

MAY 2025

CHAIR'S REPORT

Hello Everyone,

I hope you enjoyed our first May bank holiday. We went to visit John's sister, Ann; it is always good to share time and a meal with family and friends. I have many friends who have been ill lately, and I hope that they are able to enjoy the sunny weather and generally are feeling better as the weather gets warmer. I said to my eldest, David, "It was up to 25 degrees yesterday." He replied, "It got **down** to 25 degrees last week." He lives on the Gold Coast in Australia.

We have several great trips to look forward to this month, our Visits and Outings Team have been very busy so many thanks for all they do. We have booked for Moulin Rouge.

Harlow u3a Committee is currently reviewing data protection and privacy procedures and developing our Safeguarding Policy, a time-consuming task but necessary; please note the guidance on page two.

We are very happy to welcome Lorna Walsh to the committee as Secretary and we look forward to our new members' meeting on Friday 16 May, where we welcome members who have joined in the last year and give them the opportunity to meet the committee and the facilitators. We have these meetings about every six months so another will take place, probably, in November. I hope to see you at the General Meeting on Monday 19 May at The Link.

Best wishes,

Jane Winterbotham

SECRETARY'S NOTES

MEMBERSHIP RENEWALS 2025-6

If you will be paying by **cash or cheque** to renew your membership 2025-6, **Christine Chesham will be accepting these payments at the General Meeting on Monday 19 May.** She will be situated in the main hall of The Link next to the stage. The fee is **£16.00 per person** and associate membership (if you belong to another U3A) is £12.00 per person. Please make cheques payable to : **Harlow u3a (plus membership number and surname on the back).**

- If you are a UK taxpayer but haven't completed a Gift Aid Form, please consider doing so; it costs you nothing but Harlow u3a benefits enormously. Ask Christine for a form.
- If you currently receive the TAT magazine by post but don't read it, please ask Christine to cancel your subscription; doing so will help us save money.

NEW MEMBERS' MEETING

New members are warmly invited to attend a welcome meeting on **Friday 16 May 2-4pm** at The Link; this will give you the opportunity to meet the committee and talk to group facilitators about the activities and interests they offer. If any new members have friends who are interested in joining Harlow u3a, do bring them along with you. Tea, coffee and biscuits will be provided. We hope to see you there; please let Membership Secretary Chris Chesham know if you will be attending. You can contact her via this link: [MEMBERSHIP SECRETARY](#)

USEFUL GUIDANCE ON PRIVACY PROTECTION FOR ALL

Harlow u3a Committee has been reviewing our Data Protection and Privacy Policies, it is felt that it would be helpful to share with you key points we all need to be aware of to keep our personal information safe and to respect members' privacy choices - including additional points which reflect changing technology. (The full policies are available on our website.)

- Please do not be offended if you ask a committee member or group facilitator for another member's personal information eg.phone number and they decline to do so; they cannot share such information without permission from that member.
- When setting up a WhatsApp chat group for a u3a group, members' permission should be sought before adding them to a chat group.
- When photographs are being taken at u3a events, members should tell the photographer if they don't want to be included. The photos may be shared eg. in the u3a newsletter, promotions and website or with the media.

HARLOW u3a NEEDS THE FOLLOWING :

WEB ADMINISTRATOR: This is an interesting role in which you will be keeping our website functioning and its content up to date. Our website technology is provided by TAT (the Third Age Trust) and there is an excellent forum and support structure. In November 2024 Harlow u3a moved to a new technology platform based on WordPress. If you are interested, and would like to know more, do contact Imelda Gunn via this link: [WEB ADMIN](#) Training can be available. This role could be undertaken by a non-trustee.

PLEASE COME FORWARD AND HELP TO RUN OUR u3a

COMMITTEE ROLES

Having joined the committee in January 2025, member Christine Williams has agreed to take on the role of Events Co-ordinator.

She will be planning events for us all to enjoy, in particular, working closely with our Special Events Co-ordinator, Ann Flint, on how we celebrate National u3a Week 20-28 September 2025. Watch this space.....





Happy birthday, Audrey!



Members enjoyed a lively Spring Social last month, when we were entertained by talented singer-songwriter Gary Benjafield who performed popular songs from the 1950s-1970s. Ballads, rock n' roll and pop were covered while u3a members sang and danced along.

Gary opened his set by singing Happy Birthday to member Audrey Marlow who was celebrating her 94th birthday that day, and everyone sang with him. He ended his set with Sweet Caroline which had people on their feet swaying and joining in the chorus.

What a great morning!



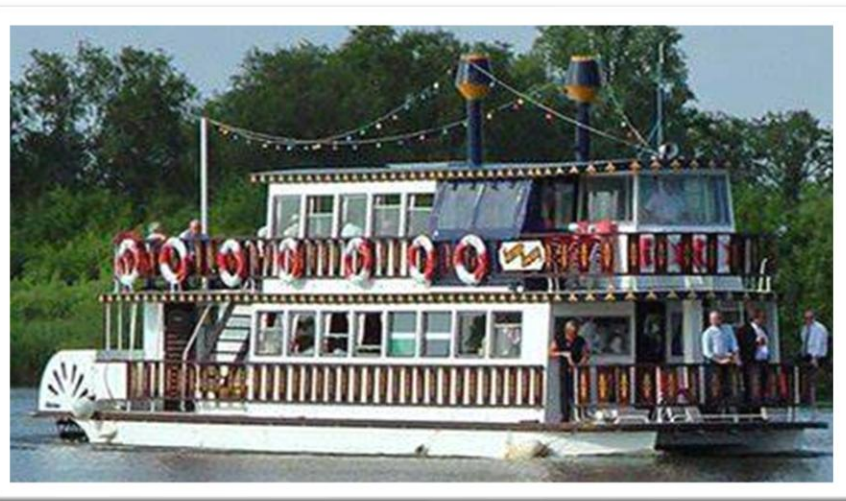
FUTURE GUEST SPEAKERS

19 May	Life as an Ex-pat in Kenya and Papua New Guinea Anne will be selling handcrafted jewellery after her talk so bring your purse/wallet.	Anne Small	The Link
23 June	Sherlock Holmes Investigates The Whitechapel Murders	Tony Harris	The Link
28 July	Consumer Competitions: How to enter and win!	Ian Davison	The Link
18 August	Summer Social: Quiz		The Link

VISITS & OUTINGS

This month we are offering an outing on **Thursday 10 July to Horning, Norwich** for a **boat trip on the Southern Comfort** owned by Mississippi River Boat Ltd. The Southern Comfort is a double-deck paddle boat, purpose built for the Broads with a capacity of 100 passengers for public trips or private hire; we are joining a public trip. The boat is a luxury river cruiser which runs regular trips

from the beautiful village of Horning, along the River Bure, through the village and out to Ranworth Broad and back, passing lovely old thatched houses, windmills and Norfolk reed beds.



During the trip there is excellent commentary and continual pointing out of all the wildlife around at the time. There's the ever-present bustle of river traffic with cruisers, yachts and the occasional wherry. On board there is a licensed bar where you can also purchase tea, coffee and light snacks.

We are planning on arriving at Horning with sufficient time for you to purchase a coffee and light meal before we embark the Southern Comfort. **The cost is £37.00 per person.**

SPRING BREAK ISLE OF WIGHT

On Monday 19 May, at the General Meeting at The Link, we will have the case tags and the itinerary details for anyone attending the **Isle Of Wight late Spring Break**; these will be available for collection from the trips desk at the monthly meeting from 10am, when the trips desk will be open.

TIGGYWINKLES WILDLIFE HOSPITAL AND THAME MARKET TOWN TRIP



In April, we enjoyed a really pleasant day out to Tigglywinkles Wildlife Hospital then onto Thame for market day.

Tigglywinkles is very interesting; it all started in 1978 when husband and wife, Sue and Les Stocker, rescued an injured bird. Their son, Colin, got involved too as they took in more and more animal casualties and it's just



grown over the years. The little shed where it all started is still there for all to see but now the centre has grown to be the world's leading wildlife hospital.

At the centre we saw foxes, a polecat, birds, hedgehogs, badgers, chicks and tortoises including a 104 year old tortoise which took great delight in headbutting one of the staff as he was telling us about the hedgehogs! We couldn't handle any animals - for their safety and ours - but it was interesting to see and hear about them. We were informed that only a small handful of animals cannot go back into the wild as the majority do.



Browsing in the BookHouse in Thame

Following lunch, we went off to the High Street in Thame for market day and then with shopping done, Patrick, our delightful driver, took us home. Another great u3a outing!

GROUP NEWS

CALLING ALL GROUP FACILITATORS

Group facilitators are encouraged to promote their groups at our monthly General Meetings by sitting at one of the tables around the perimeter of the main hall in The Link at the start of the meeting, so members know where to find you. Joan Jones has some A4 display stands which can be used to indicate which group you represent and you may wish to bring other relevant materials. Please let her know if you'd like an A4 display stand.

GROUP FACILITATOR NEEDED FOR DRAWING AND PAINTING GROUP

Regrettably, no one has come forward, as yet, to take on the facilitator role for our [Drawing and Painting Group](#) – whose work has featured many times in our newsletter – since the resignation of the previous facilitator. If you'd be interested in taking on this role please contact Vipin Patel at a General Meeting or: [CONTACT VIPIN PATEL](#)

TONWELL, STAPLEFORD, WOODHALL PARK

On 7 May, the [Wednesday Long Walks Group](#) went in search of the sight and scent of bluebells, but unfortunately, this year, timing was off as the flowers had passed their best by a couple of weeks. However, as a recompense we saw and smelt groves of ramsons (wild garlic) and also enjoyed the sunny weather after the previous few cold days.

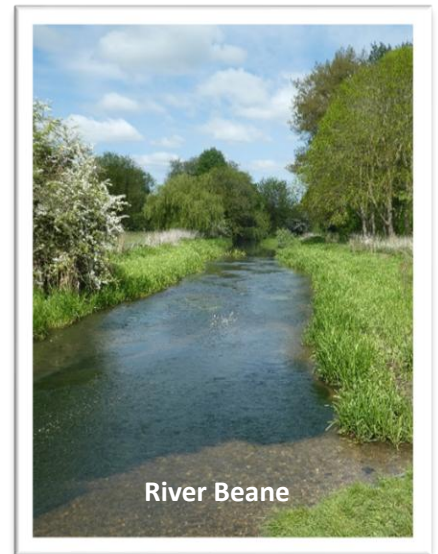


The group assembled at Tonwell, a village on the A602 between Hertford and Stevenage and walked west through the fields to Chapmore End, where we admired the carp in the village pond and then on through more fields and woods (with a scattering of bluebells) to Secombe Road and the nearby nature reserve, where benches had been conveniently provided for a midmorning break with a view over the reserve's plain.

After refreshments, there was a downhill stretch through woods and under the railway to the valley containing the River Beane, a clear chalk stream. We followed this upstream through Bullsmill and Stapleford which should have given the best sighting of bluebells, but where instead



we saw the empty shells of Roman snails and the ramsons. There followed a steep climb out of the valley and a left turn to Woodhall Park, with a welcome lunch break on a bridge over the stream in the warm sunshine. Then, it was on through the park and over a tall ladder-stile that topped the wall around the estate, with more uphill to recross the busy A602.



We finished with a gentle, flat stroll through the fields to Bengoe Temple Farm and then back to Tonwell, passing the ice-cornet shaped former water tower that has been converted into a four bedroom home. **Colin Moody**

LONDON EXPLORERS

On Tuesday 15 April, [London Explorers](#) had a great day out exploring Battersea Power Station where they enjoyed everything the venue has on offer – rain or shine. Unfortunately, Lift 109 that takes visitors up to enjoy the 360degree view of London was closed due to technical problems – better luck next time! **Nusrat Shah**



At the time of the London Explorers visit, Battersea Power Station was participating in The Big Egg Hunt, a free city-wide trail in aid of wildlife charity, Elephant Family. You can see one of the beautiful entries in this photograph

BALLROOM & LATIN CLASSES ANYONE?

INTERESTED IN DEVELOPING YOUR COMPUTER/IT SKILLS?



There has been quite a bit of interest in this group and now we're looking for a venue, so if you haven't yet contacted Vipin Patel about attending, please do. See him at a General Meeting or

[CONTACT VIPIN HERE](#)

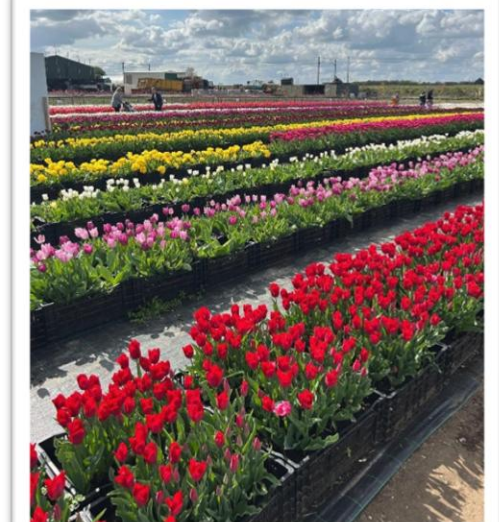
We intend for it to be a daytime class.



*We hope to arrange some IT support sessions, so contact me and tell me what you'd like to learn how to do or develop. Contact via the newsletter link **[NEWSLETTER](#)** or email **harlowu3newsletter@gmail.com**
Imelda Gunn*

HARLOW u3a GARDEN GROUP TRIP

On Tuesday 22 April the [Garden Group](#) had a visit to Bury Lane Farm Shop in Melbourn Hertfordshire, where we were able to view a large selection of tulips in glorious flower! The farm shop grows the tulips in crates so the bulbs can be picked along with the flowers, so allowing them to be planted at home and, hopefully, flower next year. With varieties such as tulip Orange Synaeda and Jumbo Pink, they're an amazing splash of colour. The weather was fine and sunny and the farm has a very nice café where we had tea and cake. **Maria Miola**



STROLLERS GROUP 2

Strollers 2 had a lovely walk on Thursday 1 May.

We walked from the Moorhen along the River Stort and to the Marshgate Spring Nature Reserve, where the bluebells were in bloom!

Vipin Patel



COFFEE-TIME QUIZ

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CAN YOU SOLVE THESE RIDDLES?

1. What has keys but can't open locks?
2. What belongs to you but other people use it more?
3. What has many teeth but can't bite?
4. What can travel all around the world while staying in one place?
5. What is full of holes but still holds water?
6. Why can't your nose be 12 inches long?
7. What gets wetter the more it dries?
8. What has to be broken before you can use it?
9. I speak without a mouth and hear without ears. What am I ?
10. The more you take the more you leave behind. What are they?

U3A FRIENDS COMMUNITY

HELP US IMPROVE THE u3a MEMBERSHIP MAGAZINE : It's been a year since the u3a relaunched its magazine, *u3a matters*, with new content and a fresh design. To make sure the magazine remains relevant and engaging for its readers, the u3a is asking readers to fill out a simple survey. Those that participate will have the chance to win an M&S voucher. Follow this link: [SURVEY](#)

STAYING CONNECTED WITH u3a FRIENDS: Are you signed up to *u3a Friends*? This monthly newsletter is the best way for members to keep up to date about u3a news, events and opportunities. Members also get exclusive access to *Friends Extra*, a scheme that offers discounts on travel, shopping, electronics and much more. To sign up, follow this link: [SIGN UP TO u3a FRIENDS](#)



The Great Get Together
Harlow Town Park
Bandstand

21 June 2025

*A free, family fun
 day for the people of
 Harlow*

11am – 3pm



GALLERY
Gibberd

Drawing on Memories
Exhibition

Monday – Saturday
11am-4pm

Drawing on Memories marks
 the **80th Anniversary of the end**
of the Second World

War through the voices of
 local residents. The exhibition
 also reflects on the lives and
 work of eleven artists who
 served as official War
 Artists or recorded life
 during WW2.

The exhibition runs until 7 June

Gibberd Gallery Civic Centre, The Water Gardens,
 College Square, Harlow CM20 1WG

DATES FOR YOUR DIARY

19 May	General Meeting	The Link CM19 4RT	10am-12pm
30 May	Trip to Lavenham		
9 June	Committee Meeting	St James' s Church	10am-12pm
10 June	Trip to Brightlingsea		
12 June	Trip to Moulin Rouge: The Musical		
13 June	Deadline for June's Newsletter		
16-20 June	Spring Break to the Isle of Wight		
23 June	General Meeting	The Link CM19 4RT	10am-12pm
10 July	Trip on the Southern Comfort River Boat		

SAVE THE DATE!

Harlow u3a Choir

Summer Concert

Saturday 12 July

Moot House, The Stow, Harlow



GET IN TOUCH

You can contact **Committee Members and Facilitators** by email through links on the website. Using this method keeps personal information out of the public domain. Go to: [CONTACT](#)

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COFFEE TIME QUIZ ANSWERS

1. A piano 2. Your name 3. A comb 4. A stamp 5. A sponge 6. Because, then it would be a foot! 7. A towel 8. An egg 9. An echo 10. Footprints