OCTOBER 2026 NEWSLETTER
'Learn, laugh, live!'
https://walthamforest.u3asite.uk

WANTED –
NEW GROUPS CO-ORDINATOR
Would you like to join the committee, 'keep tabs' on the interest groups and introduce members to groups they would like to join? Perhaps you have ideas for new groups and could help Group Leaders get going. We will need a Groups Co-ordinator in January and Lesley, currently in the post, would be very willing to help you get going. Speak or e-mail her if you are interested.

Help Needed
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. **Many thanks to members who have made donations.**

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 **20th October**, we will have a talk about the London Air Ambulance Service.
On the **17th November** there will be a Games afternoon run by Chris Farnes. A sociable Games Afternoon with a good selection of board and card games to choose from. Tables and chairs will be set out and you can sit where you like. This was very popular when we did this a few years ago. If you have a game at home that you would like to play with others, please feel free to bring it along.

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. Apologies 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

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

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: John and Kim, David, Vivienne and Patricia. **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 – restart in March 2027), Mahjong, Play Reading, Qi gong, Singing for Fun 1, Outdoor Sketching and Walking Cricket (last 2026 game). **Qi gong** is guided meditation. If you are interested in joining the group or want to know more, e-mail bhupenlchauhan@hotmail.com
Lesley Searle, Groups Co-ordinator

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

Book Group 1 will meet on Thursday 29th October 1:45 - 3 :45 pm to discuss Elizabeth is Missing by Emma Healey

Book Group 2 will meet on Thursday November 12th to discuss 'Late in the Day' by Tessa Hadley

Coach Trip to Bury St Edmunds
Cathedral Christmas Market - 26th November
This is now fully booked with a waiting list. If members are no longer able to go please inform Joy on jjpankhurst@btinternet.com Mobile 07952 142232 Or Val on lordval99@btinternet.com Mobile 07806 093533

Current Affairs
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 he 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

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

Epping Forest Walk
On Tuesday the 10th November we are meeting at Chingford Station at 1.30pm. We are going to be doing a circular walk from there including going up Pole Hill
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
The film on 21st October will be "Coco before Chanel" (French with subtitles.) The story of the legendary couturier. At Paula's house in Chingford.
The film for November 18th will be 'Le Weekend' (2014) Jim Broadbent and Lindsay Dunclan play a middle-aged couple who go on a weekend to Paris to celebrate their anniversary and re-kindle the flame. Things do not go according to plan. Venue TBC
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.

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
Our Social Group will be meeting on **Friday 30th October 2.00 - 4.00 p.m**. at Karya Bistro 428 Hale End Road (on the corner of Hale End Road and The Avenue) Highams Park E4 9PB. This is a chance for new and old members to get to know each other better in an informal setting. For members who attended last month, please note the change of venue than was previously mentioned. For more information, contact Chris Farnes or Carol Kinghorn (see Committee list).

Ten Pin Bowling
Next Ten Pin Bowling is **Friday 30th October at 11am. At Namco Funscape in Romford. Contact Elaine Mitchell**
elainemitchell217@gmail.com

Walking Cricket
Thursday 29th October 2.00-4.00 p.m.
meeting at Ridgeway Park, Peel Close, Chingford E4 6XG. This will be our last game of the season (weather permitting) and will re-start in March. New members are most welcome to give it a try just let us know in advance. For more details contact Trevor Farnes 0208 521 2187 or email: 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 Drama
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 at 2.30pm. Prices from £13 for the matinee, £14 evenings. For further details and to book, tel. 07445650935 www.cados.org

Drama Workshop present Watching the Detectives two comedies by Tom Stoppard 23-25 October 2026
"After Magritte" a surreal comedy of mayhem & misunderstanding; and "The Real Inspector Hound", where the lines between what is theatre and what is real life become hilariously blurred.
The performances are on:
Friday 23rd October 2026 at 8pm
Saturday 24th October 2026 at 8pm
Sunday 25th October 2026 at 3pm Matinee only
Tickets £10, concessions £8
For tickets please call 077 1111 7089 or book online from:
tinyurl.com/WatchingTheDetectives

Forest Community Theatre

Starlighters and Jabberwocky, present something spooky this Halloween
Starlighters perform an original play *The Pier* by Marcus Scroop. A writer visits a northern town where a pier burnt down years ago, meeting two locals who tell him the story, but is everything quite as it appears to be?
Jabberwocky present a dramatic reading of Oscar Wilde's classic comic ghost story *The Canterville Ghost*. When a modern American family buy a stately home complete with an ancient ghost who has scared off many inhabitants, neither the family nor the ghost are quite ready for the hilarious consequences!
Two performances of this double bill on Saturday 31st October at 2.30pm & 7.30pm at The Forest Community Centre, 59 Guildford Road, Walthamstow E17 4EA. Venue has disabled access, performances are suitable for children 7+. Tickets: £10.00 adult & £7.00 concession. For tickets call: 07711 117089. Online:www.ticketlab.app/series/2870#/

Local Music
Pitchstone Music presents Reveries and Revolutions.at St. John's Church, High Road, Leytonstone, E11 1HH - music by Ravel, Debussy and Mozart. Saturday 24th October 7.00 p.m. This is a free concert but you must reserve your place. hello@pitchstonemusic.com

Waltham Forest Music Society
Lunch time recital at All Saints Church, Church Avenue, Highams Park E4 9QZ on Monday 26th October at 1pm. Jali Bakary Konteh and Aboubakar Konate play music from West Africa. Admission free, with a retiring collection.

Woodford Symphony Orchestra:
Autumn Concert
Works by W.A.Mozart and Franz Schubert
Saturday 14th November 2026 7:30pmGreat Hall, Bancrofts School, Woodford Green, Essex IG8 0RF
Tickets in advance tel 020 8924 9370 or on the door: £12, Under 16s Free

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.

Irish Walk in Spitalfields

Saturday 31st October meeting at 11.00 a.m. outside The Railway Tavern 15 Liverpool Street EC2M 7NX lead by Oona Kelly who gave us a talk after our AGM this year. It will be a two hour wander through Spitalfields with stories of the Irish community covering housing, work, religion and politics from 1730s to 1900s. A fundraiser for The Irish Elders Network in London.
Tickets £10 from Eventbrite using the above title.

Other Events
Not been able to get tickets for the Bayeux Tapestry yet? A substitute may be an exhibition Beyond Bayeux: Tapestry at the Guildhall Art Gallery, Guildhall Yard, EC2V 5AE from 23rd October to 21st March 2027 open every day 10.00 - 5.00 p.m. Twenty modern tapestries are on display and entry is free or pay what you can. onecitylondon.com will give more details.

London Region of U3As
Walks and Gallery visits
December 2026/January 2027

The next full programme of walks for December/January. All events are £10, no refunds. The programme can be found on the events page of the website.
https:// lru3a.u3asite.uk
The sessions for December/January will launch on Tuesday 1st December 2026 from 17.00

Waltham Forest u3a Groups Oct 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	3rdWed;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; 2pm
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
Qi gong	2nd & 4th Tues 10:30-12
Remarkable Women 1	1st Wed; 10-12
Remarkable Women 2	Suspended
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 — Steph Heelan 07752 814229 heelan.house@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.