Roding Valley u3a

A Guide to Groups and Activities 2026

Epping – Loughton – Theydon - Chigwell
Buckhurst Hill - Abridge - surrounding areas

From Retired to Inspired



¿Hablas español

Do you want to:

- ✓ pursue a hobby.
- ✓ learn something new.
- ✓ come to monthly talks.
- ✓ just socialise & have fun.

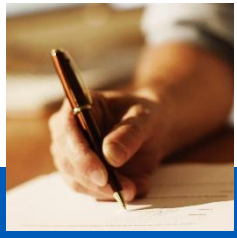
all at minimal cost
then Roding Valley u3a is for you





This booklet tells you about our groups and activities.





How to Join

Call Laura on 07968 174388 or email RVu3a@hotmail.com and we will send you an application form – or Go to our website Membership - Roding Valley (u3asite.uk) and download an application form, which tells you what to do next.

TASTER SESSIONS

Prospective members are welcome to come to a monthly meeting or attend an interest group as a guest.
There is no obligation.
If you enjoy your visit, then you can join our u3a. Call Laura on 07968 174 388 or email RVu3a@hotmail.com to find out more

All About Roding Valley u3a

Roding Valley u3a was established in May 2004 and has a membership of over 500. Everyone is welcome. There is no restriction on age or location. You just need to be retired, semi-retired or have reduced family responsibilities.

Monthly Meetings

On the 3rd Monday of each month at 10:00 am (10:30 am in 2027) there is a meeting at Theydon Bois Village Hall with an invited speaker. This is open to all members. No need to book. The talks are varied and are chosen to reflect different tastes and interests. A list of speakers can be found on our website and in our newsletter.

Doors open at 9:30 am and refreshments are available before the meeting when there is also an opportunity to chat to other members, sign up for new groups and book social events and outings.

Interest Groups

Interest groups, which are the heart of u3a, are organised by members. They vary in size and meet in local halls or members' homes. More details about our groups are provided on the following pages.

Events and Outings

Events (including walks, concerts, theatre trips, and outings) are open to all and announced in the monthly newsletter, emails and on our website.

Social Activities

Roding Valley u3a also has a range of social activities. On a regular basis we have lunches, afternoon teas, Sunday singles, early evening curries, and trip to local hostelries. We also host a regular quiz afternoon.

Accessibility

For details on accessibility, call 07968 174388 or email RVu3a@hotmail.com.

Partnerships with other u3a Groups

In addition to our own activities, our members might also gain access to some activities being organised by our 'partner u3a's, including Epping Forest, Buckhurst Hill, and Redbridge. See our website for details.

Staying Connected

A monthly newsletter keeps members up to date with outings, social events, and group news. All members also receive a copy of the Third Age Trust magazine, five times a year through the post.

General Costs

The annual subscription for 2026/7 is £20. Monthly meetings are free. The costs for groups meetings in Theydon Bois Village Hall are normally £2.00 per session. For meetings in people's home, the only costs are normally a contribution towards the teas and coffees. Where equipment is needed there may be extra charges.

KEEP UP TO DATE
BY USING RODING VALLEY U3A WEBSITE

Our website has all the up-to-date information about our u3a. There are pages about each group, social event, outings, walks, concerts, and speakers. Just click on the tabs at the top of the page.

How to find us

Go to Welcome - Roding Valley (u3asite.uk) or google "Roding Valley u3a" and follow the links.

RV u3a Groups

TVH = Theydon Bois Vill Hall MH = Members Homes V = Various
JSP = Jack Silley Pavilion RVH = Roding Valley Hall
LM = Loughton Methodist Church LBC = Loughton Bowls Club
QV = Queen Victoria Pub Theydon WIP= the group is being set up
W=Weekly M = Monthly

Sector	Group	Site	Timing
Arts & Crafts	Practical Art	JSP	W Fri am
	Stitchery	MH	M 2nd Tues am
Board & Card Games	Backgammon	QV	M 4th Wed pm
	Cribbage	QV	M 4th Thur Eve
	Cryptic Crosswords	TVH	M 4th Tues pm
	Duplicate Bridge Group	TVH	W Mon pm
	Mah Jong	TVH	M 3rd Tues pm
	Rummikub	TVH	M 4th Tues pm
	Scrabble	TVH	M 1st Tues pm
Cultural	Book Club 1 Full	TVH	M 3rd Tues pm
	Book Club 2	TVH	M 1st Tues pm
	Book Club – Non- Fiction	QV	M 2nd Thur Eve
	Cinema Club	V	Various
	Concerts - Royal Festival Hall	V	Sunday pm
	Creative Writing	LM	M 1st Wed am
	Current Affairs	QV	M 2nd Tues pm
	Discover London	V	Various
	Discussion Group	MH	M 2nd Wed pm
	Family History	MH	M 2nd Mon am

Sector	Group	Site	Timing
	Film Club	MH	M 3rd Thur pm
	Lives of Artists	MH	M 1st Thur pm
	Outings	V	Various
	Quiz Club	RVH	Ad Hoc Fri pm
	Pub Quiz Team	V	Various
	Photography	TVH	M 2nd Tues pm
	Theatre Group	V	Various
	World History	QV	M 1st Tues pm
Food & Drink	Afternoon Tea Group	V	M 1st Mon pm
	Curry Club	V	Evening
	Ladies (and Lads) That Lunch	V	M 3rd Wed
	Pub Lunch Group	V	M Last Thur
	Singles Sunday Lunch	V	M 4th Sun pm
Garden	Gardening Group 1	MH	M 4th Mon am
	Gardening Group 2	MH	M 4th Mon am
	Gardening Group 4	MH	M 2nd Wed pm
Languages	Spanish Conversation	MH	2nd & 4th Wed am
Physical	Chair Yoga	LM	W Fri am
	Dog Walking - Dog Not Required	V	W Thur am
	Improv Group	LM	4th Thur pm
	Keep Fit	TVH	W Tues pm
	Line Dancing	LBC	M Mon pm
	Walking Group	V	Various
Science	Science Group	MH	M 1st Thur pm

OUTINGS, THEATRE AND CONCERTS
Outings - Visit places of Interest, by Coach or Public Transport
Walks – Local and around London
Theatre - Plays / Musicals in London
Concerts- Sunday afternoon concerts at the Royal Festival Hall
Discover London – Informal trips to museums, galleries and exhibitions
Out of London By Train – New group started spring 2027

SOCIAL	
Pub Lunches	Sunday Lunches
Afternoon Teas	Pub Nights
Curry at a Local Restaurant	Mid-Week Lunches
Films	Quiz Nights

If you have a hobby or interest that you would like to pursue but it is not covered above, we will always try to set up a new interest group. Just send us an email at RVu3a@hotmail.com

u3a EVENTS ONLINE

The u3a trust also have many different types of events on offer, including online, to enthuse and inform members on a range of interesting subjects. You can find out more on their website. u3a - Online learning events

u3a SUMMER SCHOOLS

u3a summer schools give you the opportunity to spend a couple of days getting to know other members, learning new things and exploring topics RV u3a might not usually offer. Full course details and booking information are available on u3a - Summer schools

u3a PRINCIPLES

The Principles of the U3A Movement

- The U3A movement is non-religious and non-political and has three main principles:

The Third Age Principle

- Membership of a U3A is open to all in their third age, which is defined not by a particular age but by a period in life in which full time employment has ceased.
- Members promote the values of lifelong learning and the positive attributes of belonging to a U3A.
- Members should do all they can to ensure that people wanting to join a U3A can do so.

The Self-help Learning Principle

- Members form interest groups covering as wide a range of topics and activities as they desire, by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all U3A members.

The Mutual Aid Principle

- Each U3A is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the U3A movement.
- No payments are made to members for services rendered to any U3A.
- Each U3A is self-funded with membership subscriptions and costs kept as low as possible.
- Outside financial assistance should only be sought if it does not imperil the integrity of the U3A movement.

THE THIRD AGE TRUST

Roding Valley u3a is affiliated to The Third Age Trust (sometimes called National u3a). Benefits of this affiliation include:

Online Learning

u3a members can join a wide range of online talks, workshops and courses for free with their membership! Examples include Mindfulness and Meditation, Exploring World Faiths and Cryptic Crossword.

Events

The National u3a organises events such as concerts, study days, and visits which are open to all members.

Insurance cover

The National u3a provides insurance cover for most groups and activities.

Summer Schools

U3a Summer Schools offer a wide selection of courses, tutored by members of different u3as.

Shared Learning Projects (SLP)

SLPs offer all members the opportunity to do short research projects with national institutions.

Email Newsletter

Members are encouraged to sign up for the National monthly newsletter.

For further details on all of the above see the National u3a website https://www.u3a.org.uk/

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