

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

General Meeting Speakers

Thursday 11th September – Ian K Davidson - Consumer Competitions - Entering and How to Win them - With Quiz & Prizes (please note this will be Ian's quiz, not one of Eddie's)

Thursday 25th September – Chelmsford u3a Celebrates u3a Day – see page 18 for further details of the event and how to book your place.

Thursday October 2:00pm – Eddie Wood – Virginia Hall – An ordinary woman with an extraordinary story. An unsung heroine of the 2nd world war, she was once top of the Gestapo's most wanted list.

u3a Beginners Bridge and Returners Bridge online Courses



I'm a member of Chelmsford u3a and have just completed an online Beginners' Bridge Course (the 2nd cohort) with the national u3a Bridge Group. I really recommend it to you and the next group starts soon.

The course consisted of a weekly two hour online meeting and play session with weekly 2-3 hour self-learning modules online in between. Additionally there was a short weekly drop in meeting for any Q&A, extra help etc.

Although I found it quite demanding on occasions I persevered. My group enjoyed meeting and learning together, trying to help each other. (We can see each other on the board). There is no pressure or judgement and the tutors are so patient and informative. They all gave their time freely to us in a light-hearted cheerful manner with lots of chat around the play. I am now enjoying games online just with my cohort WhatsApp group when I have time, but there are plenty of other weekly sessions available via u3a site. Others in the group have joined local clubs as well.

The course costs are a minimal amount with just the web platform charges and memberships being charged back. The tutors are just passionate about getting more people playing a brilliant game.

If you would like to learn Bridge, then I can certainly recommend the national six month course which is starting soon. For further details about the course itself, please click www.bridgewebs.com/u3abridgegroup

If you would like to have a chat about the course then I'd be willing to do so by phone or email.

Gillean Driver
driverg@talktalk.net

View from the Chair

A Summer Social to Remember!

On a sunny Thursday, 14th August, our u3a members gathered for a delightful Summer Social that will be talked about for years to come! With over 80 members in attendance, the event was a buzzing hive of activity and laughter.

The day started with a flurry of volunteers who arrived early to set up the tables for the much-anticipated Beetle Drive. They also organised the raffle and ensured that the cakes and scones were presented to perfection.

As the event kicked off, I attempted to explain the rules of Beetle. Now, Beetle isn't a complicated game, but it does require a bit of concentration to grasp the rules. However, our members were so engrossed in their conversations that they barely noticed my attempts to explain the rules. Even with a microphone, I found myself shouting to be heard over the cheerful chatter. Some people started playing the game before we officially began. It was utter chaos, and I nearly gave up! Thankfully, Mike Nell, with the air of

someone who had done this before, stepped in twice to restore order.

The aim of the game was simple: be the first to draw a complete beetle. Each player had to roll a dice to draw different body parts, starting with the body and then adding legs, wings, and so on. The first player to complete their beetle shouts "BEETLE!" and everyone stops playing. Points are awarded based on the number of body parts drawn.

What was supposed to happen next was a bit of musical chairs, with the highest scorers moving up a table and the lowest scorers moving down. However, after the first round, we forgot to do this, so I declared it a trial run.

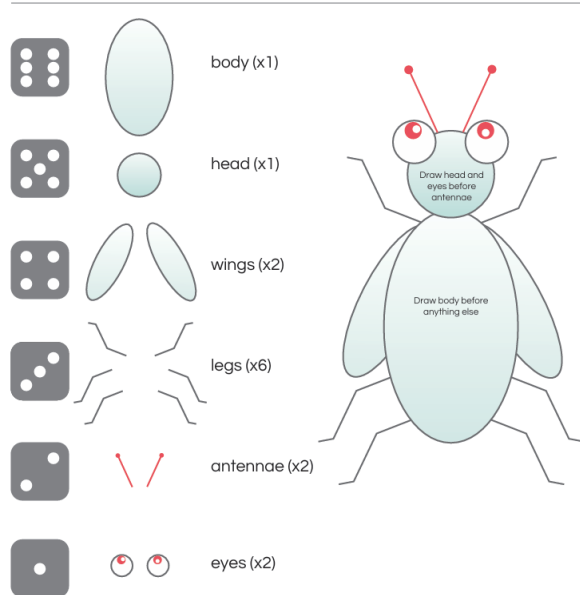
When I asked people to move after the second round, it was met with less than enthusiastic compliance, and one table outright refused. So, we abandoned that idea and continued playing, each team, no doubt, with their own interpretation of the rules!

Despite the chaos, we managed to play seven rounds. The winner of the day was Laraine Linard, who scored an impressive 88 points out of a possible 98. Laraine's named her beetles, John, George, Paul, Ringo, Stuart, and they were a hit! Jenny Barnes came in a close second with 86 points, and her beetles were the best drawn, although that wasn't really the objective of the game. Some of the drawings were hilariously amusing!

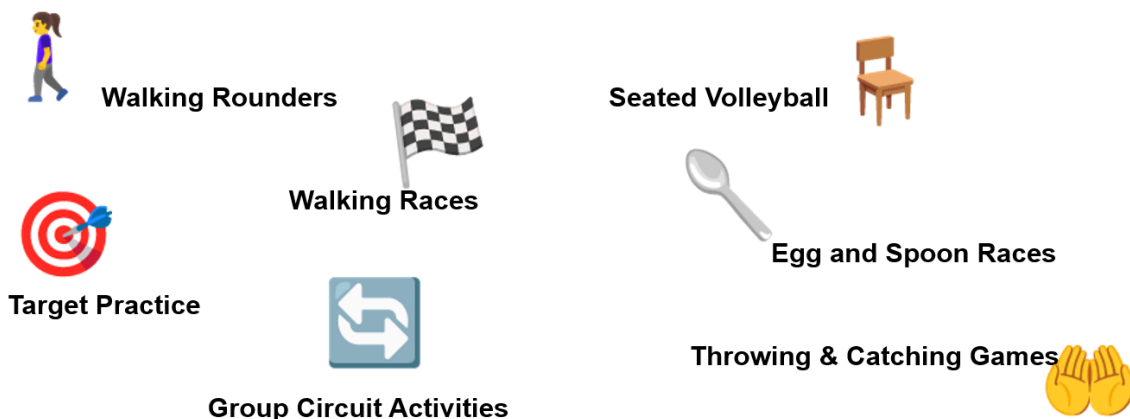
In the end, it was a day filled with laughter, camaraderie, and a bit of friendly competition. Although it was a success, I'm not volunteering to run the next one!

Celebrating u3a Day with a Twist of Fitness and Fun!

u3a Week is taking place between 20 – 28th September this year - a nationwide event that shines a spotlight on the vibrancy, creativity, and community spirit of the u3a movement. It's a chance to showcase what makes our organisation so special: lifelong learning, friendship, and the joy of discovering new interests together. Across the country, u3as mark the week with everything from walking cricket matches to yarnbombing, reminding everyone that learning and laughter don't stop with age.



Here in Chelmsford, we're joining the celebration with a unique event: **The Golden Games – Sports Day with a Difference**. The event is taking place on **Thursday 25th September between 2.30 and 4.30 pm** in the Youth Hall at Christ Church, New London Road, Chelmsford. This session promises light-hearted, low-impact activities and is a wonderful way to boost physical activity, and mental wellbeing.



It's a wonderful opportunity to connect with fellow members, celebrate our shared values, and show the wider community what u3a is all about.

Don't forget to sign up! Spaces are limited, so please register your interest via our website or by contacting me to avoid disappointment.

Let's make this u3a Day one to remember—full of energy, enthusiasm, and golden moments.

Can you help re-start our Singing Group?

Some of you may recall that Julie Nicholson attempted to start a new singing group in March but faced some challenges in getting it off the ground. Julie is seeking someone with more experience to help lead the group. If you have a musical background, experience in running a choir, or teaching singing, your support could help re-launch the group. If you are interested in helping, please contact Julie, on julnic137@gmail.com.

Anyone for Canasta?



Julie Hagger is thinking of starting a Canasta Group (canasta is a card game of the rummy family). Julie proposes that the group meet in the Gardeners Pub, Forsythia Close, Springfield CM1 6XW on the first and fourth Thursday afternoons of the month at 2pm. If there isn't sufficient interest in playing Canasta the group could be widened to include other types of card games. If you are interested, please contact Julie by email: julie.hagger@hotmail.co.uk or by phone: 07511629563.

It is with great sadness that we share the news of the death of Eric Midwinter, one of the visionary co-founders of the u3a movement in the UK.

Eric, alongside Peter Laslett and Michael Young, established u3a in 1982 with the belief that later life should be a time of continued learning, connection, and contribution. Eric's commitment to challenging negative stereotypes of ageing, and to creating spaces for older adults to share skills, knowledge, and friendship, has shaped the lives of hundreds of thousands of u3a members over four decades.

Eric's vision has flourished over the years and we know that his legacy will continue to inspire new generations to embrace lifelong learning and positive ageing.

Your committee

Can You Help?

I am thinking of getting a mobility vehicle, but a bit hesitant. However it would allow me to get to Christ Church and my doctor's surgery. If any member has experience of using a mobility vehicle I would like to hear from them. Maybe we could make short journeys together from and to the city centre in 2-3s?

Cathy Trevaldwyn

c.trevaldwyn@gmail.com

Tai Chi Group

Leader: Alan Caddy



On Tuesday the 19th of August the Tai Chi group had its first session and the turnout was amazing. There were fifty-three attendees including Terry lead instructor and Moira the assistant and four others who are on our list that were unable to attend. The Youth Hall managed to accommodate all of us, and the training was light. We practiced moving our arms in coordination with one another.

Additionally, we were all shown the first move out of the 108 needed to complete a set. The feet movement required for the first move was gentle but needed coordination (as I found out). We practised for about forty minutes before taking a tea break. When we resumed, Terry and Moira moved amongst us to help correct feet placement and arm placement for individuals. After tea break Terry gathered us into a circle to watch all the moves again for about ten minutes.

We continued to practice the moves until the end of the session which was 4:00 pm. I began to realise as did many others that you needed to move quite deftly and gently to gain maximum benefit. Terry informed the class that next week we will learn move two of the hundred and eight as well as move one again. This was good news for some that will miss some weeks as you will always start with move one every week, adding a new one as we go.

I am looking forward, as are many others are, to week two.

Wonder of Words

Leader: Lindsay Whitehouse



Six members met in the Library. We reviewed our writing following on from the meeting in July. Five members produced stories. One person wrote an amusing piece of fiction about an attempt to assassinate the President of the USA whilst he was playing golf on his recent visit to Scotland. It is, of course, a piece of fiction and is not part of some terrorist plot.

A member wrote a moving, and true, piece about the death of Hanoverian soldiers fighting for the UK during the Napoleonic wars. The soldiers were billeted in Chelmsford but many died in a fire in the building where they were sleeping.

Another story used an imaginary character in a work place setting to highlight some of the absurdities within the modern workplace. It was relevant and thought provoking.

A fourth story was the tale of a former special forces soldier now turned private investigator working on a very sensitive project on behalf of the Government seeking to snare corrupt businessmen.

The final piece was read out at the meeting. It focused on a character called Charles Boyle. The story charted his decline from a healthcare professional to a man who is now homeless and living rough on the streets. We all want the writer to continue to develop this character and his story.

The theme for this month was love. Initially we discussed how the word love has morphed over the years and has many different meanings. If someone said "I would love an ice cream" we all know that no one has a loving relationship with a cold sweet treat. However, we all understand exactly what the phrase means. We discussed various forms of love, romantic, familial, parental, love of pets, sexual love.

We then started our writing on the theme of love. It is still in the embryonic stage but three stories were initially shared. One is about a Grandmother's love for her grandson. Another story focused on a boy who had left home and not been in contact with his parents. The third story was the beginning of a poem about a man's love for his dog.

We still have a few vacancies within the group, please click the contact button on the website to let me know of your interest.

Lindsay Whitehouse Group Leader

Lunch Club 3

Leader: Laraine Linard and Barbara Childs

Lunch Club 3 had their monthly lunch at Miller & Carter on Thursday, 7th August. As usual, we were seated in the light and lofty area of the restaurant and were very well looked after by the efficient staff. There was a choice of a 2 or 3 course fixed price menu or a selection from the main menu. Everyone found something to suit and went on to enjoy a lunch full of good conversations covering varied topics.

As you would expect nowadays, Donald Trump crept in somewhere (not literally, thank goodness!). Our time there was very enjoyable so much so, that we spent nearly four hours there which may be one of our longest lunches yet.

Jean Windsor

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 2025

- 22nd Sept Visit to Kew Gardens – **this visit is now full.**
- 27th Oct Talk - Entertaining London - Speaker Katie Davies.
- 24th Nov Talk – The London of Samuel Pepys – Speaker Richard Pusey.
- 15th Dec** Film Show **The Lady Killers** 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



Nine of us including two first-timers gathered on 20th August 2025 and participated in a lively session covering a wide range of topics.

One of our members had recently been on a Mediterranean cruise whose destinations included Cadiz, Cartagena, Gibraltar, Palma de Mallorca and Ibiza. He visited Seville, and had a boat trip on the River Guadalquivir (an Arabic word meaning simply “big river”), The temperature there was well over 40 degrees, and Southern Spain in summer is understandably called the “frying pan.” With climate change summer temperatures there are becoming more extreme.

Another member had visited Normandy and her visit included trips to Gold Beach (D Day landing site for British troops), Caen and Bayeux. A second had also visited France with his trip centred on the île de Ré halfway down the Atlantic coast.

On a more local note, I described taking my grandchildren round the town to spot as many bee statues as we could. As you probably know, Buzz in the City is an event sponsored by Farleigh Hospice who arranged for local artists to design and paint thirty-seven bee statues around the town. We were able to log the ones that we found by inserting a code into a dedicated app that I had downloaded and in total we managed to find twenty-two in a morning!

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 17 September 2025 at 10:30am at Chelmsford Library in Meeting Room 3 on the first floor.

David Gout

Local History Group

Leader: Jane Humphreys 01245 259590

On Wednesday 6th August eleven members of the Local history group gathered at the Munnings Art Museum near Dedham for a guided tour. Set in beautiful grounds, this former home of Sir Alfred Munnings is now a museum dedicated to his prodigious output of painting and sculpture, spanning the pre- and post-war periods. We had a very interesting and enjoyable tour conducted by the museum curator, followed by an excellent lunch in the sunshine. Highly recommended for a visit. (Thanks Nick for this write-up).



Our final visit for 2025 is to St Mary's Church, Woodham Ferrers. This church, like so many, had a 'doom' painting in medieval times of which only traces now remain. After receiving support from the Heritage Lottery Fund, in May 2024 St Mary's opened a Heritage Hub to tell the story of how artist Stephen Lawes has recreated the painting. Steve will tell us more with a practical demonstration of techniques used. We will meet on Tuesday 2 September at 2pm at St Mary's, and the cost is £6. For more details please contact Nick Bailey nickbailey01245@outlook.com or 07854 822225.

From October we return to Boreham Village Hall for our winter programme. The first three talks are

7 th October	Boudica: Myth and Legend	Richard Bale
4 th November	City centred: people and places, a talk about Chelmsford High Street	Yvonne Lawrence
2 nd December	A quiet day at Stansted Airport	Mike Benning

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

Jane Humphreys

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499



On 22nd August eight members of the birding group met at Fishers Green. I could not attend, so I am grateful for this report from David Chilvers.

We did a circular walk following the Old River Lee to Holyfield weir and the Flood relief Channel back to the car park. We stopped at the visitor centre and hide for good views over the lake.

Birds seen were, Rose Ringed Parakeet, Magpie, Coot, Moorhen, Mallard, Great Crested Grebe, Tufted Duck, Canada Goose, Black Headed Gull, Wren, Cormorant, House Martin, Little Grebe, Blue Tit, Pochard, Carrion Crow, Little Egret, Grey Heron, Greylag Goose, Mute Swan, Egyptian Goose and Gadwall.

Our next meeting is on 26th September at Watt Tyler, Pitsea Hall Lane, Pitsea, Basildon, SS16 4 UH. 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.

Fishing Group

Leader: Alan Caddy



On Thursday the 7th of August the Fishing Group had its third adventure of the season fishing on Cuton Match Lake. We met at the venue, Trevor, Stephen and myself. Trevor is our newest member, welcome aboard our fishing group is now five strong.

We started the day with a coffee and a Danish pastry. The temperature was quite cool and the sun did not really break through until later in the day. We started to catch fish at regular intervals, mainly reasonable size carp. Catch of the day goes to our newest member Trevor a quite large bream (See picture) unusual to see this size of bream. We caught around ten carp a few small perch and roach on top of this. We decided not to cook our food today, our biggest catch of the day was the fish and chips we ordered from the fish and chip shop by the Asda supermarket.

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 who want to give it a go. All you would need is a government one day fishing licence and to pay for using your rod at the venue.

Please feel free to drop me an email on alan.caddy@btinternet.com. If you are interested all are welcome.

Bus Pass Group

Leader: Maurice Austin

Another sweltering day, another clutch of apologies from members doing the sensible thing and staying out of the heat, but we still had 11 hardy souls keen to sample the delights of Southend open-toppers and fish and chips.

We caught the Airlink X30 along with another couple of dozen people and trundled along the A130, through Rawreth and the new housing development at Wolsey Park, past the circular thatched house in Rayleigh, up Crown Hill and past the Southend Hospital into Southend-on-Sea. Now, we have done this route before, it has been very pleasant with both slow and speedy drivers. With one exception, our driver was considerate and careful, but the journey seemed to rather drag. When we got up to get off, a young lady sitting nearby, who had been listening to music on her headphones, commented that for a one-hour trip, it seemed to take an awfully long time. She was right!

The one exception was when we seemed to take a corner rather sharply. There was a loud clattering as David Marsh was thrown off his seat into the gangway, banging his head on the seat next to him. Fortunately, he wasn't seriously hurt but he did knock his face.

The party split up at Southend, about half of us going to the renowned Tomasi's for refreshments. The other half disappeared and were never seen again! Tomasi's have a reputation for being rather better than most restaurants and most of us seemed well satisfied. Perhaps I was still affected by the ennui which developed on the bus ride, but I felt the service was lacking the welcome we have experienced before. Continuing the tradition of now three years, we walked down to the pier head to catch the open-top bus service which, this year, runs between Shoeburyness and Leigh. Some caught the bus to Shoeburyness where we see some pictures of East Beach which is close to the famous Broomway footpath to Foulness along the mid-tidal zones.



Patricia and I caught the bus in the opposite direction to Old Leigh as we had arranged to meet my son in Shoebury Garrison later in the day.

Old Leigh is sandwiched between the c2c railway line and the mud flats. At low tide, it is a sea of green but at high tide, all the flats disappear, the many boats bobbing on the waves, chinking away as metal bits knock against masts (you can tell I am a landlubber!). There are some working sites, a few real fishermen and a very interesting museum but most of buildings along this strip of land are pubs, restaurants and other retail establishments working hard to extract the tourist penny. And during the time we were there,

they were doing that very well!

We caught the next open-top bus back, up through the shops of Leigh then to Southend and Shoeburyness, accompanied by very noisy children whose parents seemed to have had enough of them. We passed the smart area of Thorpe Bay and hundreds of Sunday boats, looking very attractive but mostly waiting for their owners to take them out! After a beautiful Niçoise salad followed by raspberry sorbet prepared by my son we were treated to a lift home.

My inbox contained some lovely messages, everyone seemed to have enjoyed themselves, including David who said it was the best trip yet! Thanks all. By the way, the photos used in last months' report were taken by Chris Bellamy.

The September trip will be on Friday 12 September, when I plan to go to Tollesbury.

Meet at Chelmsford Bus Station, stand 2 for the 0920 First Essex 333 to Heybridge. We will change in Maldon at 10.03 and wait for the Konnectbus 95 due at 1025 which should get us to Tollesbury for 10.54. Tollesbury centre has a few shops and pubs, but the better part is about a quarter-hour walk down to the Marina where there is an excellent restaurant, an open-air swimming pool if one has a cossie and some nerve, as well as many boats, a Lightship and much more. There are routes out to Colchester, Witham and Malden. My aim will be to catch the 16.12 back to Malden (16.41), change to a 311 or 331 and be back in Chelmsford for about half past five.

I look forward to seeing you then.

I had planned to take us all back to Finchingfield, reputed to be the most photographed village in Essex. It is certainly pretty enough to justify the title! But the timetables have been reduced, and it is, frankly, a bit risky to attempt to take a party there. Nevertheless, if any hardy soul wishes to risk it on their own, I give the details below:

Start at Chelmsford Bus Station, stand 9 for the 10.33 Konnectbus 16 to Wethersfield, which is due at Finchingfield at 11.47. The last bus back is at the ridiculously early time of 14.39 which will give just over 2 1/2 hours to eat, drink and explore! This is due back in Chelmsford at 15.47. The alternative route home via Braintree does not seem to operate anymore!

Coach Outings Group.

Group Leader. Malcolm Lonsdale



Our next coach trip is to Warwick Castle on Tuesday 30th September. The cost is £43.50 which includes Coach, Castle entrance and drivers tip. We still have some places left if any of our Chelmsford u3a members would like to join us.

There is plenty to see at the Castle and many attractions in the grounds. Payment would be into the main u3a account with the reference Warwick Castle We have three pickup points around Chelmsford . If you would like to join us please contact me for information and to let me know your pickup point.

Look forward to hearing from you

Anne Brereton. annebrereton@yahoo.com

Cycling for Fun

Leader Tony Cox

This report covers July and August.



We've been very lucky to have fine weather most of the summer and have had some splendid rides in the Essex countryside. From our regular starting point at the café in Central Park we have the choice of a range of cyclepaths and quiet roads that enable us to enjoy rural lanes and roads as we head to local villages and cafés. The number of riders varies but we have evolved into two groups that follow separate routes, with one longer than the other, but with both meeting up at the target café. This enables us to develop the social side of the Cycling for Fun group whilst ensuring that the shorter ride is attractive to people who don't wish to ride too far and the longer ride suits people who want to ride longer distances.

In August we sought feedback from the riders on their experiences of the group. The main message was that there was great satisfaction at how the group had developed with people pleased at the way that their own cycling had improved and that we provided a safe riding environment. However, there was a strong message that some of the more recent rides were a bit challenging. We've taken that important point on board. We obviously want people to enjoy their time cycling for fun and so we are limiting the distance to be ridden.

On 11th July we rode to the Bakehouse Café at Cooksmill Green on a day that turned out to be one of the hottest this year. A very enjoyable ride through lovely countryside and a café with really nice cakes. Our next ride on 22 July went to the Snug Café at High Easter. As the name of the village suggests this was a little bit uphill from the riverside at Central Park and so a bit of a challenge. But on the other hand the cycling back was mostly downhill. And our first rider with an electric bike rode with us. The first rain for ages together with a strong wind met us on the way back and we were impressed that all the riders coped well with this. Well done!



Our first ride in August was to the Blackmore Tea Rooms which is a very popular venue for cyclists from London and Essex. As usual the sun shone, the countryside was stunning and our two groups met at the café for some refreshments before returning quite quickly to Central Park. On Tuesday 26th August we

headed for one of our favourite cafés at Butts Green near Danbury. This was the second time we have visited this café and the feedback from the first ride was that the longer route was a bit too much uphill. So we changed the route to make it more acceptable which worked well. Yet again the weather was excellent and the turnout of riders was good with two new riders and the star of the show was Roger, one of our support team who was returning to the group after a hip replacement. Well done Roger.

At the end of September the Cycling for Fun group will have been riding since March. We're intending to have a bit of a celebratory lunch at the end of our ride on 23rd September. We are so pleased that the people who joined this venture in March are enjoying their cycling and thriving on our rides. Excellent!

Tony Cox

Book Group

Leader: Andy Moir

At our September meeting we discussed the Booker Prize winning novel Prophet Song by Paul Lynch. The book tells the story of Eilish Stack, a mother of four living in the Republic of Ireland in the near future as the republic slides into a nightmarish totalitarian state, marked by escalating violence, mass arrests, and the collapse of society. After her husband, a union organizer, is arrested by secret police Eilish desperately tries to keep her family together as civil war breaks out.

We all agreed that this was a difficult, harrowing and depressing book to read and several members did not finish it. However, we also agreed that it was an important book with the all too familiar message that in any conflict it is the innocent who suffer.

Our books for the next three meeting are:

Mon Sept 15 th	Exit by Belinda Bauer
Mon Oct 20 th	Just Like You by Nick Hornby
Mon Nov 17 th	Orbital by Samantha Harvey

Sunday Lunch Group 1

Leader: Lesley Wood

This month, we met at Brewhouse and Kitchen opposite the station. Nine of us turned out and we welcomed our new member, Doreen Wallace, to the group. There was something for everyone on the menu, with a wide choice of draught beers to choose from. Everyone was satisfied with their meal, but the general verdict was that the chicken was rather bony but the cheesecake was to die for (I can vouch for that)! Instead of the usual sachets, table sauces were supplied from Waitrose and the chips made from real potatoes (as opposed to extruded fast-food muck all too common nowadays).

Service was quick and efficient and we were most impressed by the phenomenal memory of our waitress who didn't write anything down, yet nevertheless remembered what everyone had ordered and delivered our meals the correct people!

The pub was surprisingly quiet for Sunday lunchtime, and a welcome change from our last visit when we had to put up with a very noisy family group in the same room.

No doubt we shall eat there again.

John Tritton

Church Visiting Group

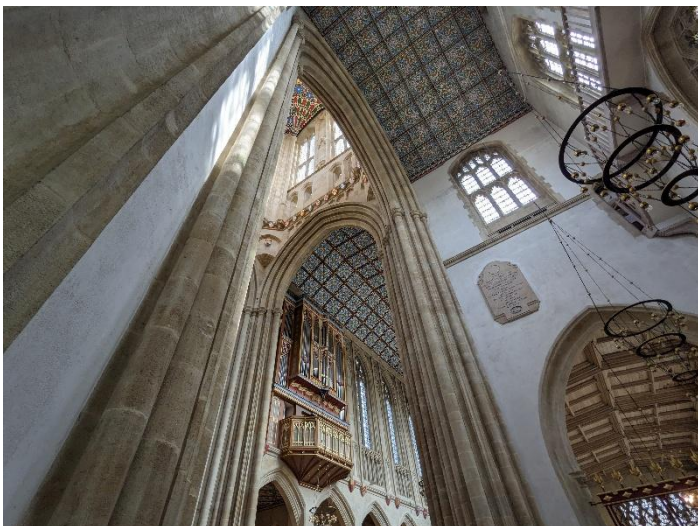
Group Leader: Brian Greatrex, Administrator: Michael Gray

August 13th Bury St Edmund's Cathedral

On a hot August day the members of the u3a Church Visiting Group joined a Lodge's coach trip to the attractive Suffolk town of Bury St Edmund's. This plan had its pros and cons. We did not have to drive, or get rid of the car, so we could enjoy the journey. The 'cons' were that we had less time to explore the Cathedral and the amazing Abbey garden.



The Abbey was one of the richest and largest monasteries in England and is still the main attraction of the town. But, out of the Reformation when you might have thought that the Abbey church would have become the parish church, it was destroyed and St James's Church became the parish church of the town.



The Cathedral as we see it now is the remarkable dedication of creative architects and wealthy donors including George Gilbert Scott who rebuilt the chancel in 1860s. The Victorian stained-glass windows in the nave tell Old Testament stories on the North side and New Testament on the South side. The highly decorated font with its dramatic cover and the modern tapestries are all worthy of examination. The whole building is white washed and it creates a wonderful feeling of space particularly in the new chapel of the Transfiguration in the north eastern corner of the chancel. The very modern perpendicular tower was completed in 2005 and the vaulted ceiling in 2010. It has all been achieved with such sensitivity and style.

For those who travelled with Lodge's, the afternoon was spent at Fullers Mill Gardens; seven acres of lawn, flower beds and woods around the mill stream with a well stocked plant stall.

Prudence Jones

Our thanks to Prue for this report and thanks too to our two volunteer guides at the Cathedral, and to Lesley and Christopher Barlow who did so much invaluable liaison work for us.

Our next visit, on September 3rd, is our London walk with Alison Woollard. A gentle stroll from Liverpool Street station, including St Botolph, the Dutch Church and more.

Art Appreciation Group

Leader: Brenda Kelly

This month we had a very enjoyable visit to the Henry Moore Foundation at Much Hadham. After coffee on arrival we had a guided tour of 'Hoglands', the house where Henry and Irina Moore lived for more than fifty years. Their house in Hampstead was bombed in 1941 and so they moved to the country renting 'Hoglands' with another family. As Henry became more famous, they bought the whole house, extended it - Irina developed the gardens - and bought more land, ending with 70 acres of gardens and rolling fields.



Henry (1898-1986) was born in Yorkshire the son of a miner - the seventh of eight children. His father wanted him to become a teacher for security, however he joined the British Army, fought in France and was mustard gassed. With his ex-serviceman's grant he was able to attend Leeds School of Art, from where he won a scholarship to the Royal College of Art in London. In London he visited all the museums and galleries gathering ideas for sculptures - he lived for work. Over the years he produced sculptures, drawings and textiles. In the Second World War he became famous with his 'Shelter Drawings' - pictures of people sleeping in underground shelters which were sent to America where he became well known. On our guided tour of his house, we saw his personal art collection: Renoirs, Vuillards... and the many curiosities that often inspired his sculpture - African, Aztec, some thousands of years old.

In the afternoon we had a guided tour of the grounds and various studios that he used. He is best known for his semi-abstract monumental bronze sculptures (which incidentally are only about 1 cm thick). We saw the small summer house which rotates, where he liked to draw, the various studios containing his maquettes (small models), bones, shells, driftwood - anything that inspired him. The Aisled Barn containing tapestries, based on drawings he had made, was large and striking. The sculptures we saw in the fields were of 'Mother and Child', 'King and Queen' and the most striking 'Large Reclining Figure' set on a small hill against the skyline - to mention only a few.

He was offered a Knighthood which he refused but did accept the Order of Merit and the Legion d'Honneur from France. They entertained many well known figures at 'Hoglands' - the Queen Mother, Princess Margaret, Lauren Bacall, Helmut Schmidt, Jim Callaghan.... plying them with drink though he did not drink himself.

A very interesting visit where everyone was very helpful. Next month we talk about 'Pictures with Children in them' (on the 5th Tuesday).

Chris Bellamy.

Next month on our usual meeting day Thursday 25th September Chelmsford. u3a members will be involved with the range of activities for National u3a day, see page 18, therefore there will not be a Garden group meeting. However on Thursday 2nd October at 2pm in the Millenium Centre, Great Baddow the Great Baddow u3a have a meeting when Plant archivist Lesley Gamblin from Blunts Hall will talk 'All about sweet peas'.

Science Group

Leader: Chris Bellamy chrisallenbellamy@btinternet.com

Deputy: Paul Chaplin paulchaplin@talktalk.net

Science Group Talk 2.15pm Thursday 18th September
Managing a Tesco Superstore
by Mark Rushton Manager of Tesco Princes Road Chelmsford

All Chelmsford u3a members are invited.

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.**

Chelmsford Science and Engineering Society

17th Sept Spacecraft Propulsion by Dr Steven Cutts.

In this talk, Steven will discuss how rocket technology has evolved (or not evolved) over time and what futuristic technologies could propel us to distant planets in the coming years.

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

Garden Group

Group Leader: Chris Bellamy

On Thursday 28th August eighteen members were welcomed by the owner James Slocombe of Brook Cottage, Laindon Common Road, Little Burstead with an interesting introductory talk about the history, the evolving planting, the plant care and watering at Brook Cottage.



On entering one finds a traditional cottage front and back garden, with additional curtilage of 3 1/2 acres of secluded meadows and woodland. The gardens combine a variety of colours and textures with a profusion of roses, peonies, lilies and other classic blooms interspersed with more exotic plants and flowers. Wandering through the garden you find an amphitheatre, A-frame 'treehouse', campfire circle, summerhouse and vines. The grounds invite exploration and contemplation. Members enjoyed making coffee or tea provided by James themselves and eating the biscuits whilst then exploring the grounds in a very good colourful and mature leafy tree-setting.



There are three local badger sets and they, have recently dug up parts of the lawns, presumably in search of worms, in the current drought conditions. A deep ditch on the right-hand side is a barrier to a steep sloping wild area.

Visitors can also book the newish very smart air B&B, best price direct with James, and would enjoy waking up to a long view of the garden and beyond.

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

Reminder to Group Leaders

Please send copy for the October 2025 Newsletter to the editor, Andy Moir.

All copy must arrive no later than Friday 26th September 2025.



Chelmsford u3a Celebrates u3a Day



On Thursday 25 September 2025

2.00 – 4.00 p.m.

At Christ Church Youth Hall, Chelmsford

Golden Games, a fun and inclusive one-off session of indoor games specially designed for older adults. This session brings back the fun of school sports days—with a gentle twist—and are a wonderful way to boost physical activity, mental wellbeing, and social connection in a safe and welcoming environment.

Golden Games is a **1-hour** session of light-hearted, low-impact activities that everyone can enjoy at their own level. Set to the nostalgic soundtrack of the **1950s, 60s, and 70s**, the session includes:



Walking Rounders



Walking Races



Seated Volleyball



Target Practice



Egg and Spoon Races



Group Circuit Activities

Throwing & Catching Games



Led with Care

Karen Lawrie has 30 years' experience teaching group fitness to all ages and she will **facilitate each session**, guiding the group through all the activities and ensuring everyone is supported, encouraged, and most importantly safe and having fun. There's no pressure—just participation, at everyone's pace.

Book your place at

<https://chelmsford.u3asite.uk/chelmsford-u3a-celebrates-u3a-day/>



Please Note: Chelmsford u3a members only and there will be entrance fee.

**MUSIC FOR LOCAL CHARITIES
(MAYORAL APPEAL 2025)
28 SEPTEMBER 12-8 PM**

THE BLACK BULL 244 RAINSFORD ROAD CHELMSFORD CM1 2PN

FROM ROCK'N ROLL TO JAZZ

VIA SOUL FUNK WORLD MUSIC & MORE

FEATURING IN ORDER OF APPEARANCE...

**STEVE LEFTLEY &
THE CREEKSEA FERRY BAND
MARK VAN RISTELL & JOHN GOLDER
KEVIN BETTS & RAINBOWS EDGE
THE MONDAY MOJOS
THE AFTER PARTY
GROOVE SOCIETY
FOXCUB AND THE BIG RED
NOMAD
SIMONE PERKS
BRIAN & FRIENDS ENSEMBLE**



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