https://rodingvalley.u3asite.uk/

Roding Valley u3a learn, laugh, live

NEWSLETTER
Issue No 251
October 2026



Registered Charity No.1116143

From the Chair

ANNUAL GENERAL MEETING

This Monday, 19th October 2026, we will be holding our Annual General Meeting just before the Speaker, starting at 10:00 am. I will do my best to keep the meeting as brief as possible.

When I sent out the AGM papers, I mentioned that we are looking for volunteers to take on the roles of Chair, Vice Chair and Groups Coordinator, as well as to join the Committee.

So far, unfortunately, no one has come forward to enquire about the Chair or Vice Chair roles, and we also still have some vacancies on the Committee.

Rather than taking up too much time discussing this at the AGM, I think it would be better to arrange a separate meeting in a few months' time, when all members will be invited to come along and talk about the future of Roding Valley u3a and how we move forward.

Of course, if some more volunteers come forward in the meantime, that meeting may not be necessary.

If you have ever thought about becoming a little more involved, please do consider it. There are many ways to help, and sharing the work between more people makes a real difference. Just email RVu3a@hotmail.com

Laura

MONTHLY MEETINGS AT
THEYDON BOIS VILLAGE HALL
10.00am AGM followed by the meeting
Refreshments available before the meeting.

19 OCTOBER 2026

Alistair Hodgson

De Havilland



The talk will look at the role of the de Havilland Aircraft Company during World War II. The speaker will cover the company's many achievements in the context of the life of its founder, Sir Geoffrey de Havilland; from his first flight in a home-built aeroplane in 1910 through the founding, just ten years later, of the company that bore his name.

16 NOVEMBER 2026



Gary Powell

A Coppers Guide to the Dark Secrets of London's Squares

The iconic London square is much-loved by Londoners and visitors alike. However, unsavoury residents and shocking incidents add a colourful tone to their history. The talk will examine a little of the origins of the London square but a lot about those – good and evil – who left their mark not only on this great city' but a nations dark history.

Theatre Group

The Theatre Group has been active recently. We have enjoyed the music of *Sinatra* and the farcical comedy *How the Other Half Loves.* We have bookings to see *The Cherry* Orchard with Kristin Scott-Thomas in December, O*ne Day the Musical* in January, *Billy Elliott the Musical and Little Dancer* in March, *Singin' in the Rain* in June, *The Truth* in August and *Paddington the Musical* in September.
If you would like to be notified of any future bookings and are not already on our list, please email RVu3a@hotmail.com

What we did in September 2026



BOOK GROUP
read “Instructions for a Heatwave” by Maggie O’Farrell, which scored 7.0.



NON-FICTION BOOK GROUP
read “A Spy in the Family” – Henderson & Gardner. It scored 7.9.



DISCOVER LONDON
visited the Crick Institute.



LADIES AND LADS THAT LUNCH
dined at the Filika in Theydon.



LIVES OF ARTIST GROUP
learnt about Rembrandt.



FILM CLUB
discussed “H is for Hawk”.



CINEMA CLUB
went to see Sense and Sensibility.



MONTHLY TALKS
had a fascinating lecture on Georgi Markov and the Poison Umbrella Murder.



WALKING GROUP
enjoyed the Fleet River Walk.



DOG WALKING (no dog required)
had a lovely stroll around Higham Park Lake.



OUTINGS
went on a River Tour in Queen Elizabeth Olympic Park.



PUB QUIZ GROUP
had two tables at the Queen Victoria pub quiz.



PHOTOGRAPHY GROUP
had a very successful first meeting.

OUTINGS




CHRISTMAS LUNCH AT MULBERRY HOUSE, ONGAR
TUESDAY 24 NOVEMBER 2026

We have booked tables at the iconic Mulberry House for a Christmas lunch consisting of two courses, traditional turkey main followed by Christmas Pudding (vegetarian options available). Set in the festive surroundings of this delightful venue. **Please ensure all food allergies are advised at time of booking.**
Make your way there, possibly arranging car shares, full directions available on their website, mulberry-house.com and at the meeting.
The meal is booked from 12 noon - please be prompt!
Cost: £30.00 per person (includes gratuities). Bar available (not included)
Meet At the venue no later than 12.15pm.
How to book: Email RVu3a@hotmail.com.
ACCESSIBILITY: Mulberry House is wheelchair friendly.

SUNDAY AFTERNOON CONCERT AT THE ROYAL FESTIVAL HALL

I have reserved tickets for this Sunday afternoon concert on November 29th. Please let me know if you are interested in coming. I will ask for payment about a month before the concert. All tickets will be subject to a Southbank £2 levy on top of these prices for the restoration fund. Please email RVu3a@hotmail.com
Sunday 29 November 2026, 3.00pm
A German Requiem: Diana Damrau and Gerald Finley
Side balcony tickets £18.75 and more central tickets £26.25
Simone Young – conductor Diana Damrau – soprano
Gerald Finley – bass-baritone Philharmonia Chorus
Strauss Mondscheinmusik from Capriccio Strauss Das Rosenband
Strauss Ständchen Strauss Freundliche Vision
Strauss Zueignung Brahms A German Requiem

Around the Groups

Afternoon Tea Group
Our next meeting will be at the Village Deli in Epping on Monday 2nd November at 2.30pm.
If you would like to join us please contact RVu3a@hotmail.com in advance for further details . 🧉 🍰

Backgammon Group RVu3a@hotmail.com
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! It usually takes about **20–30 minutes to teach someone the basic rules of backgammon**.
A typical learning session might be:

- **10 minutes:** how the board is arranged and how the pieces move
- **10 minutes:** hitting, entering from the bar and bearing off.
- **20–30 minutes:** playing a practice game with help

The Backgammon Group meets on the 4th Wednesday of the month at 2:00-4:00 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 email or call Michael
More photos at: https://rodingvalley.u3asite.uk/u3a_groups/chair-yoga-2/

Creative Writing Group

Our Creative Writing Group has become so popular that we've moved to a larger venue, which means we can welcome new members. We share short stories, poems, memoirs, reflections and ideas in a relaxed and supportive atmosphere. There is no pressure to be an experienced writer — many people simply come because they enjoy words, memories, imagination or the challenge of trying something new.

The group is friendly, encouraging and full of interesting conversation. Whether you have written for years or never written before, you will be very welcome.

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

Parking: Easy

When: We meet on the first Wednesday morning of each month. Next meeting Wednesday 4 November

Interested? Email RVu3a@hotmail.com

Recent work by members: https://bit.ly/4agxfZd

Discussion Group



Our Discussion Group offers a relaxed and friendly opportunity to get together and talk about a wide range of interesting subjects, both old and new.

Topics might include social changes, science, technology, history, culture, the environment, everyday life and issues that have caught our attention in the news.

The aim is to exchange ideas, hear different points of view and enjoy thoughtful conversation in good company.

The group is informal and welcoming. There is no need to have any specialist knowledge or to prepare anything in advance — just come along with an interest in sharing ideas and listening to others.

To keep discussions comfortable and inclusive, **politics and religion are not covered**. The group meets **once a month in a member's home**, providing a relaxed setting where everyone can contribute as much or as little as they wish. Members should be willing to host a meeting occasionally.

We have space for a few new members.

Improv Group

Improv is one of the most enjoyable and uplifting groups we run. It's not about acting, learning lines or performing for an audience. Through simple, playful activities we make things up together, share ideas, laugh a lot, and often surprise ourselves.

Many people come along feeling unsure at first but quickly discover a relaxed and friendly atmosphere where there is no pressure to be funny or clever. It's a wonderful way to keep the mind active, build confidence and enjoy good company.

No experience needed — just come and give it a try.

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

When: 4th Thursday of each month, 2:00–3:30pm. Next meeting: Thursday 22 October

Interested? Contact RVu3a@hotmail.com

Keep Fit

We have welcomed a new member to Keep Fit each week during the first three weeks of term. They came for their free taster session, enjoyed it and joined the group. Keep Fit meets at Theydon Bois Village Hall on Tuesday afternoons 1.30-2.30.

The session includes chair exercises and more energetic activities, including skipping and hula hoop for members who want to do these.

For information contact Janet

Photography Group

The first meeting of the photography group was held on Tuesday 8 September.

20 members came along. Future meetings will cover "How Cameras Work" and "An Introduction to Editing Photos".

The group meets on the second Tuesday of the month at 2:45 pm at Theydon Bois Village Hall.



If you are interested, just send an email to RVu3a@hotmail.com

Practical Art



The Practical Art group now has space for someone with previous experience to join its ranks. We don't provide tuition, and everyone works to their own abilities. We are a very sociable group and support one another, where appropriate.
If you would care to phone me at the above number, I can answer any questions you may have.

Walking Group
Tuesday 20 October 2026
Oxford St to Paddington basin via Marylebone
Travel to Bond St to meet at John Lewis, 300 Oxford St W1C 1DX, 1st Floor, The Place to Eat Cafe at 10.30am.
Walk via Marylebone Lane, Manchester Square (Wallace Collection), Marylebone High St etc to finish at Paddington Basin.
Return via Elizabeth Line from Paddington to Stratford.
As usual please let us know if you intend to join the walk RVu3a@hotmail.com

Spanish Conversation
The Group took advantage of the good weather and we enjoyed it very much with tales of grandmother's favourite plants. For others it was time for holidays and we sent each other WhatsApps about our whereabouts in distant places or family, new arrivals etc. "La Mamita" is always our best subject of respect.

NEW GROUPS

Line Dancing RVu3a@hotmail.com



We are thinking about starting a **Line Dancing group** and would like to see how much interest there is.
Line dancing is a great way to keep active, enjoy music and have a bit of fun – and you certainly don't need a partner.
Beginners would be very welcome.
If this is something you might enjoy, please let us know. If there is enough interest, we can look at arranging a regular group or class.



New Book Group 2 RVu3a@hotmail.com



Due to the popularity of our Book Group, we are delighted to be starting a second group.
This will be a friendly and relaxed group.
We concentrate on fiction, with a wide variety of authors and styles. **You certainly don't have to read a printed book — many of our members listen to the books on audiobook, which works just as well.**
And there is absolutely no pressure to finish the book! If you start it and decide you really don't like it, that's fine. Come along anyway and tell us why. Sometimes the books we dislike lead to the best discussions!
You don't need to be a literary expert. We simply enjoy sharing our opinions, hearing what other people thought and having a good conversation. And, of course, there are always tea and biscuits.

When: The first Tuesday of each month at 2:45 pm

Where: Theydon Bois Village Hall
If you enjoy books, conversation, and friendly company, we'd love you to join us. Start date 3rd November 2026.

A Big Thank You to Our Outings Committee

In mid-September, 45 Roding Valley u3a members enjoyed a three-hour boat trip around the Olympic Park. Our guide, Roger, gave an interesting commentary on the development of the park and how it is used today. Tea and coffee were served on board and, luckily, the sun came out too. It was a relaxing and enjoyable trip, and everyone agreed it had been a great day out. This was just one of the many outings organised by our Roding Valley u3a Outings Committee over the years.

The Committee works extremely hard to arrange a wide variety of trips and visits. These have included coach outings to gardens, historic houses and other places of interest, London walking tours, museum and exhibition visits, theatre backstage tours, and our ever-popular annual trips to the seaside.

Organising outings for a large group takes a great deal of time and effort. There are venues to research, bookings to make, transport to arrange, payments to collect and many details to check. Much of this work goes unseen, but without the enthusiasm and commitment of the Outings Committee, these enjoyable days simply would not happen.

Their aim is always to offer interesting and enjoyable outings at as reasonable a price as possible, taking advantage of group rates wherever they can. Coach hire has unfortunately become considerably more expensive, but the Committee will continue to work hard to find the best possible value for members.

Suggestions for future outings are always welcome, so if you have an idea for somewhere we might visit, please let us know. Just email RVu3a@hotmail.com.

Above all, a very big thank you to our Outings Committee. Their hard work and enthusiasm have given so many members the chance to visit new places, meet other members and enjoy some memorable days out. And thank you to everyone who has supported our outings over the years. We look forward to seeing familiar faces — and plenty of new ones — joining us on future trips.

Here's to many more great days out with Roding Valley u3a!

SUPPORTING HEALTHY AGEING



Practical education, advice and support to help local people live healthier, more independent lives.

- Staying active
- Healthy eating
- Mental wellbeing
- Community and support
- Independent living

Come along to learn more about healthy ageing, wellbeing, early intervention and the support available locally.

Families, carers and older people welcome.

Wednesday 21 October 2026

6 PM – 8 PM

Church of the Immaculate Conception
Church Hall, 11 Church Hill,
Epping, Essex CM16 4RA

FREE EVENT

FREE PARKING

Organised by the frailty team, Patient Panel and volunteers at The Princess Alexandra Hospital NHS Trust (PAHT).

BOOK YOUR FREE PLACE ON EVENTBRITE
Search Eventbrite for: **Supporting Healthy Ageing**

.