

MARCH 2026 NEWSLETTER

'Learn, laugh, live!'

<https://walthamforest.u3asite.uk>

WE NEED YOUR HELP

We have received some offers of help following our appeal last month, but still need more volunteers. We are still looking for someone to help set up the Sound system before the meeting.

Please speak informally to anyone on the Committee about this or anything else you could do to help.

General Meetings

General Meetings take place on the third Tuesday of each month at Winchester Road Methodist Church, Winchester Road E4. **Meetings start at 2pm prompt, doors open at 1.30pm.** Please arrive on time. If you are late arriving, ring the doorbell on the metal post by the front door, and someone will let you in.

We understand that buses etc. can be quite erratic at the moment which means you arrive early **but please do not enter the hall before 1.30 p.m.** to allow time for the door lists to be sorted and the room to be set up. You must always give your name at the door before taking a seat. Thanks for your co-operation.

Our **17th March** meeting will be a fun **quiz afternoon**. There are no set teams just join any table and get to know each other before the quiz begins.

On the **21st April**, Colin Lomas will be talking about women artists.

Security at Winchester Road

We secure the Hub door after 2.10pm for security reasons. **If you need to leave the meeting early, please inform the registration desk so that the Hub door**

can be secured after you. The Wickham Road doors should not be used unless as an emergency exit.

Membership Renewals

We are now collecting membership renewals for 2026 /27. The fee is £20 single or £32 joint membership (2 people at the same address). You can pay by:-

BACS (Preferred method)

to Waltham Forest u3a.

Sort code: 30-99-08, Account No: 23017860.

Reference: your surname.

Payments by bank transfer save money and prevent long queues at the monthly meeting. Please pay by this method if you can. Your membership card can then be collected at the next meeting, or sent to your home address if you provide an SAE. This will also help to avoid the long queues before the meeting.

Cheque. Payable to Waltham Forest u3a. (NB. our bank is charging 50p per cheque!)

Cash. In person at a monthly meeting.

If paying by post or BACS, please send an SAE for return of your membership card to Mrs V O'Brien, 3 Marmion Close, Chingford E4 8EN. 0208 524 7674

u3a Learning Activities

Regular Activities are available from the Third Age Trust. These are free.

www.u3a.org.uk/learning/learning-activities

Interest Groups Online £12 annual membership (£6 if joining between October and March) Provides talks, groups and courses from home, and may be of use if you can't find a group in WF to meet your interests.

www.u3a.org.uk/learning/interest-groups-online

New Members

Welcome to the following new members: Helen, Keith & Jan, Maria, Mary & Jacky, Peter, Veronica, Helen, & Florett and Carl. We hope you will enjoy being part of Waltham Forest u3a, and take part in lots of our activities.

WF u3a Website

(address at top of newsletter)

If you want a description of what a particular group does, look under groups and click on that group to find out more. Press the Focus button to see photos of activities, or for items about group leaders.

The events page lists what is going on. We also have a Facebook page. If you have photos of interesting things your group has been doing, you can send details/photos etc. to Carol Kinghorn for the website, or Chris Farnes or Ruth Peattie for the Facebook page. Their contact details are on the committee list at the end of the newsletter.

Recycling

We are still collecting used **postage stamps**, so please cut any off your letters with a margin and bring them to the meeting, and hand them in when you register. Some libraries are collecting used **blister packs** from medications as they can now be recycled. If you can't get into one of the libraries that collect, you can bring them to a monthly meeting, and one of our members will do it for you.

GROUP NEWS

Vacancies – Mahjong, Remarkable Women 2, Shakespeare, Singing for Fun 1 and Outdoor Sketching. There are also vacancies in Birdwatching and Walking Cricket.

Don't forget to let your Group Leader know if you are unable to attend a meeting.

Group Leaders' Meeting. Less than one-third of replies have been received. Please say yes or no so we can decide whether to cancel.

**Lesley Searle, Groups Co-ordinator
Birdwatching**

Our first Birdwatching outing will be to **Walthamstow Wetlands on Wednesday 18th March** meeting at 10.30 a.m. in the Car Park. We hope to see some baby birds by then.

On **Wednesday 15th April** we will be going to **Woodberry Wetlands Nature Reserve** meeting at 10.30 a.m. **in the ticket hall at Manor House tube station** (on the Piccadilly Line) then a short walk to the Reserve. Summer migrants should have arrived and warblers will be warbling in the reeds! Any new members are welcome to join us at any time and no experience is necessary just let me know if you are coming. Contact Chris Farnes farnesfamily6@gmail.com or 020 8521 2187

Book Group 1

The next meeting of u3a Book Group 1 will be on Thursday, 26 March 2026, from 1.45 pm to 3.45 pm and the book to be discussed is *The Shadow of the Wind* by Carlos Ruiz Zafon.

Book Group 2

Book group 2 will meet on Thursday 9th April to discuss 'We Are All Completely Beside Ourselves' by Karen Joy Fowler.

Cinema Visits

These take place on the first Tuesday of the month in the afternoon. Hania Franek will inform those on the mailing list which film she intends to go to. If you would like to be added to the mailing list, contact Hania at: haniafranek@hotmail.com

Coach Trips

1. Beth Chatto's Garden and Tiptree Jam Museum, Thurs 19th March
£16 to RHS members, (remember to bring your card)
£22.50 to non-members (Beth Chatto's gardens have offered us a reduced rate)
Includes driver's tip. Payment when booking please.
Pick-up point: The coach is booked for 8.45 am ready to leave at 9am at the Larkwood Harvester, 75 New Road, E4 9EY

2. Coach trip to Broadstairs Dickens Festival

On Saturday 13th June, Cost : £17.50 (To include Driver's tip). Payment when booking please. Time and Pick-up point: 8.30 a.m. at

the Larkwood Harvester, 75 New Road, E4 9EY

Both these trips are fully booked with a waiting list. Don't forget to inform Joy or Val if you are unable to come on the day so the place can be used by someone else.

3. Sissinghurst Castle Gardens

9th July, coach leaving from the Larkwood Harvester E4 9EY at 9am. As this is a National Trust Garden, entry is free for NT members, just £17 for coach. Don't forget to bring your card. Non members pay £33. Both payments will include a tip for the driver. Please pay when booking. The famous garden with its fairytale tower is a mixture of formal design by Harold Nicholson, with lavish planting by his wife, Vita Sackville West. The gardens consist of many closed areas, the terrain is mainly flat. You can climb the tower for a view of the site plus surrounding countryside, if you can manage the spiral staircase with 78 steps. There are a restaurant, plant sales, and a NT gift shop.

For more information please contact: Joy on jjpankhurst@btinternet.com

Mobile: 07952 142232

Or Val on lordval99@btinternet.com

Mobile: 07806 093533

Cultural Capital

This is a group for occasional visits to galleries/exhibitions/concerts or other interesting sites in London. These are not on set dates or times but as and when members want to suggest something. We have a WhatsApp group to facilitate this, which means group members being willing to share their phone numbers. If you might be interested please contact me by email or text and I'll give you more details.

Sue Dawn suedawne17@icloud.com
07565 126867

Epping Forest Walk

On Tuesday the 14th April we will meet at 1.30 at the Harvester pub in New road for a circular walk through Larkwood and

Ainslie Wood to see the bluebells and anemones.

There is no regular membership of this group. Please just turn up. The walk will be led by Alan supported by Val & Andy. The walks last about one and a half hours, and are approx. 3 miles long. Members should be fit enough to walk at a reasonable pace and to tackle some slopes. Suitable (waterproof) footwear should be worn.

Film Club Home Viewing

The film on **18th March** will be "Little Men" (postponed from last time)

At Jean and David's house in Walthamstow, Contact Arthur Russell, by email or phone. The film on **15th April** will be Albert Nobbs, Glenn Close stars as a woman employed as a butler in c19th Ireland. At Paula's house in Chingford. Places will be allocated on a first come, first served basis. *NB. If you book for a home viewing, and are then unable to come, you must let Arthur know, as someone else may be able to take your place.*

Email russellarthur931@gmail.com

or phone 020 8531 5175.

Freedom Pass Wanderers

This is a new WhatsApp Group for occasional walks to explore London. Members can post a walk and invite others to join them. There is no need to walk the walk beforehand - we can get lost together! Walks can be taken from books, the internet etc. Being a WhatsApp Group, members will need to share their phone details. If interested, please contact Anne Carpenter for more details.

a.carpenter141@btinternet.com

Garden Group.

Our first outing this year will be to the Garden Museum in Southwark on Wednesday 25th March. Meet at 10am at Walthamstow Central at the top of the escalator. Let me know if you would like to join me. Barbara Humm 07913 229094

Mah Jong

Mahjong has positive effects for problem solving and memory skills. If you have never played before we will show you and welcome you to our friendly Mahjong group. Contact Lesley Searle if you are interested. 0208 539 7753

Outdoor Sketching

The Outdoor Sketching Group meets every 3rd Thursday from 2 - 4pm. Contact Jackie for more information. Tel. 8503 7438 /079817 44673, jackieginger@outlook.com

Pub Lunches

Numbers are limited to 12 people and will be allocated on a first come, first served basis. Contact Christine Sherret by email at c.sherret@btinternet.com or by text on 07718 990572 or Nina Willis by email at nina.willis@yahoo.co.uk or by telephone 0208 521 0490. If you would like to join us for future meals then please email Christine or Nina and we will add you to the mailing list.

Social Group

This friendly group for new and old members will meet on **Friday 27th March at 2.00 p.m.** at **Karya Bistro**, 428 Hale End Road, Highams Park, E4 (corner of Hale End Road and The Avenue). Any member is welcome and is a chance to find out more about our u3a group as well as enjoying the company of others. Any questions then contact Sue Dawn, Carol Kinghorn or Chris Farnes (see Committee list).

Ten Pin Bowling

The Ten pin Bowling is from 11am to 1pm and next one is on 27th March at Namco Funscape in Romford. Contact Elaine Mitchell elainemitchell217@gmail.com

Walking Cricket

Weather permitting, our first game this year will be on **Thursday 26th March at 2.00 p.m.** at The Ridgeway Park, Peel Close, Chingford, E4. We meet by the cafe before a short walk to the field. New members are most welcome to give it a try for a fun and sociable afternoon. Contact Trevor Farnes on farnesfamily6@gmail.com or 020 8521 21878 to find out more.

Wine Tasting

Wine Tasting was enjoyed by all who came. If you wish to be included and join

the WhatsApp group for this please email Ruth Peattie. ruthpeattie@btinternet.com

Spring Into Wellness Event

To celebrate the 10th Anniversary of Social Prescribing in Waltham Forest, there is a free event on **Saturday 28th March from 12.30 - 2.30 p.m.** at **Leyton Sports Ground Sports Hall**, Crawley Road and 458 High Road, Leyton, E10 6RJ. There will be community performances, activity tasters and free refreshments along with groups and organisations that can support you. Buses 69, 97, W16, 58 and 158 pass by. For more information email social.prescribing@walthamforest.gov.uk

Local Drama

Waltham Forest Festival of Theatre

Nine plays presented by local drama groups from Friday 26th to Sat 28th March at Forest Community Centre, Guildford Road E17 4EA. £10 per session. Adjudicated by Jan Palmer Sayer. The winning play can go through to the next round of the All England Theatre Festival. Performances, Thurs, Fri and Sat, 7.30pm plus Sat at 4pm. 07860 716295 www.wffot.co.uk

Local Music

Felicitas

Present "Chorfest! A Celebration of German Choral Music" on Saturday 21st March at **4pm** at St. John's Church, Epping. CM16 5DN. Tickets £15 in advance, £17.50 on the door. www.ticketsource.co.uk

South West Essex Choir

Spring concert on **Saturday 28th March at 6.30pm.** Karl Jenkins' Stabat Mater, John Tavener's Mother of God, & Pachelbel's Magnificat. Tickets £16, online and on the door. www.swessex-choir.org.uk

Roding Players Orchestra

The Roding Players Orchestra present their **Masters of Light Music Spring Concert on Saturday 28th March at 7.00 p.m.** at St. Mary's Church, 201 High Road, Loughton IG10 1BB The programme includes selections from The Gondoliers by Arthur Sullivan. Tickets £10 on the door, free for under 11s. Refreshments included.

Woodford Musical Circle

The Woodford Musical Circle are moving venues and will be holding their last concert of the season "The Members & Friends Concert" on Saturday 18th April from 7.30 to 9.30 at Chingford United Reformed Church at 2b Buxton Road, Chingford London E4 7DP. All welcome. Tea and Biscuits available, Entry is £5.

Waltham Forest u3a Groups Mar. 2026

Group Name	Meeting Details
Birdwatching	third Weds
Book Group 1	last Thur; 1. 45-3.45
Book Group 2	2 nd Thur; 1-3
Chess	1 st Tue; 2-4
Cinema Visits	1 st Tue; pm
Classics	last Mon; 2-4
Creative Writing	3 rd Fri; 10-12
Cultural Capital	tba
Enjoying Classical Music	last Tue; 2-4
Epping Forest Walks	2 nd Tues; 1.30
Film Club	3 rd Wed; 2pm
Freedom Pass Wanderers	tba
Garden Group	last Wed. 2-4
Geography of Gt. Britain	2 nd Wed; 10-12
Knit and Natter	3 rd Fri; 10-12
Mah Jong	2 nd & 4 th Fri; 2 pm
Origami	1 st Tue; 2.30-4
Outdoor Sketching	3 rd Thurs. 2-4
Play reading	last Tues; 10-12
Poetry	1 st Tue; 10-12
Pub Lunches	1 st Weds
Remarkable Women 1	1 st Wed; 10-12
Remarkable Women 2	2 nd Fri; 2-4 pm
Rummikub	1 st Fri; 10-12
Scrabble	2 nd Tues; 2-4 pm
Shakespeare	1 st Thurs; 2 nd Fri 10-12
Singing for Fun 1	2 nd Wed; 10-12
Singing for Fun 2	1 st & 3 rd Fri; 2-4
Social Group	last Fri, 2-4
Table Tennis+	2 nd & 4 th Wed; 2-4
Ten Pin Bowling ++ (at Romford)	last Fri.
Theatre Trips	as booked
Upwords/Quiddler	3 rd Thur; 2-4
Walking Cricket	Resumes in March
Wine tasting	tba

+ shared with Wanstead/Woodford

++ shared with Redbridge

**To join a group or make enquiries
contact Lesley Searle 0208 5397753
lesley.searle@gmail.com**

All articles are used at the discretion of the newsletter editor and may be edited for content and length. If you would like to write something for the newsletter please send it to my email. barbara.a.humm209@gmail.com

Subscriptions to Waltham Forest U3A run from April to March of the following year. From April 2025: £20 single, £32 couple. If you join between April & August, full fee payable. Join between Sep & Dec. £10 single, £16 couple. Join Jan- Mar, pay full fee £20/32 which will carry over to March of the following year.

Committee

Chairman Rotating among Cttee Members
Treasurer Christine Sherret 07718 990572
treasurer@wfu3a.org.uk

Website Carol Kinghorn 07791 706763
carol.kinghorn1@gmail.com

Secretary Anne Carpenter 0208 531 9039
a.carpenter141@btinternet.com

Membership Secretary Vicky O'Brien 0208 524 7674
membership@wfu3a.org.uk

Minutes Secretary Sue Dawn 07565 126867
suedawn106@gmail.com

Communications Ruth Peattie 07759 675860
ruthpeattie@btinternet.com

Speakers Coordinator John Gilbert 0208 527 0423
johngilbert999@btinternet.com

Groups Co-ordinator Lesley Searle 0208 539 7753
lesley.searle@gmail.com

Newsletter Barbara Humm 0208 923 1960
barbara.a.humm209@gmail.com

Publicity, & Facebook Admin Chris Farnes 0208 521 2187
farnesfamily6@gmail.com

New Member Hosts: Dorritt Okoye, Jan Rossington & Stephanie Patterson

If you would like a copy of the minutes, contact Anne Carpenter.