

JUNE 2025

CHAIR'S REPORT

Hello Members,

June is here with such changeable weather. We went on a gardening trip to a beautiful National Garden Scheme garden at Stebbing; it was interesting but the weather was not kind so we got rather wet! More later. I must confess that I did not go on our strollers walk as thundery showers were forecast and Vipin cancelled in the end. And now we're having a heatwave!

Playreading went OK, it is indoors! We read a hilarious play, "Mr Whatnot", by Alan Ayckbourn; congratulations to Mike who read the stage directions for the lead which was a non-speaking part. It must be a scream to see it performed on stage.

Ann Flint organised a visit to Waltham Abbey on 11 June. We had a guide tell us about its long history, which was fascinating, and this was followed by tea and biscuits and more time to browse around the Abbey. On 12 June, we joined the trip to London to see "Moulin Rouge". After navigating the traffic, we arrived in time to get some lunch and the weather was warm and humid. The show was a blaze of colour, music and dance. Our thanks as always to our Trips Team for all these great opportunities.

The committee, with lots of help from Ann Flint, is going to lead us in supporting National u3a Week this year; it is from 22 - 26 September. The theme is, "Try Something New", and we hope that you will take part; there will be extra activities locally as well as some of the groups sharing with you what they do. See the timetable – so far – on pages 9 & 10.

This week some members have been enjoying the Harlow u3a break in the Isle of Wight, I hope they've had a great time and that we will hear about it in next month's newsletter. They're invited to send any photos or anecdotes to the editor via this link: harlowu3anewsletter@gmail.com

Best wishes

Jane Winterbotham **Chair**

SECRETARY'S NOTES

SAFEGUARDING POLICY AND PROCEDURES

Harlow u3a Committee has been developing our Safeguarding Policy and Procedures and it is now published on our website on the Quick Links page. The document outlines what is deemed to be a safeguarding matter and what procedures should be followed if any member has a concern. [The named person for Safeguarding for Harlow u3a is Chair, Jane Winterbotham](#), to whom any concerns should be referred. All members are asked to familiarise themselves with the document, but it is one which we hope will not need to be implemented.

MEMBERSHIP RENEWAL 2025-2026

If you haven't yet renewed your membership for 2025-2026, which was due from 1 June 2025, please do so. The fee remains at £16 (£12 if you belong to another u3a). Membership Secretary, Christine Chesham, will be accepting payment and distributing membership cards, at the General Meeting at The Link on 23 June. She will be in the main hall by the stage.

If possible, please pay online by bank transfer (BACS) to:

- Choose Business Account.
- Enter account name as - Harlow U3A
- Sort code - 60-10-05
- Account number: 84638818
- Reference – your surname

If you are paying by cheque, please make it payable to **Harlow u3a** with your surname and membership number on the back. If you aren't going to be at the General Meeting please post it to u3a Membership Secretary, 2 Five Acres, Harlow, CM18 6UX.

COULD YOU HELP WITH THIS RESEARCH?

Jonathan Taylor, who is currently leading a research project at the University of Oxford, believes his current work may be of interest to some of our members. The study, which has been approved by the University's Ethics Committee, **explores the health and wellbeing of older adults who spent part of their childhood in residential or foster care.**

He would be very grateful if any members who have lived this experience would consider sharing information with him to assist his research. If you would like more detail, have any questions or would like to take part, do contact him:

Jonathan Taylor Research, Nuffield Department of Population Health

Email: Jonathan.Taylor@ndph.ox.ac.uk or Telephone: 01865 617912.

:

VISITS & OUTINGS

Booking at the General Meeting at The Link on Monday 23 June, will be the following trips.

Friday 15 August: We will be visiting **Polesden Lacey**, which is a National Trust property near Dorking in Surrey offering a 1,600-acre estate with elegant gardens and an Edwardian house. The cost is **£28 per person.** (£13 for National Trust Members)



Tuesday 26 August: We will be setting off to the seaside town of **Whitstable** for the day; Whitstable, once famous for its oyster huts, is one of the prettiest seaside towns in Kent with its beautiful beach, charming old town and fresh seafood. The cost is **£14.50 per person.**

**PLEASE MAKE SURE YOU HAVE CHECKED-IN AT THE SIGNING-IN DESK
BEFORE JOINING THE TRIPS' QUEUE.**

NEW MEMBERS' MEETING MAY 2025



We were pleased to welcome our newer members at The Link last month. They were introduced to our committee members and a number of the facilitators shared with them details of the groups they lead. A wide range was represented: walking, music, craft, discussion and fitness – hopefully something for everyone!

Remember, Harlow u3a is always pleased to see new groups start up so if your particular interest isn't represented, why not contact one of our group co-ordinators for help to get it off the ground? Also, where an existing group is full, there is lots of support available to start an additional gathering.



The next New Members' Meeting will take place 21 November 2-4pm.

FUTURE GUEST SPEAKERS

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
22 Sept.	A Beginning, Middle and End. Where do novelists get their ideas?	Bobbie Derbyshire	The Link
27 Oct.	Road Safety for Seniors	Liam & Tanya	The Link
24 Nov.	The Inn At The Top: Neil talks about his life as landlord of the most remote country pub in the Yorkshire Dales; an entertaining ramble around the inn, the Dales countryside and a remarkable array of local characters.	Neil Hanson	The Link
15 Dec.	Christmas Social		The Link

LIFE AS AN EX-PAT WIFE IN PAPUA NEW GUINEA AND KENYA



Local speaker, Anne Small, shared her experiences as an ex-pat wife at May's General Meeting. Her very interesting talk covered the highs and lows of a young family adjusting to life in foreign climes and our members thoroughly enjoyed hearing about it all.

When Anne's husband, John, accepted a job as Management Accountant for a palm oil company in Papua New Guinea in 1977, it was Anne's first experience of living abroad and a huge culture shock. However, with Queen Elizabeth II and Prince Phillip having recently visited the country, the move was approved by her mother. It was only a year previous that

some of the indigenous tribes had first seen a white person: on the regional aeroplane taking Anne, John and their infant son, Andrew, to their new home, locals carrying a chicken under their arm and bows and arrows as luggage proved to be an eye-opener.

A very basic house awaited them, complete with a cockroach infestation, and the new arrivals proved to be a veritable feast for the mosquitos but, in record time, Anne and John created a home for their family and Anne began her teaching job in a local primary school. We learnt that Papua New Guinea has two seasons: wet and very wet. It is volcanic with Mount Lamington smoking away on the horizon; earth tremors are a regular occurrence. We also learnt of the beautiful fauna and flora of the island – the Bird of Paradise being the national emblem. The bird's feathers are highly valued and feature in the wonderful headdresses used in tribal celebrations.



Geckos were in abundance and one day when Anne was reading to her pupils their attention was distracted by two geckos fighting on the ceiling above her. When one succumbed and landed on her head the children ran screaming from the classroom!

After two years in Papua New Guinea, the family's next move was to Western Kenya then onto the capital itself, Nairobi. The city offered good schools and medical facilities and there were many sports opportunities for the children (Anne and John had three sons by then). However, the city had terrible traffic problems and pot holes a-plenty - a bit like Harlow! It wasn't unknown for locals to plant bananas and sugar cane in the holes. When asked which side of the road to drive on the answer would usually be " the best side".



Another bonus of life in the city was the societies that the family could join. In addition to her teaching responsibilities, Anne took up photography and painting and proved to be most proficient in both, having her own exhibitions and being offered commissions.

Anne concluded by telling us that Kenya had been a wonderful place in which to bring up a young family: safaris to the coast of the Indian Ocean, game drives in the national parks, seeing the millions of flamingos on Lake Naivasha... she has many fond memories of Kenya. As you can imagine, returning to the UK

proved to be a big change but that's for another talk - maybe we'll hear it next year. **Imelda Gunn**

VISIT TO BRIGHTLINGSEA AND CLACTON 10 JUNE 2025

Our first stop was Poplar Nurseries garden centre at Marks Tey - familiar from previous outings as a timely stop with plenty to see and do: restaurant, gift and greetings card shops, house plants, beautifully maintained garden areas displaying everything from rockery plants to trees and more.

The road into Brightlingsea was partly residential with an endless row of beach huts away to our left, indicating that we had at least achieved our objective of reaching the Essex seashore, but without sight of any place of interest or refreshment! Our driver Pat pulled over, and after a brief, humorous discussion, he took us the few more miles to Clacton pier.



Three of us explored the pier. The extensive amusement arcade at the pier head was nearly deserted on this weekday before the holiday season; the canned pop music was sometimes mixed with dinosaur growls. The pier ended with an area reserved for anglers. We had a decent fish and chips lunch - and no other customers. Streets near the pier were spacious and for pedestrians, buses and essential traffic only. Clearly our visit was well timed before the main holiday season with its crowds.

We sat and admired the flowerbeds along the Marine Parade, a gorgeously colourful display.

These merged along the Western Marine Parade into the award-winning sunken memorial gardens, with one garden in memory of the few unfortunate national service conscripts killed during 1945-63.

We thank our driver Pat and our V&O group leaders for a much enjoyed day out. **Jim Mindham**

GROUP NEWS

ARTS IN AND ABOUT HARLOW

A group visited Waltham Abbey recently for a guided tour. Waltham Abbey is a traditional market town steeped in history with royal connections and an impressive church and abbey grounds at its centre. Its connections to King Harold, who founded the monastery and is reputedly buried in its grounds, are celebrated every year alongside a calendar of other festivals and events.

The Abbey's stained glass windows include early work by [Edward Burne-Jones](#), in the rose window and lancets of the east wall: he was an English painter and designer associated with the Pre-Raphaelite Brotherhood. The acoustics are excellent and many concerts are held in the Abbey so a visit to a concert is a future option. There are plenty of places to eat and park in the town so it's worth a visit and it's not far from Harlow. **Ann Flint**



u3a GARDEN GROUP TRIP 27 MAY 2025

On Tuesday 27 May, the Garden Group visited an NGS (National Garden Scheme) garden in Stebbing, Essex. Unfortunately, the one day we would have liked good weather it decided to rain but, like all good garden visitors, we walked around admiring the features whilst dodging the rain showers.



This 1.5 acre garden has many interesting features: a natural swimming pool bordered by flower beds, herb garden and Victorian folly, a shepherd's hut and many interesting sculptures. Also, on show is an octagonal water feature with a copper peace lily fountain made by the garden owner.



A bog garden borders woodland and a silver birch copse shades a 'Classic' temple. The natural swimming pool, which featured in Grand Designs magazine and on Gardeners' World, is sheltered by an old apple orchard in which is

built a tree house. An old bell tower, set in a formal bed, separates this area from the vegetable patch. The lower garden is laid to curved informal flower beds and is bordered by a brick terrace outside of a well-stocked conservatory housing some lovely varieties of clematis.

Additionally, there is a small collection of classic cars and motorbikes, in which some of our party took a great interest. We ended the visit with a delicious tea and homemade cakes. **Maria Miola**



WOOL NEEDED FOR HARLOW u3a GROUP CHARITY PROJECTS

At the moment, the Knitting, Sewing and Crochet groups are making blue hearts and yellow chicks for the hospice, baby blankets and baby hats for premature babies at PAH neonatal ward, and larger blankets for end of life care at the hospital. Also, we have been asked to make knitted poppies again for Remembrance Day. We are running out of wool, although we do have plenty of dark colours.



Please help by donating wool in pastel shades suitable for babies, and red wool for the poppies.

You can drop them off at the General Meeting; a box will be near the signing-in desk. Alternatively, contact Kathleen Perry via this link: [KATHLEEN PERRY](#)

u3a CHOIR SUMMER AFTERNOON TEA



Harlow u3a Choir celebrated summer with a delicious Afternoon Tea at Canons Brook Golf Club this month



COME ALONG TO THE CHOIR'S SUMMER CONCERT

HARLOW U3A CHOIR

SUMMER CONCERT

SAT 12TH JULY 2025
2:30PM
MOOT HOUSE
THE STOW
HARLOW
CM20 3AG

JOIN US FOR A SUMMER CELEBRATION OF SINGING FEATURING HARLOW U3A CHOIR, SOLOISTS AND AUDIENCE PARTICIPATION. ALL WELCOME.
£3 (£1 CHILDREN)
REFRESHMENTS INCLUDED
RAFFLE

RESERVE YOUR TICKET ONLINE TODAY AND PAY CASH ON THE DOOR

TICKETS ON THE DOOR ON THE DAY SUBJECT TO AVAILABILITY

BOOK AHEAD TO AVOID DISAPPOINTMENT

If you aren't able to use the QR code above to reserve tickets, contact the choir via this link and give your name and number of tickets required: [CHOIR](#)

MUSICAL MEMORIES

Recently, some of us went to Alexandra House Residential Care Home to entertain the residents, make them smile, encourage them to move and join in with the songs. We all had such fun, and not just the residents, because u3a members enjoyed it just as much. If the residents want to talk to us we hold their hands and listen. The musical instruments give them a sense of rhythm and the balloons improve their co-ordination.



When I started this group, way before Covid, we sang songs from WW1 and then we moved on to WW2 but

now we are up to date with the songs from my youth. We include melodies from the musicals, the jolly songs of Neil Sedaka and Petula Clark and, of course, always end with ABBA.

It's great fun: we return to our cars with broad smiles and looking forward to our next visit. **Ann Flint**



HIDDEN BENEATH OUR FEET (OR WHEELS)

I would guess that many of us have driven over the A 10 viaduct that crosses the Lea Valley between Ware and Hertford, but if you walk the footpath underneath on the south side of the flood plain, you will be amazed and delighted at the murals painted on some of the pillars that support the road, as members of the Long Walks Groups were earlier this month.

The murals were commissioned by the Herts and Middlesex Wildlife Group which manages King's Mead which is the land in that area. They are certainly worth a visit and there is plenty of bird life to see as well. **Colin Moody**



TRY SOMETHING NEW WEEK!

Harlow u3a is joining in with the national u3a Week, embracing the theme of TRY SOMETHING NEW! Here's what's planned so far:

MONDAY 22 SEPT. : Members' Monthly General Meeting 10am-12pm at The Link

MONDAY 22 SEPT. : Harlow Town Park is much larger than you may think so why not enjoy a short, guided walk, **meeting at the café at 2pm**, to explore some of the areas. This will include the sensory garden, the walled garden, Miyawaki forest and information about the new mural in the paddling pool. If you have never been to the park, this will be your chance to hear about the many activities that are carried out. If you feel energetic, we might get as far as the River Stort. Park in the car park by the Greyhound Pub.

TUESDAY 23 SEPT. : Do you have the spirit of Adventure? How about Canoeing at Essex Outdoors Harlow with qualified instructors and NO ROLLS? It will begin at 11am. All equipment plus hard hats provided. £18.00 for 90 minutes. **Burnt Mill Lane, Harlow, Essex CM20 2QS**

TUESDAY 23 SEPT. : 10am-3pm . Harlow u3a will be represented in the **main library in the town centre**. Members are invited to stop by and say hello if they're in the vicinity.

WEDNESDAY 24 SEPT. : Never been to the Gibberd Garden? Enjoy a guided tour followed by tea and cake. Starts 1.15pm £16 per person. It's a hidden gem, recently featured on the Michael Portillo train journeys television programme and in an article in the Guardian. **Marsh Lane, Harlow CM17 0NA**

THURSDAY 25 SEPT. : Do you live in Harlow but have never been to Harlow Museum? Why not stroll around, taking a cup of tea with you? It's free entry and there is an excellent exhibition explaining the development of Harlow, as well as a lovely walled garden. You might like to try your hand at sketching whilst you're there; all you need is a pencil and some plain paper. 9.30am – 3pm. Muskham Rd, Harlow CM20 2LF

THURSDAY 25 SEPT. : If you like peace and quiet and watching the wild life, why not enjoy a trip on Canalability on the River Stort 11am-3pm. Bring, and share, lunch. Burnt Mill Lane, Harlow, CM20 2QS

Harlow Tye Rotary Club has kindly offered to sponsor a boat; we have hired two so there will be 22 places. Canalability's boats are adapted for use of wheelchair users and those with mobility difficulties; they have ramps and a lift on each boat and a disabled toilet. The Rotary Club suggests the preferred guests to be those with walking difficulties and their partners. Because of their kind subsidy we can offer this experience for £8 per person. Contact Jane Winterbotham for information and bookings. Link: [JANE](#)

FRIDAY 26 SEPT. : Visit to Our Lady of Fatima Church at 2pm. This church has the most wonderful windows which may look blank and dreary on the outside BUT they are huge and brilliant inside and they never fail to amaze. The guided talk lasts an hour and we make a donation at the end. **Howard Way, Harlow CM20 2NS**

Contact Ann Flint, (Click here: [ANN FLINT](#)) or talk to her at the General Meeting, or contact the relevant group facilitator if you are interested in any of these planned events and would like more information or to book a place.

Please tell all your u3a friends about this special week and, if you attend the events, take photos to send to the u3a Editor for a super edition of the Newsletter!

Contact our Events Co-ordinator, Chrissy Williams, if you want to know more about how groups can get involved in u3a Week 2025. On offer so far:

MONDAY 22 SEPT. : Harlow u3a CHOIR would like to offer a free, Singing For Fun Sing-a-long session, 1-3pm at Harlow Rugby Club, Latton Park, Howard Way, Harlow, Essex CM20 3FD. This would be open to any Harlow u3a members who would like to come along for a couple of hours of fun, and sing well-known popular songs, with which most people will be familiar, led by the choir's Musical Director, Roisin Quinn To book a place contact Mel Gunn via this link: [CHOIR](#)

FRIDAY 26 SEPT. : Play reading. Join with others for the afternoon to read a play. Channel your inner thespian and share the fun. Follow the link to contact Jane Winterbotham for information and to book a place: [CONTACT FOR JANE](#)

GROUP FACILITATORS WHO WOULD LIKE TO ADD TO THIS OFFER BY OPENING UP THEIR GROUPS DURING THIS WEEK, DO CONTACT CHRISSY WILLIAMS.

COFFEE-TIME QUIZ

It's All About Summer!

1. Which summer flower is famous for appearing in the paintings of Vincent Van Gogh?
2. 'Coachella,' 'Glastonbury' and 'Lowlands' are examples of what kind of summer event?
3. What is the name for the longest day of the year?
4. According to folklore, if it rains on Saint Swithin's Day, how many days of rain will follow?
5. Strawberries are berries. True or False?
6. Which essential vitamin does the body create from sunlight?
7. Which seasonal song by Mungo Jerry was a huge hit in June 1970?
8. Which UK city hosts a renowned annual arts festival in August?
9. What are summer fruits encased with in a traditional Summer Pudding dessert?
10. Which two cities have hosted the Summer Olympics three times?

Answers on the last page

HARLOW BRASS BAND!

Established since the 1960's, Harlow Brass Band is working hard to keep a fantastic tradition alive. It is not a contesting band but a friendly, fun, welcoming community band for musicians of all abilities who can read a sheet of music. The band plays at many events in Harlow and West Essex during the year including summer fêtes, National Trust Open Days, and Christmas Lights events . It also holds its own Spring and Christmas Concerts each year. [Currently there are a few vacancies across the band:](#)



Back Row Cornets

2nd Horn

1st Trombone

2nd Trombone

Bass Trombone

Percussion

It is looking to recruit any u3a members who would be interested in joining. If that could be you then contact hbbcommittee@gmail.com for more information or via the Contact page on the band's website : [HARLOW BRASS BAND](#)

HARLOW TOWN PIRATES WALKING FOOTBALL CLUB

In addition to being a u3a member I also play for Harlow Town Pirates Walking Football Club and [the club is on the search for new members](#). Formerly known as Paringdon Pirates, the club has recently sailed to the Harlow Arena in The Pinnacles and changed their name.



The club is open to men of 50 years and over and all women (but not juniors). It holds training sessions at the Harlow Arena on Mondays from 17.00 to 18.30 and Fridays from 12.15 to 13.45, which are open to both men and women. There is also a women's only session at Church Langley School on Thursdays from 19.00-20.00.

Players of all fitness levels and abilities are welcome to train with the club and it is a great way to make friends and keep fit. Games are played 6-a-side on a pitch

slightly smaller than a quarter of a full-size football pitch, with smaller goals and each match lasts ten minutes. Moulded rubber studded boots must be worn.

Both men and women play competitively, and successfully, in the Essex Walking Football League. There are three men's teams: the 60-64 category in Division 1; the 65-69 age group in Division 2; and the 70+ in Division 1. There are two women's teams, one playing in the Premier League and one in the Championship. The competitive season runs from March to October each year with an August break.



If you are interested in playing, please click the link to look at the club's web site for more information. [HARLOW PIRATES](#) . Alternatively, come and talk to me at one of the monthly General Meetings – you'll find me at the Long Walks desk. If you want to e-mail me, I can be reached via this link [COLIN MOODY](#) as the facilitator for the Walkers Long A Group. **Colin Moody**

VOLUNTEER AT HARLOW TOWN PARK

Michael Guinan and I, both u3a members, volunteer at Harlow Town Park, **if any other u3a members can spare a few hours on Tuesday or Thursday and would like to join us, they would receive a very warm welcome.** It's satisfying to see the difference the group has made at the end of a session, and residents often comment how lovely the park looks, which is very rewarding.



The park holds the prestigious Green Flag Award and the volunteers' work contributes to retaining that accolade. **Volunteers meet in the Walled Garden every Tuesday and Thursday from 10am to 2pm.** We help keep the park tidy by carrying out gardening and horticultural work whilst having a laugh along the way. No gardening experience is necessary, just plenty of enthusiasm and an interest to work outdoors. All tools, equipment and training are provided and tea breaks offer the opportunity to get to know group members over a cup of tea or coffee and a biscuit. I moved to Harlow in 2024 to live near my daughter; having left all my friends behind in Hertfordshire, joining the Park Volunteers has enabled me to make new friends and slowly I am learning a new skill of gardening which I am very much enjoying.

For further information, please email Tom Smith the Town Park Manager- tom.smith@harlow.gov.uk or chat to Tom whilst enjoying a stroll around the park on Friday 20 June, then every other Friday. The strollers meet in The Greyhound car park at 10am. **Lin Lowry**

And don't forget, there's an opportunity to learn more about the park on Monday 22 September during u3a Week by attending the guided walk at 2pm.

DATES FOR YOUR DIARY

23 June	General Meeting	The Link CM19 4RT	10am-12pm
10 July	Trip on the Southern Comfort River Boat		
14 July	Committee Meeting	St James's Church	10am
18 July	Deadline for July's Newsletter		
28 July	General Meeting	The Link CM19 4RT	10am-12pm
15 August	Trip to Polesden Lacey		
26 August	Trip to Whitstable		

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](#)

The **Harlow u3a Newsletter** is published by Harlow u3a, a Charitable Incorporated Organisation (CIO), Registered Charity Number 1197680. The registered office of the CIO is in England, at 2 Wych Elm, Harlow, Essex, CM20 1QP. **Contact the Editor** with comments and contributions at: harlowu3anewsletter@gmail.com

COFFEE TIME QUIZ ANSWERS

1. Sunflower **2.** Music Festivals **3.** Summer Solstice **4.** 40 days (*St Swithin's Day is 15 July*) **5.** False (*As their seeds are on the outside they are not berries. It is thought they gained their name from the practice of using straw to protect the fruit from wet ground.*) **6.** Vitamin D **7.** In The Summertime **8.** Edinburgh **9.** Bread **10.** London and Paris