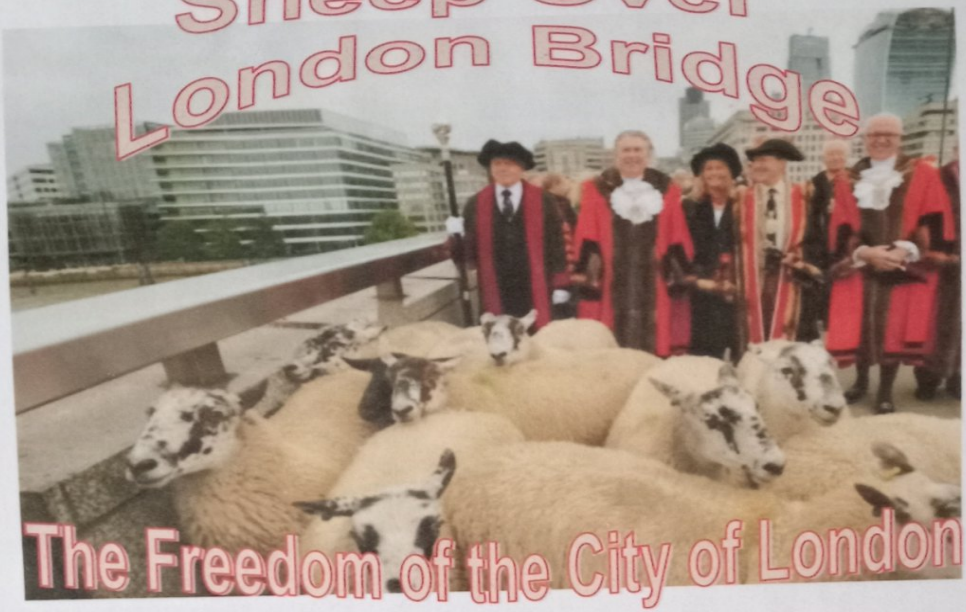


u3a
learn, laugh, live

Lea Valley u3a

Affiliated to

Sheep Over London Bridge



The Freedom of the City of London

Speaker: Murray Craig

January 11th

Main meeting at The Spotlight
from 1.00 pm

Speaker at 2.00 pm. Guests welcome

leavalley.u3asite.uk

Lea Valley u3a

History Group






Poverty in Britain

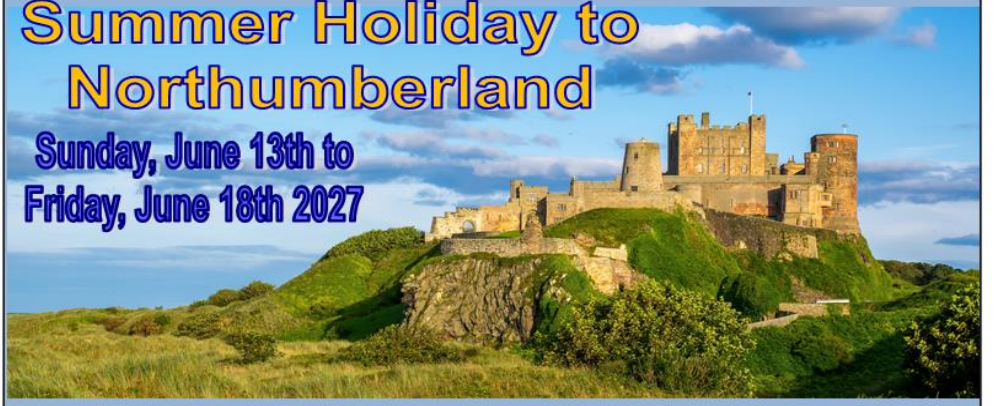





Monday meetings at
Mayhem Studio B, 1.15-3.30pm,
Brewery Road, Hoddesdon.
Nov16th, Feb 15th, March 22nd

Heritage Group

Summer Holiday to Northumberland



Sunday, June 13th to Friday, June 18th 2027

Visits to Alnwick Castle and gardens, Bamburgh Castle, Vindolanda, NT Cragside and Lindisfarne (*tide times permitting)*



The Caledonian Hotel has a lift

Caledonian Hotel,
Jesmond,
Newcastle-Upon-Tyne

5 nights Dinner, Bed and Breakfast

£815 pp

Twin and Double rooms with en suite facilities

Deposit of £50 to book

joanu@talktalk.net

ART APPRECIATION Dennis Bruce

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

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) rosemaryryanbrox@aol.com

'The Covenant of Water' by Abraham Verghese was a long book (over 700 pages), but enjoyed by the group. A family saga 1912-1977 set in Kerala, India detailing the lives of an Indian family, from the arranged marriage of main female character Big Ammanchi, aged 12, to a 40 year old widower. Intertwined with the life of Scottish doctor, Digby Kilgour, from a poo background, facing discrimination at home, joins the Indian Medical Service. Issues of discrimination, caste, health, leprosy, Empire. We meet in members houses at 10am, normally on the 3 rd 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:

Thursday 19th November a

A visit to **The Vintners Hall**, Upper Thames Street, London EC4V 3BG. The tour will start at 11am and costs **£12pp** with a minimum of 20 but can be increased.

Coffee, tea and biscuits will be available at 10.45am at the cost of approximately £6.50. based on a minimum of 12. Catered by Searcys in the hall. To book a place please see Marion Barrett at the main meeting on 12th October. Paymentof £12pp required in advance and non-refundable.

Friday 11th December 2026 10.30am. - Exploring London Group 6 Planning Meeting. To be held in the cafe at Myddelton House Gardens, Bulls Cross, Enfield. EN2 9HG. Coffee & Cake will be available to purchase and if lunch is required this will need pre-ordering. **Please make every effort to come along and bring new ideas for future visits in 2027. See you there. Marion.**

FAMILY HISTORY Laurence Cole

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

GARDEN GROUP Dennis Bruce

Open to **ALL** Lea Valley members.

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.

Our ext meeting will be at the Mayhem Theatre on Monday 19th October, when we will be looking at the subject of Poverty.

All new members and visitors are welcome.

HERITAGE GROUP Joan Underwood 0

Northumberland 5 nights/six days £815. Half Board Caledonian Hotel, Jesmond. Includes visits to Roman Vindolanda Fort, Alnwick Castle & Gardens, Bamburgh Castle, Cragside NT and depending on the tide, Lindisfarne. Twins/doubles/limited number of singles.

Hobbies, Indoor Games etc

ASTRONOMY Laurence Cole 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 .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. lease contact Stan above for details. An outing is planned for Wednesday 18th November 2026. The group will be visiting locations in the area of the south bank of the River Thames. If you are interested, please contact Stan Benton via email stan_benton@hotmail.com to confirm you place and specific 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

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,**

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. Pease remember your u3a Membership Card.

CROQUET Joint leaders: Richard Lord David Pracy

We play on Wednesdays 9.30-12.30 at the Broxbourne Sports Club, Mill Lane, EN10 7BA, where there is ample parking. If you would like to have a taster in October to see whether you might be interested in playing next year, you will be very welcome.

FRENCH BOULES - Jacques Bremon

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 £8 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 Fishow

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

The next eating around the world meal will be on Wednesday 28th October, 6.30 as usual, at The Crown, Old Nazeing Road, EN10 6QT. Open to all members of the Lea ValleyU3A. New faces assured of a warm welcome. Come and see Pam or Stan at the October main meeting to put your name down.

PUB LUNCHES (2) Vivien J. Smith

On 26th October at The Fish & Eels, Dobbs Weir Road, Hoddesdon EN11 0AY. 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 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,

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.

SCIENCE

SCIENCE & ENVIROMENT Laurence Cole
Martin Benson
Tim Robinson

lvu3atre@outlook.com We meet on the second Friday of the month at 1.30 – 3.30 pm usually at the Methodist Church, Middlefield Road though locations may vary. Some outings also tba. See newsletter/announcements for monthly details. If you are interested please contact us.

OTHER GROUPS

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

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 -**

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

HODDESDON FLORAL ART GROUP Vivienne Edwards
Come and join our friendly group on the 2nd Wednesday of the month (except January) between 2pm and 4pm and watch expert demonstrators of delightful floral art; the arrangements are then raffled. We meet at Jackson Hall, Burford Street, Hoddesdon EN11 8JN. Parking on site is free. New members welcome, £10 for visitors (refunded if you join).

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

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

Committee		
Chair **leslevRobinson**		
Vice Chiir **Chlis£dgar**		
Treawrer **TimRobinson**		
Secretary **JlHOavles**		
MinutesSecretary SyM•Edi03roo		
MembershipSecrmry **lcs.t>y Tuu\C'1**		
GroupCo-ordinator	**VACANCY** **Could thisbe you?**	
Webmaster **,OMMills**		
Publicity **leeRavoor**		
Newsletter Edtor **AlanCole**		
Safeguording Sy>iia Edin,;ton		
NewMembers/Visitors **SoniaScottMiner**		
Speakor Secretary **M.a,iooBa,rett**		
Meet & Greet **P.mBenton**		
Committee Members **CoralSpeva:;k**		
LynNetman		
HEIPERS		
ZoomAdviser **LaurenceCole**		
Powerpolnt Secretary **lonyOowtt-er**		