

MAY 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 might arrive early **but please do not enter the hall before 1.30 pm** 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.

On the **19th May** we have our **AGM** followed by a talk by Oona Kelly, former librarian and archivist at Walthamstow School for girls. She will talk about a former pupil Eunice Holden, an actress who appeared in "On the Buses".

On **16th June**, Charlie Forman will talk about 1850's London. "The Best of Times, the Worst of Times"

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.

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: Vivien and Judy. 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 – Birdwatching, Mahjong, Remarkable Women 1, Shakespeare, Singing for Fun 1, Outdoor Sketching and Walking Cricket.

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

Lesley Searle, Groups Co-ordinator

New Group? Anne Ferguson is hoping to start a coffee/discussion group to meet at 11am on the first Thursday of the month. The first one will be on Thursday 4th June at Mola Break, 477 High Road, Leyton. It's on the corner near the cricket ground. Contact Anne, or just turn up, all welcome. 07773 732910

Birdwatching

Our next trip will be on Wednesday 17th June at 10.30 a.m. at the Waterworks Nature Reserve, Lammas Road, Leyton, E10 7SF. There is free parking and a 55 bus route from Walthamstow Bus Station that goes down Lea Bridge Road. For more details contact Chris Farnes 0208 521 2187 or farnesfamily6@gmail.com

Book Group 1

Book Group 1 will meet on Thursday, 28 May 2026, from 1.45 pm to 3.45 pm to discuss the book *The Mitford Girls* by Mary S, Lovell.

Book Group 2

Book group 2 will meet on Thursday June 11th to discuss Andrew Miller's 'Now We Shall Be Entirely Free'.

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. 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 Larkswood Harvester, 75 New Road, E4 9EY

2. Sissinghurst Castle Gardens

9th July, coach leaving from the Larkswood 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. For more information please contact: Joy on 07952 142232 jjpankhurst@btinternet.com

or Val 07806 093533

lordval99@btinternet.com

3. Coach Trip to Richmond and the Poppy Factory

Date : 9th September, Cost: £30 (Includes the driver's tip) Payment when booking please. Pick-up: 8.45 a.m. at The Larkswood Harvester, New Road., Chingford E4 9EY
We will spend the morning visiting The Poppy Factory where we have a booking for 50 people, the maximum allowed, the visit will take approximately two hours leaving plenty of time for lunch and to explore Richmond, with its exclusive shops, parks and green spaces

The Poppy Factory is a National Charity helping to support veterans and their families. You will be exploring the history of Remembrance and discover the story of the people behind the poppies and remembrance wreaths. Established in the aftermath of the First World War it developed into a community of wounded and injured veteran soldiers and their families. Our visit includes a 30 minute presentation, an hour self- guided time in which you can explore the exhibition and have a go at poppy-making.

Tea, coffee and delicious cake is available. You must pre-book if you would like the cake. It is £7.50 for tea and cake payable on the day so please let us know if you would like this refreshment when booking. Please contact us for further information. Val 07806093533

lordval99@btinternet.com

or Joy 07952 142232

jjpankhurst@btinternet.com

Wanstead and Woodford Coach Trip to Wisley, Thursday 4th June

There are about 10 spare places on this trip to RHS Wisley organised by Wanstead and Woodford u3a. The cost of the trip is £16.00 with an added £8.00 if you would like a guided tour of the gardens. The coach will be leaving Hawkey Hall in Woodford at 9.30am and leaving Wisley for the return journey at approximately 4pm. I have around 10 tickets left so if any of your members would like to join us, please ask them to contact me on either 07957760071 or email

Lystillwell@hotmail.co.uk. Please ask them to forward to me their U3A number and also mobile contact number if they have one.

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 9th June we are meeting at Chingford Station at 1.30pm. From there we will be walking through the forest to Highams Park. We will have refreshments in Humphrey's cafe. 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.

Films- Home Viewing

The film on **20th May** will be Florence Foster Jenkins, starring Meryl Streep in the title role. She aspires to be an opera singer but can't sing in tune. This will be shown at Paula's house in Chingford.

The film on **17th June** will be The Upside. This is a comedy starring Bryan Cranston as a quadriplegic who takes on an ex convict as a carer. It will be shown at Jean and David's house. *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.

Visit to Myddleton House on **Wednesday 27th May**. Meet in the cafe at 10.30am. Car sharing can be arranged. Let me know if you would like to come and need or can offer a lift.

I have also arranged a group visit to Theobald's Farm Garden on **Wednesday 24th June at 2pm**. We visited this lovely garden last year slightly earlier in the season, and decided to go a little later this year as different plants will be flowering. The cost is £20 per person which includes a guided tour by the owner followed by tea and cake. This is payable on the day in cash, but I do need numbers, and details of drivers and those needing lifts as soon as possible please. 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. 0208 503 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 29th May at 2.pmat** Karya Bistro, 428 Hale End Road, Highams Park, E4 (corner of The Avenue and Hale End Road.) All members are welcome and for new members, this is a chance to find out more about our u3a group and to enjoy the company of others. Please contact Sue Dawn, Carol Kinghorn or Chris Farnes for more details (see Committee list).

Ten Pin Bowling

There will be no Ten Pin Bowling in May as it is a bank holiday Namco Funscape in Romford. Contact Elaine Mitchell elainemitchell217@gmail.com

Walking Cricket

Weather permitting, our next game is on **Thursday 28th May at 2 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. 020 8521 2187 farnesfamily6@gmail.com

Wine Tasting

Wine Tasting is enjoyed by all who come. If you wish to be included and join the WhatsApp group for further events, please email Ruth Peattie. ruthpeattie@btinternet.com

Walthamstow Art Trail

Walthamstow Art Trail takes place from 5th to 14th June at venues all over the Borough. A good way to take some gentle exercise and see some art work for free. For details of venues and opening times visit www.walthamstowarttrail.co.uk

Local Music

Waltham Forest Music Society

On Friday **19th June** at 7.30pm **Felicitas Chamber Choir presents "The World in Song"** In a programme with an international flavour, we will travel from Spain, Belgium and Italy through to more recent music from Hungary, Scandinavia, France, USA and of course the UK. Piano: Roger Bluff. At All Saints Church, Church Lane E4 9QZ. Tickets on the door: £17 (£12 for WFMS Members)

Music in the Village

On Weds 27th May, classical guitarist Xufei Yang will perform at St. Michael and All Saints, Northcote Road E17 6PQ. Concert starts at 7.30 and lasts one hour. Tickets on the door, £6 for seniors.

Local Theatre

DramaWorkshop present Steve Thompson's dark comedy "Feed The Beast."

New Prime Minister, Michael Goodman wants to get things done. However he wants to be judged on his work, not on how his personality comes across in the press. All goes well until his family is dragged into the limelight. What ensues is a black comedy of press & politicians, spin doctors and the media. It is a "fiercely funny" look at the relationships between politicians and the press.

The performances are on:

Friday 19th and Saturday 20th June at 8pm and Sunday 21st June at 3pm

For tickets please call 079 1939 7983 or book online from: www.trybooking.com/uk/GIQM

Waltham Forest u3a Groups May 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
Films-Home Viewing	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	last Thurs. 2-4
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 me at barbara.a.humm209@gmail.com

Subscriptions to Waltham Forest U3A run from April to March of the following year. From April 2026: £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 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
Co-opted members	Cathy Cade, Sandra Kapnisi, Stephanie Heelan, Les Pilgrim

New Member Hosts: Dorritt Okoye , Jan Rossington

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