

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



SongCycle performing at the u3a concert on Friday 27th September

General Meeting Speakers

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



Last year we had more members wishing to attend the Christmas Social than we could safely accommodate in the hall. This year therefore we are having two Christmas Socials. On Friday 6th December and Thursday 13th December, both starting at 2:00pm. We have the same entertainer booked on both days and will endeavour to make both events as similar as possible. We will be selling raffle tickets at both events to raise money for our Am Dram Group to help pay for costumes, props and scenery for their production scheduled for April 2025.

We will need volunteers on both days to help run the event. I am looking to form a committee to organise and run our two Christmas Socials this year. If you would like to help in any way please contact me on: ejwood34@gmail.com 01245 601359. So that I can keep an eye on numbers for both safety and catering, could members please let me know on which day you would like to attend.

View from the Chair

Astronomically speaking Autumn began on 22nd September and by now the days are getting cooler and the nights have begun to draw in earlier. I asked Google to come up with some favourite Autumn activities and I had to laugh when one of the suggestions was to spend the day at a nearby brewery! Thankfully our u3a has plenty to keep us all occupied.

Did you know that 1st October is International Day of Older People? It was observed for the first time in 1991. Each year there is a theme, and this year it is 'Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide'.

The Third Age Trust will be launching a new report on 1 October, to coincide with International Day of Older People. The report is entitled - 'Learn to Live: A blueprint for better health and wellbeing' and it shines a light on the u3a non-formal learning model and the benefits for promoting and maintaining happy, healthy lives.

The u3a is, of course, a volunteer-led organisation and at all levels volunteers are dedicated to bringing learning opportunities to u3a members across the UK. Locally every u3a is run and activities are delivered by volunteers. This may involve being on the Committee, running interest groups, organising meetings and events, and welcoming new members into a u3a.

All u3a members are encouraged to volunteer and there are plenty of opportunities to suit a wide range of skills, experiences and time commitment. If you are interested in volunteering for your u3a, please contact a member of your committee.



At our recent committee meeting we discussed our 'Duty of Care' as Trustees of our organisation. One item that is concerning some of our members at the moment is the government's recent decision to make entitlement to Winter Fuel Payments means tested. We do not wish to discuss the rights or wrongs of this policy but would like to urge our members to consider claiming Pensions Credit which would qualify them for help with their fuel bills. **For further details see page 19.**

News from the Third Age Trust:

The Third Age Trust is pleased to announce that Margaret Fiddes has been elected as the new Vice Chair of the Board of Trustees. A long standing member of the u3a movement, Margaret Fiddes first joined Sherburn & Villages u3a 14 years ago. For the last four years, she has served as Trustee for the Yorkshire and Humber region of u3as.

This year, Margaret was heavily involved in the organisation of u3a Festival 24, the largest meeting of u3a members in the movement's history. The festival, which took place over three days, saw members taking part in walking football tournaments, giving and watching talks, and performing a wide range of music. Margaret has a rich range of experience from her career, where she worked in a variety of roles including guesthouse landlady, BBC Researcher, garden designer and Sales Director. Speaking of her vision for the u3a movement, Margaret said, "I really want the u3a experience to be open to as wide a section of the population as possible. We know how beneficial membership is and how much it can do for people mentally, physically and socially. Currently we have almost 400,000 members – looking at the number of people of our generation there are many hundreds of thousands more who could be members of u3a."

Learning News:

A database of talks is now available on the national u3a website, which you can book for your group. The aim of 'Find a u3a Speaker' is to facilitate contact and connection across the u3a movement by providing a platform for speakers to share their talks with other u3a's, either online or in-person. You can also offer a talk to this learning activity. Click here to see further details: <https://www.u3a.org.uk/learning/learning-activities/u3a-speakers>

There are a number of Subject Networks listed on the national website, including Bridge, Crafts, Science and Climate Change. They are an opportunity to share ideas and resources, build relationships and access more learning opportunities around the subject. Whether you attend an interest group in that subject or not, there are many benefits to joining a national u3a subject network.

How Times Change: As I'm sure you know it wasn't just food that was rationed in the Second World War. From June 1941 buying new clothes was rationed too. The rationing scheme worked by allocating each type of clothing item a 'points' value. For example eleven coupons were needed for a dress, two needed for a pair of stockings, and eight coupons required for a man's shirt or a pair of trousers. When buying new clothes, the shopper had to hand over coupons with a 'points' value as well as money. Every adult was initially given an allocation of 66 points to last one year. However, as the war progressed there was a real scarcity of new clothes because fabric was needed elsewhere for uniforms and the general war effort. Consequently, buying new clothes was severely restricted by coupon limits and was no longer an option for many people. The ability to repair, renovate and make one's own clothes became increasingly important.

The '**Make Do and Mend**' campaign (Image courtesy of the Imperial War Museum website) was launched to encourage people to make their existing supplies of clothes last longer. In a newsreel trailer made by the Ministry of information in 1943, people were urged to repair reuse and reimagine their existing clothes. Posters and leaflets were circulated with advice on subjects, including how to prevent moth damage to woollens, how to make shoes last longer or how to care for different fabrics. Make Do and Mend classes took place around the country, teaching skills such as pattern cutting. Shortages necessitated imaginative use of materials, recycling and renovating of old clothes and innovative use of home-made accessories, which could alter or smarten up an outfit.



At our last monthly meeting in September members were treated to a 21st century version of a 'Make Do & Mend' class when Amanda Sutherland returned to our meeting place and demonstrated that the most fabulous garment recreations can be achieved from charity shop finds and old keepsakes, with simple yet effective methods.

In her fun-packed masterclass, Amanda explained various ways of adapting everyday clothing, from worn and badly fitting garments into exciting and unique fashion pieces. She started off by showing us how she made her daughter a strikingly bold prom dress by cutting up her own wedding dress, dyeing the fabric and

adding glittering accessories that gave it the 'wow' factor. Amanda went on to demonstrate that by mixing and matching garments, recycling old clothing and adding a bit of 'bling', it is possible to transform our wardrobes! At the end of the presentation Amanda opened up her 'gift shop' for members to browse her latest collections of hats, wrist warmers, headbands, fabric jewellery and eco accessories with the opportunity to buy at generously discounted prices.

Lesley Wood

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.



Remaining Programme for 2024

- 28th Oct Talk: Along London's Capital Ring Walk, speaker Tony Tuckwell
- 25th Nov Visit to Wimbledon – the flyer is on page 18 of this newsletter.
- 16th Dec** Visit Essex Records Office – films (Details to follow), tea and cakes.

Programme for the beginning of 2025

- 27th Jan Talk: Policing East London in the 70's – the "fun side!", speaker Roy Tyzack at Christ Church
- 24th Feb Talk details to be arranged.

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

Spanish Conversation Group

Leader: Lindsay Whitehouse



Nine of us gathered for our regular monthly get together at Chelmsford Library on 18th September 2024.

We spent the first part of the meeting trying to work out the meaning of a variety of Spanish colloquial phrases such as "you can't judge a book by its cover" and "a chip off the old block" (the literal Spanish translation is "a splinter off the old stick."). We then had a quiz on the Spanish words for things that you would find in the garden, ranging from tools to insect pests.

The third segment of our meeting concentrated on when to use the Spanish imperfect tense (in English I used to go or I was going) rather than the perfect tense (when an action is completed). We also looked at Spanish synonyms – like us, the Spanish have several words that are interchangeable – an example in English is little and small. Yet more words for us to remember!

News items from Group members covered holidays in Malta and Cornwall, as well as more humdrum issues such as replacing a broken fridge freezer!

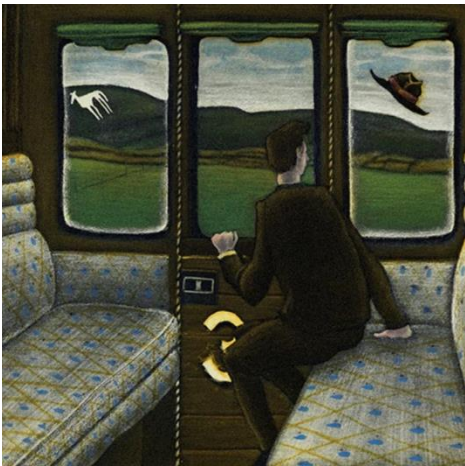
One member informed us that sadly she will no longer be able to participate in our meetings, as going forward Wednesday mornings will be taken up with childminding! Lindsay, our Group Leader, will therefore now be able to invite the person at the top of our waiting list the opportunity to join us. This aside, we remain at full capacity. Anybody wishing to join us will have to go onto our waiting list, awaiting availability of another vacancy.

If you can hold a basic conversation in Spanish and wish to be put onto our waiting list, please click the link to our website. The next meeting for the group will be on Wednesday 16th October 2024 at 10:30am at Chelmsford Library in a meeting room on the first floor.

David Gout

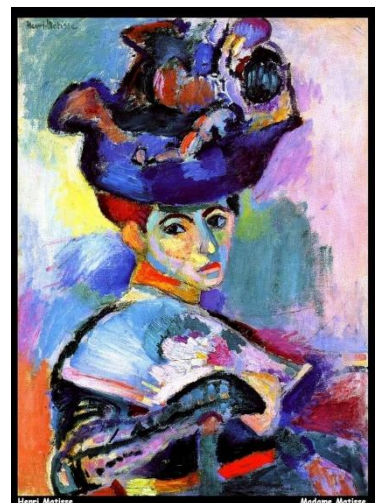
Art Appreciation Group

Leader: Brenda Kelly



This month we gathered to talk about 'Pictures with Hats'. We had a very enjoyable and interesting afternoon pursuing this subject and were surprised how many pictures have hats in them, of all shapes and sizes. A humorous picture by Eric Ravilious (in the past we have seen his pictures at the Fry Gallery in Saffron Walden) showed a man in a railway carriage losing his hat through the window. We saw a young boy peering through a door with his hat in his hand hesitating to go in. It was called 'At School Doors', was it his first day? This was by the Russian artist Nikolay Bogadonov-Belsky. One of our members had been to an exhibition of Russian art in London a few years ago and really liked it. He showed a favourite of his - a picture of an Ambassador's wife Baroness Varvara Ikskil von Hildebrandt in a red and black gown topped with a striking black hat by Ilya Repin. Another hat was worn by 'Madame Matisse', It was beautifully decorated in all different colours.

Two Scottish painters were also shown. William Strang had two ladies in hats, one coloured red 'Lady with a Red Hat' and the other with patches of different colours, while the lady in Francis Cadell's picture of 'The Black Hat' looked great. In the 19th and 20th centuries people wore hats more than they do now, especially the middle and upper classes. They were also sometimes used for more practical purposes, we saw Hogarth's 'The Shrimp Girl' who was a saleswoman of crabs and carried some in her hat. Although we all think of Degas as an artist of ballet dancers, he was also interested in hats and many of his picture show them, one of our members showed 'At the Milliners'. We also tend to think of Vermeer as a painter of interiors, but 'Girl in a Red Hat', a painting of his was something different and the hat was very striking.





Turning to the men, Magritte had several paintings of men in bowler hats, one with a dove in his mouth - there was also a picture called 'The Great War' depicting a lady in a hat with flowers of purple and yellow in her mouth, was she a Suffragette? Many of us know 'The Laughing Cavalier' and have seen him at the Wallace Collection. It seems it could have been a pre-wedding picture, evidently he was only in his 20s, and he was ornately dressed with a large black hat. Finally we saw 'The Card Players' by Cézanne depicting two Provencal countrymen wearing hats while quietly concentrating on a game of cards. One man's hat seemed of a higher class than the other, was it the boss playing with one of his men? Were hats a symbol?

In October we shall be travelling to the Geedon Gallery in Fingringhoe for their Autumn Exhibition and in November going to the National Gallery for 'Poets and Lovers, Van Gogh'.

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499

On Friday 27th September a small party of avid birders visited the Rainham Marshes reserve, one of the RSPB's flagship sites in Essex.



The weather was not of the best when we started but improved as the morning went on. The birding reflected this and although there was plenty about, many of the birds were hunkered down. There was a considerable movement of swallows over the reeds beds, presumably birds still on their way south. The primary birds on view were ducks, with a considerable number of Gadwall visible, along with Mallard and Teal. Several Little Grebe added to the mix of waterfowl. There were also large numbers of Lapwings on the scrapes, plus a few Black-tailed Godwits. The highlight of the first hide was a Snipe on one of the scrape islands, which appeared to be asleep.

We moved on to the second hide and almost instantly witnessed a somewhat bedraggled Kingfisher land on a perch within fifteen feet of the viewing area. It remained there for about a minute, affording wonderful view, before flying off. The hide also gave us excellent views of a Little Egret and a Heron, both of which perched within feet of us.

Also-rans included a single Great Blacked Back Gull, Black Headed Gulls, Herring Gulls, Wood Pigeons, Starlings, Crows, Magpies, Moorhens, Coots, Cormorants, a single first year Swan, a couple of Pheasants, and the ubiquitous Canada and Greylag Geese.

All in all, a good morning's bird watch.

I am indebted to Peter Tebbit for this report as I was not able to attend this visit.

Our 2024 Programme

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

As you may recall, I was asked not to arrange a bus pass trip **on Friday 13 September** as the Chelmsford u3a had a coach trip to Buckingham Palace. So; I organised two!

After I had been told the coach trip was fully booked, I advertised an afternoon trip that I was going to do anyway, wearing my bus nerd hat! First had recently won some contracts in the Harlow area and introduced some interesting “positioning” trips along some roads which are normally bus-free zones!

To my surprise, nine members met at stand 6 of the bus station to catch the new 19, where there were several other people waiting. We picked up others as we left our City, including a young woman waiting near BBC Essex who was almost left behind as a double decker was already at the stop and was blocking her from the driver’s sight. It was a good thing she was able to board as she went beyond Ongar, had she not boarded she would have had a long wait and a difficult journey home.

Now, I did say we caught the new 19. It is the route that is new, the bus used was not! It was comfortable enough but had some annoying rattles! Particularly the door to the driver’s cab. The driver had several attempts to slam the door tight but, after a while, stopped in a bus layby and taped the door shut with sticky plastic from weekly ticket holders. Peace reigned thereafter.

This journey diverts through North Weald, via Epping enroute to Harlow. It was surprising how many passengers were picked up on this section of route, particularly at Epping Underground Station for the full trip into Harlow. Of course, there was a snag. Traffic in the Epping area was very heavy, and as we approached Harlow, it was horrendous. Our previous immaculate timekeeping deteriorated so much that we reached Harlow bus station just as our onward bus to Chelmsford was pulling in!

So, we abandoned our planned coffee and cake! A very full Arriva 59 bought us home through Sheering, Hatfield Heath and the Rodings, a very pretty route.

I got off at the Rose & Crown so got no feedback from my guests. And we had no opportunity to take pictures!

As promised, I had organised another trip to Southend on **Saturday 7 September** to use the Ensign 99 “Rossi” open-top bus service to Shoeburyness, East Beach. Again, there were 9 of us.

Bus passes are available at all times on Saturdays, so we caught the **09.17/09.21 X30** from stand 1 at Chelmsford Bus Station which was due at Southend, at 10.24 in good time to transfer to the Ensign 99 open-top bus to Shoeburyness, East Beach.

The incoming bus from Stansted was a bit early and I was concerned that some bus-passers may miss the onward journey. I needn't have worried! The incoming driver had finished his duty and rapidly disappeared. The "new" one duly arrived and found the ticket machine was out of order. He called a supervisor who bought a replacement machine and tried to install it. That didn't work either, so yet another was called for. Eventually, we were able to board and have our passes recorded. Several intending passengers had tried to board without having a pass or a ticket, but our driver had pleasantly and politely explained the importance of revenue! His responsible approach was reflected in his excellent and careful driving throughout.

Inevitably, we were very late leaving Chelmsford and reached Southend too late for our planned open-toppers which were only running an hourly service as the weather was rather gloomy and it was really the end of the season. So, what did we do? We found a café for a nice cup of coffee and a cake!



When the open-top turned up (on time!), we found it was the special livery Mint Choc Cabriolet which Sandra Bennett has nicely captured for us.

There are three other special open-toppers for this service, Strawberry Streamliner (mainly red), Butterscotch Breezer (a sort of honey-brown) and Bubblegum Beachcomer (blue). They are all sponsored by Southend's famous Rossie ice-creams, hence the route number, 99!

The bus poodles along as close to the sea front as it can get for 21 minutes before waiting its return at the very sandy East Beach, Shoeburyness. One of the highlights of trip was the chance to look over the hedges and walls of posh sea front properties and spot swimming pools and the like. It was too breezy to swim that day but, at least, the rain kept away.

Another highlight for me was that my youngest son, Clive, met the bus and we went to a restaurant on the Shoeburyness Garrison, together with Patricia.

Everybody else stayed on the bus and returned to Southend for a Rossi's and to do their own thing. Some of us met up at the bus station for the return trip; two of our members who will be unnamed were seething that they had got to the bus stop as the

bus was pulling away and were not let on. They had rather a long wait. As it happens, Patricia and I arrived just in time to catch a 20-minute late-running bus, so we were OK!

Our next trip will be on Friday 11 October 2024 when we will go to **Halstead** for the antique shops. There are plenty of tea and coffee shops in the delightful High Street. We will catch the **0930 First 170** for Colchester at **stand 8** of the Bus Station, change at Braintree for the 38/A on to Halstead. My intention is to return the same way although the intrepid explorers amongst us might like to go onto Colchester and

catch the 371 back from there. But we have experienced Colchester traffic delays so that alternative may not be for the faint-hearted!

There are frequent buses back via Braintree, I envisage we will leave Halstead at about 15.00 and get back to Chelmsford about 16.26.

Maurice Austin.

Church Visiting Group

Group Leader: Brian Greatrex Administrator: Michael Gray

NORTH SHOEBURY St Mary the Virgin and GREAT WAKERING St Nicholas
on Wednesday 4 September



A spacious, secure car park and a welcome cup of coffee at St Mary's, after what proved to be a fraught journey through Southend for many.

Churchwarden Tony Pond gave us a thoughtful introduction to the church – a locus, a personal experience rather than merely a historic building. He reminded us how close St Mary's had been to redundancy – saved by the efforts in the 1970s of four formidable ladies. He traced the sacred history of the place from the Stone Age to Saxon times and the present building, which dates from the 13th century. It is only recently that the site felt part of the village geographically, though it once stood close to the Hall and the Workhouse, now both gone.

As is the gallery at the west end, which now boasts the splendid coat of arms of George I. Among the many features he pointed out were the fragments of medieval glass, the 15th century chest, the corbels, heads of the benefactors who provided the original roof, the font from the previous church, and the organ from Latchingdon.

Derek Connolly at Great Wakering was equally welcoming and informative. And he had provided a splendid handout for everyone, locating the many interesting features both inside and outside St Nicholas.

He told the tragic story of the floods of 1953, when both church and vicarage – on relatively high ground – were used to shelter survivors. The unique upper storey in the West Porch, accessed by a narrow spiral staircase, is thought to have housed monks from Beeleigh who had walked to Wakering to preach.



There are very narrow rood screen stairs, and a spacious Lady Chapel providing “free pews” for the less well off. The substantial organ, moved to the West End in the 1960s, now blocks the ceremonial entrance, and is only infrequently played. Fortunately, despite our tight schedule, we were able to hear a little of it, thanks to Eric.

A few of us managed to get to a bonus church, Saint Andrew’s South Shoebury, off Ness Road and minutes from the beach. We found it open, with a helpful guide leaflet. There are rood stairs here too, the Pilgrim’s Progress window, ancient doors, and, by the single bell rope, some intriguing graffiti.

After our London visit in October, we end the season on Wednesday November 6, almost on our doorstep, at the Cathedral Church of St Mary the Virgin, St Peter and St Cedd.

Lunch Club 3

Leaders: Laraine Linard and Barbara Childs

All twenty-one members turned up today for what should have been an enjoyable lunch at the Bakers Arms in Stock. Whilst the members turned up on time at around noon the service was to say the least pretty dire as we didn’t get our food until around 1.45. This was a pretty poor show bearing in mind we had all pre-ordered weeks ago.

Having said that the food when it did finally arrive it wasn’t too bad. I’m a delighted to say that everybody took it good humour. But I don’t think we will be going back anytime soon!

See below for a photo of us patiently waiting for our lunch



Local History Group

Leader: Jane Humphreys 01245 259590



On the delightfully sunny afternoon of 3rd September, twenty members gathered outside Badynghams, Banbury Square, Great Waltham. One of those members was Alan Baker who, with Marion, has lived at Badynghams since 2021, and who proceeded to show us some of the many listed buildings of the village.

Great Waltham is the largest parish in Essex, and the least populated, with a history dating back to the grant of land to Geoffrey de Mandeville by William the Conqueror.

Arguably the grandest building is Grade I listed Langleys which was acquired by the Tufnell family in the early 1700s and remains in family ownership. Viewed from a distance it is an elegant brick building but what lies within is a mystery as it is never open to the public. For many years it had been owned by Mrs Micklem who lived alone in one small wing but following her death in 2023 it has passed in trust to her sons who live locally. For now the public footpaths through the grounds remain popular with dog walkers (and u3a members), and the South Lodge (one of four entrance lodges) on the Chelmsford Road is the only building most people will see.



David Williams, church warden, welcomed us to the parish church of St Mary and St Lawrence with, perhaps, the widest nave in Essex. The oldest structure, in the tower, dates to 1080. Several features date to the 14th Century, including many of the (uncomfortable) pews, the bells, and glass in the south-west window. Near the entrance to the chancel is the majestic monument to Sir Anthony and Lady Anne Everard. This was originally on the north wall of the nave but was moved when the north aisle was added in Victorian times. The door to the vestry was originally on the outer wall and includes a sanctuary knocker. One of the stranger stories relates to the Rev George Somers Clarke who was Rector of Great Waltham from 1797 to 1837. He was 37 when he arrived, and promptly married 20-year-old Dorothea Goodeve with whom he had six children though the marriage was not happy. He became increasingly eccentric, appearing in ecclesiastical court for refusing to conduct baptisms and burials, brawling, adultery, and preaching in Hebrew. He refused to comply and in 1824 was imprisoned in Chelmsford gaol. He liked prison and stayed there pursuing his Hebrew studies. The local drama

group in Great Waltham is performing 'The Wicked Vicar of Waltham' on 22 and 23 November – tickets available from ticketsource.co.uk

Walking through the graveyard brought us back to Badynghams, or Boddingtons, or The Guildhall (it never was), or Browns Stores. Once we had settled down with tea, coffee and cake, Marion Baker shared some of her research about the history of this Grade II* building – the only property in the postcode. John and Agnes Badyngham lived there in 1371 as evidenced in the Court Rolls when John paid 3d to marry Agnes. The current house stylistically dates to around 1580, though the roof timbers are earlier. Its modern history dates from 1961 when John Joliffe Tufnell (of Langleys) bought what had been Browns, the village shop, for £6650. He renovated the house, and commissioned trompe l'oeil paintings from Lincoln Taber. It was a real privilege to wander around this house, still with two of the former four staircases, some original Elizabethan decoration in the main bedroom, a courtyard garden with a dovecote built into the house, an inner front door covered in the book of hours, and so much more.

Our Local History Group year starts in October, with membership costing £12. Visitors are welcome to meetings, held at Boreham Village Hall, for £3. The next three meetings are:

The next two meetings are:

5th November A Sailor's Life

by Phil Lyons

3rd December The Mayflower

by Cathy Shelbourne

Jane Humphreys

Book Group

Leader: Andy Moir

At our September meeting we discussed *The Quality of Silence* by Rosamund Lupton. The book is a thriller set in Alaska in midwinter where beyond the Arctic Circle there is 24 hours of darkness. Yasmin has flown to Fairbanks, with her deaf 10 year old daughter Ruby, with an ultimatum for her wildlife documentary-maker husband, Matt. He has been working for months in the Arctic night, has slipped, she thinks, into a relationship with an Inupiaq woman. They are met at the airport not by Matt, but by a policeman, who tells them that the village where Matt has been living, has been burned to the ground following a fire, the entire population has been wiped out and Matt is dead. However Yasmin doesn't believe that Matt is dead so she sets off on a dangerous journey, with her daughter, into the Arctic circle in a desperate to find him.

We all agreed that Rosamund Lupton is a good writer but there our agreement ended, the majority of the group enjoyed the book with one member saying "I really enjoyed the book, it is quite a page turner." Whilst another said "What a read! I found it difficult to put the book down. Particularly interesting was how the same events were described from three different viewpoints."

However a minority did not enjoy the book and one member said "It was ridiculous, stupid and unbelievable". It's amazing that even though we all read the same book our opinions can be so different!

Our books for the next three meeting are:

Mon Oct 21 st	The shadows of men by Abir Mukherjee
Mon Nov 18 th	The Music Shop by Rachel Joyce
Mon Dec 16 th	A lesson in Chemistry by Bonnie Garmus

Science Group

Leader: Chris Bellamy

Science Group Meeting Thursday 17th October NSIP's (National Significant Infrastructure Projects): - From Inception to Completion By Toby Risebrow Graduate Surveyor

The talk will cover:

- Details regarding what NSIP's are and the type of planning requirements they operate under.
- Consultation events and their benefits
- Preliminary surveys that developers must complete
- The legal rights granted to NSIP developers
- Avenues of compensation for landowners
- Construction requirements and phasing
- Post works clean up



At the September meeting an illustrated talk was presented by James Wilkinson, former artist in residence at the Stables Studio, Hylands House

James Wilkinson is a portrait/action painter and photographer of the stars at the V Festivals. He has moved to the Pop Nouveau Gallery in Sudbury Suffolk. The gallery includes portraits, photographs and collections of albums and LPs.

James recollected many anecdotes from a colourful career of mixing with well know musicians as a painter and named dropped such as – Elvis, Bowie, Noel Gallagher, The Prodigy, Ronnie Wood, James Morrison, Olly Murs, Johny Depp, DJ Fresh, Tom Jones Snow Patrol, McFly, Ed Sheran and many more. Also, tales about John Lennon's suit and Jimmy Hendrix's burnt guitar.

Twenty members learnt much about the world of the popular music business and painting. Members then asked several questions at the end of the talk to which James answered with even more informative anecdotes.

Chris Bellamy

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

Green London - or where to eat your sandwiches in the City

By Alison Woollard, a City of London guide,
2pm on 24th October at Boreham Village Hall

The Corporation of the City of London cares for over 200 green spaces. Find out about how gardens and green spaces in the City of London have survived and developed over the centuries. How are they looked after? How does green space fit into the planning of our future City? This talk will inspire you to notice and enjoy the parks, church yards and modern green spaces as you walk around the City.

Refreshments are served at the beginning of the meeting. All are welcome to attend. There will be a charge on the door to cover hall hire and speakers fee.



On Thursday 26 September eleven intrepid members of the Garden Group ignored the weather forecast (showers and lightning) to visit Dragons at Boyton Cross, a 3/4 acre garden owned by Margot Grice who is a member of Baddow & Galleywood U3A. There were indeed some heavy showers but no storm. We took advantage of the dry intervals to walk around the lovely garden, full of flowers and colour.

The garden was planted to encourage wildlife and has colour-themed borders with striking plant combinations, specimen plants, fernery, clematis and grasses. Meandering paths lead to ponds, patio, scree garden and a small vegetable garden. There are two summerhouses, one overlooking a stream where kingfishers are often seen. The property has farmland at the back.

As usual we finished with delicious tea and cakes

Our November meeting will be on Thursday 28th at Boreham Village Hall at 2 pm. Speaker to be advised.

Chelmsford u3a Travel group

Leader Anne Brereton

Members of The Travel group will be on holiday in Ireland at the next October meeting. As I shall be with them I will be unable to put on the notice board the itinerary for the two holidays planned for next year 2025. Travel Group members have already had them sent to them via Beacon.

The first holiday is in May 2025 Monday 26th to Friday 30th. This is to the Battlefields and D day beaches in Normandy. We will have the opportunity to see the brand new British Normandy Memorial. The tour is with Lodge coaches.

The second holiday is to Western Andalucia. Isla Canela. Rio Tinto and the Guadiana River. This holiday is the 14th October 2025 for eight days. This tour is with Involved holidays who organised the Crete holiday for us last year.

Anyone wishing to have more information regarding these holidays or would like to join the Travel group please contact me by email cu3atravelgroup@gmail.com and I will respond as soon as possible. We are holding a Travel group meeting on the 13th November at Christchurch, Room 3, at 2pm. There is no cost to join the Travel group but if you wish to holiday with us then we ask for a £5 fee and you will need to be on our list.

I will put the two itineraries on the notice board at the November meeting.

Best wishes
Anne Brereton

IT Group

Leader: Lyn Parsons

I am pleased to tell you the IT Group will resume meeting on 9th October @ 10.00 after its summer break. **The October & November meetings will be held in Room 1** due to a commitment the church has in Room 5 our usual meeting room.

You may recall from my article in the August newsletter that the u3a committee in July made the decision to pay for the hire of the room for the monthly IT meeting from communal resources to support members with increasing their use of technology so that they are comfortable using their devices, gain a better grasp of IT and hopefully make members less vulnerable to the increasing number of scams that circulate.



We are very grateful to the committee for this support, we have for a while been struggling to cover costs and I had feared that the group would not be able to continue.

We meet on the 2nd Wednesday of the month 10.00 @ Christ Church New London Road. New members always welcome, please bring with you the device you want help with.

There is no membership fee and thanks to the u3a committee no attendance fee, just a small donation for tea/coffee if you partake.

Many people who have come to the meetings have only joined us for a couple of sessions once they have got the information they needed to solve their IT problems.

So if you have any IT issues that you need help with please come along. Our knowledgeable support team have helped lots of members with a vast range of questions on using laptops/phones/tablets.

Coach Trips Group

Leader: Malcolm Lonsdale

Our recent visit to Buckingham Place went rather well. We had a warm sunny day which helped. The lunch at Kennedy's fish and chip shop was well received.

There seemed to be hordes of people milling around outside the Palace and when we got through the first gate, we had to wait in a long queue to pass through airport-style security.

Thereafter the rooms were so large that the crowds thinned out and it was possible to take in the grandeur of the place and admire the many paintings and other works of art. The King didn't come out and say hello, perhaps he wasn't at home at the time.

After walking through all the state rooms, we went outside to the pavilion for what was billed as a royal cuppa. The way out led visitors through the gift shop, I'm sure I've come across that before, then past an ice cream parlour, a bit more original.

We were all assembled at the appropriate place when our coach arrived to take us home. Road closures and heavy traffic led to an unexpected sight-seeing tour on the way home which was surprisingly quite enjoyable with some of the landmarks of London lit up.

Eddie Wood

Coach Trips Group Committee

<p>The Mindful Life Group</p> <p>The UK's only not-for-profit dedicated to older adult mental health</p>	
<p>Mindfulness for Older Adults who Care</p> <p>Our free course starts Monday 7th October 2024, 11-12noon online</p> <p>Some feedback from one of our previous attendees: <i>'It appealed because it was something that I could do at home, something for me, you know, I realised there was help out there'</i></p>	<p>We are a Clinical Psychology led organisation and aim to provide robust, evidence-based interventions to support good mental health and reduce dementia risk.</p>
<p>Visit our website www.the-mindful-life.com to register for updates</p>	

EWT Chelmsford Local Group QUIZ

Saturday 16 November 2024

Aquinas Hall, St John Payne Catholic School, Patching Hall Lane, Chelmsford CM1 4BS

Commences 7.30pm. sharp

Teams of 8 (max.) You may enter as a team(s) or ask to be included with others.

£11.00 per person which includes a Ploughman's Supper.

Please bring your own drinks and glasses as these will not be supplied.

To reserve your place(s):-

1. Contact Lesley Stapleton on 01245 261929 (9am - 9pm only please) or via peterlesley@aol.com
2. Send your completed booking slip to Lesley:- 13 Orford Crescent, Chelmsford CM1 7NY

We cannot:-

- Confirm your reservation until payment has been received.
- Admit people on the night who have not booked, as our catering and table plans will have been organised.

There will be a raffle with lots of attractive prizes. Donations are very welcome.



These events are usually very successful and Essex Wildlife Trust benefits greatly from participants' generosity.

Thank you in advance for your support.



Essex Wildlife Trust



Booking Slip

Please reserve place(s) for the EWT Quiz on Saturday 16 November 2024

Please tick one box:-

I enclose a cheque for £..... payable to EWT Chelmsford Group
 I have transferred £..... to A/c no. 00375411 and Sort code 20-19-95 giving my surname as the reference. (Our preferred payment method).

Name:..... Tel:.....

Please supply an Email address for your booking confirmation

Email:.....



Registered Charity No. 210065

Reminder to Group Leaders
Please send copy for the November 2024 Newsletter to the editor, Andy Moir.
All copy must arrive no later than Friday 1st November 2024.

Please would contributors use the Calibri Font size 12. For MS Word use Paragraph settings; line spacing single and spacing 0 before and after lines.

Chelmsford u3a Committee

Position	Name
Chair	Lesley Wood
Vice Chair	Alan Caddy
Secretary	Marie Neale
Treasurer	Wendy Hubbard
Membership Secretary	Diane Read 077144 32360
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



**Wimbledon – Tour of Courts & Visit to Museum
25.11.2024**

Wimbledon Tennis Courts – the most famous tennis courts in the world. Our award-winning tour of the Grounds is the perfect way to see this world-famous site. Led by a Blue Badge guide we will see the facilities used by the world’s best tennis players as well as broadcasters; learn how Wimbledon’s distinctive grass is cared for and how the site has changed and improved each year. Note: Please wear comfortable footwear, there is lots of walking. Some parts of the tour are outside and continue in the rain so bring rain gear if necessary. Our tour lasts 90 minutes.

Wimbledon Lawn Tennis Museum - This is an opportunity to experience the history and traditions of the championships, get close to the famous trophies and feel the fabrics of tennis fashions from the Victorian period. You can discover how the Championships have developed since 1877. The interactive galleries include original objects from Wimbledon and clothing and equipment donated by top tennis stars. Flick through the pages of Arthur Ashes’ diary, sit on the bench used by Roger Federer in the Gentlemen’s Dressing Room and witness the power of Martina Navratilova plus much more. The museum offers free audio guides.

The Wingfield café supplies cakes, sandwiches, salads etc. plus hot drinks – there is a menu online. Please note all payments must be made by card, no cash payments are possible.

Tour/s start at 2.00 pm

- 9.30am: Lay by near ASDA, opposite Pollards Green
- 9.45am: Bus stop layby near railway station
- 10.00am: The Duck Pond, Writtle Green
- 4.30pm: Leave Wimbledon. Please try to be at coach approx. 10 mins. beforehand

Cost £45.00 Covers Guided tour, museum, 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

Wimbledon Courts & Museum visit 25.11.24 £45 pp

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

Names/s _____ £ _____ Email address _____

Please pay by BACs if possible payable to: The U3A Chelmsford A/C No 67361669 00
Sort code 08.92.99 Reference LGWV

Or by cheque payable to Chelmsford U3A and sent to:
Berry Cornell at 24 Park Drive, Ingatestone CM4 9DT For confirmation please include email address or telephone no.

Winter Fuel Payment & Pensions Credit

The Chancellor of the Exchequer, Rachel Reeves, has announced that, from winter 2024/2025, households in England and Wales will no longer be entitled to the Winter Fuel Payment unless they receive **Pension Credit** or certain other means-tested benefits.



The Department for Work & Pensions estimate that 880,000 households are eligible for the support but are yet to claim. There are many myths that may stop people applying, such as thinking that having modest savings, a private pension or owning their own home are barriers to receiving Pension Credit. As with all means tested benefits the eligibility rules are complicated, but there are a few basic conditions.

1. First you must have reached state pension age to claim.
2. Secondly, Is your weekly income less than £218.15 if you are single or £332.95 if you are a couple?
3. Thirdly, have you got less than £10,000 savings?
4. Most importantly if you are over 65 and reached State Pension age before 6 April 2016, you could still qualify for Pension Credit if your weekly income is less than: £260.68 (single) or £380.55 (couples).
5. If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, or you have housing costs.
6. If you have more than £10,000 in savings, every £500 over £10,000 counts as £1 per week income.

If you think you might be entitled to Pension Credit we urge you to make a claim to it by **21 December 2024**, and ask for it to be backdated by 3 months. If you don't claim by this date you will miss out on receiving this year's **Winter Fuel Payment of £200 (single) or £300 (couple)**.

Although you can claim Pension Credit online, we suggest that you claim over the phone by calling 0800 99 1234 (Monday to Friday 8am to 6pm) as the advisor will talk you through the process. For more information visit the Pension Credit page on the GOV UK website: <https://www.gov.uk/pension-credit/how-to-claim>.



If you're eligible, Pension Credit will not only give you a bit of extra cash, it could also help you get other benefits too such as Cold Weather payments, help with rent or mortgage interest, ground rent and service charges. You'll get free NHS dental treatment, and you can claim help towards the cost of glasses and travel to hospital.

You have nothing to lose by applying, but potentially a lot to gain, and even if you've previously been turned down, it's always worth making a new claim every year. Benefits rates change every year, as can your finances.

Your Committee

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