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## From the Chair

### Membership Renewal

I would like to start by thanking everyone who has renewed their membership. If you have not renewed, now would be a great time. You will have received an email on 1 June with details of how to pay. Just email me if you need any help.

### Keeping Cool

I hope that by the time you read this the temperatures will have dropped a little. It seemed appropriate that I have been reading 'The Burning Earth', for our non-fiction book club. The book explores human's impact on the planet over the last 500 years. We have read some really great books and have covered everything from "Russian Dissidents" to "The History of Paris in 1944". If you are interested in joining the group, let me know and I will tell you all about it.

### Happy Birthday to The Dog Walking Group

It is now a year since we launched the Dog Walking Group (*no dogs required*). Over the last twelve months the group have walked all over Epping Forest and taken some wonderful photos. The group meets weekly on Thursday mornings 10:30 am-11:30 am. The locations vary each week, and each walk is lead by a member. If you would like to find out more just send me an email.

Take care, Laura.

## MONTHLY MEETINGS AT THEYDON BOIS VILLAGE HALL

9.30 for 10.00am. Refreshments available before the meeting.

**15 June 2026**

**Gary Powell**

### **St Paul's Cathedral - An Unusual Guide**

Wren's cathedral has shared in three centuries of British history – built after the Great Fire of London destroyed its predecessor in 1666- it has many secrets hidden behind its walls. This talk looks at those who have passed through and those who remain in this historical building.



**20 July 2026**

**Neil Dickinson**

### **Japan: the last Shogun to the present Emperor**



Subtitled “Japanese Emperors since 1867 and the creation of modern Japan”, the talk looks at how in just a short time in the late 19th century, Japan miraculously transformed from an undeveloped, inward looking feudal nation to a world player.

## OUTINGS

For the past 10 years or so, we have been organising trips by coach, car, train and boat which we hope those who partook enjoyed.

Now, three of our number have retired, leaving just the three of us, with one further retirement in the pipeline.

If Roding Valley u3a are to continue offering the number and quality of outings we have in the past, we really need reinforcements! Can you come up with places to go, are you organised and able to run two or three outings a year? If so, please contact RVu3a@hotmail.com Thank you.

## **TO JOIN ANY OF THE GROUPS OR ACTIVITIES MENTIONED BELOW – PLEASE EMAIL**

**[RVu3a@HOTMAIL.COM](mailto:RVu3a@HOTMAIL.COM)**

### **Around the Groups**

#### **THE LAST FOUR WEEKS IN BRIEF**

The **BOOK GROUP** read “The Woman with All The Answers by Linda Green. It scored 7.4.

The **LADIES AND LADS THAT LUNCH** ate at the Bull in Theydon.

The **LIVES OF ARTIST GROUP** learnt about David Hockney.

The **CURRENT AFFAIRS GROUP** discussed the Local Election Results

The **CINEMA CLUB** saw The Christophers with Ian McKellen

If you want to find out more about any of these groups, email

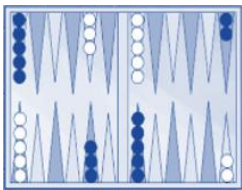
[RVu3a@hotmail.com](mailto:RVu3a@hotmail.com)

#### **Afternoon Tea**

Our next meeting will be on Monday 6 July at 2.30pm at the Village Deli in Epping.

If you would like to join us please let me know in advance and contact me for further details

#### **Backgammon Group**



**Have you always wanted to learn to play backgammon?** Now's your chance. Come along to the backgammon group and we will show you how. It's easy to learn and the element of luck means the best players do not always win!

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.

#### **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, or to find out more, please email Michael.



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. Sometimes there are a dozen of us at a film and then other times just 3 or 4. Let us know if you would like to be added to the WhatsApp group.

### **Creative Writing Group**

Our Creative Writing Group is so popular that we are moving our meetings to a larger venue, which means we can welcome more of you. Here is a link to some of our recent work: <https://bit.ly/4agxfZd>

We meet to share short stories, poems, rants 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, get in touch. Thank you for your interest — it's lovely to see such enthusiasm for creative writing.

### **Discover London**

#### **Hockney Serpentine trip**

On Friday 8th May, 26 of the Discover London group travelled to Lancaster Gate on the Central line to visit the free Hockney exhibition at the Serpentine Galley. To get to the exhibition, we walked along the Serpentine through Hyde Park past a Henry Moore sculpture to the Friends Cafe for refreshments.



The exhibition "A year in Normandie" featured David Hockney's iPad drawings done during Covid in 2019-20. They were amazingly detailed and colourful.

### **Keep Fit**

Keep Fit provides a mixture of chair exercises and more energetic exercises and meets on Tuesdays 1.30-2.30pm at Theydon Bois Village Hall. If you would like to attend for a free taster session or would like more information please contact me.

The term ends on 7 July.

## IMPROV – A Real Tonic!

I wish I had the words to tell you how much fun and freeing our Improv sessions are. They are an absolute tonic

It's all about making things up on the spot—being spontaneous and inventive, creating stuff in the moment and light playful acting. There are no scripts, no lines to learn, no pressure, and no performing for an audience. Just imagination, connection, and plenty of laughter.

Good for the brain – boosting creativity and confidence and an easy, relaxed way to connect with others

No experience needed—just bring yourself and a sense of humour. Whether you're outgoing or a little shy, you'll find your place.

**Go on—give it a try.** *You might just surprise yourself.*

Interested? Email Michael (details above)

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

**When:** 2nd & 4th Thursdays of the month, 2:00 – 3:30pm

## Non-Fiction Group

RVu3a@hotmail.com

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 2<sup>nd</sup> Thursday of each month, in the Queen Victoria in Theydon.



In May we read “**The Finest Hotel in Kabul by Lyse Doucset**”. It had mixed reviews and scored 6.3 out of 10.

If you would like to join the group, please get in touch. A list of our upcoming books is on the website Book Club - Non Fiction - Roding Valley

## Pub Quiz Team

RVu3a@hotmail.com

We had two teams at the latest pub quiz. One came 4<sup>th</sup>, we don't talk about my team. 😞 If you are interested in going to the occasional pub quiz let me know. Laura



## Scrabble

Do you enjoy a game of scrabble? Then join our group. Don't worry if you are not very good, we are all of varying standards. The Chair plays but her spelling is dreadful!

We meet on the 1st Tuesday of the month at 2:45 in Theydon Bois Village Hall.

## **Spanish Conversation**

The Spanish Conversation Group meets at "Mi casa" on 2nd. and 4th. Wednesdays of the month at 11.00 am. The weather has been good and sunny. So again and again we enjoyed sitting Outdoors, in the garden. Having tea, coffee and much talking about the latest news in the group, in the country and in the world. We are in contact always by WhatsApp "Los Miércoles" where we tell our news. Cases: a new grandchild. A holiday. Best wishes for recovery, etc. Then we use for listening music. Short Spanish news. This time we explored the multiple use of the verb "Volver"(irregular) The group received the lyric and scenes of the well-known song "VOLVER" and film by Pedro Almodovar. It was a "hit" in all Spanish world. Carlos Gardel, in Argentina did sing it in 1934. The group conversation was full of "nostalgia" they went back to their own love history and we all finished singing, laughing and very happy. VOLVER! Arriba! Arriba! Muchachas! Olé. Olé Olé!

## **Walking Group**

**Please note revised dates due to planned tube strikes.**

**Tuesday 23 June 2026 – Canada Water to Greenwich – Cutty Sark DLR**  
Travel to Canada Water Station –take the Jubilee Line from Stratford – meet in the Bellucci Café, 9 Maritime St, SE16 7FU at 10.30am 2 minutes from Canada Water tube.

Walk through Greenland Quay to Thames Path - follow Thames Path over Deptford Creek to Cutty Sark DLR station return to Stratford via DLR. Approximately 4.0 miles.

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

**Tuesday 21 July 2026 – Cutty Sark to O2**

Travel to Cutty Sark DLR Station –take the DLR from Stratford – meet in The Gate Clock (Wetherspoons), 210 Creek Rd, Greenwich SE10 9RB at 10.30am. (Pub is 1min from Cutty Sark DLR in the same shopping arcade – turn right out of station)

Short riverside walk past Cutty Sark, Royal Naval College, Trafalgar Tavern finish at the O2.

To return take Jubilee Line from North Greenwich to Stratford. Approximately 2.5 miles.

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

## NEW GROUPS

### PHOTOGRAPHY

**RVu3a@hotmail.com**

Our new photography group will be focused on improving members' skills by exploring how compelling images are created, edited, and evaluated. It will cover the full process—from idea and shooting (light, composition, storytelling) to editing and presentation—while also examining why certain images resonate using visual theories like the rule of thirds and Gestalt principles. We will meet monthly to discuss and agree assignments, and review images, drawing inspiration from both photography and painting. Members will need to own a DSLR or a phone camera, along with a computer for using free editing software. More details are on the website. Photography Group - Roding Valley



If you are interested in joining or want more information, please let us know by emailing [RVu3a@hotmail.com](mailto:RVu3a@hotmail.com). We will be finalising the time and venue shortly and will keep you posted.

### CRIBBAGE

**RVu3a@hotmail.com**



I am still looking for more people to play cribbage. So, if you want to have a game of crib, let me know via the normal email address. If enough people put their hands up, then I will organise an initial meeting.

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### VISIT TO A PRIVATE GARDEN AT ROYDON, ESSEX

Buckhurst Hill u3a have been invited to a private viewing of one of the most outstanding private gardens in Essex and they have asked if we would like to join them. There are approximately 9 acres of land, which includes formal, Japanese, beach and arid gardens.

**Date:** Friday 10 July 2026

**Venue:** The Mount, Epping Road, Roydon, Harlow, CM19 5HT

**Open:** 11am - 3 pm

**Cost:** £10 per person

Make your own way there.

**For more information email [RVu3a@hotmail.com](mailto:RVu3a@hotmail.com)**