

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

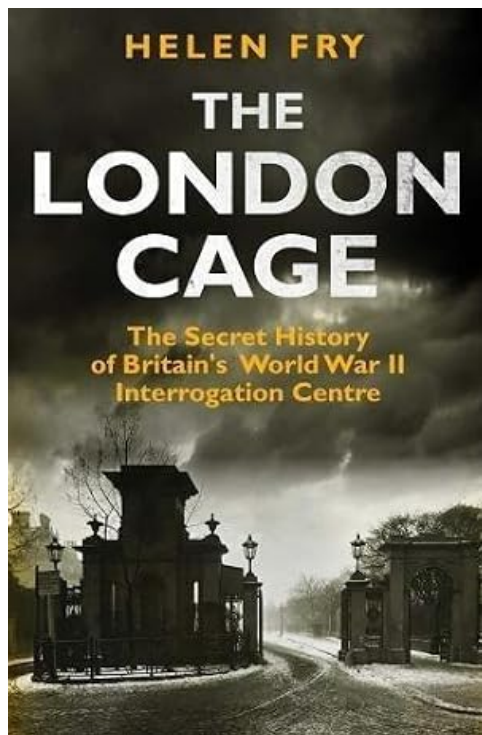


NEWSLETTER OCTOBER 2026

Meeting: Monday 12th October– Cafe and Bar open from 1pm, Meeting formally starts in the Auditorium at 1:45 pm with Our AGM followed at 2pm with our speaker Helen Fry ‘The London Cage’

Chair's Corner

Well, I find it quite amazing that after 5 years, this is my final Chair's Corner! I have really enjoyed meeting so many of our wonderful members and I am delighted to say that it has been an honour and a privilege to have been the Chair of Lea Valley u3a. I have presided over some truly wonderful meetings with great speakers, as I mentioned at our September Spotlight meeting. It was fortuitous from my point of view that at my final main meeting we had a lovely buffet and were serenaded by some Frank Sinatra songs, which made the afternoon really special and memorable. Having enjoyed the talk about Easton Lodge gardens I visited them on their Open Day a few days later. I saw Gary Matthews who had given our Spotlight talk, and he said that a significant number of our members had also visited.



Our next Spotlight meeting on **Monday 12th October** will be preceded by our **Annual General Meeting**, when we will be voting in our new Committee. Our new Chair will then take over the running of the rest of the meeting and will introduce our speaker, **Helen Fry** giving her talk about **The London Cage** - The Secret History of Britain's World War II Interrogation Centre. The London Cage was a prisoner-of-war facility during and after the Second World War to interrogate mainly captured SS personnel and members of the Nazi party.

At our October meeting you will be able to buy tickets for our **Christmas Celebration** at the Spotlight on **Monday 14th December**. Tickets are £5 and include a drink, a full Christmas buffet lunch and a festive programme including a talk by **Tricia Thompson** about the **History of Pantomime - He's Behind You!**

I would like to finish off by thanking all our members for all the support you have given me and the Committee over the last 5 years. I would also like to say how much I have appreciated the very many personal messages of thanks I have received over the last month or so.

I hope to see as many of you as possible at our AGM and Main Spotlight meeting, on 12th October

Glynis Evans, Chair



DEADLINE FOR NOVEMBER 29th OCTOBER 2026

Changed to Thursday



2026 meetings from 1.00 p.m. at the Spotlight

Oct 12th Helen Fry 'The London Cage'

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 TBC

Mar 15th Nik Pringle 'An Introduction to Murder & Prominent Herts Cases'.

Apr 12th Paul Gosbee 'Commonwealth War Graves'.

May 10th Martin Orkin 'The Beatles pt2'

Jun 14th Jason Middleton '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'.

Interest Afternoons:

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

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.



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.



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 a

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 at Kavanagh.elizabeth75@gmail.com

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

Heritage Summer Holiday 13th----18th June 2027

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. £50 deposit , book at the September meeting. Twins/doubles/limited number of singles.

I need 30 members for this visit to proceed.

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

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, please let Lesley know. so she can forward the email to you or call for an informal chat with Ernest Moses the Partnership Manager for Hertfo

SCIENCE AND ENVIRONMENT GROUP

Our November meeting is open to all LVu3a members so please do come along.
FRIDAY 13th 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.





Science & Environment Group

'Climate Change & Sustainable Living' was the theme of our recent Group meeting. Group member Martin Benson delivered a well-researched & resourced presentation which evoked thought & discussion.

Next meeting dates are:

Friday 9th October at 1.30 p.m. at Methodist Church, Middlefield Road, Hoddesdon, EN11 9ED – Laurence Cole on Solar Panels and AI

Friday 13th November at 1.30 p.m. at Barclay Hall, Paul's Lane, Hoddesdon EN11 8TR – Speaker from Herts & Middlesex Wildlife Trust

If you're interested & would like further details about the Group, please get in touch with either:

Tim Robinson 07928 457028

Laurence Cole 01992 442187

Martin Benson 07518 833105

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)



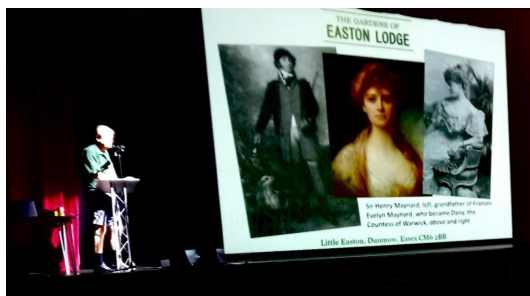
Don't Watch the News by Val Champney

Global warming is here to stay
It's exponential the scientists say
Years ago the experts said
Do something now before we're dead
We'll change tomorrow was our reaction
We've got time to change our actions
But human greed for burning oils
Took its toll, we reaped the spoils.
Now forest fires scorch the land
Crops and grass are turned to sand
Smoke so thick no sky to see
Homes are burnt and animals flee
Animals, birds, fish in the sea
None are exempt from catastrophe
Ice caps melting, dead polar bears
Mass extinction, nobody cares.
Heat and drought cause mass starvation
We could be witnessing the death of nati
Children dying, no hope to show
People crying, nowhere to go.

Melting glaciers, rising seas
Famine, destruction and disease
Help us please the people say
Whilst other humans kneel and pray.
Elsewhere on earth the weather changes
Mudslides cover mountain ranges
Lovely landscapes we should cherish
Washed away - thousands perish
All this proof, some still don't buy it
So much easier to deny it
With Crypto currency to the fore
All they want is more, more, more
Massive mansions, private jets
Guzzling cars for oil magnets
Cocktail bars and heated pool
Give it up? He's no fool
Techno giants lead the way
Could they save us another day
Perhaps AI could save our souls
If it could mend the ozone holes,
Hide the sun and bring soft rain
To make out planet safe again.
It's gone too far, we're far too late
To change the world, to change our fate
Global warming is here today
Its exponential It won't go away.

Daisy, Frank & Food!

Our September Spotlight meeting was one with a difference and very well attended. The history of the Easton Lodge Gardens and the colourful life of Daisy Greville, Countess of Warwick was well presented by Gary Matthews. Whilst enjoying light refreshments following the talk, crooner Robert Habermann, serenaded us with a few Sinatra songs from his forthcoming Show.



Sunday Walking & Pub Lunch Group

Our very successful, September, Sunday walk was organised and led by Rose and Frank Streatfield. The circular walk went from Dobbs Weir, Hoddesdon northwards along the river Lea and around Glen Faber lake.



Publicity at Nazeingberries Summer Fayre

Lea Valley u3a enjoyed advertising our Group to visitors whilst supporting another local charity. We met & spoke to many interested people & we hope to be welcoming them to one of our meetings soon



Expanding Horizons

The theme for u3a week this year was 'Expanding Horizons' & we aimed to encourage members of the public to do just that by letting them know about Lea Valley u3a's activities & groups and how they could try something new. Thank you to our members who volunteered to help at our publicity stand in Hoddesdon library on Saturday 26 th September.



ESTATE PLANNING INTEREST AFTERNOON

At our Interest Afternoon on 25 September at Barclay Hall, we had a talk and discussion with Kong-Chee Man, an Estate Planner and Will Writer with Co-Op Legal Services Ltd. He talked about the main issues regarding wills, in particular joint arrangements, and related property issues including tenancy -in-common. Kong also touched on the complexity of Inheritance Tax planning and the fact that



everyone's circumstances could be somewhat different. Members talked about their own concerns and issues from their experiences and Kong answered them sensitively and practically. At the end of the 75 minute session, members were able to ask for a personal consultation, which was well supported.

Solos Adventure Club

Another highly enjoyable and successful Sunday lunch date was held on 27th September at the King Harold's Head, Bumbles Green, Nazeing. This is being followed up with an informal lunch at the Leafy Oak cafe (on the B5012 near Hertford) on Tuesday 6th October at 1pm. All LVU3A Solos are welcome but we are looking for more men!!!!

Please contact our group leader Coral, if you would like to join us.

Plans are being made for lunch on Sunday 27th December and New Year's Eve. Watch this space.



Noodles Galore!

Last Wednesday, the Eating Around the World group met at the Taste of China in Hoddesdon for an amazing Chinese meal. Some of us shared the set meal - it was delicious and there was more than plenty, even though we were all greedy! Other had curries and stir fried dishes, some even had room for ice cream afterwards. Why not join us next time?
Pam Benton



Exploring London Group 6.



Recently on a visit to the Grant Zoological & Petri Egyptology Museum.

Lea Valley u3a

Affiliated to

BARTS

Broxbourne Arts Forum

Bringing the Arts to Life

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.

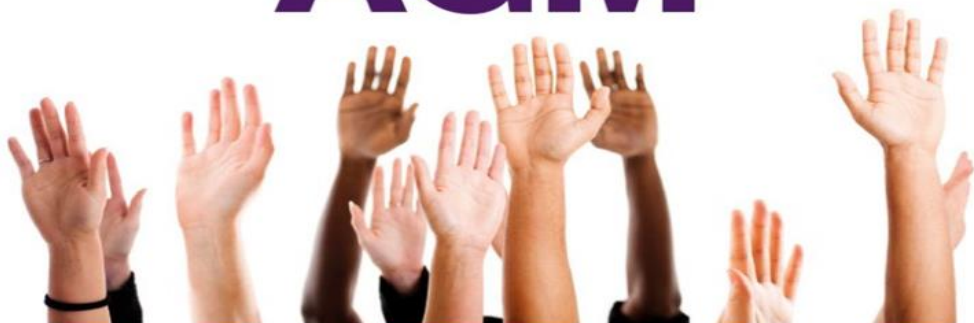
You don't need to be a group leader or committee member to play a part ... just come with your enthusiasm and fresh ideas.....

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

Lea Valley u3a



AGM



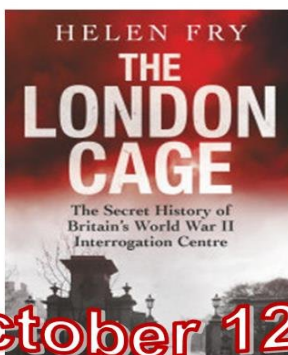
October 12th
1.45 pm

We would welcome **new** members onto the committee, to be part of our *informal* team
Please contact secretarylvu3a@gmail.com
for details and a nomination form

**Followed by Main Meeting
and "The London Cage"**

The Spotlight

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.....

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

He's Behind You!

The History of Pantomime

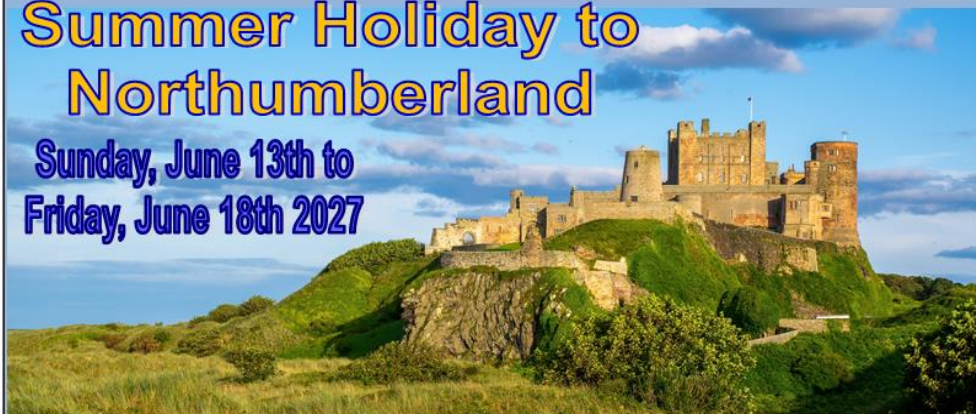
with Tricia Thompson

December 14th, 2.00 pm
and Christmas Festivities
at the Spotlight



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*)



Caledonian Hotel,
Jesmond,
Newcastle-Upon-Tyne

**5 nights Dinner, Bed and
Breakfast**

£815 pp

*Twin and Double rooms
with en suite facilities*

The Caledonian Hotel has a lift

Deposit of £50 to book

joanu@talktalk.net

7 Wonders

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

Machu Picchu

Taj Mahal

Great Wall

Redeemer

Chichén Itzá

Petra

Colosseum

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The Arts and Literature

ART APPRECIATION Dennis Bruce

Trent Park House of Secrets.

Host to Prime Ministers, Royalty and film stars. A decade later it held a darker secret. Explore 2 floors of the house, the State rooms and below the secret listeners carried out one of Britain's most remarkable wartime intelligence operation. I have 15 places for **11:30am Wednesday 14th October at £14 each** First come basis. Now full, waiting list open.

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
Bromsbury

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 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:

Thursday 19th November 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. Payment of £12pp required in advance and non-refundable.

Friday 11th December 2026 – Exploring London Group 6 Planning Meeting.

To be held in the café at Myddelton House Gardens, Bulls Cross, Enfield EN2 9HG. Coffee & Cake will be available at own cost and if lunch is required this will require pre ordering. **Please make every effort to come along and bring new ideas for future visits for 2027.**

FAMILY HISTORY Laurence Cole

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

GARDEN GROUP Dennis Bruce

please email if you would like to go on waiting list. 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

Also balance due by 20th Sept. to Cannon Travel for the Oxford visit 6th-8th Dec.

Heritage Summer Holiday 13th----18th June 2027

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. £50 deposit, book at the September meeting. Twins/doubles/limited number of singles. I need 30 members for this visit to proceed.

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.

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, 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 Pracy We play on Wednesdays 9.30-12.30 at the Broxbourne Sports Club, Mill Lane, EN10 7BA, where there is ample parking. All too soon the season comes to an end and our last session will be on 28 October. 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 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 £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 Underwo

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

stan_benton@hotmail.com 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.

PUB LUNCHES (3) Pauline Hurst :

Pub lunch 3 every 2nd Wednesday every month from 12pm to 2pm. 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.

SCIENCE

SCIENCE & ENVIROMENT Laurence Cole 01992 442187

le.cole@btinternet.com; Martin Benson

Tim Robinson

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.

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

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