

SEPTEMBER 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 helpers in the kitchen before the meeting.

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 **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. On the **20th October**, we will have a talk about the London Air Ambulance Service.

Security at Winchester Road

We secure the Hub door after 2.10 p.m. for security reasons. If you need to leave the meeting early, it is very important that you exit the hall **via the Registration**

desk only so that your name can be taken off the door list and the Hub door can be secured after you. The Wickham Road doors and double fire exit doors **should not be used** unless in an emergency. Thank you for your co-operation.

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

u3a rewind

This a new project that will create a unique archive of the experiences and memories of u3a members for future generations. We'd love members to submit stories and photographs from the defining years of their youth. Visit our

website to find out more and download learning resources. www.u3a.org/uk

New Members

Welcome to the following new members: Bhupen , Gary ,Jaqui , Pauline and Graham

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 (in hibernation from October), Mahjong, Play Reading, Singing for Fun 1, Outdoor Sketching and Walking Cricket (soon closing until Spring).

If you are you interested in **Ancient Healing Practices**, a member would be willing to form a group to practise guided meditation, Qi Gong, Reiki, etc. E-mail bhupenlchauhan@hotmail.com and also let me know at: lesley.searle@gmail.com
Lesley Searle, Groups Co-ordinator

Birdwatching

We will be going to **RSPB Rainham Marshes, New Tank Hill Road, Purfleet, RM19 1SZ** on **Wednesday 21st October** meeting at 10.30 am in the car park. Parking is free for RSPB Members otherwise £5.00 all day. Please contact Chris Farnes 0208 521 2187 or farnesfamily6@gmail.com for more details.

Book Group 1

Book Group 1 will meet on Thursday,. 24 September, from 1.45 pm to discuss The Sixth Extinction by Elizabeth Kolbert.

Book Group 2

Book Group 2 will meet on October 8th to discuss 'The Mill on the Floss' by George Eliot.

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 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, 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 at 11am on the first Thursday of the month at Bread and Oregano, on the corner of Hainault Road and High Road, Leyton.
Contact Anne, on anne.ferguson01@btinternet.com or 07773 732910 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 13th October we are meeting at Chingford Station. depending on the weather and conditions under foot we will either be going round or up Pole Hill and then ending up for refreshments in either The Royal Oak in Kings Head Hill or The Holly Trail Cafe in Bury Road.

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.

Films- Home Viewing

There will be no film in September.
The film on **14th October** will be "Coco before Chanel" (French with subtitles.)
The story of the legendary couturier.
At Paula's house in Chingford.
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.co

Garden Group.

Our August trip to the Museum of Garden History was very enjoyable. I hope we will be able to meet at the end of September, and will inform members on the mailing list nearer the time.
Barbara Humm 07913 229094

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 begin again on Friday 25th September at 2.00pm at Karya Bistro, 428 Hale End Road, E4 9PB (corner of The Avenue). This is a chance for our new and old members to meet together and get to know each other better in an informal setting. It is hoped that we can change the venue every month but details will always appear in the newsletter. For more information contact Sue Dawn, Chris Farnes or Carol Kinghorn (see Committee list).

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 24th September 2.00 p.m. - 4.00 p.m. please note time change to the afternoon meeting at Ridgeway Park, Peel Close, Chingford, E4 6XG. Our last game of the season will be on Thursday 29th October (weather permitting!) Please let Trevor 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

Music in the Village

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.

Redbridge u3a Quiz

Afternoon tea quiz in Newbury Park on the 11th October 2026 from 2.30 until 5.00pm. Includes refreshments, £18. We still have a couple of tables free if your members would like to attend.

Contact me for more details via my e-mail address. Stuart Wallman (chair@redbridgeu3a.org.uk)

Waltham Forest Music Society

Present the first recital of the 2026/7 season. The renowned group Amici Della Musica will perform on Friday **25th September** at 7.30pm at All Saints Church, Church Avenue, Highams Park E49 QZ. (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

Woodford Music Society

The 2026/27 season starts with a concert on Saturday **26th September** at 7.30p.m. Steven Neugarten (Piano), Sofia Mekhonoshina (Clarinet), Lucy Powell Davies (Bassoon) and Laura Ritchie (Oboe). to be held at Chingford United Reformed Church, Buxton Road, Chingford E4 7DP. Entrance costs £5 including refreshments.

Forest Philharmonic Orchestra

Concert on **Sunday 18th October at 6.30pm** St. Gabriel's Church, 12 Aldersbrook Road, Aldersbrook, E12 5HH. Free parking and bus routes W19 or 101. They will be playing Schubert and two pieces by Ginastera which feature young harp player Heather Brooks. Tickets £17.50 concessions via www.ticketsource.co.uk/forest-philharmonic-orchestra or in person at the door (cash & cards accepted).

Christmas Concerts

Oh, not Christmas already, I hear you protest, but the following two concerts sell out fast, so if you are interested, book early.

1. u3a Christmas Concert 2026

with The Brandenburg Camino Singers Wednesday **2nd December** 2026 2– 4pm. At St Margaret Pattens Church, Rood Lane, Eastcheap London EC3M 1HS (Nearest underground station Monument – 5 minutes walk) Join u3a for a concert of traditional carols. Tickets £27, includes mulled wine and mince pies. Bookings start on 27th September. bookings.lru3a@gmail.com

2.Chingford Parish Church

Grand Christmas Concert, Saturday 19th December 7.30pm with Chingford Parish Church choirs, the Chingford Singers and Chingford Sinfonia. Ticket prices vary from £23.50 to £27.50 depending on area. music@parishofchingford.org.uk or 0208 529 6092 tickets can be reserved now with payment required in November.

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

CADOS

Present "Alice in Wonderland", from 21st - 24th October at Mornington Hall, The Green Walk, E4 7EB. Evenings 7.45pm plus a Saturday matinee at 2.30pm. Prices from £13 for the matinee, £14 evenings. For further details and to book, tel. 07445650935 www.cados.org

Highams Park Society

The Highams Park Society will be holding their first monthly Film Afternoon of the 2026/27 season on Saturday 26th September at 2pm at Highams Park Baptist Church, Cavendish Road E4 9NG. The film will be "Local Hero" made in 1983. Come along, all welcome, no booking required. Entrance is £5 for Highams Park Society members and £7 for Non members and includes refreshments. Membership of the society is £10 a year. Further details can be obtained from Sandeep Christian on 07414 810013 or email sd.christian19@gmail.com

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	2 nd Thur; 1-3
Chess	1 st Tue; 2-4
Cinema Visits	1 st Tue; pm
Classics	last Mon; 2-4
Current Affairs/Coffee	first Thurs: 11am
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	Suspended
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 (From Sept)	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 2-4pm
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.