

July 2024

General Meetings are held on the **second Thursday** of the month at 2.00pm
at Christ Church, 164 New London Road, Chelmsford CM2 0AW

General Meeting Speakers



Thursday 11th July at 2pm Summer Social.

Pit your wits in our House of Games Quiz, enter the free prize draw and find out more about our Interest Groups. Light refreshments will be available.

This event is free but it is advisable to reserve your place by going to our website or by clicking on this link

<https://chelmsford.u3asite.uk/july-social/> and following the instructions you will find there.

See page 18 for a guide to how to reserve a place.

Thursday 8th August at 2pm. Karen Lawrie – An Interactive Fitness Presentation.

Thursday 12th September at 2pm Amanda Sutherland – Make Do And Mend.



Thursday 27th September at 7.30 pm Chelmsford u3a Late Summer Concert Featuring SongCycle. See page 17 for further details

This event is free but it is advisable to reserve your place go to <https://chelmsford.u3asite.uk/a-concert-by-song-cycle/>

Thursday 10th October at 2pm Jo O'Brien – Chiropractor.

Thursday 14th November at 2pm Mary and Graham Brace – Wildlife Photographers & Conservationists with a presentation on Brazil

Friday 6th December at 2pm Christmas Party with Tony Harris as Henry VIII

Thursday 12th December at 2pm Christmas Party with Tony Harris as Henry VIII

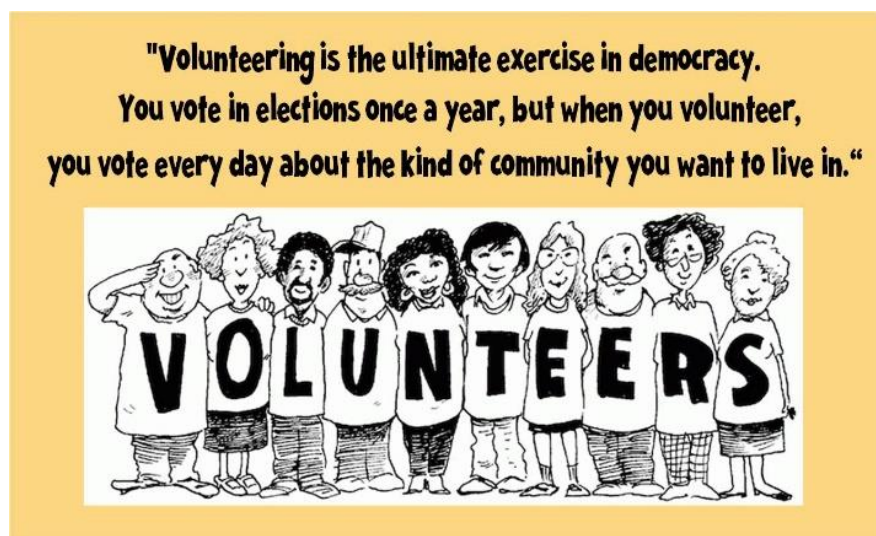
View from the Chair

As we move into the summer season, there will be lots of opportunities to Learn, Laugh and Live with other members of our u3a.

Looking at my own diary for July it looks pretty full! On 2nd July there is another interesting Future Lives Talk this time all about the types of retirement housing that are available and how much they cost. If you want to keep up with these online learning opportunities then sign up on the Third Age Trust's website <https://www.u3a.org.uk/events/educational-events>

Not only is 4th July the day we go to the polls to vote in the General Election, it just happens to be the day that members of the Local History Group will visit The Gardens of Easton Lodge near Gt Dunmow. Encouraged by their leader, Jane Humphries, members will be doing their fair share of car sharing, which not only reduces the number of cars on the roads and therefore reduces emissions, but it means members without cars can get to u3a activities, whilst providing the driver with some help with navigating. It solves some of the car parking problems too!

On Saturday **6th July Chelmsford Cathedral** is holding its annual **Summer Market** and Chelmsford u3a will have a stand where we hope to spread the word about our fantastic organisation and hopefully recruit some new members. The committee try to cover as many of these promotional events as possible but it would be nice to be supported by some volunteers. If you are interested in this type of role please get in touch with us.



Last month I asked for volunteers to join the committee as two Trustees will be stepping down at the AGM in February 2025. Rather disappointingly I have had no interest in the post of 'Business Secretary' which is essential for running our u3a. It's become increasingly clear that we could also do with someone to plan and organise the social events we hold. Whilst these events are not essential it might mean we have to stop holding them, and I hope you agree that would be a great shame. In the meantime, we will continue to focus on promoting our u3a and recruiting new members in the hope that they will bring with them new skills, experiences, ideas and most of all enthusiasm!

Anyway, I digress, getting back to the many activities and events going on in July. Some of us have signed up to join our friends in Hutton u3a who have arranged a day of activities and learning events on 10th July. I'm hoping I might be doing a bit of Irish Folk Dancing!



The very next day, **11th July**, will be our **Summer Social** at our main meeting hall at Christ Church, New London Road. There will be a Quiz based on Richard Osman's House of Games and you can enjoy a cream tea of scones and cakes! This is also a perfect opportunity to meet many of our Group Leaders who will be available for a chat in Room 3 – just opposite the main hall. We hope some of our newer members will be inspired to join one or two of our groups but if nothing takes your fancy talk to one of the committee about what's involved in starting up a new group. This event is proving

very popular and we advise you to reserve a place – just follow the link on the Home Page of our website!

Last but not least there might still be a chance to book a seat on our midsummer coach trip to Margate on **Friday 19th July**. There are no planned tours or visits, just free time to do your own thing. It's only £27 for the return trip – what a bargain! If you haven't yet booked and would like to go, get in touch with Malcolm Lonsdale via our website (Coach Outings group).



Join in the fun, focus on the positive, Live life to the full!

Looking ahead, we are pleased to announce that in order to celebrate u3a Week 21 -29 September we have arranged an evening concert featuring Song Cycle. This event will be free to u3a members and you can book your seat early via our website. **See the flyer on page 17 for more details.**

News from the Third Age Trust – Fit for the Future Update:

The Trust board has decided to present a resolution about the governance changes to the AGM on 16 October. It would seem that the results of the consultation phase have been mostly positive and the Board believe that as more and more details are released, u3as will feel comfortable enough to support the resolution. The resolution and supporting documents will be circulated to u3a committees during the first week of July and we are told there will be opportunities to hear more about the proposals before the AGM. If you have any views about these proposed governance changes (i.e. the new smaller board, and the introduction of a u3a Council) your committee would be pleased to hear them. Read all about it here: <https://www.u3a.org.uk/members-area/trust-and-board-updates/fit-for-the-future>.

Lesley Wood
chair.chelmsfordu3a@blueyonder.co.uk

London - The City & its People Group

Leader: Berry Cornell

If you would like to join the London Group please contact the membership secretary Chris Rycroft for further information: Tel no. 01245 473047 email: c.rycroft123@btinternet.com.

The Group **usually** meets up on 4th Monday of the month at 2pm but **dates in bold** are exceptions due to Bank holidays, Christmas and availability. Meetings are held at Christ Church, New London Road, Chelmsford.



Future Programme 2024

- 22nd Jul A walk around the Inns of Court lead by Richard Pusey and Terry Pipe. **A few places left, contact Berry if you wish to come.**
- 19th Aug Talk: "Bridging" London, speaker Katie Davies.
- 23rd Sept Visit to "Shakespeare's Globe, Story and Tour". **Flyer on page 16 of the newsletter.**
- 28th Oct Talk: Along London's Capital Ring Walk, speaker Tony Tuckwell
- 25th Nov Visit to Wimbledon
- 16th Dec Visit Essex Records Office – films (Details to follow), tea and cakes.

Committee: Berry Cornell Convenor 01277 355823, Susie Fowkes, Chris Rycroft, David Marsh, Dave Sayers, Bob Smith Deputy Convenor.



Spanish Conversation Group

Leader: Lindsay Whitehouse

Ten of us gathered in Chelmsford Library on 19th June 2024 for our monthly meeting.

We studied an article published on BBC Mundo about four homes once occupied by famous people (now deceased) now open to the public. The ones described were those where the artists Monet and Dali lived, plus Gracelands in America (the home of Elvis Presley) and Brook Street in London's West End where adjacent properties were occupied by George Handel and Jimi Hendrix (not at the same time!). This led onto everybody describing in some detail their own houses (not that anybody is thinking of opening their own home to the public any time soon!).

Our fixed agenda item "Noticias" where we all describe what we have doing since the last meeting brought about a discussion on the difficulties of finding a reliable dentist and the various ways in which we are addressing the issue. One of our members had moved from Yorkshire a couple of years ago and finding a dentist when relocating is not a straightforward business any more.

One of our members is off to Tours in France for a short holiday tomorrow on what is at face value a cheap flight, but where the cost will more than double through putting cases in the aircraft's hold! Other members described trips away to Mijas (Spain), the Cotswolds, and less exotically Birmingham and Wolverhampton!

Our group is currently at full capacity, so we are not seeking additional members at the moment. However, if you can hold a basic conversation in Spanish and wish to be put onto our waiting list, please click the link on our webpage. The next meeting for the group will be on Wednesday 17th July 2024 at 10:30am at Chelmsford Library in a meeting room on the first floor.

David Gout

IT Group

Leader: Lyn Parsons

We meet on the 2nd Wednesday of the month 10.00 -11.30 @ Christ Church New London Road. New members always welcome, you might only need to come along for a few sessions to gain the knowledge you need. Bring with you the device you want help with (there is no membership fee), but £2 each time you attend and bring a mug for teas/coffee.



Local History Group

Leader: Jane Humphreys 01245 259590



Tuesday 4 June found twenty-two members of the Local History Group gathered on Writtle Green, near the Rose and Crown, by a plaque with a tree. Alan Pamphilon prepared to lead us on a walk linking some of the sites relating to the earliest days of wireless broadcasting by starting in the 21st century with Baroness Platt of Writtle. Beryl Platt, who died in 2015, was a pioneering woman aeronautical engineer who set up Women Into Science and Engineering (WISE). Lady Platt was also a champion of local government including parochially in

Writtle where she instigated the creation and installation of a stained glass window in All Saints Church after the 1991 fire. This window, dedicated in 1992, was part-funded by the Marconi Company, and includes the Marconi coat of arms and references to the first broadcasts. One of the guests at the unveiling was Winifred Sayers, the singer from the first transmissions from New Street.

Writtle's place on the wireless map of the world dates to 1922. The Government issued an experimental licence to the Marconi Company, with the call sign 2MT (Two Emma Toc). A small group of Air Traffic Control experts led by Peter Eckersley were deployed to set up a broadcast service, for 30 minutes each Tuesday evening – but only if there was no-one using the frequency for Morse messaging. The team were working in an old WWI hut at Writtle to avoid interference from New Street, but had to plan for broadcasting in their own time. This they did in the Cock and Bell pub on the corner of Bridge Street, with the barmaid acting as secretary. Two of the team, Noel Asbridge and Harry Kirk, had lodgings in the house on the opposite corner.



Our wireless walk took us in the footsteps of Eckersley and friends from the Cock and Bell, across St John's Green to Lawford Lane. Fortunately we didn't have to take the piano from the pub in a handcart with us. The Hut was located next to what used to be the main London to Colchester Road, though this part of Lawford Lane today is a tree-lined track. Asbridge spoke in the first broadcast on 14 February 1922, and over the next three weeks added playing gramophone records, but Eckersley, listening from his home in Witham, thought this boring. He took over, cracking jokes, writing a play, adding

singers, and rapidly building an international audience. This frivolity was too much for the Government, who issued a second licence for 'proper' broadcasting from Savoy House, London with the call sign 2LO. And so Two Emma Toc was closed down – but 2MT lives on today as the 2MT Café on Roxwell Road (roughly opposite the Horse and Groom). Alan led us back up St John's Road to the Writtle sign, complete with radio transmitter, on the Green.

On 4 July we will visit the Gardens of Easton Lodge, and in August we offer members and visitors two events. On Tuesday 6 August we will meet at 2.15pm at Boreham Village Hall to hear from Mike Fogg about Rayleigh Windmill, and on Monday 19 August we will meet at 2pm at Stock Heritage Centre for a guided walk of the village of Stock.

Jane Humphreys

Art Appreciation Group

Leader: Brenda Kelly

This month we had a talk at Christ Church by Sue Pownall (who used to be a WEA lecturer) on 'The Role of Location Drawing in Art'. She then went on to show us how sketching and drawing on location has been an essential skill practiced by artists over the years.



Angelica Kauffman (1741-1807), a Swiss artist, who was one of two female painters among the founder members of the Royal Academy in 1768, sketched from life before her finished painting. It was interesting to see the sketch of Emma Hamilton's face and head that Angelica finished before she completed the final painting.

Hubert Robert (1733-1808) was a French painter who lived in Rome for eleven years. The albums of sketches and drawings he assembled there supplied him with enough material when he returned to France to work into paintings later. We saw one of such paintings 'Obelisk and St Peter's Square, Rome'.

Edgar Degas (1834-1917) completed 1,500 representations of ballet dancers in charcoal and chalk filling 38 sketch books. His painting 'The Rehearsal' was shown beside similar sketches of the dancers. Henry Moore (1898-1986) the sculptor, produced many drawings during his life, some depicting Londoners sheltering from the Blitz during the Second World War. He also particularly liked to watch the sheep from his window at Much Hadham. We saw his series of sheep sketches and the magnificent sculpture 'Sheep Piece' which was the result of these sketches.

Finally we saw the work of George Butler (born 1985) who is a reportage illustrator always drawing from life working in situ in pen, ink and watercolour. He travels widely and draws conflict in war zones doing sketches to report events. He has worked in Afghanistan and Ukraine and his sketches are shown around the world, in the 'Times', America.



We usually admire finished paintings but it was good to learn the background of how some of them had been constructed. Sue's talk was very interesting.

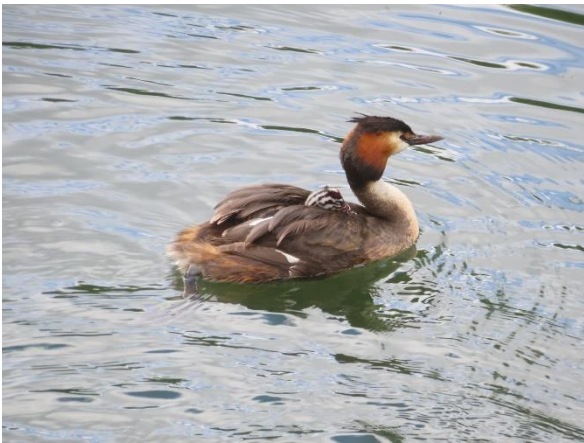
On Tuesday July 23rd we travel to Tate Modern to see the 'Kandinsky - Blue Rider' exhibition.

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499

On 28th June ten members of the Birding Group met at Fishers Green, Lee Valley Park, Waltham Abbey. We have never used this location before, so it was interesting to see what we found. It is a large area of reservoirs and rivers.

Before we even left the carpark, we saw two Red Kites flying over us, a good omen. As we crossed a bridge over the first river, we looked down on Great Crested Grebe with their chicks on their backs, something I had never seen before. The chicks are called Humbugs because of their stripes. Thank you, Peter Tebbit, for supplying the photo. We could also see Mallard, Coot, Swans with their seven cygnets. A swift and a Magpie.



Over the bridge led to a huge lake. We saw Canada Geese, Black Headed Gulls, Tufted Duck, Cormorant, Crow and a Tern. At the information centre feeding station we saw young Blue Tits.

As we continued our walk around the lake beside the River Lee we saw Little Egret, Graylag Geese, Woodpigeon, Green Finch, a Heron, Wren and heard Chiffchaff singing. Making our way back over the river we saw Herring Gulls circling, Blackbird, Pochard and a Shoveler duck. We do not meet in July so our next meeting will be 23rd August at Cockayne Wood.

Our 2024 Programme

July. No meeting
23rd August. Cockayne Wood
27th September. Rainham Marshes
25th October. Thameside
22nd November. Blue House Farm

New members are very welcome to join us, please feel free to contact me on the numbers above, or by the U3A website email address. We meet at 10am on the fourth Friday of the month at the chosen venue and set off about ten minutes later. The walking is not arduous, we usually spend more time standing or sitting in hides enjoying the spectacle of nature. There is no fee to join the group and **all abilities are more than welcome** whether an experienced birder or total novice.

If members would like to be added to our growing WhatsApp Group, please let me know and give me your mobile number. As always, if any members have ideas or suggestions for visits, please let me know. I will send all members an email nearer the time, confirming the location and that we can go ahead.

Bus Pass Group

Group Leader: Maurice Austin

On Friday 14 June, we went “just down the road” to Brentwood. To be honest, I was expecting to be on my own, the plan was for an out and back short ride that I thought may have been unexciting and I had already received quite a few apologies for reasons of illness, “procedures”, holidays and the like. As it was, 10 of us were at stand 6 at Chelmsford Bus Station to catch the 10.05 First 351 to Brentwood and Warley. Three others joined us enroute. The bus was moderately busy and by the time we arrived at Brentwood, there were 22 aboard. Presumably, it “paid its way” but it wouldn’t have done without us!



Brentwood was hosting its annual Art Trail. There were over 60 items on display in the town, including many in shops. A website gave some details of the displays although it was a bit sketchy.

Sandra Barnett took this lively picture of the only ray of sunshine on a dank and dismal day. It is a shame she couldn’t record the gorgeous tones of that saxophone.

On arrival at Brentwood High Street, we couldn’t find much of artistic interest apart from a very entertaining street artiste playing rather loud music and energetically dancing! I left our party to watch him whilst I looked for the Tourist Information Office. Of course, there isn’t one although we later found an Arts Trail Centre in an empty shop unit. More of that later. When I got back to our party, there was a surprising amount of jiggling in time to that music!

We did our usual thing and split into little groups, some going for a coffee or other refreshment and others doing “their own thing”.



Chelmsford u3a Chair Lesley Wood has assumed the responsibility of researching suitable venues for our elevenses or brunches and, this time, recommended a place off the main road called Café a More. A small group of us went there and were very happy with the recommendation! Even the trenchermen amongst us had difficulty in clearing our plates! It was amusing to see that the café motto was the similar to that used by the u3a. Lesley Wood’s picture of Live, Laugh, Love is shown. It is testament to Lesley’s skill that she managed

to get a great picture in a dark corner whilst desperately trying to avoid a camera-shy gentleman. But his efforts at concealment were not totally successful! Ignore the washing-up in the corner!

What to do in Brentwood in the drizzle? Well, apart from some beautiful buildings, several churches, the catholic cathedral, fine school buildings, many eating and drinking establishments, there was the market, a nice mix of nice shops, both chain and individual and the arts trail.

Most of the exhibits were in shops which some of our party found rather inhibiting, in the sense there was a feeling that the free entry imposed a moral imperative to buy something. Nevertheless, the organisers had taken over an



empty shop unit in the main shopping centre where they exhibited copies of every piece of art on display as well as having several artists working, one drawing the most gorgeous and colourful cards (which were, unfortunately, not on sale) and the other painting a mannequin in a vibrant shade of blue. She was using acrylic, a medium I have never used. It looked fun.

One of our party chatted to the lady in charge of the exhibition, an artist in her own right, who happened to be the wife of a famous Essex County cricketer, whose name I have forgotten! I think our guest was more interested in the game than the art!

Due to the dismal weather, some of us took an early bus home, arriving in Chelmsford just after three o'clock.

Our next trip is to Southend on Friday 12 July. Meet at Chelmsford Bus Station, stand 1 for the X30 at 09.52 due Southend at 10.53.

We have the opportunity of going on the Pier, going by train or walking 1 1/3rd miles each way; going on the Open-top bus 68 to Leigh-on-sea, or just visiting some of the many attractions in the city. There are reduced fares for senior citizens on many of these, e.g. £3.00 return on the open-top.

Last year we did something similar, went on the open-top bus to Leigh and back, the Pier where we had fish and chips, and got home about eight pm!

There are plenty of X30s back (two an hour now) so anyone needing to get back to walk the dog will have the opportunity to do so. Alternatively, if conditions are right, the buses run all night!

There will not be a bus pass trip on Friday 13 September as the group has a coach trip to Buckingham Palace. However, I will organise another trip to Southend on Saturday 14 September when I hope to be able to use the other open-top bus service to Shoeburyness, East Beach. More details nearer the time. Maurice Austin.

Book Group

Leader: Andy Moir

At our June meeting we read *Travels with My Aunt* by Graham Greene, The novel is set in the 1960s and is narrated by Henry Pulling, a conventional bank manager who has taken early retirement and who now little to look forward to except for tending the [dahlias](#) in his garden.

His life suddenly changes when he meets his septuagenarian Aunt Augusta for the first time in over 50 years at his mother's funeral. Despite having little in common, they form a bond. On their first meeting, Augusta tells Henry that his mother was not truly his mother, and we learn that Henry's father has been dead for more than 40 years. Henry finds himself drawn into Aunt Augusta's world of travel, adventure, romance and criminality.

The majority of the group found the book easy to read and enjoyed the amusing story but some members were put off but the old fashioned attitudes of the characters.

Our books for the next two meetings are:

Mon Jul 15 th	The Only Story by Julian Barnes
Mon Aug 19 th	Act of Oblivion by Robert Harris

Church Visiting Group

Group Leader: Brian Greatrex Administrator: Michael Gray

Wednesday 5 June: ASHDON All Saints and HADSTOCK St Botolph

Distance no object for our members, twenty-four of whom made the journey to the north-wester edge of Essex to visit these two fascinating churches.



Their history is linked – they stand close, “a mile as the raven flies” on a wooded ridge, and they share worship as part of the Saffron Walden Ministry.

At Ashdon we were welcomed with coffee, tea and biscuits by Churchwardens Barbara and Mat, who were also our guides to the building and its history. The site is ancient; there was certainly a church here by the 10th century. We were shown the wall painting – “looks like a bit of damp”, the ringing platform for the eight bells, silent for a century or more till they were rehung in 1969, the rood-loft doorways – and the symbolic glass fragments from Ypres [1917] and Cologne [1945] set into the 14th century window.



Ashdon is a staging post on the relatively new Camino which links St Magnus the Martyr and the shrine at Walsingham.

It also claims to be the site of the battle of Assandun in 1016, Cnut’s triumph over Edmund Ironside. This commemorated in tapestries made by villagers in 2016, marking the millennium of the battle.

And St Botolph's Hadstock would like to find evidence that it was originally the minster Cnut founded after his victory. Certainly it is a large church for what has always been a small settlement. Our guide here was Patricia Croxton-Smith, 94 years old, a pillar of the village, and known to everyone as Crocky. She proudly showed off the Saxon windows, and the south door – the oldest in England still in use, dating from about 1040. There are three other ancient doors, all in the tower, which also houses a wooden ladder, in use for more than 500 years. Crocky made a memorably enthusiastic guide, full of memories and anecdotes: Botolph's burial-place, for example, or the battle dead discovered by Victorian navvies in Red Field. She had little time for the Victorian chancel though, "perpetrated by Butterfield in 1885".

After these two revelatory visits, a few of us ventured even further north, crossing the Cambridgeshire border for lunch.

Another out-of-county experience on July 3, when we visit some famous "Hertfordshire spikes".

Science Group

Leader: Chris Bellamy

Science Group Meeting Thursday 18th July

ARCHAEOLOGY AND SCIENCE: EXAMPLES FROM THE PLESHEY CASTLE PROJECT by Patrick Allen

Patrick Allen worked as an archaeologist for 35 years, mainly in London and Essex, before medical retirement in 2012. He now works at completing reports on unfinished projects, currently the publication of a monograph on the excavations at Pleshey Castle between 1968 and 1981. He took a degree in History at Worcester College, Oxford, and in 2014 was elected a Fellow of the Society of Antiquaries of London.

Using the Pleshey Castle project as an example, the illustrated talk will look at the development of archaeological methods, and the use of scientific techniques, both to locate archaeological features hidden underground and in the analysis of excavated finds.



In June members enjoyed a conducted tour by two Directors of CSH Environmental's recycling facility near Wormingford. CSH provide a collection and sorting operation and deal with commercial waste including building waste, e.g. plasterboard and wood.

The waste is separated and sorted in large heaps inside several buildings e.g. metal, plastic, cardboard and paper. It is made into one ton bales which are loaded onto lorries and transported for further processing at specific handling sites. All lorries are weighed on entry and exit and CSH handle about 65,000 tons year.

Some Essex Farmers acted for over a year as collection points for waste plastic which was transported to CSH raising £ 17,000 for Essex Young Farmers. This helped to fund their annual May Show and other activities. One of the Directors is a Vice-President of Essex Young Farmers.

Science Group talks are held in the Catholic Church Hall in Melbourne Avenue, Chelmsford CM1 2DU. Doors open at 1.30pm and the talks start at 2.15pm. Tea/Coffee before the talk. **Non-members of the Science group are welcome. £2 for non-members.**

Garden Group

Group Leader: Chris Bellamy Secretary: Val Green

On Thursday 27th June twenty-four members of the Garden Group returned to 59 East Street, Coggeshall, which we last visited on Thursday September 28th 2023, their first year of opening. Tom Fenton, the owner, did tell us they had decided to have a rest and not to open in 2024 as it had not been very enjoyable. However, he said that he would be happy to see us again and as the best month to come to see a marvellous display was June the booking was made.



It is a lovely town garden, full of plants and a riot of colour with flowers and greenery. There was a wide range of perennials, shrubs, roses, grasses and bamboo with unusual plants, grapes, vegetables and soft fruit, under an ancient and massive copper beech. Tom and Sara had moved in 4 years ago and it is still work in progress, but very worth a visit. Tom pointed out the more unusual plants from many different countries, some of which were not regarded as hardy in the UK but which he had grown successfully, though this winter one or two had not survived.



After our tour we again had delicious cakes and tea/coffee.

Next month we are meeting at 2 p.m. on Thursday 25th July to visit The Mount, Epping Rd., Roydon, Harlow, CM19 5 HT. See p. 23 no. 55 National Garden Scheme booklet. Please email me at chrisallenbellamy@btinternet.com by Friday 19th July if you planning to come.



Have you ever considered learning to draw and paint?

Painting is fun, sometimes frustrating, but a healthy pursuit. It provides a variety of benefits. From sparking your own creative growth to better mental and emotional wellbeing. A positive relief from stress and worries.

Even for those no longer in fulltime employment. it's a fast-moving stressful world. An environment which can generate negative emotions. Painting has shown to reduce stress. That is especially true for participants of group painting activities.

They are not only socialising, but making pictures and aiming to create a work of art. Just as our signatures are original so will be the image in which they can take pride and pleasure.

No two people are the same. Not even identical twins. And individual signatures are said to be so unique that it the odds of one signature being the same as another are 1 Trillion to 1 chance.

It's an emotional release. Art stimulates our creativity and focusses our minds on another place. Art needs our attention, giving us a creative outlet, which enhances our mental health.

Left Brain v. Right Brain

It is believed by some that right-brain thinkers were more visual and creative. While left-brain thinkers were more logical and analytical.

However, creativity, according to the latest research tells us that we use both sides of the brain in harmony. Drawing and painting help to improve both sides of the brain.

When we paint, we draw inspiration from a blend of different sources. We brainstorm ideas, and from that chaos we plan our work of art. We test techniques, learn to work with materials and media to create something unique.

Problem-Solving

In the process of creating your image you will always have problems to solve. How do I achieve a likeness of someone? How do I create a cheerful, happy scene? How do I correct an error?

Solving problems is all part and parcel of the process of painting. Improving your creativity, as well as critical thinking, which adds to your mental capabilities.

Motor Skills

Using the small muscles in your hands and wrists helps to develop and enhance motor skills. For children these activities are important as part of their development. It helps them learn to make deft and accurate movements. And it can help adults in later life to develop and maintain dexterity.

Spatial Awareness & Memory

Artists often rely on their memories and visual experiences. They develop spatial awareness of shapes, sizes and proportions, textures and colours. Looking always and seeing and spending a more time at doing so than painting.

As they say, measure twice cut once. Or in this case look many times and then, when you are sure, make the mark.

Looking, seeing and drawing may help to decrease the risks of memory loss. It is a healthy activity for middle-aged and elderly people. So says an article [published by CNN](#) That goes too for almost all arts and crafts activities.

Art as Therapy

Painting does not only improve brain health. It can also support your emotional intelligence. Images can express things which words cannot. They can often express emotions of which you were not aware.

Using creative skills means you can gain an understanding of your moods and feelings. Art uses different parts of our brain, giving us access to deeper emotions.

The Art Club

Try Drawing Painting for yourself at the u3a Art Club.

We are a small friendly group with mixed abilities and keen on meeting to have some fun with paint and pencil. Plenty of coffee, tea and biscuits, lots of chat as we learn, laugh and live.

We meet every Monday morning at 11:15am until 14:15pm at Boreham Village Hall. Contact me, Peter Anderton peter@scion-uk.com

Reminder to Group Leaders

**Please send copy for the August 2024 Newsletter to the editor, Andy Moir.
All copy must arrive no later than Friday 26th July 2024.**

Pickleball

Leader: Alan Mayo, 07979 540053

Pickleball is a bat & ball game similar to tennis, the ball is much slower and less bouncy than a tennis ball. the net is slightly lower than in tennis and the court is smaller – so it's suitable for us thirdagers! The group first met in early February this year and we have played every Monday, 2 to 3pm, since then. Last week we had 14 players, there are 20 on my list and several are visitor members from Great Baddow U3A. We are using three courts so there is little time spent in sitting out. If you've played any racquet sports before you will adapt easily to this game and we normally play doubles so there's less running! Those interested in finding out more can contact me by phone, through Chelmsford U3A website Groups/Pickleball/Group email or directly at pickleballu3a@gmail.com



Chelmsford u3a Committee

Position	Name
Chair	Lesley Wood
Vice Chair	Alan Caddy
Secretary	Marie Neale
Treasurer	Wendy Hubbard
Membership Secretary	Diane Read 01277 352413
Speaker Organiser/Deputy Treasurer	Eddie Wood 01245 601359
Newsletter Coordinator	Lynn Regan
Monthly Meetings Organiser	David Marsh/Brian Littlechild
Marketing/Recruitment	Alan Caddy
Groups Coordinator	Lesley Wood
Social Media/Deputy Web Manager	Allan Goldsmith
Publicity & Advertising	Peter Anderton
Committee Member	Ann Bell
Committee Member	Nick Bailey

Volunteers not on the Committee:

Web Manager	Andy Moir
Newsletter Editor	Andy Moir

LONDON – THE CITY AND ITS PEOPLE GROUP

**VISIT TO SHAKESPEARE’S GLOBE THEATRE
23rd SEPTEMBER 2024**



The Globe Theatre is a faithful reconstruction of the open air playhouse in which Shakespeare worked and for which he wrote many of his most famous plays. Our guide will recreate colourful stories of the 1599 Playhouse, the London Shakespeare would have known and the Globe reconstruction process in the 1990s.

Our guides will also bring the theatre to life, exploring how the wooden ‘O’ works today as an imaginative and experimental space for performance.

We will have the opportunity to explore the new walk-through exhibition space. Immerse ourselves in the sights, sounds and secrets of Shakespeare’s London, travelling through over 400 years of fascinating history. We’ll be able to relive some of the Globe’s most iconic shows with seasonally curated displays and have the chance to get ready for the stage ourselves with interactive costumes and props. Our visit will last approximately 2 hours and starts at 11.30am.

The Globe Theatre



- 9.30am: Lay by opposite Pollards Green
- 9.40am: Anne Knight building bus stop opposite Chelmsford railway station
- 9.55am: The Duck Pond, Writtle Green
- 4.00pm Leave London. Please try to be at coach approx. 10 mins. beforehand

Cost £45.00 pp covers Guided Tour, coach and driver’s tip.

Please note: We cannot offer a refund once you have paid. Any last minute problems contact: Berry 07811 091771/01277 355823 Bob 07790 133727/01245 261077

Visit to Shakespeare’s Globe Theatre 23rd September 2024 Cost £45.00 pp

Ch. U3A mem. No/s _____ No. places required _____ Tel No. _____

Names/s _____ Email address _____

Please pay by BACs if possible to: Chelmsford U3A A/C no. 41153684
Sort code: 40.10.27 Ref. LGGT. / Cheque & slip enclosed for £ _____ made payable to Chelmsford U3A
and sent to: Berry Cornell, 24 Park Drive, Ingatestone CM4 9DT

CHELMSFORD U3A LATE SUMMER CONCERT FEATURING SONGCYCLE

FRIDAY 27TH SEPTEMBER 7.30 PM
CHRIST CHURCH MAIN HALL



*SONGCYCLE, IS AN ALL SINGING, ALL CYCLING
MALE VOICE QUARTET WITH A PASSION FOR
SINGING EVERYTHING FROM BACH TO THE
BEATLES!*

Refreshments will be served during the interval

Free Admission to all Chelmsford u3a members but please reserve your ticket via our website:

<https://chelmsford.u3asite.uk/chelmsford-u3a-ticketed-events/>

How to Reserve a Place at a Chelmsford u3a Event

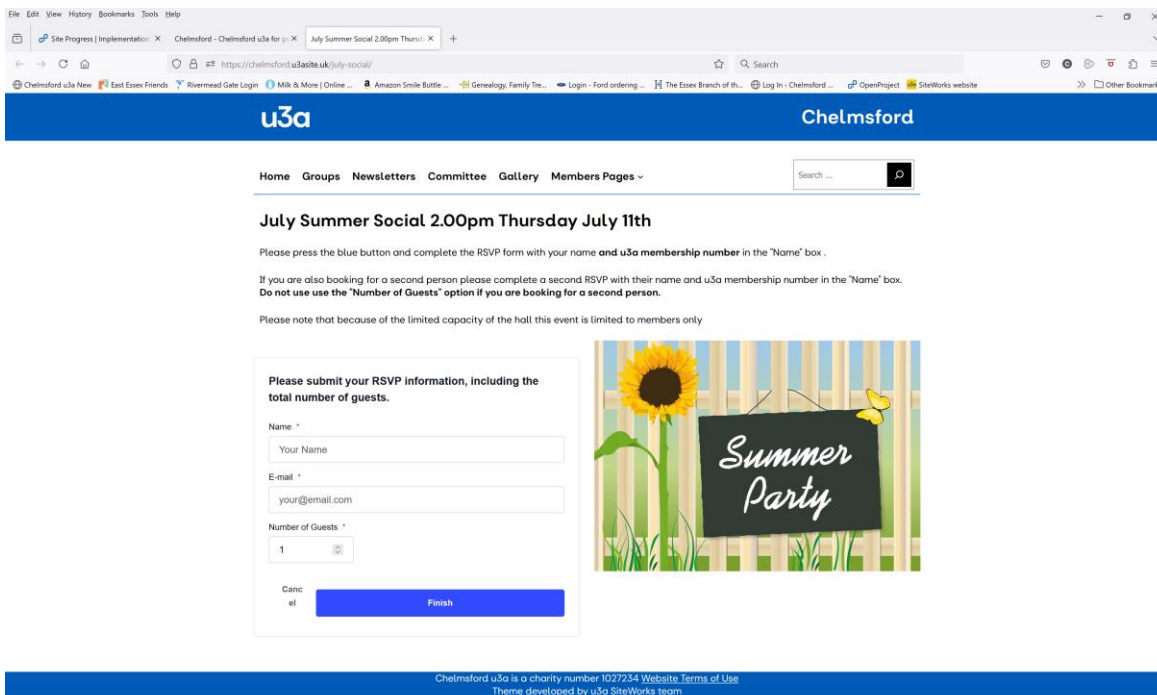
1. Go to the Chelmsford u3a website and click on the link to reserve a place or click on the link in the email you received from Chelmsford u3a.

The screenshot shows the homepage of the Chelmsford u3a website. At the top, there is a blue navigation bar with the 'u3a' logo on the left and 'Chelmsford' on the right. Below the navigation bar is a search bar and a menu with links for 'Home', 'Groups', 'Newsletters', 'Committee', 'Gallery', and 'Members Pages'. A prominent orange banner reads 'Welcome to Chelmsford u3a' and 'Click here to reserve your place at the Summer Social on July 11th'. The main content area features a heading 'Do Something Brilliant Today! Join in the fun; focus on the positive; live life to the full!' followed by a paragraph describing the organization as a volunteer-led group offering learning and social opportunities. Below this is a 'Join Us' button and a 'Chelmsford u3a and the wider u3a Movement' button. To the right, there is a photograph of two people standing in front of a banner that says 'do something brilliant today... join u3a'. The Windows taskbar at the bottom shows the date as 27/06/2024.

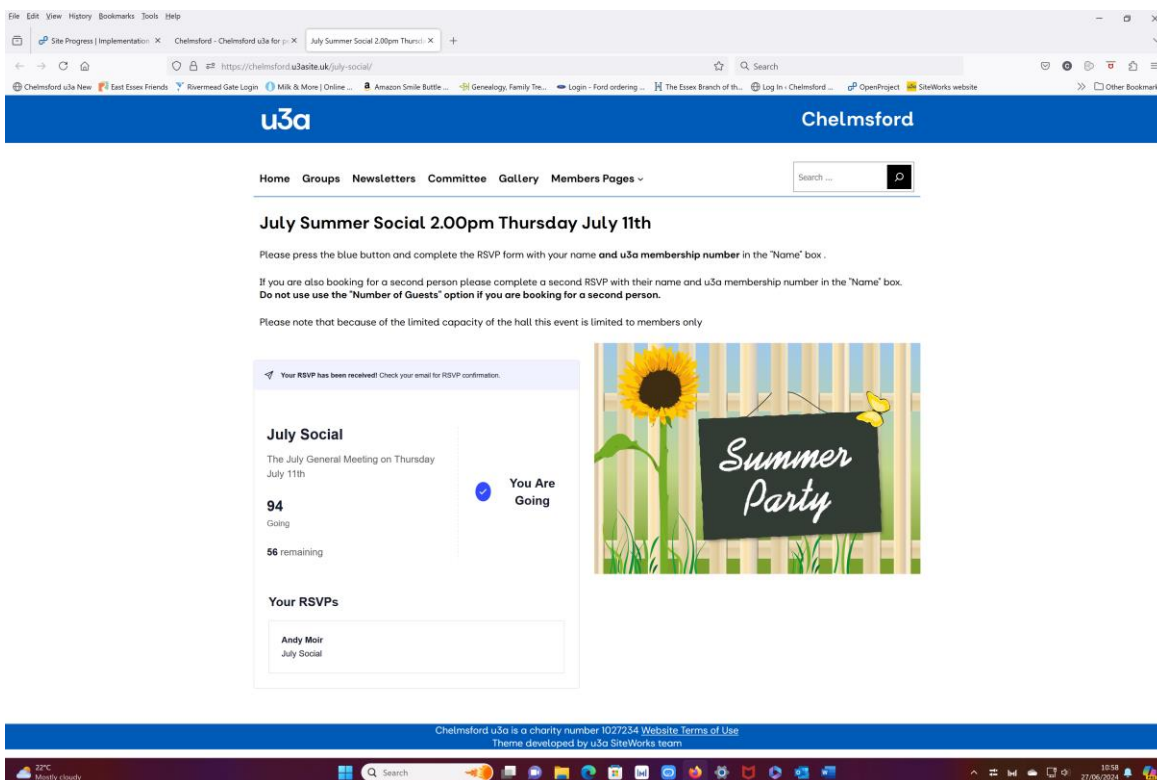
2. Click on the "Going" button

The screenshot shows the 'July Summer Social 2.00pm Thursday July 11th' page on the Chelmsford u3a website. The page includes instructions for booking, such as 'Please press the blue button and complete the RSVP form with your name and u3a membership number in the 'Name' box.' It also states 'Do not use the 'Number of Guests' option if you are booking for a second person.' A table shows the booking status: '93 Going' and '57 remaining'. A blue 'Going' button is visible. To the right, there is a decorative graphic with a sunflower and a sign that says 'Summer Party'. The footer of the page contains the text 'Chelmsford u3a is a charity number 1027234 Website Terms of Use' and 'Theme developed by u3a SiteWorks team'. The Windows taskbar at the bottom shows the date as 27/06/2024.

3. Enter your Name and u3a membership number in the “Name” field
4. Enter your email address in the “Email” field and press “Finish”



5. You will see the “You are Going” confirmation screen and receive a confirmation email.
6. If you want to reserve a place for a second person go back to the “Home” screen and repeat the process.



Note

We have been advised that John Crace's Essex Book Festival talk originally scheduled for June 14th at Anglia Ruskin University but has now been changed to July 28th at Chelmsford Theatre Studio.



Interest Groups (as of June 2024)

You must be a member of Chelmsford u3a before you join an Interest Group. However, if you would like a taster session before you join contact the Group Leader either by phone or by email.

Name of Group	Day of Month	Time	Group Leader	Phone	EMail
All Day Walks	2 nd Monday		Berry Cornell	01277355823	Via website
Amateur Dramatics			Alan Caddy		Via website
Art Appreciation	4 th Tuesday	14.00	Brenda Kelly	01277840621	Via website
Art Club	Mondays Weekly	9.30	Peter Anderton	07773074105	Peter.anderton@s cion-uk.com
Art Group	Tuesdays Weekly	9.30	Cynthia Cronin	01245461215	Via website
Birding	4 th Friday	10.00	Alan Alexander	07712818499	Via website
Book Group	3 rd Monday	14.30	Andy Moir	01245440007	Via website
Bridge (beginners)	Tuesdays	14.00	Alan Cardus		Via website
Buss Pass Group	2 nd Friday	varies	Maurice Austin		Via Website
Church Visits	1 st Wed	10.15	Brian Greatrex & Michael Gray	01245258833	Via website
Coach Outings	Various		Malcolm Lonsdale		Via website
Craft Workshops	2 nd Sunday	10.00 – 13.00	Julie Nicholson		Julnic138@gmail. com or via website
Discussion Group	2 nd Tues	13.00- 15.00	Brian Littlechild		brian.littlechild@ blueyonder.co.uk
Family History	4th Friday	14.00	Lesley Wood	01245601359	lesleywood54@ yahoo.com
Fishing Group	Wednesdays		Alan Caddy		Via Website
French Conversation	2 nd & 4 th Wednesday	14 -15.15	Marie Neale		Via Website
Garden Group	4 th Thursday	14.00	Chris Bellamy Val Green	01277353481	Via website
Information Technology	2 nd Wednesday	10.00	Lyn Parsons		Via Website

International Dining	3 rd Monday	Evenings	Jennie Cappin	01245 358629	Via website
Jazz and Blues Group	3 rd Wednesday	10.30-12.30	Heinz Kassier		kassier2@gmail.com
Live Arts	Theatre Visits	As & when	John Heathcote	01245380766	liveartsgroup@aol.co.uk
Local History	1 st Tuesday	14.15	Jane Humphreys	01245 259590	Via website
London the City & its people	4 th Monday	14.00	Berry Cornell	01277 355823	Chris Rycroft via website
Lunch Club 1	Last Friday of month	12.30	John Heathcote	01245 380766	Via website
Lunch Club 2	4 th Tuesday	12.30	Harry Glaser	01245 462760	Via website
Lunch Club 3	1 st Thursday	12.30	Laraine Linard Barbara Childs	01245 475444	Via website
Mah-Jong	1 st & 3 rd Tuesday	2.00	Chris Paget	01245 474811	chrispaget@lineone.net
Philosophy	Thursday 4-weekly	11.00	Julia McClure	07941 480240	Via Website
Philosophy & Religion	1 st Monday	10.00	Jim Mackay		Jim88mackay@aol.co.uk
Photographs on Face Book	Online		Alan Mayo	07979 540053	Via Website
Pickleball	Monday Weekly	2.00	Alan Mayo	07979 540053	Via Website
Poetry Appreciation	2nd Wed	14.00	Judith & Tony Boniface	01245 266316	Via Website
Science Group	3 rd Thursday	13.45	Chris Bellamy	01277353481	Via website
Sewing, Knitting & Crochet	3rd Thursday		Jacqui Norfolk	07714 258517	Jacqueline.n@virgin.net
Short Walks	3 rd Friday	10.00	Robert Lloyd	01245466167	Via website
Spanish Conversation	3 rd Wednesday	10.30	Lindsay Whitehouse	01245 356363	Via website
Summer evening walks	4 th Wed	Apr -Sep	Alan Mayo	07979 540053	Via website
Sunday Lunch	1 st Sunday	13.00	Lesley Wood	01245601359	Via the website
Ten Pin Bowling	2nd & 4th Fridays	10.30	Roger & Ruth Spall	01245466486	Via website
Travel Group	See website		Anne Brereton		cu3atravelgroup@outlook.com
Walking Group	1 st & 3 rd Friday	10.00	Alan Mayo	07979 540053	Via website