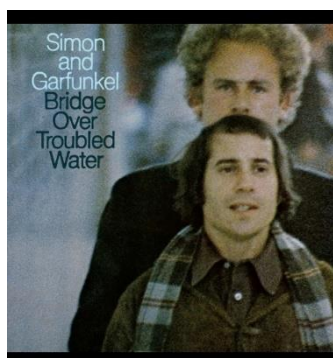


January 2025

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 9<sup>th</sup> January at 2pm Martin Orkin - The Story of Simon & Garfunkel

We are pleased to welcome Martin Orkin to Chelmsford U3A to tell us the intriguing story of Simon & Garfunkel. Everyone will enjoy hearing their classic hits again: hits such as 'The Sound Of Silence', 'Mrs. Robinson' and 'Bridge Over Troubled Water'. But Simon & Garfunkel's career had more than its fair share of ups and downs, as Martin will explain to us. Prepare to be amazed as well as enthralled - by the music and the story!

**Thursday 13<sup>th</sup> February – AGM & Meet The Group Leaders**

**Thursday 10<sup>th</sup> April – Easter Social**

## View from the Chair

**Wishing all 622 members of Chelmsford u3a a Very Happy New Year, one in which you continue to learn and live better for longer!**

Naturally I am a little biased but I feel the best way you can achieve this is to renew your membership of Chelmsford u3a in March. Averaging out at just £1 per month I think it offers great value for money with more than 40 interest groups, covering twelve different categories i.e. Arts & Crafts; History; Languages; Literature; Music & Theatre; Nature; Science & Technology; Sports & Games; Thoughts & Ideas; Walking; Food & Drink; Outings & Travel, so there is surely something for everyone. We also hope to launch two

new groups in the next month or so, one to keep your body fit and active whilst cycling and the other to exercise your brain by exploring Words – but both will have a fun and pleasurable aspect.

As Chair of Chelmsford u3a I shall be writing my annual report this month to reflect on our achievements in 2024 and to outline the committee's goals for 2025. I will share this report with you in next month's newsletter and at our AGM on 13<sup>th</sup> February. In the meantime I shall just reflect on some of the activities that took place in the final month of 2024.

I don't think I have ever eaten out so much in the course of one month before! It started on 1<sup>st</sup> of December with another delightful visit to Layer Marney Tower, when members of the Sunday Lunch group joined with members of the Local History group to attend a rather special Christmas event which included a 3-course meal, a rendition of Charles Dickens' A Christmas Carol and some carol singing. The Great Barn at Layer Marney was the setting for the play and the feast, providing a wonderful nostalgic atmosphere. Afterwards we all moved into the Long Gallery for coffee and more carol singing, exiting via the hall of the Great Tower itself before locating our carriages in the carpark and returning home.



Our two **Christmas Social Events** took place on 6<sup>th</sup> and 12<sup>th</sup> December and were attended by a total of 157 members. At both events, members were welcomed with a glass of mulled wine, provided with some savoury nibbles, some mince pies and Xmas cakes and of course cups of tea and coffee.

There were two table quizzes: one requiring us to Identify the Christmas Number 1 hit from the lyrics of the first line; and the other requiring us to name the chocolates from the famous straplines used in television adverts.

Work on the quizzes had to pause with the arrival of his Majesty, King Henry VIII, looking magnificent in his authentic Tudor costume (including a rather large codpiece!). He proceeded to tell us his life story including how he had become heir to the throne when his elder brother Arthur died prematurely in 1502 and how his father wanted him to marry Arthur's widow, Catherine of Aragon, to secure the alliance with Spain. In those days, however, it was against the law to marry your deceased brother's wife as it was considered to be incest. So his father's ministers managed to convince the Pope that Arthur and Catherine's marriage had not been consummated and therefore it was null and void. This left Henry free to marry Catherine but the couple failed to produce a male heir to the throne. The King went to great pains to explain that he had been married to Catherine for 24 years before he applied for a divorce and asked the married couples in the audience how long they had been married. At the event I attended Jenny and Len Leeder won the contest, having been married for over 60 years!



Of course we all know that Henry had by this time become infatuated with Anne Boleyn who eventually became his 2<sup>nd</sup> wife but only after he split with the Catholic church and created the Church of England of which he himself was head. Henry soon tired of Anne, who also failed to produce a male heir, and in 1536 he had her executed for her alleged adultery. We were told of Henry's great benevolence towards Anne by allowing her to have her head cut off by a nice sharp sword instead of a rusty old axe! Henry immediately married Jane Seymour, who bore him his son Edward but died from complications of childbirth in 1537. The bride chosen to replace her was Anne of Cleves, a portrait of whom had been shown to Henry prior to him agreeing to marry her. However, Henry hated the sight of her in the flesh and at once demanded his freedom, which was achieved by a quick divorce. There were of course two more wives, Catherine Howard whom he executed because of her adulterous behaviour and lastly Catherine Parr who outlived him.

We raised £292.05 selling raffle tickets in aid of the u3a Amateur Dramatics group. The raffle prizes at each event consisted of a bottle of single malt whisky, a bottle of Prosecco, large bottle of Baileys, some toiletries, a box of luxury chocolates and a Waitrose Xmas pudding. There were also 4 raffle prizes of £25 gift vouchers for members who did not attend the meetings. Sandra Adams, Joanne Guntrip, Judith Boniface and Alan Turner were selected at random to receive these. We are so grateful to all the volunteers who helped with the arrangements at one or the other (and in some cases both) events.



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](mailto:c.rycroft123@btinternet.com).

The Group **usually** meets up on 4<sup>th</sup> 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.



London Group Visit to the Globe Theatre

## **Programme for the beginning of 2025**

- 27<sup>th</sup> Jan Talk: Policing East London in the 70's – the "fun side!", speaker Roy Tyzack at Christ Church  
24<sup>th</sup> Feb Talk: Famous plaques in the East End. Speaker Gary Lewis.  
24<sup>th</sup> Mar To be arranged.

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

### **Birding Group**

Leader Alan Alexander 01245 248030 Mobile 07712 818499

## **2025 Programme**

### **24<sup>th</sup> January: Hanningfield**

EWT Hanningfield Reservoir Nature Discovery Centre  
Hawkswood Road, Downham, Billericay CM11 1WT  
Panoramic Views — From bird watching to experiencing bats, bluebells blooms to autumn colours, come explore. The Nature Discovery Centre is set in mature woodland on the edge of the reservoir.

### **28<sup>th</sup> February: RSPB Wallasea Island**

Wallasea Island, Rochford, Essex, SS4 2HD  
Explore the magical mixture of habitats at RSPB Wallasea Island: from marshland and lagoons to the sea beyond, you won't get bored. Watch as terns dive and hundreds of waders and wildfowl flock.

### **28<sup>th</sup> March: EWT Abbots Hall (Guided tour)**

Maldon Road, Great Wigborough, Colchester, CO5 7RZ  
A 700-acre nature reserve and the head office of Essex Wildlife Trust, situated on the Blackwater Estuary. The site demonstrates a successful coastal realignment project and is in the process of being 're-wilded' after a long history of being a working farm.

### **25<sup>th</sup> April: EWT Fingeringhoe**

Fingeringhoe Wick Nature Discovery Park, South Green Road Fingeringhoe  
Colchester, Essex, CO5 7DN  
Fingeringhoe Wick was Essex Wildlife Trust's first nature reserve (1961), some years later it was where the Trust opened their first visitor centre. Sixty years on visitors are still coming to see this magical place. Set in a spectacular position overlooking the Colne Estuary the reserve offers a sense of real peace and quiet and a chance to escape from it all.

### **23<sup>rd</sup> May: Danbury**

Danbury Country Park Woodhill Road, Danbury CM3 4AW  
A beautiful mix of woodland, meadows, lakes and formal gardens in a manageable 45 acres.

### **27<sup>th</sup> June: EWT Walton on Naze**

Old Hall Lane, Walton on the Naze CO14 8LE  
The Naze is a unique coastal landscape of outstanding geological and biological importance. As the most easterly peninsula in Essex it is an important site for migrating birds and boasts a number of different habitats, both terrestrial and marine.

## **22<sup>nd</sup> August: Lee Valley, Fishers Green**

Stubbins Hall Lane, Waltham Abbey EN9 2EF

If you enjoy the outdoors there are miles of good walking and excellent cycle tracks to use throughout the Fishers Green Park. The Bittern hide is well worth a visit and if you're curious enough you'll find some amazing hides throughout the park.

## **26<sup>th</sup> September: Watt Tyler**

Pitsea Hall Lane, Pitsea, Basildon, SS16 4UH

125 acres of country walks, wildlife spotting, adventure play for kids... and some of the best business and event venues in Essex. Just off the A13 near Basildon, Essex and just 40 minutes by train from the heart of London.

## **24<sup>th</sup> October: Fobbing Marsh or Abberton ???**

## **28<sup>th</sup> November: RSPB Rainham Marsh**

New Tank Hill Rd, Purfleet, Thurrock, RM19 1SZ

A peaceful paradise for wetland birds on the outskirts of the capital, where you can spot waders, wildfowl, warblers and owls.

**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

It was Friday the 13th, it was freezing, damp and misty. The cold was eating through the long johns right into one's marrow. The phone and What'sUp had been tinkling away for a couple of days with members dropping out because of colds and other lurgies, urgent Christmas duties and over-sleeping!

Despite the temptation to stay in bed, your leader dragged himself down to the bus station wondering whether to go to Thaxted via Great Dunmow on his own or quietly go home! Well, the decision was made when half a dozen u3a stalwarts turned up full of beans and raring to have a day out. Such spirit, such loyalty could not be spurned!

I have seldom seen the city centre so quiet; very little traffic, the buses almost empty, few intending passengers. Combined with the awful weather, it felt like an early Sunday morning rather than half past nine on a Friday morning.

Our bus had been shown on the display screen for some time. It then disappeared, leaving us to speculate; had it been spirited away, cancelled, got stuck at the Army & Navy? After running out of doom-laden scenarios, it turned up, spot on time. And the driver was one of the nice eastern European colleagues I had inducted getting on for twenty years ago. Unusually, but in keeping with the stillness of the day, the bus was lightly loaded. We had a good, steady ride to Great Dunmow where we spent the time waiting for our next bus sampling the delights of a drink and snack in one of the superb cafes in the High Street.

Stephensons route 314 took us through the delightful villages of Great Easton and Duton Hill to Thaxted, Guildhall where we alighted amidst the small market selling bread, vegetables, Indian food and other staples of the British diet.

Sir John Betjeman had once said of Thaxted; "There is no town in North Essex – and very few in England – to equal in beauty, compactness and juxtaposition of medieval and Georgian architecture, the town of Thaxted". And that assessment is still valid. Even on a dismal, damp and cold day, its beauty is unsurpassed.

The town still has a small tourist information office in its library. Small, but extremely welcoming and full of useful leaflets and knowledge.



We visited John Webb's windmill, admired the range of beautiful buildings, window shopped the individually owned shops (no chain stores here!), spent ages in the Parish Church, famous for its dynamic "Red Vicar", Conrad Noel, looked at Gustav Holst's house and so much more.

The only disappointment was over our lunch arrangements. The lovely little cafes no longer existed, presumably casualties of the covid era, all the pubs with restaurants were fully booked with Christmas lunch parties and the fish and chip shop was take away only. And as much as we fancied the delights of Dorrington's, we wanted a sit-down meal!

During our search for a lunch venue, we walked up and down the various hills several times. Despite the obvious provocation, the party resisted the urge to sing "The Grand Old Duke of York"! We eventually settled for bar snacks in The Star. I am told the chips and sausages were particularly good.

We caught the 313 back to Great Dunmow, this time via Little Easton. Another extremely pretty ride along some well potholed roads! After a short wait in Great Dunmow, we caught an X30 for the trip back to our city.

There will be no bus pass trips in January or February 2025. The first one in the new year will be on Friday 14 March. The destination will depend upon what the bus companies do to their timetables and whether highways authorities have finished some of the long standing roadworks.

Maurice Austin.

### **Art Appreciation Group**

Leader: Brenda Kelly

As I write this, Christmas is fast approaching. Earlier in the month we enjoyed a pleasant Christmas Lunch at 'The Old Windmill' in South Hanningfield.

Looking forward to the New Year, on Tuesday 28th January we will be meeting at a member's home to talk about 'Pictures that have some form of transport in them'.

Happy New Year to everyone.



## Spanish Conversation Group

Leader: Lindsay Whitehouse

Being such a busy time of year restricted the number of us attending this month's meeting to seven, but that gave those of us there more opportunity to participate actively!

News items included a trip to Hever Castle; a school concert; a trip to Harrogate; and a proposed trip to Italy next year to purchase some tableware items (we saw pictures of the plates etc on the vendor's website, and they looked very attractive!).

We asked Luisa, our Spanish tutor, to describe to us how the Spanish celebrate Christmas. Unlike us the key date is Christmas Eve, when families tend to have their main Christmas dinner (Christmas Day itself sounds a bit like our Boxing Day!), while 6<sup>th</sup> January takes on much greater significance than here, with gifts being given to children (this is in recognition of the gifts offered to Jesus by the Three Wise Men). We were also shown a video of the Christmas lights in Malaga, which can only be described as spectacular!

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 15<sup>th</sup> January 2025 at 10:30am at Chelmsford Library in a meeting room on the first floor.

David Gout

## Lunch Club 2

Leaders: Harry Glaser



It's that time of year again and this year U3A Lunch Club 2 dined at the 6 Bells. As always the food and service was wonderful and a jolly good time was had by all.

### **Lunch Club 3**

Leaders: Laraine Linard and Barbara Childs

As we would not be meeting up in December for our usual monthly lunch, we decided to have an extra lunch in November. Our chosen venue was The Anchor in Danbury and suffice it to say we were not disappointed. Although it was still November the restaurant was beautifully decorated ready for Christmas, which all added to the atmosphere of the season.

There were fourteen of us for lunch and we enjoyed ourselves so much we forgot to take any photos! The food and service were both excellent as usual and we were still there gone 3pm (lucky for John Gilks who could not make the lunch due to an earlier appointment but was able to drop by and join us for a Christmas drink).

We have been running Lunch Club 3 for a year now and would just like to thank all our group for supporting us so enthusiastically – we look forward to another year of culinary delights.

Laraine and Barbara

### **Local History Group**

**Leader:** Jane Humphreys 01245 259590

For our last meeting of the year we welcomed Cathy Shelbourne to talk about the East Anglian connections of The Mayflower. This small ship, just 90 feet by 26 feet, on which 102 passengers and 32 crew sailed from Plymouth to Cape Cod in 1620, was registered in Harwich. Her master, Christopher Jones, lived in King's Head Street, though he moved to Rotherhithe when he thought that was a better home mooring for The Mayflower. As early as 1607 Jones had sailed to Jamestown America on The Mayflower when she was a whaling ship, so when a group of Protestant dissenters wanted to sail for a new life across the Atlantic Jones was ready. Originally two ships were to make the voyage, with the Speedwell carrying dissenters who had escaped in 1607 from Boston Lincolnshire to Leiden in the Netherlands but she sprang a leak sailing along the English Channel. Although this appeared to be fixed in Dartmouth, after another 300 miles both ships put in to Plymouth. The Speedwell was declared unfit, so only The Mayflower set sail again on 16<sup>th</sup> September now carrying many of the Speedwell's passengers.

The journey was grim – food was sea biscuits and cheese, many were ill for weeks though there was only one death, of a man aged 22. Midway across a boy was born, named Oceanus. Shortly after mooring at Cape Cod on 11<sup>th</sup> November, another boy was born, named Peregrine (after the Latin for pilgrim) becoming the first English child born in the new colony. Most people stayed on board ship until March 1621 given the lack of other shelter during the harsh winter. 41 men drafted the Mayflower Compact which said they would govern the new colony using constitutional law, voting, and rule by the majority. These laws became part of the US Constitution. Only 47 colonists and half the crew survived the first winter. Christopher Jones with the remaining crew sailed back to Rotherhithe where he died in March 1622. The Mayflower was then broken up and the timbers may have been used in the Quaker Meeting House in Chalfont St Giles.

Of the known passengers on The Mayflower, one family came from Billericay (then part of the parish of Great Burstead). Christopher Martin was a prosperous merchant who adopted 'separatist' views in the early 1600s and fell out with the local church. He had business connections with the Merchant Adventurers of London who chartered The Mayflower. Martin became treasurer for the voyage, and bought all the provisions. He sailed with his wife Mary, her son Solomon by her first marriage, and their servant John

Langemore. Sadly all four died in the first winter, but today Christopher Martin Road in Basildon means his name lives on.

Our first three meetings of 2025 start with a story of motor caravans:

7 <sup>th</sup> January	Danbury Conversions	Andrew Wiltshire
4 <sup>th</sup> February	The history of Warley Hospital	Rachael Bailey-Gibson
4 <sup>th</sup> March	History of Greenwoods and Orchard House, Stock	Peter Brierley

Visitors are welcome to meetings, held at Boreham Village Hall, for £3.

Jane Humphreys

**The Essex Branch of the Historical Association**  
2.30pm Saturday 11<sup>th</sup> January 2025  
**Charles II's revenge on the men who killed his father – retribution or Justice?**  
**Don Jordan.** Co-Author, "The King's Revenge"  
at Trinity Methodist Church, Chelmsford  
All Welcome £5 for non-members

## **Book Group 2 - Bookworms**

Leaders: Nick Bailey and Jane Hickman

The Bookworms Book Group 2 met at the Black Bull in Raynsford Road on Thursday 5<sup>th</sup> December, to discuss 'James ' by Percival Everet. This was a re-telling of the adventures of Huckleberry Finn, told from the perspective of his runaway slave companion Jim. There was a lively and interesting discussion around the merits of the book, and the wider subject of slavery. The general opinion was that the view of slavery from the perspective of a victim, and the use of language between the slaves, was interesting and thought-provoking. We were less positive about the merits of the book as a work of fiction.

Our next meeting is at the Black Bull, Rainsford Rd on Thursday 2<sup>nd</sup> January at 2.30pm, when we will be discussing The Appeal by Janice Hallett.

If you are interested in joining our group please contact Nick at [nickbailey01245@outlook.com](mailto:nickbailey01245@outlook.com) .

## **IT Group**

Leader: Lyn Parsons

The IT Group will be meeting on 8th January 10.00 at Christ Church New London Road.

If you need any help with any of your devices please join us. We have a lot of support available from our helpers for mobile phones, tablets and laptops both Android and Apple.

There is no joining fee or cost to attend our meetings. Tea and coffee available for a small donation.



Please feel free to come along if you are looking for IT support. Hope to see you there.

## Garden Group

Group Leader: Chris Bellamy Secretary: Val Green



Ed Fairey presented a very interesting, informative and very amusing illustrated talk on the history of the National Garden Scheme. Ed started by describing the forerunners of the NGS which existed through the 20s, 30s and part of World War II, through to 2023 when the NGS Open Gardens Programme raised more than £3.4 million for a range of charities.

Ed also spoke further about the changes and additions he has made to his large garden Mayfield in Aldham which our group visited in 2021.

### Chelmsford u3a Gardening Group Lunch,

1 p.m. Thur. 23<sup>rd</sup> January 2025

At Little Channels,

Pratts Farm Lane West,

Little Waltham, CM3 3PR.

Please email [chrisallenbellamy@btinternet.com](mailto:chrisallenbellamy@btinternet.com) for menu, cost & details & please bring items for the raffle especially unwanted Christmas presents !

## Science Group

Leader: Chris Bellamy

### Chelmsford u3a Science Group Lunch

1 p.m. Thursday 16<sup>th</sup> January 2025,

Ivyhill, Writtle Rd.

Margaretting, CM4 0EH

### Chelmsford Science and Engineering Society

15<sup>th</sup> Jan

**Small Modular Reactors – Why Net Zero Needs More Nuclear**

22<sup>nd</sup> Jan

**Electric Jet Engines and Cricket Ball Swing**

23<sup>rd</sup> Jan

**Where Technology Meets Nature**

For more details see the CES website at <https://cses.org.uk/>

## Book Group

Leader: Andy Moir

The Music Shop by Rachel Joyce begins in the late 1980s with the main character is Frank who runs a music shop in a street of struggling independent shops in a rundown English town. Frank's shop is barely making any money because he refuses to stock formats other than vinyl. The shop attracts the lonely, the sleepless, and the adrift; Frank has a way of connecting his customers with just the piece of music they need.

Frank's childhood, which we learn about in flashbacks throughout the book, has left him traumatised and unable to form relationships with people. Then, one day, into his shop comes a young German woman, Ilse, who asks Frank to teach her about music.

The majority of the group at the meeting did not like the book, one member said "I found, without exception, that every character was totally implausible and that their various actions were mostly irrational. Frank's ability to assess the musical needs of any and everyone without a word being spoken was unconvincing,"

However some members did enjoy the book and one said "I think the basic story and the way that it's told is a wonderful concept and music is such a great way of expressing yourself. What would life be without it? These lovely warm characters are great foils for each other, every one quirky in their own way."

Another interesting afternoon.

**Our books for the next three meetings are:**

Mon Jan 20 <sup>th</sup>	The Ashes of London by Andrew Taylor
Mon Feb 17 <sup>th</sup>	Normal Rules Don't Apply by Kate Atkinson
Mon Mar 17 <sup>th</sup>	Middle England by Jonathan Coe

### **Travel Group**

Leader: Anne Brereton



On the 5th of December 2024 the travel group had our annual Christmas Lunch at Bartellas in Margaretting. 48 members attended and we all enjoyed a good Christmas meal in nice surroundings and with friends. There was a wonderful atmosphere all around with plenty of chat. The Bartellas staff did us proud. Hopefully if all members agree perhaps we will return next year.

As all travel group members know we have two holidays running next year, with a new itinerary for the Normandy trip in May, I hope to see a few new members on the trip. I hope you all had a Very Good Christmas and New Year and I look forward to seeing what 2025 has to offer.

Best Wishes.  
Anne

**Pickleball Group**  
Leader Alan Mayo

**P**ickleball has proved very popular and the venue we use, Melbourne Leisure Centre is reaching full capacity for the number of players we are getting every week. We are therefore thinking of starting a 2nd group to play, possibly, on a Tuesday afternoon.



Who will lead this group is under discussion, and nothing is finalised but I'm writing to make the point that assuming we continue to receive new



enquiries weekly, we wish to avoid saying that we are closed to new players. Our message is to watch this space and any queries should be sent to me at [pickleballu3a@gmail.com](mailto:pickleballu3a@gmail.com)

Alan Mayo

**Reminder to Group Leaders**  
**Please send copy for the February 2025 Newsletter to the editor, Andy Moir.**  
**All copy must arrive no later than Friday 31<sup>st</sup> January 2025.**

**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**

<b>Position</b>	<b>Name</b>
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
Groups Coordinator	Lesley Wood
Publicity & Advertising	Peter Anderton
Committee Member	Ann Bell

**Volunteers not on the Committee:**

Web Manager	Andy Moir
Newsletter Editor	Andy Moir

### Interest Groups (as of Dec 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	E-Mail
All Day Walks	2 <sup>nd</sup> Monday		Berry Cornell	01277355823	Via website
Amateur Dramatics			Alan Caddy		Via website
Art Appreciation	4 <sup>th</sup> 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 <sup>th</sup> Friday	10.00	Alan Alexander	07712818499	Via website
Book Group	3 <sup>rd</sup> Monday	14.30	Andy Moir		Via website
Book Worms	1 <sup>st</sup> Thursday	14.30	Nick Bailey & Jane Hickman		Via website
Bridge (beginners)	Tuesdays	14.00	Alan Cardus		Via website
Buss Pass Group	2 <sup>nd</sup> Friday	varies	Maurice Austin		Via Website
Church Visits	1 <sup>st</sup> Wed	10.15	Brian Greatrex & Michael Gray	01245258833	Via website
Coach Outings	Various		Malcolm Lonsdale		Via website
Craft Workshops	2 <sup>nd</sup> Sunday	10.00 – 13.00	Julie Nicholson		Julnic138@gmail. com or via website
Discussion Group	2 <sup>nd</sup> 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 <sup>nd</sup> & 4 <sup>th</sup> Wednesday	14 -15.15	Marie Neale		Via Website
Garden Group	4 <sup>th</sup> Thursday	14.00	Chris Bellamy Val Green	01277353481	Via website
Information Technology	2 <sup>nd</sup> Wednesday	10.00	Lyn Parsons		Via Website
International Dining	3 <sup>rd</sup> Monday	Evenings	Jennie Cappin	01245 358629	Via website
Jazz and Blues Group	3 <sup>rd</sup> 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 <sup>st</sup> Tuesday	14.15	Jane Humphreys	01245 259590	Via website
London the City & its people	4 <sup>th</sup> 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 <sup>th</sup> Tuesday	12.30	Harry Glaser	01245 462760	Via website
Lunch Club 3	1 <sup>st</sup> Thursday	12.30	Laraine Linard Barbara Childs	01245 475444	Via website
Mah-Jong	1 <sup>st</sup> & 3 <sup>rd</sup> 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 <sup>st</sup> 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 <sup>rd</sup> Thursday	13.45	Chris Bellamy	01277353481	Via website
Sewing, Knitting & Crochet	3rd Thursday		Jacqui Norfolk	07714 258517	Jacqueline.n@virgin.net
Short Walks	3 <sup>rd</sup> Friday	10.00	Robert Lloyd	01245466167	Via website
Spanish Conversation	3 <sup>rd</sup> Wednesday	10.30	Lindsay Whitehouse	01245 356363	Via website
Summer evening walks	4 <sup>th</sup> Wed	Apr -Sep	Alan Mayo	07979 540053	Via website
Sunday Lunch	1 <sup>st</sup> 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 <sup>st</sup> & 3 <sup>rd</sup> Friday	10.00	Alan Mayo	07979 540053	Via website
The Wonder of Words	3 <sup>rd</sup> Wednesday	14.00	Lindsay Whitehouse	01245 356363	Via website

# The Mindful Life Group

The UK's only not-for-profit dedicated  
to older adult mental health

A **FREE** six-week program for Essex residents  
starting online

**Monday 27th January 2025 from 11am-12pm**

## Mindfulness for Older Adults who Care

Designed by Clinical Psychologists and delivered  
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 Essex County Council