

AUGUST 2026 NEWSLETTER

'Learn, laugh, live!'

<https://walthamforest.u3asite.uk>

Help Needed

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. For instance, you could bring a packet of biscuits or some tea or coffee to add to the refreshments in the hub. Just hand to our lovely helpers in the kitchen before the meeting.

Beacon

Some of you may have seen reports of a recent cyber attack involving Beacon CRM. We would like to reassure you that this is completely separate from the Beacon system used by Waltham Forest u3a. The two systems are not connected, and there is no indication that the u3a Beacon system has been affected.

General Meetings

General Meetings take place on the third Tuesday of each month at Winchester Road Methodist Church, Winchester Road E4 9JP. **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.

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 **18th August**, Charlie Forman will talk to us about 1850's London.

On the **15th September**, local historian Lucy Harrison will talk to us about the local bakeries in Waltham Forest, with input from a retired local baker, Alan Crown.

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.

Advance Notice

As part of our welcome to new members and visitors we shall be reserving some seats on **the first row after the fire exit aisle** from **September** so that our new members can be seated there to make it easier for our Meeters and Greeters to chat to them before the meeting begins. We are sorry for any inconvenience but thank you for your co-operation. We would love to have one or two more people in the team to help escort new members from the Hub to the hall so please speak to Chris Farnes to find out more.

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:
Claire Hudson, Madeleine Munday and
Elena Humber-Lopez
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. 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, Play
Reading, Singing for Fun 1, Outdoor
Sketching and Walking Cricket.
Don't forget that you can also add your
mobile number to the WhatsApp groups –
Cultural Capital, Freedom Pass
Wanderers and Wine Tasting.

Lesley Searle, Groups Co-ordinator

Birdwatching

Our last Birdwatching trip of the year will
be on **Wednesday 16th September at
Woodberry Wetlands, New River Path,
Woodberry Grove, Woodberry Down,
N16 5HQ** meeting at 10.30 a.m. at Manor
House Station (Piccadilly Line) at the top
of the escalator in the ticket hall. If you
would like to know more details please

contact Chris 0208 521 2187
or farnesfamily6@gmail.com

Book Group 1

Book Group 1 will meet on Thursday, 27
August 2026, from 1.45 pm to 3.45 pm, to
discuss The Glassmaker by Tracy Chevalier.

Book Group 2

Book group 2 will meet on September 10th to
discuss Once Upon a River by
Diane Setterfield.

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. Richmond and the Poppy Factory, (or Richmond only)

Date : 9th September

Cost: £ 30 or £15 for coach trip only if you
would like to spend the day exploring
Richmond (Includes the driver's tip)

Payment when booking please

Pick-up: 8.45 am

The Larkwood Harvester, New Road.,
Chingford E4 9EY

Contact us for further information.

Val 07806093533 lordval99@btinternet.com
or Joy 07952 142232

jjpankhurst@btinternet.com

2. Coach Trip to Bury St Edmunds

Cathedral Christmas Market

Date: Thursday 26th November

Price: £18 (Driver's tip included) Payment
when booking. Pickup: 8.45am from the

Larkwood Harvester New Road,
Chingford E4 9EY.

Visit St. Edmunds for the amazing Christmas
Market hosted by St Edmundsbury Cathedral.
Fifty plus stallholders. The Cathedral has a
very nice restaurant, alternatively there are lots
of places to eat and shops to visit around the
town. For more information contact Joy

on jjpankhurst@btinternet.com
Mobile 07952 142232

Or Val on lordval99@btinternet.com
Mobile 07806 093533

Current Affairs/ Discussion/Coffee

This is a current affairs discussion with coffee group. The topic will be sent out to members before the meet up date. The meetings will take place on the first Thursday of the month at Mola Break, 477 High Road, Leyton. It's on the corner near the cricket ground. 97,69 and W16 bus stop close by. Contact Anne, on anne.ferguson01@btinternet.com or 07773 732190 if not on email. Anne needs confirmation of attendance to inform cafe of numbers. All welcome.

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 8th September we are meeting at Chingford Bus Station at 1.30pm for a circular walk through the forest. There is no regular membership of this group. Please just turn up. The walk will be led by Alan supported by Val & Andy, Sue and Ruth. 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.
alan.holbrook1@ntlworld.com

Films- Home Viewing

There will be no home screening in August.
The film on **16th September** will be "Coco before Chanel" (French with subtitles.)
The story of the legendary couturier.
Venue to be decided.

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 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.

We were lucky enough to have a cooler day on 31st July to visit Fenton House. Whether we do a visit on the last week in August very much depends on the weather. I will inform members nearer the time. If you want to be added to my mailing list for this group please let me know.
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

The Social Group will not be meeting in August but will re-start on Friday 25th September. Details later.

Ten Pin Bowling

Ten Pin Bowling will be starting again in September. At Namco Funscape in Romford. Contact Elaine Mitchell elainemitchell217@gmail.com

Walking Cricket

Thursday 27th August 10.00-12.00 a.m.

at Ridgeway Park, Off Peel Close, The Ridgeway, Chingford E4 6XQ meeting by the cafe. Please note the temporary change of time in an attempt to avoid the extreme hot weather. Please let Trevor Farnes know if you are able to attend. New members are welcome to give it a try just let us know in advance. For more details contact Trevor Farnes 0208 521 2187 or 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

Local Music

Chingford Parish Church

Lunchtime Organ Recitals start at 1.10pm every Weds until **26th August**. They last 40 minutes from 1.10pm. There is no entry fee, but donations are requested

Music in the Village

present Music for a Summer's Day at St Michael and All Angels, Northcote Road E17 6PQ on **Weds 19th August** at 7.30pm. £6 for seniors.

On Weds. **16th September, at 7.30pm**

Anna Davis will sing Purcell songs accompanied by Tom Foster on harpsichord.

Cost is £6 for seniors, pay on the door.

Waltham Forest Music Society

Present the first recital of the 26/7 season. The renowned group Amici Della Musica will perform on Friday 25th September at 7.30pm at All Saints Church, Church Avenue, Highams Park E49QZ

The leader, Raphael Wallfisch is the son of Anita Lasker-Wallfisch, the last musician of Auschwitz. They will play music by Mozart, Bridge and Brahms.

Tickets on the door £17, Members £12

Local Drama

Global Productions

present The Stranger, by Agatha Christie at Redbridge Drama Centre, Churchfields, S. Woodford on Friday 25th & Saturday 26th September at 7.30pm.

Tickets £14 for concessions. Book from rdc@visionrcl.org.uk or 020 8708 8803

Waltham Forest u3a Groups July 2026

Group Name	Meeting Details
Birdwatching	third Weds
Book Group 1	last Thur 1. 45-3.45
Book Group 2	2nd Thur; 1-3
Chess	1st Tue; 2-4
Cinema Visits	1st Tue; pm
Classics	last Mon; 2-4
Current Affairs/Coffee	first Thurs: 11am
Creative Writing	3rd Fri; 10-12
Cultural Capital	tba
Enjoying Classical Music	last Tue; 2-4
Epping Forest Walks	2nd Tues; 1.30
Films-Home Viewing	3rd Wed; 2pm
Freedom Pass Wanderers	tba
Garden Group	last Wed. 2-4
Geography of Gt. Britain	2nd Wed; 10-12
Knit and Natter	3rd Fri; 10-12
Mah Jong	2nd & 4th Fri; 2 pm
Origami	1st Tue; 2.30-4
Outdoor Sketching	3rd Thurs. 2-4
Play reading	last Tues; 10-12
Poetry	1st Tue; 10-12
Pub Lunches	1st Weds
Remarkable Women 1	1st Wed; 10-12
Remarkable Women 2	2nd Fri; 2-4 pm
Rummikub	1st Fri; 10-12
Scrabble	2nd Tues; 2-4 pm
Shakespeare	1st Thurs; 2nd Fri 10-12
Singing for Fun 1	2nd Wed; 10-12
Singing for Fun 2	1st & 3rd Fri; 2-4
Social Group (From Sept)	last Fri, 2-4
Table Tennis+	2nd & 4th Wed; 2-4
Ten Pin Bowling ++ (at Romford)	last Fri.
Theatre Trips	as booked
Upwords/Quiddler	3rd Thur; 2-4
Walking Cricket	last Thurs 2-4pm

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 Cathy Cade 07831 772865
membership@wfu3a.org.uk

Minutes Secretary Sue Dawn 07565 126867
suedawn106@gmail.com

Membership/
Communications Ruth Peattie 07759 675860
ruthpeattie@btinternet.com

Speakers Coordinator Les Pilgrem 0208 529 5366
leslie.pilgrem@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

Cttee Members Sandra Kapnisi
Stephanie Heelan 07752 814229

New Member Hosts: Dorritt Okoye , Jan Rossington

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