

NEWSLETTER

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From the Chair

DISCOVER LONDON

I am pleased to announce we are setting up a new group to **Discover London**. There are so many great attractions that we never get round to visiting, we thought we should do something about it. The aim of the group is to arrange informal visits to museums, art galleries, and exhibitions in London. The group will be run on WhatsApp.

We will suggest a venue to visit and those members who are interested can sign up. The dates will vary depending on the trip. The groups will be small & friendly. We will also suggest a hostelry to gather afterwards for refreshments.

If you want to join the Discover London WhatsApp Group, email RVu3a@hotmail.com and we will make it happen.

NEW AND PROSPECTIVE MEMBERS MEETING

On Wednesday 18 March 2026 at 10:30 am at Theydon Bois Village Hall, we will be holding a Coffee Morning for New and Prospective Members.

We will tell them all about our groups and what a great bunch of people we are. If you have any friends or neighbours who might be interested in joining RV u3a, let me know and you can bring them along.

NEW COMMITTEE MEMBERS

We are looking for two new committee members. Could you spare a couple of hours a month to help run our u3a? For more details, just give me a call. 07968 174 388

Laura

MONTHLY MEETINGS AT THEYDON BOIS VILLAGE HALL

9.30 for 10.00am. Refreshments available before the meeting.

16 FEBRUARY 2026

Speaker - Andy Relf

When was it best to be ill?

The speaker will give a light-hearted and illustrated timeline of 'Medical Milestones' and how things in medicine are not always what they seem.

From Cataracts to Radioactive Water, it's not always what you think!

Things are definitely better now with modern intervention.



16 MARCH 2026

Speaker - Nick Cook

Baked Alaska or Mexican Chilly?

In July 2019, people sunbathed in a baking Alaska as temperatures soared to an unprecedented 32C. In the same month the normally baking city of Guadalajara in Mexico shivered beneath chilly 3-foot blanket of freak hailstones. The talk explores the fascinating history, science, and politics of climate change as well as the very obvious impact on the weather.



U3A FESTIVAL - York

The second u3a Festival takes place July 1-3 in York with talks, workshops and activities spanning sports, music, art and much more.

. You can book for a 3-day ticket or an individual 1-day ticket. Go to u3a.org.uk/festival26 to sign up for the Festival Newsletter.

**IF YOU WISH TO ATTEND ANY OF THE
ACTIVITIES OR GROUPS MENTIONED BELOW –
EMAIL RVU3a@hotmail.com**

Outings



**VISIT to the ESSEX & HERTS
AIR AMBULANCE STATION,
NORTH WEALD AIRFIELD
Wednesday 25 MARCH 2026
Tour commences 11.00am**

Immerse yourself in their exciting 999 Experience, you might want to put on a helmet and sit in the pilot's seat! Listen to interesting facts and a wealth of background and operational information provided by their volunteer hosts, Mark and Hoss.

There is accessible parking, and the site is wheelchair friendly.

Tours are at ground level, and there is a café, and accessible toilets, and a gift shop which can take cash and card payments.

Their 999 Experience includes flashing lights and loud noise - tell your guide on arrival if this is an issue (and consider bringing ear-defenders).

Meet at the Visitor Centre car park by 10.45 latest. Directions available at the Monday meeting or by email.

Cost – is free - but we'd be looking for a minimum of £5.00 per person as a donation which we will pass on as a lump sum. Donations preferably in cash please.

Trips to the Cinema

Cinema Club

The group is run on WhatsApp. It does not have a regular date, but suggestions are posted, when there is a popular film on at Stratford or in London. In January we went to see 'Hamnet' and 'H is for Hawk'. Let me know if you would like to be added to the WhatsApp group.



Sunday Afternoon Concerts

Lisa Batiashvili plays Tchaikovsky (Rear stalls: row GG -£13.25; rear stalls row CC £20.75)

Sunday 22 March 2026, 3pm - Santtu-Matias Rouvali – Conductor

Lisa Batiashvili – violin

Bacewicz Divertimento

Tchaikovsky Violin Concerto

Walton Symphony No. 1

Bruce Liu plays Ravel (Balcony row L £17; Balcony row F £24.50)

Sunday 12 April 2026, 3pm - Ryan Bancroft – Conductor

Bruce Liu – piano

Britten Four Sea Interludes from Peter Grimes

Ravel Piano Concerto in G

Tchaikovsky Symphony No. 5

Nicola Benedetti plays Elgar (Balcony row L £17; Balcony row F £24.50)

Sunday 19 April 2026, 3pm - Cristian Măcelaru – Conductor

Nicola Benedetti – violin

Elgar Violin Concerto

Chaminade Callirhoë Suite

Walks

Tuesday 17 February 2026 – Hyde Park/Royal Albert Hall/Mayfair

A walk across Hyde Park starting in the Italian Gardens via Albert Memorial and Royal Albert Hall, “Rotten Row”, Serpentine and Mayfair.

Meet at 9.30 at Loughton Underground Station - or at 10.30 at The Italian Gardens Café, Kensington Gardens, Lancaster Gate, W2 2SD (in Hyde Park, entrance nr Royal Lancaster Hotel. Nearest tube Lancaster Gate (Central Line) – Bayswater Rd exit.).

Return via Bond St (Central/Elizabeth Line) or earlier Hyde Park Corner (Piccadilly Line).

As usual - please let us know if you intend to join the walk.

Tuesday 17 March 2026 - Bazalgette Embankment

"A newly opened section of the Embankment near Blackfriars Bridge built above massive new sewer system!"

Meet at Loughton Station at 9:30 or "Corner Shop" coffee bar behind Temple Station 10:30-11:00.

Walk starts at Temple station (District Line) & finishes at Tower Hill station (District Line) or drop out at St. Paul's (Central Line) Total walk 2+miles.

Around the Groups

Afternoon Tea Group

The next meeting will be on Monday 2 March at 2.30pm at the convenors home

Creative Writing Group

Our Creative Writing Group is very popular and is currently full.

We meet to share short stories, poems and ideas in a friendly, safe and supportive space. Sessions are relaxed, lively and encouraging, and no previous writing experience is needed — we genuinely believe everyone has it in them to write.

If you'd like to join us, please send your name - we'll be happy to add you to our short waiting list. As soon as a space becomes available, we'll be in touch. Thank you for your interest — it's lovely to see such enthusiasm for creative writing.

Chair Yoga

This warm & friendly group meets every Friday morning from **10:00–11:00 am** in the **Wesley Hall at Methodist Hall, Loughton High Road.**

Sessions are relaxed, great fun and fully inclusive, welcoming all abilities — **irrespective of any aches, pains or niggles.** Everyone is encouraged to move safely, stretch a little further, and enjoy the shared experience in a supportive atmosphere.

Current Affairs

The Current Affairs Group provides an opportunity for members to discuss issues of current global, national, and local importance.

In January, our discussions included: - the US attack on Venezuela; Trump's desire to take over Greenland; and wasting public money on New Year's Eve fireworks.

A full review of the topics discussed can be found on our website. The group meets at 2:45 on the 2nd Tuesday of the month at Theydon Bois Village Hall. New members welcome.

Dog Walking Group

A walking group where dogs are allowed!

The group meets each Thursday morning at 10:30 am, subject to the weather. A 1-hour wander through Epping Forest with friends. What could be better?

IMPROV

Our IMPROV group is an absolute tonic

What is it?

Improvisation — playful acting, storytelling, and creating scenes on the spot. No scripts, no lines to learn, no pressure, and no performing for an audience. Just imagination, connection, and plenty of laughs.

Why join? • Fun — full of silly moments and surprises • **Good for the brain** — boosts creativity and confidence • **Social** — an easy way to connect with others • **Energising** — you'll leave smiling

No experience needed — just bring yourself and a sense of humour. Whether outgoing or shy, everyone fits in.

To join, email Michael as above

Venue: The Hub, Loughton Methodist Church, 260 High Rd, Loughton IG10 1RB

When: 2nd & 4th Thursday afternoons of the month 2.00 – 3.30pm

Ladies & Lads that Lunch



On 18 February we are going to the **Foresters Arms**. Let me know if you would like to join us.

Spanish Conversation.

We will meet in March 2026 as usual: 2nd & 4th Wednesday at 11.00 at "Mi casa" Bring your movies! We will view a documentary, take notes, talk about the vast total area of Argentina, (780.400 Square km, a coastline in the Atlantic of 2.900 miles. With sunshine! Argentina is 'El granero del Mundo!' a global agricultural powerhouse: beef, soybeans, maize, wine, fruits, poultry, olive oil. Yerba Mate. Also having the falls: "Foz Iguazu" and Parana River, or the ferocious parana fish! Then a long Atlantic coast with part of Antarctica. And not to forget Football, Messi, Maradona - & not least the 'POLO' Girls! So be prepared with "Questions and Answers" And who knows may be a glass of Malvec and chipas! Chin, Chin, Chin! Ole! Viva! La Mamita! Vamos muchachas! Olé Olé Olé.

Non-Fiction Book Group



The non-fiction book club is where members read and discuss books grounded in reality. It dives into topics like history, science, psychology, politics, and economics.

The group meets at 7:15 pm on the 2nd Thursday of each month, in the Queen Victoria in Theydon.

Over the next few months, we will be reading:

'Deep Sea and Foreign Going' by Rose George; 'Paris 44, The Shame, and the Glory' by Patrick Bishop; 'Map of a Nation' by Rachel Hewitt
If you would like to join the group, please email RVu3a@hotmail.com

Pub Club Plus!

The aim of the Pub Club is to provide members with an opportunity to meet with friends in the evening for a drink and a chat. Members are encouraged to bring along ideas for other evening activities. We will try to meet about once a month in various locations around the local area.

This month we are going to a pub quiz.

If you wish to be added to the Pub Club Plus WhatsApp Group, just let me know.



NEW GROUPS

Whist

We are still trying to set up a new whist group. I need a few more people before the group will launch. A number of members would like to learn whist, so if you would be willing to teach a small group, please contact me.



2025/2026 Executive Committee

<p>Chair Laura Blake</p>
<p><i>Vice Chair Vacant</i></p>
<p><i>Groups' Co-ordinator Vacant</i></p>
<p>Secretary Andrew Forrest</p>
<p>Treasurer Sylvia Newton</p>
<p>Membership Secretary Peter Rowles</p>
<p>Speaker Secretary Catherine Doran</p>
<p>David Linnell</p>
<p>General George Howard Committee Louise Howard Members Vivien McCaffrey Anne Scurfield</p>
<p>Non committee member Hall Bookings - Dennis Stoner</p>

As Trustees of Roding Valley U3A (Charity Trust No.1116143), the Executive Committee members are legally responsible for the finances and administration of RVu3a and their decision on all matters is final. Roding Valley u3a cannot accept responsibility for any commercial activities carried out by any convenor, speaker or member that may be advertised or promoted at any time. Members use such services at their own risk without any recourse to Roding Valley u3a or its Trustees.