

Newsletter -March 2026

Registered Charity No.1116143

From the Chair

The Sun Is Out!

Now the rain has stopped, it is time to think about getting out and about. Why not join our Discover London Group or go for a walk in Epping Forest with our Dog Walking Group (dog not required). You could join Ladies & Lads that Lunch or go to our Friday quiz. There is also the Cinema Club, which includes watching National Theatre Live streamings. If you are interested in any of these, let me know.

Interest Groups Online

Don't forget, if you are staying in, there are lots of online activities available to you from the u3a trust.

A few examples include:

- Exploring Classical Music – 1st & 3rd Thursday from at 10 am
- Digital Skills - Weekly on Friday at 10 am
- Armchair Travellers - Third Wednesday of the month at 3 pm
- Health Matters in Later Life - 4th Friday from 11 am

You could always invite a friend round to enjoy the activity together. To find out more, go to the u3a trust website <https://www.u3a.org.uk/> and follow the tabs at the top, /what-we-do/learning/interest-groups-online/interest-groups-online-groups.

Take care and I hope to see you all soon.

Laura

MONTHLY MEETINGS AT THEYDON BOIS VILLAGE HALL

9.30 for 10.00am. Refreshments available before the meeting.

16 MARCH 2026

Nick Cook

Baked Alaska or Mexican Chilly?

In July 2019 people sunbathed in a baking Alaska as temperatures soared to an unprecedented 32 c. 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.



20 APRIL 2026

Danielle Barnett

Queen – Freddie's Kind of Magic



From humble beginnings, the band Queen was born. The talk will take you on a musical journey and provide a deeper look at the life and loves of the legend that was Freddie Mercury.

Be advised that u3a cannot endorse the content of the speakers' presentation or speech

***If you would like to join any of the groups or activities mentioned in the newsletter, please email RVu3a@hotmail.com. ***

Around the Groups

Afternoon Tea

Our next meeting will be on Monday 30 March at 2.30 pm at Julie's Café at Stonards Hill park in Epping. ☕ 🍰 😊

Backgammon Group

The Backgammon Group meets on the 4th Wednesday of the month at 2:00 pm-4:00 pm at the Queen Victoria Pub - Theydon Bois. We are happy to remind you of the rules if you are a bit rusty. If you want to come along on Wednesday 22 April, just call or email. We want more players.

Book Group



In February we read “**The Road to California by Louise Walters**”. It scored 7.2. All our reviews are on the website. Search Roding Valley Book Club.

In March we are reading “**Three Hours by Rosamund Lupton**”, a political thriller.

The Book Group meets at 2:45 pm on the third Tuesday of the month in Theydon Bois Village Hall. If you would like to join the group, please email RVu3a@hotmail.com

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. To join, just email us.

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 or screening on at Stratford or in London. Let me know if you would like to be added to the WhatsApp group.



This month we have arranged to see the NT live broadcast of “**Authur Miller’s All My Sons**” and “**EPIC: Elvis Presley in Concert**”.

Creative Writing Group

Our Creative Writing Group is very popular and is currently full. Here is a link to some of our recent work: <https://bit.ly/4agxfZd>

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.

Current Affairs

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

In **February**, our discussions included:

- The Epstein saga
- Crime Levels
- The race to the moon



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.

Curry Club



In March we will be visiting the Coriander in Buckhurst Hill.

If you want to be notified of upcoming meals, please let me know. The Curry Club meets on a Monday or Tuesday evening at 7:00 pm every 6 or 7 weeks.

Keep Fit

The last Keep Fit session before Easter is on March 31 and the group re-starts on Tuesday 21 April. It meets at Theydon Bois Village Hall on Tuesdays 1.30-2.30pm.

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 us.

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



In March we are going to Filika in Theydon. If you want to be on our mailing list, please let us know.

Lives of Artists

The Lives of Artists group provides a basic introduction to some of the world's most famous artists. **We need more members to continue.**



The group meets on the 1st Thursday of the Month at 2.00 pm in Loughton. Contact Laura to join. Next month we will be looking at the life of **John Constable**.

Scrabble

Keep your brain active and join the Scrabble Group. We meet on the 1st Tuesday of the month at 2:45 in Theydon Bois Village Hall. We are of varying standards and would like more members.

Non-Fiction Book Group



The non-fiction book club is where members read and discuss books grounded in reality. The group 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.

In February we read “**Deep Sea and Foreign Going by Rose George**”. It was well received and scored 7.9 out of 10. In March we are reading “**Paris 44, The Shame, and the Glory by Patrick Bishop**”. If you would like to join the group, please get in touch.

Walking Group

Tuesday 17th 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.

Please contact us if joining the walk.

Tuesday 21 April 2026 - St Katherine Dock/Wapping

Travel to Tower Hill via Central line/District line. Exit station, turn right and walk through Trinity Square Gardens.

You will see a big Wetherspoons pub (The Liberty Bounds) at the end of the gardens. Meet there at 10.30am. Or meet at Loughton Underground Station at 9.30am.

A circular walk through St Katherine Dock, Wapping High Street and Tobacco Dock. Approximately 2.5 miles.

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

Weekly Walking Group (dogs allowed)

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?



NEW GROUPS

DISCOVER LONDON

The aim of the group is to arrange informal visits to museums, art galleries, and exhibitions in London.

The group runs on WhatsApp. We 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.

Our first adventure is to the **Bank of England Museum**, followed by a trip to **The Lamb Tavern in Leaden Hall Market**.

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



Whist

We are still trying to set up a new whist group. I need a few more people before the group will launch.



Pub Quiz Team

The RV u3a Pub Quiz Team went to their first quiz in February at the Queen Victoria Theydon. It was great fun, but we did not win. I got the anagram clue right, but we struggled with some of the picture questions. If you are interested in going to the occasional pub quiz let me know. Laura

Quiz
Time

2025/2026 Executive Committee

Chair

Laura Blake

Vice Chair – Vacant

Groups' Co-ordinator Vacant

Secretary

Andrew Forrest

Treasurer

Silvia Newton

Membership Secretary

Peter Rowles

Speaker Secretary

Catherine Doran

David Linnell

General
Committee
Members

George Howard

Louise Howard

Vivien McCaffrey

Anne Scurfield

Non committee member

Hall Bookings - Dennis Stoner

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