

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 10th July 2025 - Our very own Robert Lloyd – My African childhood



Friday 25th July 2025 - Chelmsford u3a Summer Concert Featuring Hexachordia
Hexachordia offers a fresh approach to early music and aim to put the music in its historical context, thus appealing to audiences new to early music as well as those who have a well-established love of the genre - **see page 21 for more information and how to reserve a place.**



Thursday 14th August – Summer Social

Beetle Drive, cakes and raffle. No quiz.

Free Admission to all Chelmsford u3a members but please reserve your ticket at <https://chelmsford.u3asite.uk/chelmsford-u3a-summer-social/>

See Page 19 for a list of Chelmsford u3a's Future Events

Report of the June general meeting



On Thursday 12h June 2025, Doctor Charlie Haylock regaled us with 'The History of Spoken English'. It was a very entertaining presentation with many laughs along the way.

Not only did he give us the history of spoken English but also demonstrated the way in which many regional accents are formed. He finished with a very amusing account of the number of different meanings of the word 'up'.

Charlie entertained us previously at our Christmas Social in 2018 but unfortunately, it will be the last time. We wish him all the best in his well-earned retirement.

View from the Chair July 2025 - Looking Ahead: A call for Volunteers for the Chelmsford u3a Committee *Preparing for change and ensuring our future together*

You might not be aware that my term as Chair of Chelmsford u3a will be coming to an end in February 2026 (yes, I know, it sneaked up on me too!). According to our constitution, I am not only required to step down from the position, but also to take a break from the committee for a minimum period of one year.

This is a necessary measure, designed to bring fresh perspectives and give others the opportunity to lead our wonderful group forward.

Furthermore, our secretary, Janet Parsons, has announced that she will not be standing for re-election next year. Janet took up her post this February and is really enjoying her time on the committee, however, she has experienced a bit of a hiccup with her health just lately and feels it is time to hang up her notebook and pen!

These changes will leave the committee very thin on the ground. With just eight remaining trustees we will be in urgent need of new volunteers to help steer Chelmsford u3a into the future. Without more hands on deck, it will be increasingly difficult to keep things running as smoothly as we all hope.

I cannot stress enough how important it is that we have new members stepping up now. This will give you the chance to get to know how the committee works, become comfortable with the various roles, and be ready to stand for election in 2026. We are a supportive and friendly team, and you would not be thrown in at the deep end. There is plenty of time to learn, ask questions, and find a role that suits your skills and interests.

Volunteering for the committee is a rewarding experience. You'll play a key role in shaping the future of our u3a, ensure our activities continue to flourish, and make wonderful new friends along the way. If you have a little time to give and a passion for our community, please do consider joining us.



If you are interested or have any questions about what's involved, please get in touch with me or any of the current committee members. Let's work together to ensure Chelmsford u3a remains vibrant, active, and welcoming for years to come.

Thank you for your understanding and support.
Lesley Wood

Join Us in Making a Difference!

Are you passionate about an interest or hobby? Or do you love organising fun and engaging social events? We are looking for enthusiastic volunteers to help run our interest groups and organise our social events. These 'non-committee' roles are a fantastic opportunity to contribute to our community, meet new people, and develop new skills.

Why Volunteer?

- **Make an Impact:** Your time and effort can make a significant difference in our community.
- **Meet Like-Minded People:** Connect with others who share your interests and passions.
- **Develop New Skills:** Gain valuable experience in event planning, leadership, and teamwork.
- **Have Fun:** Enjoy the satisfaction of seeing your ideas come to life and making our events memorable.



Some people say volunteering is like having a job but without the salary! Whilst volunteering and paid employment share some similarities, such as commitment and responsibility, there are several key differences that set them apart:

1. **Motivation and Purpose:** Volunteering is often driven by a desire to give back to the community, make a positive impact, and pursue personal passions. In contrast, paid employment is primarily motivated by financial compensation and career advancement.
2. **Flexibility:** Volunteering typically offers more flexibility in terms of time commitment and scheduling. Volunteers can often choose when and how much they want to contribute, whereas paid employment usually requires a fixed schedule and specific hours.
3. **Personal Fulfilment:** Many volunteers find a sense of fulfilment and satisfaction in knowing they are making a difference and helping others. This intrinsic reward can be a powerful motivator, whereas paid employment often focuses on extrinsic rewards such as salary and benefits.
4. **Skill Development:** Volunteering provides opportunities to develop new skills, gain experience, and explore different interests without the pressure of job performance evaluations. It can be a great way to learn and grow in a supportive environment.
5. **Community and Social Connections:** Volunteering fosters a sense of community and belonging. Volunteers often build strong relationships with others who share similar values and interests, creating a supportive network that extends beyond the volunteer role.
6. **Autonomy and Creativity:** Volunteers often have more freedom to bring their ideas to life and contribute creatively to projects and initiatives. This autonomy can lead to a more fulfilling and enjoyable experience.

How to Get Involved: If you're interested in volunteering or want to learn more about these roles, contact Janet Parsons: secretary@chelmsfordu3a.org.uk. We would love to have you on board! Let's work together to create amazing experiences for everyone. Your contribution, no matter how big or small, is greatly appreciated.

Lesley Wood
Chair@chemsforu3a.co.uk

Wonder of Words

Leader: Lindsay Whitehouse



We met in Chelmsford library. The main discussion this month was to analyse the academic theory “7 Universal Storylines.” This theory suggests that all works of fiction may be categorized as one of seven generic storylines. We concluded that this was a nice theory, with much to commend it, but we did not accept it as a definitive finding.

We had fun doing some writing. This month we developed a plot line for a story, then we shared our initial work. Our imagination took us on a boat journey to the Azores, into the home of a hoarder, a rail ticket taking us over the Scottish border. We had a conversation with an imaginary character. We became prisoners in a prison cell, and we suffered the embarrassment of a “bum crack” showing at a fitness class due to an ill fitting leotard.

Those storylines illustrate perfectly the diversity and richness of the group's writing. The works read out in turn made us emotional, envious, scared, embarrassed and concerned. However it also made us laugh out loud.

We welcomed two potential new members who both confirmed that they wished to formally so join us because they enjoyed the meeting so much. There are still some vacancies for new members, go to the website and click on the link to start a conversation.

Lindsay Whitehouse Group Leader

Sunday Lunch Group 1

Leaders: John Tritton



The Sunday Lunch Group (SLG) was led by Lesley Wood until April of this year, when it grew too large and she decided that it was time to start a second group, as it is difficult to book a pub for a party of more than twenty or so. However, about half of its members followed Lesley into SLG2, leaving just ten of us in SLG1, which I have volunteered to lead and which still meets on the first Sunday of each month.

Seven members enjoyed Sunday lunch on 1st June at the Italian restaurant Il Palazzo in Duke Street, a pleasant change from our usual pub venue. My thanks to Marion Baker for organising and for stepping in to fill a gap at short notice. With such a small group there was no problem in booking a table, and they did not ask for pre-orders or a deposit, although they do for parties for 25 or more. The place was surprisingly quiet for a Sunday lunchtime, but began to fill up around 1:30pm, towards the end of our meal. It is close to the theatres, so gets packed in the evenings when there is a show on.

Since Il Palazzo is an Italian restaurant, there is no 'Sunday Roast' as such, but besides a wide range of traditional Italian dishes, they also offer a 'pre-theatre' two-course menu at £14.95, which is also available on Sundays. That includes many English dishes such as prawn cocktail, whitebait, pork fillet and chicken

breast. Optional desserts include cheesecake, my favourite! The food quality and quantity was excellent, and the staff were attentive and friendly. Everyone gave it the thumbs up, so I expect we shall be making a return visit to Il Palazzo before too long.

The next meal on 6th July will be organised by Pauline Ball.

If you are interested in joining the group, contact me: tritton405@gmail.com

John Tritton

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.



Programme for the beginning of 2025

- 28th July Visit to Highgate Cemetery **we have 6 places left for this visit. Please let Berry know urgently if you wish to come**
- 18th Aug** Talk - The Aristocracy moving West & the London Squares in the early 19th Century – Speaker Tony Tuckwell.
- 22nd Sept Visit to Kew Gardens (**flyer in August newsletter**)
- 27th Oct Talk - Entertaining London - Speaker Katie Davies.
- 24th Nov Talk – The London of Samuel Pepys – Speaker Richard Pusey.
- 15th Dec** Film Show plus tea and cakes at Christ Church

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

Spanish Conversation Group

Leader: David Gout



Due mainly to members being on holiday, there were only six of us at the meeting held on 18th June 2025, but nevertheless it was lively and everybody participated actively. We welcomed a new member who was looking for an opportunity to improve his Spanish conversational skills. He enjoyed what he found and plans to come again!

Our news items mainly comprised of time spent with grandchildren and day trips to places in the locality such as Southend and Walton-on-the-Naze. One member told us about the extensive building work that he is having done at the house into which he recently moved.

One of our members had downloaded from the internet two crosswords whereby a clue in English, but the answer was the Spanish translation of that word. The first puzzle was quite easy, but the second contained a few words with which we were unfamiliar. We also looked at a list of words in Spanish, which can trip up

an unwary Englishman, as what they mean is different to what they appear. For instance, “embarazada” means pregnant, not embarrassed. And “discutir” means to argue, not to discuss!

If you can hold a basic conversation in Spanish and would like to come to our meetings, please click the link to our website. Whatever your ability, participating in our meetings will give you the confidence to speak and understand Spanish. The next meeting for the group will be on Wednesday 16 July 2025 at 10:30am at Chelmsford Library in Meeting Room 3 on the first floor.

David Gout

Short Walks Group

Leader: Robert Lloyd



June 20th walk from the Rose and Crown, Writtle led by Margaret and Paul Levy.

Lunch Club 3

Leaders: Laraine Linard and Barbara Childs

Heavy rain and high winds did not deter sixteen hardy diners from braving the elements for this month’s lunch at The Rose & Crown, Great Waltham. This venue has become a firm favorite with the Group and it has never lost its attraction. There is always plenty to choose from with a very varied menu and specials of the day, so something for everyone.

The staff have got to know us quite well and are always very eager to enter into a lively banter with us (JG!). There were sixteen diners this time and the table had been arranged in such a fashion that one member was heard to remark that it was like being at a board meeting. Even so, the chat was not about trade and commerce but much more interesting subjects like holidays, families, and future outings. With such a variety of subjects there was a lot of lively chatter so we lost track of time and was still at the table gone 3pm. Suffice to say we will certainly 'be back' (not quite in the style of Arnie but you get the gist!)

Thanks to Richard for hosting

Laraine Linard



IT Group
Leader: Lyn Parsons

A reminder that the IT Group now has its summer break until October. I will remind everyone of our restarting date in the October newsletter.

Thanks for your continuing support to this group.

Have a lovely summer.
Lyn

Book Group

Leader: Andy Moir

At our June meeting we discussed Murder under the mistletoe By Richard Coles. It is a novellas, featuring Canon Daniel Clement and his mother, Audrey, as they navigate a Christmas Day in their village of Champton. The festive gathering at the rectory takes a dark turn when one of the guests dies under the mistletoe, and Daniel and Detective Sergeant Neil Vanloo suspect foul play.

As usually happens, members opinion of the book varied from "I have read the book and thoroughly enjoyed it! The humour and the tricky social interactions and obligations had shades of Jane Austen" to "Didn't enjoy it. Not my sort of book". Though we did all agree that how the murder was committed was a clever idea.

Our books for the next three meeting are:

Mon Jul 21 st	American Dirt by Jeanine Cummins
Mon Aug 18 th	Prophet song By Paul Lynch
Mon Sept 15 th	Orbital by Samantha Harvey

Local History Group

Leader: Jane Humphreys 01245 259590

On a rather gloomy Tuesday in early June, eighteen of us met outside the grandly-named Town Hall, Great Bardfield. Resisting the opportunity for a game of boules – the forecourt is used on summer evenings for a boules tournament – we went through a side door and upstairs to the Bawden Room. Here Dr Janet Dyson introduced us to the lives and works of the Great Bardfield community of artists.



Edward Bawden and Eric Ravilious cycled from Dunmow station to Thaxted and tried to rent the Guildhall as a weekend retreat from their teaching roles in London. The good folk of Thaxted instead suggested they look at Brick House, Great Bardfield, where they rented rooms. This delightful Georgian house on the High Street was bought for Edward and his wife Charlotte, née Epton, in 1932. Eric Ravilious and his wife Tirzah Garwood, both experts in woodcuts, rented rooms from the Bawdens until they moved to Castle Hedingham, but remained frequent visitors. John Aldridge joined the Great Bardfield group, living beyond the Town Hall at Place House. World War II disrupted activities – Brick House was used by the Home Guard and others, Bawden and Ravilious served as war artists with Ravilious being killed when the plane he was travelling in was shot down near Iceland. Post War the artists community revived and expanded, happy to live in many of the old houses along the High Street with no ‘mod cons’ which had been vacated by the locals when the Council built modern houses elsewhere in the village. Most of the artworks in the Bawden Room date from this later period, including 14 of the 16

original sketches by Bawden for *Life in an English Village* 1949. The community made a living by working to commission, including for fabrics, bottle labels etc.

From the Bawden Room, we walked first to Place House, a Grade II* building dating back at least to 1564. It was owned by William Bendlowes, Sergeant-at-law to Elizabeth I. Bendlowes was a Catholic who succeeded in worshipping locally in secret, and was a philanthropist endowing a school and almshouses. John Aldridge lived here for 50 years till his death in 1983, creating a beautiful garden. After a period of relative neglect, the new purchasers in 2022 have restored both the house and the garden.

It was a real privilege when Janet took us into her home – Brick House – which she was thrilled to be able to buy in 2021. The Georgian House remains as the Bawdens knew it. The two rooms at the front and the hall have wallpaper designed by Edward Bawden. The kitchen retains the Aga installed in the 1940s. The rear living room opens into the two-storey studio commissioned by Bawden in the 1950s. This includes a huge east-facing window with Crittall frames providing clear light around the day and the year.



On Tuesday 1st July we will meet back at Boreham Village Hall for a talk by Cherry Burroughs on the Great Flood of 1953.

Our next two meetings are

Wed 6 th August	VISIT: Munnings Art Museum, Dedham	
Tues 2 nd September	VISIT: Doom painting, St Mary’s Church, Woodham Ferrers	

Visitors are welcome to meetings, held at Boreham Village Hall, for £3. For details of the visits please contact Nick Bailey nickbailey01245@outlook.com

Science Group

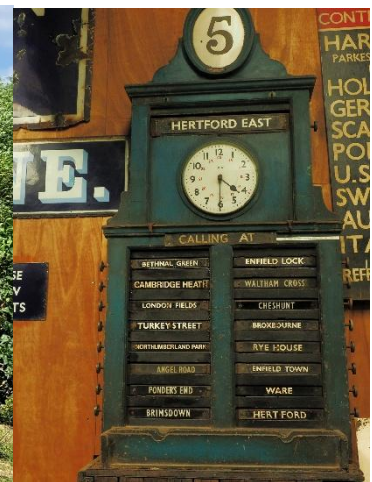
Leader: Chris Bellamy

Outing to Mangapps Country Railway and Working Museum on Thursday 19th June

On a very hot day fourteen members were welcomed by the owners John and June Jolly, who opened up specially for our group. We travelled in a vintage carriage pulled by a 30 ton diesel engine over the mile long track. Members then explored the large buildings housing the large collection of carriages, many containing information and various related historical items from the past. The building walls were covered with station signs. One carriage housed a working model railway which was interesting to watch. In the repair shed were housed several large diesel engines including 'Radio Caroline' & 'Network Rail' both 107 tons. Outside were steam engines, a Canadian Pacific Caboose, signal box and more tracks.

I would encourage everyone to go on the Mangapps website and watch the range of free videos, including the track ride and the story of the caboose. I would recommend that you visit on an open day.

Chris Bellamy.



Art Appreciation Group

Leader: Brenda Kelly

This month we met to discuss our 'Favourite French Artist' - amazingly none of us chose the same one. Claude Monet was the first one mentioned who is possibly the most famous Impressionist and many of us seemed to have visited his home at Giverny.



There were two women artists: Rosa Bonheur and Berthe Morisot. Rosa Bonheur (1822-1899) specialised in painting animals and loved horses. Her father was a painter. She led an unconventional life often wearing male disguise and visiting slaughter-houses. One of her most famous paintings was 'The Horse Fair'. She had financial success and sold many of her paintings, one patron was Queen Victoria. She was awarded the Legion d'Honneur. Berthe Morisot (1841-1895) was somewhat different. She specialised in paintings of domestic life and the lives of women e.g. 'The Cradle'. Her paintings were of delicate beauty and she showed in the Impressionist exhibitions. She married Eugène, the brother of Edouard Manet.

Matisse (1869-1954) was a friend of Picasso and lived in the south of France. He loved the bold use of colour and line and was known as a Fauvist (wild animal). He was famous for his cut-outs, cutting patterns from shapes on paper, even doing this from his wheelchair in old age with the help of assistants. Henri de Toulouse-Lautrec (1866-1901) was born into a noble family but was a sickly child and suffered from a bone disease which affected his development, ending with a dwarfist stature. When he was 18 or 19 he began to work under Bonnard enjoying Parisian life and visiting night clubs and brothels. He is famous for his Cancan paintings and for his depiction of the dancer Jane Avril among others. He died of alcoholism at the age of 35. Gustave Cailleboite (1848-1894) started life with a Law degree, fought in the Franco-Prussian War before turning to art and an interest in photography. He liked to experiment and his most famous painting is 'The Floor-Scrapers'. He was wealthy and became a friend, as well as working with, the Impressionists, often supporting them financially, indeed he paid the rent for Monet's studio. At the age of 34 he gave up art, devoting himself to gardening and racing yachts!

Nicolas de Stael (1914-1955) was a Cubist, a friend of Braque. He loved bright colours (living in Antibes) and abstract figurative work and was successful. However, he did suffer from depression and committed suicide at the age of 41. Paul Signac (1863-1935) was self-taught and initially influenced by Monet. However he met Georges Seurat and his style changed and they began to paint with small dots of pure colour, known as Pointillism. He lived in St Tropez in the south of France and produced beautiful calm paintings. Georges Seurat (1859-1891) was a Post-Impressionist and using his technique of Pointillism, he produced 'Bathers at Asnieres' - a well-known study of working-class boys enjoying their day off by the river (see picture) and 'Sunday Afternoon on the Grande Jatte', middle-class people equally enjoying their leisure time, very still, calm and almost photographic. Finally we went to Pierre-Auguste Renoir (1841-1919), one of the most charming of the Impressionists who lived in Paris and was a friend of Monet. He painted a carefree world, full of light and calm. His most famous painting is possibly 'The Luncheon of the Boating Party' showing his friends enjoying their leisure time by the banks of the river Seine.



An enjoyable and interesting afternoon

In July we are visiting the Fry Gallery in Saffron Walden to see their exhibitions of 'The Bardfield Murals' and '40 Years of the Fry Gallery'. They specialise in the work of the Bardfield Artists, a group of painters who lived and worked in Great Bardfield at the beginning of the 20th Century. We did see some of their work recently when some of us went there with the Local History Group.

Lunch Club 4

Leader Vic Pitts

The second meeting of the newly formed Lunch Cub 4 took place on a very hot afternoon at the White Hart Little Waltham on the 18th June. A lovely afternoon was enjoyed by all who attended. The food was excellent with some great conversations to match.

The venue had a special fish menu which proved popular and reasonably priced. I am sure that we will revisit in the not too distant future. I would like to thank Lesley Wood and Lorraine Linnard for their support and special thanks to Marian Jenkins for stepping in and organising this with short notice on my behalf.

Vic Pitts

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499

On 27th June the Birding Group met at Essex Wildlife Trust Reserve at Walton on Naze. I was not able to attend so I am grateful to Ann Goddard for supplying this report.

On a sunny, very breezy day, we arrived at EWT the Naze with hopes of seeing some sea birds. Our first treat was an aerobatic display by at least a dozen sand martins and a few swallows. Whizzing about a foot above the grass just by the Naze tower, they are nesting nearby.

Near the visitor centre we saw a wood pigeon and a greater black backed gull. Continuing along the path looking over the beach, sadly there were no waders in sight. There were a couple of cormorants, out to sea, who did an impressive flypast at one point. Walking through the wooded area, we heard wren and chiffchaff, but they were deep in the vegetation. Beside the path we saw a magpie, goldfinch, female blackcap. Further along near the estuary there were a couple of black headed gulls, and another cormorant. We could hear a skylark singing away merrily but it could not be seen.



Brilliant showing of a whitethroat, perched on a dead tree branch covered in lichen finished off the session. Not the most successful session, but the weather was glorious, and what's not to like about a walk in the fresh air, with the butterflies fluttering?

We do not meet in July, so our next meeting is due to be on 22nd August at Lee Valley, Fishers Green. I will email members with full details nearer the date.

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

Leader: Maurice Austin

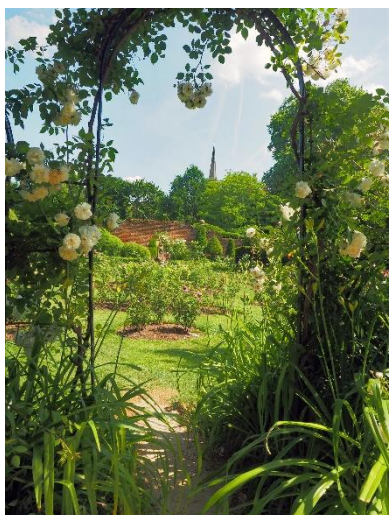
Friday the thirteenth saw eighteen of us gather at Chelmsford bus station for the 09.47 First Essex X30 to Stansted Airport. There were dozens of other intending passengers, and I admit to having a modest fear that we may not all get on! Well, the electronic timing thingy showed the bus was on its way as was one to Southend. With a bit of luck, all non-u3a passengers would be going to the seaside! Time ticked on and we were advised electronically the bus would be a bit late. And then a bit later, then a lot later! Six people decided to get a taxi to the airport which slightly relieved my anxiety!



Eventually, at a quarter past ten, three X30s arrived together! One was going to Southend and took a few passengers, but not enough to satisfy my paranoia. Hasty consultations took place between the airport-bound drivers. One seemed to be trying to make adjustments to the running arrangements, the other seemed determine to stick to his schedule. The first one went off without too many passengers, “ours” carefully and politely loaded us all and went off over half an hour late with about 70 passengers. We took the direct “fast” route and met just one intermediate passenger at North End. We overtook the other X30 at Barnston, presumably, he had collected other intermediate passengers. Arrival at Stansted Airport was late enough for us to miss our planned connection but that enabled us to use the excellent but expensive facilities!

We eventually caught the Stephenson’s 316 which does a lovely tour of some of Essex’s most attractive villages. There were few other passengers, so once again, u3a probably helped to maintain these rural lifelines for local people.

Arrival at Saffron Walden was in time for lunch, rather than the planned coffee break! As usual, we split into groups depending on personal preferences. I went to Cou-Cou, a rather posh artisan baker which dishes up a range of gorgeous cakes and bread but also a superb variety of foods suitable for those with allergies. I had rather a wonderful salad which filled me up for the day.



We had chosen to do the trip on what was then the hottest day of the year. Lovely but rather too hot to do much strenuous activity. Some of us went to the Fry Gallery and then onto Bridge End Gardens where a stroll through the volunteer-maintained gardens and shrubberies was a delight. The only slight disappointment was the inability to get into the formal walled gardens which were closed due to the resident bees having swarmed!

Our return trip was a reversal of the outward one with the bonus of everything running more or less on time. We got back to Chelmsford just

after half past five giving me enough time for a needed shower and another trip to a Jazz Evening at the Harlow Gibberd Garden.

The next Bus Pass Group outing will be on Friday 11 July. We will go out-county to Hertford which claims it has a rich history, a wealth of shops, restaurants, attractions and events for residents and visitors to the county town of Hertfordshire.

We will meet at Chelmsford Bus Station, stand 9 for the 10.00 Arriva 59 to Harlow, Temporary Bus Station, which is due there at 10.52. We will then catch the 11.27 Arriva "Green Line" 724 to Hertford, arriving there by 11.55. Return buses are at 15.36 and 16.49 due in Chelmsford at 17.11 and 18.25. There is an earlier bus back at 14.36 which could get us back home at 16.01 if the 2-minute connection at Harlow can be maintained!

The August trip will be on Friday 15th, not the 8th, to Southend-on-Sea for our traditional (!) optional ride on the open-top service which, this year goes all the way from Old Leigh via the Pier to Shoeburyness. Bus passes do not provide free travel on this service but flashing them at the driver will entitle you to a child's fare which I think is only £5.50 for a full round trip. The buses used are painted in all-over liveries for Rossi's ice-cream.

Southend itself, and both Leigh and Shoeburyness have many attractions, including the Pier, Cockle sheds, the Garrison, fish and chips and many other lovely things!

I look forward to seeing you then.

Church Visiting Group

Group Leader: Brian Greatrex Administrator: Michael Gray



On a lovely spring day we went to two beautiful, unspoilt villages in the north-west of the County of Essex. First we congregated in the church dedicated to St Mary the Virgin on the hill in Newport. On our arrival we were served coffee and biscuits by Cheryl Monk, then we were taken, by Neil Hargreaves, on a tour of the outside of the church before going inside. The church is a large airy, bright building dating back to the 11th century. The north doorway dates from the earlier church built on the site. Throughout its life it has been added to, but its nave and chancel walls are 13th century and the clerestory which tops them are in red Tudor brick. Neil pointed out a number of interesting features, the carved angels on the roof timbers, the library of a Mr Bray which is housed in the room, a parvis, above the Tudor south porch. Access is tight so we could not visit it but it houses many early books.

The most interesting artefact in the church is the 13th century old large chest which is said to be unique. It is medieval and is said to have been a portable altar. It has recognisable religious scenes painted on the panels and on the inside of the lid which acted as the reredos for the altar.



St Mary and St Clement's Church, Claving is not easy to find. It is situated at the end of a delightful little road lined with houses almost the same age as the church and behind the main street. The church garden surroundings and the building itself are beautifully kept and there is plenty to see.

Frances Hirons and Dawn Adams, the church wardens, after giving us coffee and cake, introduced us to the church. They pointed out the crusader knight's tomb on the south wall, the complete staircase to the rood loft with its tiny window and the exquisite graffiti 'amor vincit omnia' on the door frame amongst other items of interest. There is mediaeval glass in the windows and a magnificent Tudor carved pulpit on an earlier base. I need a second visit to take it all in!

Report by Prudence Jones and photos by Margaret and Peter Cousins.

Our next visit, on July 2nd, takes us along the river Crouch to two neighbouring parishes, and two ancient churches, steeped in history and legend. Paglesham St Peter and Canewdon St Nicholas

Cycling for Fun

Leader: Tony Cox

Our first ride in June was Friday 13th (so nothing to worry about). The weather was excellent - sunny, warm and dry with light winds - just right for shorts! We welcomed two new riders. From our usual starting place at Central Park Café we set off in two groups heading for another lovely café at Butts Green Garden Centre. The shorter ride was led by Tony via Chelmer Village, Sandford Mill and Sandon and was 6 miles out. The longer route was led by Roger and took the same route out via Chelmer Village and Sandford Mill but then turned along Hammonds Lane and headed up some significant hills to Danbury for a 10 miles trip. We all met up at Butts Green where the riders on the longer route were congratulated for tackling the hills. The two groups combined for the 6.5 miles return to Central Park. A lovely day out in the countryside.





For our second ride we headed to The Stores Café in Gt. Waltham - another of our favourite cafés. We were joined by another new rider, this time with an electric-assisted bike, a first! There had been rain overnight but the forecast was for a warm, dry day after a bit of a chilly start. The longer ride was led by Mark who had designed a 10 mile route going deep into the countryside. The shorter route was intended to be 6 miles but, unfortunately, our leader (Tony) had only just got back from holiday and thoroughly confused he managed to head off in the wrong direction leading the group on a very strange diversion across the City which added about 2 miles to the route. His profuse apologies were met by laughter and the group got to The Stores shortly after the other group. The return trips went to plan, the longer ride was another 10 miles and the shorter ride was 6 miles. All riders enjoyed the day.

Garden Group

Group Leader: Chris Bellamy



Members enjoyed walking around an Informal farmhouse garden of about an acre on an exposed site. The Garden was designed to make most of stunning views across the Colne Valley to south and west, framed to the north by a listed house and farmyard. Trees, shrubs, borders, roses, salvias were in full colour. There was a prairie garden and also a secluded secret garden, stumpery and a circular glazed garden 'hut'.

Peter and Ann Chillingworth inherited the property and moved there in 1987 and have been developing and introducing new features and planting ever since, always

seeking unusual plants that suit the high, exposed site with its gravelly, droughty soil, They have learnt from Beth Chatto's dry-bed expertise in her Elmstead Market garden. Ongoing projects include a rose avenue trained on a rope.



Coffee, tea and cakes was later enjoyed sitting and chatting in the garden.
Chris Bellamy.

Travel Group.

Group Leader. Anne Brereton

Battlefields to D-Day Beaches Tour

Twenty-six of our travel group members have just returned from our trip to Normandy France. The ferry crossing was smooth both ways thank goodness as it was very windy the day before we set off. It was a long journey to our hotel, Ibis styles Lisieux Normandy, arriving in time for dinner. The Hotel was clean and comfortable.

Our visit the next morning, after a good buffet breakfast, was a 360 degree wrap around cinema where we stood in the middle with the 2nd world war screened all around us. From there we made our way to the New British memorial at Gold beach. The weather was as sombre as we were with a light drizzle that made the mood even more poignant seeing the memorial and all the silhouettes of the soldiers still in the fields.

One of our members was able to find a plaque for a relative which was very special. If you have seen the memorial on TV or in pictures they do not bear justice to actually being there.



In the afternoon we travelled to a restored Grand bunker part of the German battery. This was a four floor museum. Unfortunately our coach had sprung a leak and we had to wait in a restaurant until the coach was repaired. Thankfully there was a very nice beach to spend some time walking along. The restaurant owners were very understanding and let us stay and wait. We arrived back at our hotel just in time for dinner.



The next morning in very good weather saw us on our way to to see the Bayeux Tapestry. We had not known at the time that this is going to be removed for two years while a new building is being built to house it. We were very lucky to see it. The exhibitions in the same building as the tapestry was well worth seeing. They weren't there the last time I visited many years ago. After our visit we were able to visit Bayeux town and its wonderful cathedral. Later we journeyed on to Caen for a look around its city. This time we were able to relax a little at the hotel as we arrived with time to spare.

The next morning, again good weather we were on our way to Monet's Garden in Giverny . The flowers were in full bloom and the gardens looked beautiful . Thankfully we were there before a great many tourists arrived. giving us time to see everything, although we still had to queue to go into Monet's house. The queue was twice as long when we came out. After we had lunch we went on to Vernon. This is a village with over 200 half timbered houses which is a popular stop off for river cruises. We were able to get into the cathedral and wander around very old cobbled streets .



All in all a good holiday. Lodges had booked our visits for fairly early in the mornings,(thankfully not too early) this way we were able to see everything without the crush which often happens when tourists' coaches all turn up at the same time..

I'm looking forward to our next holiday to Western Andalusia in October this year. I have been given a leaflet about a short 4 night break holiday called The great American Songbook . It's at a hotel in Eastbourne. If you would like to check out this holiday please Telephone 02075862984 or email sales@musicholidaybreaks.co.uk or visit the web site. musicholidaybreaks.co.uk One of our members has been on the holiday and has said how good the holiday was, with cabarets each evening and film screenings in the afternoons.

Keep well enjoy your days. Best wishes.
Anne Brereton

Fishing Group

Leader: Alan Caddy

On Thursday the 19th of June the Fishing Group had its second adventure of the season fishing on Cuton Match Lake. We met at the venue, Jim, Stephen and I.

We proceeded to the newly created match lake hoping for a better haul than last time out. We had our usual bacon butties to start. The temperature was 18 degrees as we started and climbed to 28 degrees during the day. We started catching fish at regular intervals, Jim had small roach and bream before he eventually caught a nice carp on a boilie. We stopped for burgers at lunchtime. We caught seven more carp to make our haul to eight for the day plus several smaller fish (Photos included). We plan to fish again in August when we hope the weather is kinder to us.

We are still looking to add new members even if you are novices or just want to try it, we can supply fishing gear for those that want to give it a go, all you would need is a government one-day fishing licence. Please feel free to drop me an email on alan.caddy@btinternet.com. all are welcome.



Chelmsford u3a Future Events

Date	Event	Contact
Fri 25 th July 7pm	Summer Concert	ejwood34@gmail.com
Thurs 31 st July	Brighton coach trip	ejwood34@gmail.com
Tues 5 th Aug 2.00 pm	Tai Chi presentation	alan.caddy@btinternet.com
Wed 26 th Nov matinee	Fawlty Towers Play Cliffs Pavilion	brian.littlechild@blueyonder.co.uk

Our annual **Summer Concert** is to be held in the church hall at Christ Church, New London Road, on Friday 25th July at 7.00 p.m. This year we are pleased to introduce a trio called Hexachordia who will be performing 'A Step in Time', a concert of medieval dance music and customs. Admission to the concert is free and so are the refreshments during the interval. However, you need to reserve your seat so please go to our website to do this <https://chelmsford.u3asite.uk/chelmsford-u3a-summer-concert-featuring-hexachordia/>. If anyone has difficulty in doing this, please get in touch with Eddie Wood by email ejwood34@gmail.com or phone same as mine above. If you want to invite a friend – maybe someone who is considering joining u3a then that's fine but just check with Eddie first.

On Thursday 31st July our 3rd coach trip this year is to **Brighton and the Pavilion**. We have a few seats left so if you are interested, please get in touch with Eddie Wood. The price including entrance to the Pavillion is £39, but if you would rather do your own thing at the seaside the price is £19.50.

On Tuesday 5th August at 2pm, Alan Caddy has arranged a talk and demonstration of the ancient **Chinese Art of Tai Chi**. Terry Griggs will talk about the origins and health benefits of this slow and gentle exercise and this will be followed by a small group demonstration. This demonstration will be held in the church hall at Christ Church and is absolutely free to all Chelmsford u3a members – please just turn up bringing your card as proof of membership. If you are interested in Tai chi but cannot make this presentation please get in touch with Alan Caddy on the email above.

Following the above demonstration Alan & Terry will be taking names of those interested in attending a regular Tai Chi class, starting on 19th August which will be held in the Youth Hall at Christ Church. Tuition will be provided free of charge, but a small contribution will be required to cover the hall hire. Later in the year we are going by coach to Southend-on-Sea as we have tickets for **Fawlty Towers the Play** on Wed 26th November (2.30 matinee) at the Cliffs Pavillion. We have secured tickets in the front stalls – price including coach is **£53.50**. I'm afraid we need payment as soon as you reserve your place. Please email Brian Littlechild (as above).

Reminder to Group Leaders
Please send copy for the August 2025 Newsletter to the editor, Andy Moir.
All copy must arrive no later than Sunday 27th July 2025.

Chelmsford u3a Committee

Position	Name
Chair	Lesley Wood
Vice Chair	Alan Caddy
Secretary	Janet Parsons
Treasurer	Wendy Hubbard
Membership Secretary	Alan Mayo
Speaker Organiser/Deputy Treasurer	Eddie Wood 01245 601359
Newsletter Coordinator	Lynn Regan
Groups Coordinator	Lesley Wood
Assistant Groups Coordinator	Brian Littlechild
Recruitment & Public Relations	Alan Caddy
Committee Member	Ann Bell
Committee Member	Mike Harmer

Volunteers not on the Committee:

Web Manager	Andy Moir
Newsletter Editor	Andy Moir

Chelmsford u3a Summer Concert Featuring Hexachordia

Friday 25th July 7:00pm Christ church Main Hall



Hexachordia offers a fresh approach to early music and aim to put the music in its historical context, thus appealing to audiences new to early music as well as those who have a well-established love of the genre.

The wide diversity of Hexachordia's music along with the large number of instruments they play, guarantees a rich tapestry of sound.

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-summer-concert-featuring-hexachordia/>

Interest Groups (as of 11 June 2025)

You must be a member of Chelmsford u3a before you join an Interest Group. For more information see our website above. Group Leaders may be contacted by phone or by email via our website from within the relevant group page.

Name of Group	Day of Month	Time	Group Leader	Phone
All Day Walks	2 nd Monday		Berry Cornell	01277355823
Amateur Dramatics	1 st Monday	14.00	Alan Caddy	
Art Appreciation	4 th Tuesday	14.00	Brenda Kelly	01277840621
Art Club	Mondays	11.15	Peter Anderton	07773074105
Art for Pleasure	Tuesdays	9.30	Les Cooper	07976292362
Art for Pleasure Too	Wednesdays	9.30	Doreen Wallace	
Birding	4 th Friday	10.00	Alan Alexander	07712818499
Book Group	3 rd Monday	14.30	Andy Moir	01245440007
Bookworms	1 st Thursday	14.20	No leader at present	
Bridge (beginners)	Tuesdays	14.00	Alan Cardus	
Bus Pass Group	2 nd Friday	varies	Maurice Austin	
Church Visits	1 st Wed	10.15	Brian Greatrex	01245258833
Coach Outings	Various		Malcolm Lonsdale	
Cycling for Fun	2 nd Fri, 4 th Tues	varies	Tony Cox	
Discussion Group	2 nd Tues	13.00	Brian Littlechild	
Family History	4 th Friday	14.00	Lesley Wood	01245601359
Fishing Group	Wednesdays		Alan Caddy	
French Conversation	2 nd & 4 th Wed	14.00	Marie Neale	
Garden Group	4 th Thursday	14.00	Chris Bellamy	01277353481
IT group	2 nd Wednesday	10.00	Lyn Parsons	
International Dining	3 rd Monday	7.00 pm	Jennie Cappin	01245358629
Jazz and Blues	3 rd Wed	10.30	Heinz Kassier	
Local History	1 st Tuesday	14.15	Jane Humphreys	01245 259590
London City and its People	4 th Monday	14.00	Berry Cornell	01277 355823
Lunch Club 1	Last Friday	12.30	John Heathcote	01245 380766
Lunch Club 2	4 th Tuesday	12.30	Harry Glaser	01245 462760
Lunch Club 3	1 st Thursday	12.30	Laraine Linard Barbara Childs	01245 475444
Lunch Club 4	3 rd Wednesday	12.30	Vic Pitts	07772 361096
Mah-Jong	1 st & 3 rd Tuesday	14.00	Chris Paget	01245 474811
Philosophy	Thursday 4-weekly	11.00	Julia McClure	07941 480240
Philosophy & Religion	1 st Monday	10.00	Jim Mackay	
Photographs on Face Book	Online		Alan Mayo	07979 540053

Pickleball Monday	Monday Weekly	14.00	Alan Mayo	07979 540053
Pickleball Tuesday	Tuesday Weekly	15.00	Jayne Hughes	01245 495151
Poetry Appreciation	2nd Wed	14.00	Judith & Tony Boniface	01245 266316
Science Group	3 rd Thursday	13.45	Chris Bellamy	01277 353481
Sewing, Knitting & Crochet	3rd Thursday	a.m.	Jacqui Norfolk	07714 258517
Short Walks	3 rd Friday	10.00	Robert Lloyd	01245 466167
Spanish Conversation	3 rd Wednesday	10.30	David Gout	01245 268923
Summer Evening Walks	4 th Wed	Apr - Sep	Alan Mayo	07979 540053
Sunday Lunch 1	1 st Sunday	varies	John Tritton	
Sunday Lunch 2	3 rd Sunday	varies	Lesley Wood	01245 601359
Ten Pin Bowling	2nd & 4th Fridays	10.30	Roger & Ruth Spall	01245 466486
The Wonder of Words	3 rd Wed	14.00	Lyndsay Whitehouse	01245 356363
Travel Group	Holidays -see website	-	Anne Brereton	
Walking Group	1 st & 3 rd Fridays	10.00	Alan Mayo	07979 540053

If your hobbies/interests aren't covered by the above then please contact our Groups Coordinator, Lesley Wood, by emailing chair@chelmsfordu3a.org.uk