



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



Monday 8th December and Thursday 11th December 2:00pm
Christmas Social – Danielle Barnett - Sing A Song of Christmas.

There will be a raffle and refreshments; sandwiches, wraps, festive cakes and biscuits, tea, coffee and mulled wine.

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

Thursday 8th January 2026 - Mary and Graham Brace – Zambia.

A return visit from the avid wildlife photographers and conservationists, this time with an illustrated talk based on their travels to Zambia.

Thursday 12th February 2026 – AGM

View from the Chair

Christmas comes but once per year..... except in Chelmsford u3a where it is celebrated twice in one week!

Our Christmas Social Events take place on **8th & 12th December**, in the Church Hall Christ Church, New London Road, Chelmsford starting at 2.00 pm. Both events feature speaker/singer/song writer Danielle Barnet whose fun and enlightening sing-along talk entitled "Sing A Song of Christmas" has been performed widely and comes highly recommended. Danielle lives in Romford but has travelled the world in the music industry. She will be telling us why some of the best-known Christmas songs were created.



In addition to Danielle's talk there will be festive refreshments including mulled wine, sandwiches, wraps, mince pies and cakes, and the usual tea and coffee. Raffle tickets will be on sale with the chance to win some wonderful prizes.

Don't forget to reserve your place at one of the events, by going to our website and clicking on the Blue button at the top of the Home page <https://chelmsford.u3asite.uk/>. You won't receive a ticket, but you will receive an email acknowledgement that you are booked in! If you don't get an email, check your 'spam' folder.



Interest Groups and New Members

This time last year I said we needed to increase our group offer due to all the new members who had joined. Thanks to help from Brian Littlechild, Alan Mayo, Alan Caddy, and Laraine Linard. We've been able to set up six new groups so far this year – Bookworms, Theatre Outings, Lunch Club 4, 3rd Pickleball group, Quiz Group, and Tai Chi group. We now have a total of 48 groups and there is an Embroidery Group and a Rock & Pop appreciation Group in the pipeline for the New Year.

One thing that's working very well is our join-on-line facility and I would like to thank Wendy Hubbard and Andy Moir for their efforts in setting this up. We have seen a huge spike in joiners in November, undoubtedly due to the special offer of join now and get sixteen months for the price of twelve. To all our new members, a very warm welcome—your enthusiasm and fresh ideas are already making a difference. We look forward to sharing many adventures, learning opportunities, and friendships with you in the months ahead.

Chelmsford u3a now has a Facebook page and I have Karen Smallwood to thank for setting that up. If you have a Facebook account, please find our page and follow us and share the page with your friends so that the word gets out to more members of the public.

<https://www.facebook.com/profile.php?id=61582093602031>

As we wrap up another wonderful year together, may the festive season bring you joy, laughter, and memorable moments with your u3a friends. Here's to new groups, new experiences, and the continued spirit of curiosity and community. Wishing everyone a very Merry Christmas and a happy, healthy New Year!

Lesley Wood

Sunday Lunch Group 1

Leader: John Tritton

This month we thought we would go for somewhere in town with a car park. We decided on The County Hotel and were very pleased with our choice. It was a little quiet, which makes a nice change from some pubs, the food was very good and well presented. There were nine of us and I think we covered nearly all the menu choices between us! We were having such a good time talking away that we completely forgot to get a photo of the occasion, so you'll have to imagine us all chatting and tucking in.

Partway through the meal, it was noticed that we had no green vegetables, so asked a waitress who eventually brought two large dishes but said we would have to pay separately for them. We did our best to consume the contents but it defeated the best of us, so doggy bags were procured for some to take the remainder home. When the bill came, we noticed that we had not been charged for these extras, which rounded off a most pleasurable afternoon in convivial company.

New members are welcome.

Jenny Barnes & John Tritton

Sunday Lunch Group 2

Leader: Lesley Wood

It was Chris' turn to book the meal in November. He'd heard that the Warren Estate Golf Club in Woodham Walter was opening its club house to non-members on a Sunday. So he booked us into the Oak Room which have many period features including oak beams, an original fireplace and a solid oak floor. It was a beautiful sunny day and the views from the Oak room's windows helped us appreciate the beautiful Essex countryside. There were thirteen of us and we were positioned on two round tables, dressed with white linen tablecloths and vases of flowers.



The main course consisted of a choice of traditional roasts - Sirloin Beef, Leg of Lamb, Turkey or Nut Roast served with all the trimmings and were one of the best roast dinners I've had in a long time. The desserts were very tempting and tea/coffee finished off the meal. We all agreed it was an excellent choice on Chris' part, a really special venue that made a nice change from the usual village pubs we've been used to. We would willingly go back there one day.

Canasta/Card Games Group

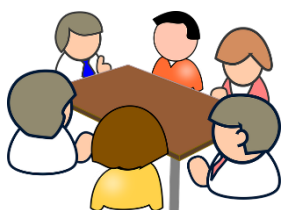
Leader: Julie Hagger

A change of day for the Canasta/Card Games group. It will now be the first and third Monday of the month at 1.30pm at the Gardeners Pub, Crocus Way, North Springfield.

Wonder of Words

Leader: Lindsay Whitehouse

Wonder of Words November Meeting



This month we spent a long time in a fascinating and engaging discussion. The group has gradually morphed into what we could reasonably call a discussion and writing group. The quality of debate is excellent, everyone is given the floor to make their points, different opinions are expressed passionately and listened to attentively. There is never a shortage of humour.

One of our members chose the subject of “Complex Relationships” as the theme for our discussion and subsequent writing. All of the relationships discussed were contained within a family setting and ranged from older sibling rivalry, rebellion against parents (our generation were the rebels) and dysfunctional ex-spouses. It is a measure of the trust that we have in each other, no one balked at sharing their innermost thoughts because we are all safe in the knowledge that what is said in the group stays in the group.

For the writing task we drew lots for prompts to write a story focussed on the theme. We anticipate some top notch writing to be sent out before the next meeting.

For our December meeting we are deserting our usual meeting place in the Library and instead we are meeting in a pub. The manager has given us our own private room and we will all bring along some food to share, we expect to toast in the season together. We will make that a fun agenda with some games, a story recital, a game where we combine to write a story together but one line at a time. One of our members has French as a first language and she will recite a poem in French and English so that we can compare the pace, timbre, wording and mood. We also hope to persuade one of our members to deliver a short performance of comedic rhyme (à la Pam Ayres).

We had one potential new member who enjoyed the meeting so much that he immediately signed up to be a group member. We are now at our capacity for places in our current location in the Library. However, we are actively searching the central area of Chelmsford for another venue with a bigger capacity, privacy, and at a relatively modest cost. It is proving to be a challenge. If anyone can recommend a place, please contact me via the website.

Therefore, if anyone is interested in coming along to try us out please contact me via the website. At most meetings there will be someone who cannot make it, so we can accommodate some new members.

For the future we are planning to write, and then deliver, a performance perhaps a radio play, where we hope to be guided by one of our members who used to work as a drama teacher.

Our group can legitimately appeal to potential writers, debaters, performers, and any combination of those skills.

Lindsay Whitehouse Group Leader

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.



Below is the final meeting of 2025 for members. On behalf of the committee – it has been such a pleasure to have your company at talks and on visits to our beautiful city. We wish you all a very happy Christmas but, for some of us, Christmas this year will be difficult. You are in our thoughts.

15th Dec Film Show **The Lady Killers** plus tea and cakes at Christ Church

Programme for the 2026

- 26th Jan Talk – The Printed City – speaker Alison Woollard.
- 23rd Feb Talk - London's Underground Railway - speaker Tony Tuckwell.
- 23rd Mar *Waiting for confirmation from speaker.*
- 27th Apr Visit - Stephens House & Gardens.
- 22nd May Talk - Slavery in the City - speaker David Williams.
- 22nd Jun Annual walk in the City - Money Tour: coffee shops, Bank, Royal Exchange with City of London Guides
- 27th Jul Visit - Thames Barrier & Greenwich.

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

Spanish Conversation Group

Leader: David Gout



Eight of us gathered on 19th November 2025 to chat about various topics. Many members had been travelling. Places visited varied from Trieste in Italy, Andalusia, Edinburgh (for a special wedding anniversary), The New Forest, to London to see an exhibition of jewellery in the Victoria and Albert Museum.

Trieste is close to the Slovenian border (it was part of the Austro-Hungarian Empire until 1918). Although not on well-trodden tourist routes, the city is attractive and interesting. Unfortunately, the weather was wet, so our member did not see the city at its best, she was keen to go back to see it in better conditions.

The tour of Andalusia included Seville, Granada (to visit the Alhambra Palace), Cordoba, with the bonus of an amazing night procession through the town of Antequera. This was to mark Spanish National Day (October 12th) when Spanish legacy worldwide is celebrated, and is the day when Christopher Columbus is said to have discovered America.

After giving our news which always prompts additional conversation, we collectively tackled three crosswords requiring us to translate English clues to Spanish answers. These varied in difficulty, but all helped us to expand our vocabulary.

The meeting concluded with a question and answer session, in which members asked each other for assistance in resolving a problem. This helps us with listening and responding in Spanish. Queries ranged from looking after a pet cat, watering the plants while they were away, and how to get back to sleep after waking up in the middle of the night!

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 17th December 2025 at 10:30am at Chelmsford Library in the Biography section on the ground floor.

Graeme Harvey

Local History Group

Leader: Jane Humphreys 01245 259590

I sometimes get criticism that the Local History group topics aren't very local. Fair comment – it's not easy to find good speakers who are available and affordable and have something new to tell us about Chelmsford. We stretch 'local' to cover Essex, and occasionally we have a local speaker with a broader historical topic but we ask them to make sure Chelmsford gets a mention. There could be no issues with our latest speaker, Yvonne Lawrence. She spoke about Chelmsford city centre – the High Street through the ages. Apart from a couple of references to Moulsham (home to the Mildmays) and Burgess Well (in Fairfield Road, like the Theatre) we didn't stray from the High Street.

Yvonne focused her talk on people who made the High Street what we know, from the granting by King John in 1199 of the Royal charter to hold a market on Fridays, to the granting by Queen Elizabeth II of City status in 2012. The original market space was an elongated triangle with the broadest part close to the parish church (since 1914 the Cathedral) and tapering down to the junction with Springfield Road near the bridge over the River Can. This pedestrianised space is still evident today.

Some of the people and their impact which Yvonne spoke about are:

- The Dominican Friars from 1237 to 1538. They lived and worked with local people, and their civil engineers were responsible for installing wooden pipes to bring water from Burgess Well to the conduit in the High Street.
- The Mildmay family – Thomas Mildmay, a mercer who worked for Henry VIII on the dissolution of the monasteries, acquired the friary as part of the 1300 acre manor of Moulsham. When he died in 1566 his Will was tightly drawn to ensure the estate descended, intact, down the male line. Only after an Act of Parliament in 1839 was it possible for parcels of land to be sold off. The priority was to allow Mildmay land to be used to build the railway, but it also allowed for some expansion away from the High Street.
- Frederic Chancellor, 1825-1918, architect. He was responsible for improving sanitation by covering over the open waterway/ sewer which ran down the western side of the High Street and for introducing electric lighting. He was elected first Mayor of Chelmsford when the Borough Council was incorporated in 1888, and served a further six times. His buildings included the Corn Exchange replaced in 1972 by the Chancellor Hall.
- Thomas Cramphorn, 1845 -1912. From a stall in the High Street, and then a shop (adjacent to Bond Street), he developed a company that was one of the largest purveyors of agricultural supplies.

Another Mayor, he left a large sum for the building of a theatre or function room. The Cramphorn Theatre is now known as the Studio.

- Fred Spalding, 1830 – 1895, photographer. His studio was on Tindal Square, but his son moved the business to 4-5 High Street. Essex Records Office hold this pictorial archive of Victorian Chelmsford with many photos of the High Street.
- John Johnson, 1732-1814, architect. He favoured building in Coade stone, and was responsible for the Stone Bridge at one end of the High Street and the Shire Hall at the other.

Do join us at Boreham Village Hall for more talks, and decide for yourself how well they fit 'local history'.

2 nd December	A quiet day at Stansted Airport	Mike Benning
6 th January	The history of Broomfield Church	Ros Mercer
3 rd February	The history of the Moot Hall, Maldon	Mike Fogg

Visitors are welcome to meetings, held at Boreham Village Hall starting at 2.15pm, for £3.

Jane Humphreys

Essex Branch of the Historical Association
DEBATE: Causes of the American Civil War (2)
Missouri decides: Whose side are you on, Pukes?
 2.30pm Saturday 6th November 2025
 At Trinity Methodist Church, Chelmsford
 All Welcome £5 for non-members

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499



On Friday 28th November, eleven members of the Birding Group met at Rainham Marshes on a chilly overcast morning. I was not able to attend, so I am grateful to Ann Goddard for these details.

They saw Magpie, Wood Pigeon, Crow, Shoveller, Pintail, Wigeon, Canada Goose, Coot, Shelduck, Moorhen, Coot, Mallard, Teal, Gadwall, Juvenile Mute Swan, Little Grebe, Snipe, Heron, Great Black Back Gull, Herring Gull, Black Headed Gull, Lapwing, Grey Heron, Great Tit, Blue Tit, House Sparrow, Dunnock, Pied Wagtail, Grey Wagtail, Water Pipit, Meadow Pipit, Pheasant, Starling, Robin, Jay, Greylag Goose, Canada Goose, Marsh Harrier, Kestrel and heard Dartford and Cettis Warbler.

Our next meeting is due to be on 23rd of January, we do not meet in December due to the proximity of Christmas. So I will take this opportunity to wish everyone a Happy Christmas and a Peaceful, Healthy 2026. I will email members with full details of our proposed programme for next year soon.

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.

Book Group

Leader: Andy Moir

At our October meeting we discussed The Reading List by Sara Nisha Adams. The novel; main characters are two lonely people, a retired widower named Mukesh and a teenager named Aleisha, who form an unlikely friendship through a mysterious list of books found in a library. Mukesh, trying to connect with his granddaughter, is given the list by Aleisha, who initially takes the job at the library to escape her own problems. Their shared experience of reading the books helps them navigate their personal grief and loneliness.

As frequently happens the group was divided in their opinion about the book. Our opinions ranged from one members saying they didn't finish the book to another who said that they enjoyed every page and would happily read another.

Our books for the next three meeting are:

Mon Dec 15 th	Orbital by Samantha Harvey
Mon Jan 19 th	The Seventh Son by Sebastian Fowkes
Mon Feb 16 th	The Marriage Portrait by Maggie Farrell

Short Walks Group

Leader: Robert Lloyd



On Friday 21st November sixteen of us, including one new member to our group, met at The Old Ship Pub Heybridge Basin for a short walk along the canal towards Maldon and then up onto the sea wall for a meander back to Heybridge.

The water on either side of the sea wall was so blue due to the bright blue sky. It was very cold but we were all well wrapped up. Plenty of birds were seen but I'm no bird enthusiast so unfortunately could only identify the very common ones. I'm sure other members would have been able to name some of the others we could see.

We were certainly given the best day of the week for the walk as the day before it was

raining and also the day after. We were very lucky. The meal at the pub was well organised and we didn't have to wait long for our lunches. Thank you for all the members who joined me on this walk and I hope to see our new member on the next walk.

Anne Brereton

Lunch Group 3

Leader: Laraine Linard and Barbara Childs

For our usual monthly lunch, we went Italian and so thirteen of us met up at Il Palazzo in Chelmsford and it proved to be a very good choice. There was a very varied menu of both Italian and English dishes, and it was quite amusing seeing bits of pizza, peppers vegetables, bread and even whitebait (of which I was lucky enough to participate in) being swapped from plate to plate leaving most of our plates clean as if we had not eaten for some time!

The service was also good and the waiters very polite and obliging. The best bit was being able to pay individually at the end of the meal which made it so much easier than having to sort out one bill. A really enjoyable lunch and we will certainly dine there again.

Sandra Ray

Bus Pass Group

Leader: Maurice Austin

The weather forecast was dire! Rain literally all day, not just any old rain but heavy and sleety rain!! On the morning of our planned trip, it was indeed wet, very wet, cold, grey and horrible!!! The group WhatsUp was red hot with members opting to stay at home, several gave reasons, they didn't really have to.

Nevertheless, five of us gathered at Chelmsford Bus Station for the 0944 First Essex X30 to Stansted. The usual long queues were absent, obviously many other passengers were staying in the warm, too.

The bus arrived on time, loaded the meagre crowd and took us on an uneventful trip. Frequently, this service is well patronised but, on this occasion, we had plenty of choice of seats. However, the weather conditions ensured that all the lovely picture windows were well steamed up so our views of the Essex countryside along the Chelmer Valley were more like flying through a cloud. So, it didn't really matter where we sat!

Arrival at Stansted was punctual. We changed to an Arriva 509 to Harlow via Bishops Stortford driven by a cheerful and helpful lady who showed us the best stop to use for the town centre and shops. This bus was not very busy, either. It wasn't just Chelmsford folk keeping tucked up in the warmth.

The first task of any bus pass trip is to find a nice coffee shop and so we did, very near the bus stop called, oddly enough, the Pop-in Café! So, we did! The coffees were excellent, and it looked as though the cakes and lunches were to, but we resisted temptation and just drank and chatted. The conversation covered a wide range of topics, but the highlight was a review of the experiences and memories of a Chelmsford based schoolboy



in World War II. No names, no pack drill, but it seemed to me that this extended conversation could be developed into a superb talk for one of the groups or monthly meetings. No doubt, someone will express a strong opinion if, and when, he reads this, but I found the informative chat fascinating.

We weren't too keen to go sight-seeing, so we decided to go with Jean who had researched the town's facilities and was keen to explore the arts complex at South Mill. This has recently been renamed from the Cecil Rhodes centre although the great coloniser is still remembered by displays at the splendid and informative town museum. We spent ages exploring this treasure but were a little disappointed at the arts displays which, on their own, wouldn't be worth a visit.

Jean was also very keen on using a Sicilian Restaurant called Cibo, that had been highly recommended by some friends. We hiked off in the continuing rain and eventually found it. It was different from the usual Italian; yes, one could get pizzas, there were lots of pastas on the menu and the puddings and drinks were a bit predictable, but! The flavours were all superb and complex, presentation thoughtful and all red hot! We all left empty plates; well, nearly! Well done Jean and her friends for the recommendation.

It was too miserable, weather-wise to do any more exploring, so we went to the main bus stop for our trip home. It was still, cold, wet and miserable, so we huddled in an open bus shelter which at least kept the rain off us. We had joined a small group of locals whose only reason to be cheerful was the electronic indicator which showed that we shouldn't have long to wait for our bus. But Chelmsford has indicators like this one. Two minutes became three, a jump to six, ten and more. And the buses due before "ours" appeared on the screen as well. Eventually, three buses were shown as due in one, two, and three minutes time. This is on a fifteen-minute interval service! Actually, two buses arrived together some 20 minutes late and the third poked its nose round the corner as we set off!

Last time we went to Bishops Stortford, we caught an infrequent bus back which went all round the villages. We were then a larger group and we displaced some school children, so we were reluctant to use that service again. That bus arrived as we were waiting and we asked the driver how long he would take to get to Stansted Airport. Forty-five minutes he said, so we smugly declined his empty and warm seats in the interests of letting the kiddies have a reasonable trip home.

Well, we waited and eventually got on an Arriva 509 which set off with just over a dozen passengers, made modest progress through the town until we reached Parsonage Lane and the Heath Row area. The traffic here was horrendous, we got mixed up with schools and leisure centres turning out, offices and shops closing earlier than the traditional rush hour and, it seemed the whole world trying to use the narrow roads our bus was trying to use. And of course, no-one gives way to a common bus, despite the highway code saying car drivers should. Our lady driver was incredibly patient and skilful and eventually got us through the maelstrom and into Stansted.

Almost inevitably, the "little" bus we had earlier declined was sitting in the next stand! Immediate thoughts were "dash it – if we had caught that, we would have been able to catch an earlier X30 home."

So, we joined an enormous queue which snaked back and intermingled with several other long queues of people waiting for hotel buses. We had doubts about getting on the next X30, even though they can shift up to 75 passengers at a time. Our bus duly arrived, the previous one had been cancelled so our earlier chivalry hadn't lost us anything, despite all the odds, we got on. The bus was full, apart from one selfish person hogging two seats for himself, and we had an uneventful trip back to Chelmsford.

The December trip will be on Friday 12 December, when I plan to go to Sudbury.

We will meet at Chelmsford Bus Station, stand 8 for the 09.30 First Essex 170 to Braintree where we will change onto the Flagfinders 60 to Sudbury, due to arrive at 1127.

My aim will be to catch the 15.00 Flagfinders 60 back to Braintree where we will change to the First Essex 170 back to Chelmsford for arrival for 1700.

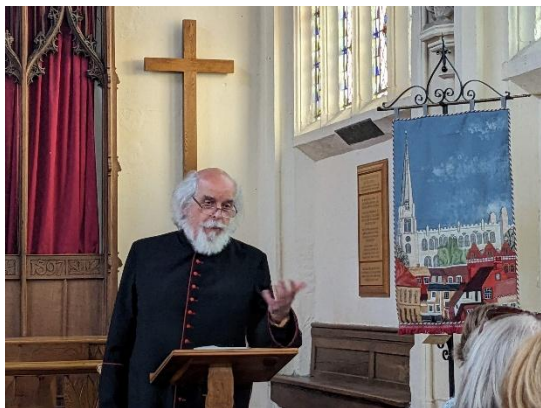
Sudbury is a quaint market town with museums, lovely churches and arts venues. It is “doing Christmas in a big way, lights, trees, activities and more.

I look forward to seeing you then.

Church Visiting Group

Group Leader: Brian Greatrex, Administrator: Michael Gray

Chelmsford u3a visit to Saffron Walden 5th November 2025



For our last visit of the season the Church Visiting Group went to St Mary the Virgin in Saffron Walden. This very impressive late mediaeval church, the largest in Essex, is set on the highest point of the town overlooking one of the best-preserved historical towns in the County.

Vivian Falk kindly served us coffee and delicious home-made cake before Canon Chris Bishop gave us an introduction to the history and the architecture. He sees himself as the ‘recycled’ archivist of the building and the parish.

He picked out several of the most significant people in the history of the place, starting with St Cedd who brought Christianity to Essex in the Saxon period and whose statue is in the churchyard. There was a

Norman Building in the 12th century but a general rebuilding was completed in 1515 in the style we know as Perpendicular Gothic. The church has a comfortable sense of architectural and stylistic unity.

The second person Chris Bishop singled out was Margaret of Anjou, the wife of Henry VI, who visited the town in 1452. There is a small roundel window in the west end from that period. John Wastall, the third person, was the builder/architect of this splendid 1515 church. He has a number of other very significant structures to his name including the fan vaulted ceiling in King's College Cambridge. His face can be seen in the beading in the north clerestory below the window next to the chancel arch. It is very small!



There are many brasses from the ledger stones which are now displayed on the walls. There is the black Belgian slate grave to Lord Audley, together with many other impressive memorials, including those of Rab Butler and Lord Braybrooke, to be examined and enjoyed.

Thanks to Prue for this report, to Peter for sharing his photographs, and of course to Vivian and Canon Chris for making us so welcome.

IT Group

Leader: Lyn Parsons



The IT Group meets the second Wednesday of the month 10.00-11.30 at Christ Church New London Road Chelmsford.

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 & Apple. You may only need to come along for a couple of meetings to get the help you need.

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

Please feel free to come join us if you are looking for IT support, just bring the device you need help with fully charged and mug if you want tea/coffee.

Bookworms

Leader: Marion Jenkins

If anyone would like to join the group our next reads are as follows:

December - Convenience Store Woman by Sayaka Murata

January - The Glass Maker by Tracy Chevalier

Meetings are on the first Thursday of the month. If you are interested in joining the group, please contact me via our webpage at https://chelmsford.u3asite.uk/u3a_groups/book-worms/

The Art Club

Leader: Peter Anderton

The Joy of Creating Pictures

Personal Fulfilment Through Art



Creating art brings me joy and significant personal satisfaction. Both making and studying art are deeply rewarding experiences, if not a bit at times frustrating. I also take great pleasure in seeing the work produced by Art Club members, regardless of their skill level. Their efforts reinforce my long-held belief that anyone with the desire can learn to draw and paint. All it takes is time, patience and persistence. Participating in artistic activities allows every individual at whatever level to find enjoyment in their own way.

The Universality of Creativity

Creativity is a fundamental human trait. It's in our DNA. Every person has the capacity to express creative impulses, enriching their lives in the process. Artistic ability and creativity are not exclusive to a select few, they are inherent in everyone. Through art, we can all share our unique expressions and find fulfilment. Art is a universal language.

Learning the Artistic Process

While mastering specific techniques and materials is important, these are simply practical techniques of art. With proper guidance and consistent practice, anyone can learn to use these tools effectively. Over time, these skills become second nature, making the journey of creating art accessible to all who are willing to pursue it.

We are a friendly inclusive group and meet every Monday (11:15 to 14:15) except for Bank Holidays and the school summer holiday period (August) at Boreham Village Hall.

To find out more about having fun with paint, pencil and pastel, get in touch with Peter Anderton via the u3a Chelmsford Art Club page on our website at https://chelmsford.u3asite.uk/u3a_groups/art-club/

Science Group

Leader: Chris Bellamy chrisallenbellamy@btinternet.com

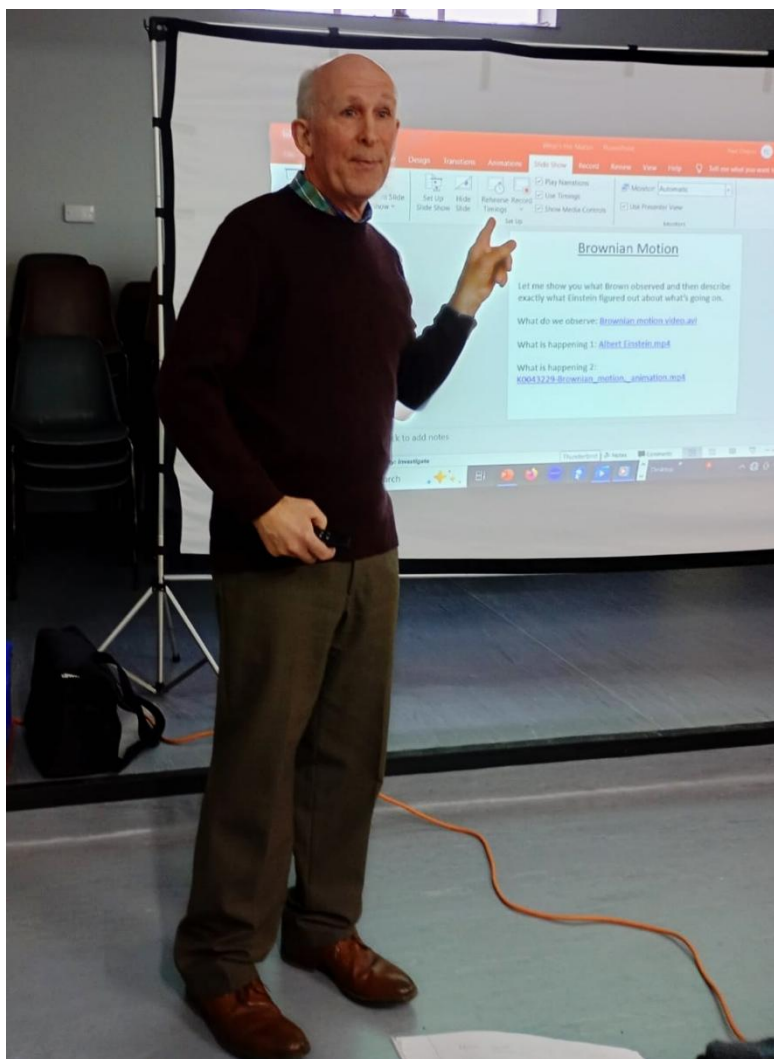
Deputy: Paul Chaplin paulchaplin@talktalk.net

'What's the Matter' by David Hall a member of the group - 20th November 2025

In April this year David gave a talk on Quantum Mechanics and during the discussion at the end of his presentation the members asked for more information on basic chemistry. David the set to work to give his excellent presentation including animations.

Matter is everything around us except energy which includes light, heat and electricity. Matter is made from atoms which comprise of neutrons and protons forming a nucleus with electrons 'orbiting' around the nucleus. The numbers of neutrons and protons in the nucleus determines the element. The periodic table

explains this very eloquently. However very few elements remain as elements. Oxygen in the air and lead are two exceptions. Most elements combine with other element to form compounds. The proportion of the elements in a compound are fixed. In a mixture they can be varied.



Atoms can't be seen by a microscope because they are so small but the electron microscope can produce patterns to indicate structures. Brownian motion was observed by Mr Brown where under a microscope minute particle could be seen to move about. By showing three animations the mechanism of movement can be visualised. Atoms moving about randomly hit a particle which moves. Meticulous research started to give an explanation which was confirmed by Einstein's mathematical theory. Many other scientists have studied the properties of atoms and gradually understanding the nature of matter.

Early on in his talk David showed the periodic table and explained over 2/3 of all elements are metals and went on to discuss what metals are and their properties of strength and ductility and toughness.

David explained currently it is believed that quarks are the fundamental unit that makes up neutrons and protons and electrons don't orbit the nucleus but form a cloud well away from the nucleus.

Another good session well worth attending and thanks to David Hall for preparing this lecture and answering some difficult questions with skill.

A reminder our next event is the lunch on Thursday 29th January 2026 at Ivy Hill. For enquiries or information please contact Paul Chaplin at paulchaplin@talktalk.net.

Paul Chaplin

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.**

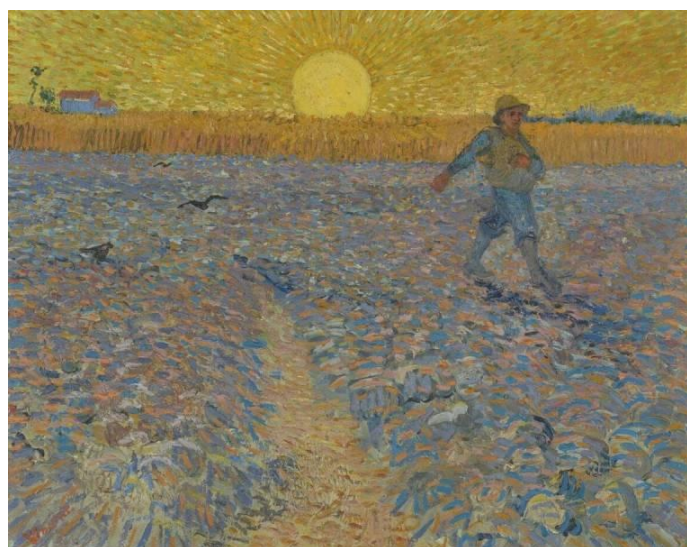
Chelmsford Science and Engineering Society

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

Art Appreciation Group

Leader: Brenda Kelly

This month we travelled up to the National Gallery to see the exhibition 'Radical Harmony: Helene Kröller-Müller's Neo-Impressionists'. The Neo-Impressionists painted in small dots of colour and the new style of painting was known as Pointillism. It dealt with painting in an entirely new way approaching abstraction. We saw pictures of scenery, harbours, silent people, dancers, as well as portraits which all seemed to shimmer in a fascinating way. Helene Kroller-Muller collected these paintings and they are usually on display in the Helene Kröller-Müller Museum in Otter in the Netherlands near the German border.



The Pointillists also had some radical political ideas and showed the harsh conditions and long hours that the working people of the time suffered. We saw a picture of people working in a mine and also of agricultural labourers.

Perhaps the more famous paintings there were 'La Chahut' depicting can-can dancers by Seurat and 'The Sower' by Van Gogh. A very interesting exhibition.

In December we shall be having our Christmas Lunch. Happy Christmas to everyone.

Garden Group

Group Leader: Chris Bellamy

There is no meeting in December.

The Garden Group Lunch at Litte Channels is on Thursday 22nd January 2026. The details and the menu choices will be emailed out shortly. Raffle prizes, unwanted Xmas gifts etc. welcomed..

Travel Group

Leader: Anne Brereton

Just a reminder for the members of the Travel group. that I look forward to meeting all the members who will be joining me on our Annual Christmas lunch at 12pm on the 12th December 2025, at Bartellas, Ivy Hill Hotel, Mararettng CM4 0EH.

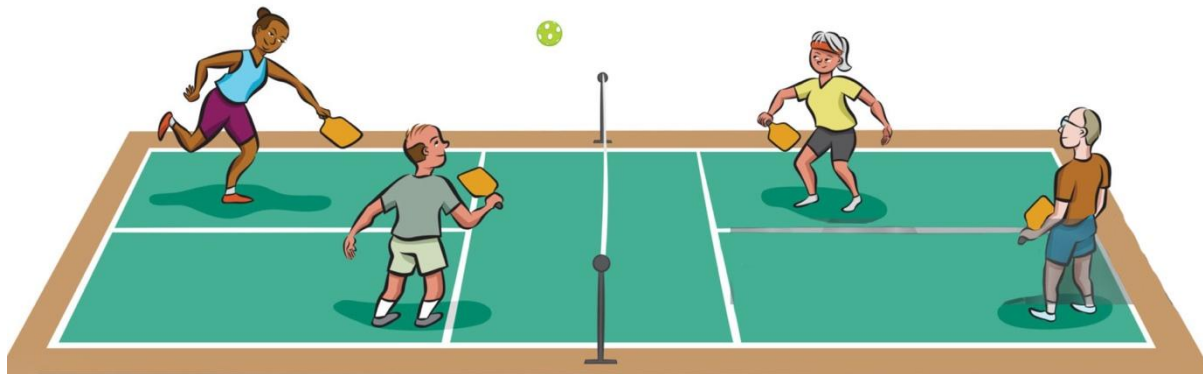
Also for our Travel Group meeting on the 13th January .Room 1 at Christchurch. 2pm.Please bring any holiday suggestions and feed back from this years holidays with you.

Anne Breeton

Pickleball Thursdays
Leader: Alan Mayo



Pickleball has proved so popular that we no longer accept new members to our Monday and Tuesday groups. U3A members should not despair however, as we have started yet another group called Pickleball Thursdays - the clue to when we play is in the group name! This group has been playing now for three weeks, 12noon at Melbourne leisure centre, having ten members already, all of whom had never played before but with expert tuition are improving rapidly. Overall we now have 55 players across our three groups.



The game is similar to tennis, the ball is much slower and less bouncy than a tennis ball, the net is slightly lower than in tennis and the court is smaller – so it’s suitable for us thirdagers.

Anyone interested in this group, whether you are a beginner or retiree from squash/tennis/ badminton, should contact me via the Pickleball Thursday group page at our website <https://chelmsford.u3asite.uk/> or email me directly via pickleballu3a@gmail.com

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 January 2026 Newsletter to the editor, Andy Moir.
 All copy must arrive no later than Friday 2nd January 2026.**

Interest Groups (as of 4th October 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
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	Marion Jenkins	
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	Val Norfolk	07500 444518
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
Pickleball Thursday	Thursday Weekly	12.00	Alan Mayo	07979 540053
Poetry Appreciation	2nd Wed	14.00	Judith & Tony Boniface	01245 266316
Quiz Group	4 th Thursday	10.00	Laraine Linard	01245 475444
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
Tai Chi	Tuesdays	14.00	Alan Caddy	
Theatre Outings	As and when		Lesley Wood	01245 601359
Travel Group	Holidays -see website	-	Anne Brereton	
The Wonder of Words	3 rd Wednesday	14.00	Lyndsay Whitehouse	01245 356363
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

PLEASE NOTE THAT BECAUSE OF CHRISTMAS MANY MEETING WILL BE CANCELLED OR REARRANGED.

Events in December 2025

MON		TUE		WED		THU		FRI		SAT		SUN	
1		2		3		4		5		6		7	
👤 10:00 am: Philosophy & Religion		👤 9:30 am: Art for Pleasure		👤 7:00 am: Fishing		👤 10:30 am: Philosophy 2		👤 9:45 am: Walking Group				👤 12:00 pm: Sunday lunch Group 1	
👤 11:15 am: Art Club		👤 1:45 pm: Pickleball Tuesday		👤 10:30 am: Church Visits		👤 11:00 am: Pickleball Thursday							
👤 1:45 pm: Pickleball Monday		👤 2:00 pm: Bridge (Beginners)				👤 12:00 pm: Lunch Club 3							
		👤 2:00 pm: Local History				👤 2:30 pm: Book Worms							
		👤 2:00 pm: Mah-Jong											
		👤 2:00 pm: Tai Chi											
8		9		10		11		12		13		14	
👤 All day Walks		👤 9:30 am: Art for Pleasure		👤 10:00 am: IT Group		👤 11:00 am: Pickleball Thursday		👤 Bus Pass Group					
👤 11:15 am: Art Club		👤 1:45 pm: Pickleball Tuesday		👤 2:00 pm: French Conversation		👤 2:00 pm: Monthly Meeting - Christmas Social - Sing A Song of Christmas		👤 10:00 am: Cycling for Fun					
👤 1:45 pm: Pickleball Monday		👤 2:00 pm: Bridge (Beginners)		👤 2:00 pm: Poetry				👤 10:30 am: Ten Pin Bowling					
👤 2:00 pm: Monthly Meeting - Christmas Social - Sing A Song of Christmas		👤 2:00 pm: Discussion Group											
		👤 2:00 pm: Tai Chi											
15		16		17		18		19		20		21	
👤 11:15 am: Art Club		👤 Mah-Jong		👤 10:30 am: Jazz and Blues Group		👤 10:00 am: Sewing and Crochet		👤 9:45 am: Walking Group				👤 12:00 pm: Sunday lunch Group 2	
👤 1:45 pm: Pickleball Monday		👤 9:30 am: Art for Pleasure		👤 10:30 am: Spanish Conversation		👤 11:00 am: Pickleball Thursday		👤 10:00 am: Short Walks					
👤 2:30 pm: Book Group		👤 1:45 pm: Pickleball Tuesday		👤 12:30 pm: Lunch Club 4		👤 2:15 pm: Science Group							
👤 7:00 pm: International Dining		👤 2:00 pm: Bridge (Beginners)		👤 2:00 pm: Wonder of Words									
		👤 2:00 pm: Tai Chi											

	22	23	24	25	26	27	28
	<p>11:15 am: Art Club</p> <p>1:45 pm: Pickleball Monday</p> <p>2:00 pm: London: the City and its People Group</p>	<p>9:30 am: Art for Pleasure</p> <p>10:00 am: Cycling for Fun</p> <p>12:30 pm: Lunch Club 2</p> <p>1:45 pm: Pickleball Tuesday</p> <p>2:00 pm: Bridge (Beginners)</p> <p>2:00 pm: Tai Chi</p> <p>2:30 pm: Art Appreciation</p>	<p>2:00 pm: French Conversation</p>	<p>10:00 am: Quiz Group</p> <p>11:00 am: Pickleball Thursday</p> <p>2:00 pm: Garden Group</p>	<p>10:00 am: Birding</p> <p>10:30 am: Ten Pin Bowling</p> <p>12:30 pm: Luncheon Group 1</p> <p>2:00 pm: Family History</p>		
	29	30	31	1	2	3	4
	<p>11:15 am: Art Club</p> <p>1:45 pm: Pickleball Monday</p>	<p>9:30 am: Art for Pleasure</p> <p>1:45 pm: Pickleball Tuesday</p> <p>2:00 pm: Bridge (Beginners)</p> <p>2:00 pm: Tai Chi</p>		<p>10:30 am: Philosophy 2</p> <p>11:00 am: Pickleball Thursday</p> <p>12:00 pm: Lunch Club 3</p> <p>2:30 pm: Book Worms</p>	<p>9:45 am: Walking Group</p>		<p>12:00 pm: Sunday lunch Group 1</p>

The Mindful Life Group

Dedicated to older adult mental health

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

Spaces limited to 15

Mindfulness for Older Adults who Care

Thursday 29th January 2026 10am-11am

- Designed by Clinical Psychologists
- Delivered by BAMBA-Registered Mindfulness Teachers

Our course is proven to increase wellbeing and resilience

Visit our website
www.the-mindful-life.com
to find out more and apply



We are a Clinical Psychology led organisation and aim to provide robust interventions to support good mental health and reduce dementia risk.

- ✓ Evidence-Based
- ✓ Tailored for over 65s

 Essex County Council