

AUGUST 2025

CHAIR'S REPORT

Hello Members,

Well, I am writing this on the 6 August because things are taking place earlier this month due to the Bank Holiday 25 August: our **Summer Social and Quiz is on Monday 18th August**, so do come along, with a team or on your own - either is fine. If you join another group, you may make some new friends. Teams of up to eight people allowed.

We have National u3a Week next month and our theme is "Try Something New". Have you looked at what is on offer? (See page 8) There's no long-term commitment if you try something new but you just might find it is something you will enjoy. **Please note the Playreading opportunity has been moved to Tuesday 9 September:** contact me if you'd like to try it. We haven't put on an event like this for some years so we hope you'll enjoy it. I tried something new this week: I joined the Art and Design group on a trip to the Victoria and Albert Museum, to see the Cartier Exhibition, which I really enjoyed.

While some of our groups take a break for the summer many do not, so I hope you're having a great summer, I am sure the two trips to Whitstable, will be greatly enjoyed.

Happy Summer!

Jane Winterbotham

**AUGUST GENERAL MEETING: OUR SUMMER SOCIAL
MONDAY 18 AUGUST 10AM-12PM**

THE LINK SOCIAL CLUB HARLOW

featuring our annual quiz at 10.30am

**Teams of 8 - but don't worry if you don't have a team
there will be smaller groups/individuals you can join in
with on the day.**

AND FOR ONE LUCKY WINNER!

How do you fancy receiving tennis coaching from Tim Henman, brushing shoulders with elite athletes such as Michael Johnson and Maurice Green at the Diamond League Games or sharing a VIP box with Benny Anderson from ABBA? Well, these are just some of the experiences enjoyed by July's guest speaker, Ian Davison, as a result of winning consumer competitions.

Ian told the interested audience that the main thing that stops people from winning these competitions is not believing they'll ever win so not bothering to enter. Having won £160,000 worth of prizes over the years he's been entering them, he gave convincing reasons, and tips, for doing so.



The first ever prize he won was a Mr Frothy drinks maker - which he still has - but more exciting prizes have included trips to Australia, Stockholm, Dublin and Edinburgh. He also won tickets to the Championship League Final in Rome (including travel and accommodation), VIP tickets to F1 racing at Silverstone and to the 2012 Olympic Games, when he attended on Super Saturday sitting eight rows from the front in the VIP seats. A wide range of electrical/computing items have found their way to his home via competitions, many of which he's given to family and friends.

So, how does he do it? He enters the competitions! A lot of entries are totally free, and he cited the Tesco magazine which features many opportunities to win prizes such as £100 gift cards. Waitrose, and Asda, offer similar chances. Ian does, also, subscribe to companies such as "wewin4u.co.uk" and "www.compers.com" however these incur a subscription fee. He recommended entering competitions run by reputable companies such as Tesco as they don't bombard entrants with lots of SPAM mail afterwards and he also recommended reading the Terms and Conditions before entering.

Ian concluded his talk with a quiz which gave members the chance to win prizes, immediately, from his Products of the Day bag; there were lots of happy winners. Could you have won? Here's some of the questions asked: [Which English king had six wives?](#) [Which European country has the largest population?](#) [What is made by cobblers?](#)

It was a fun talk well-delivered, and as a result I've entered a couple of the Tesco competitions, so if I'm not at the August meeting I might be having a grand tour of the Tower of London with a night's stay at the Tower Hotel! Or, if I'm handing out free samples of wet wipes it's because I won a year's supply. Watch this space.....**Imelda Gunn** (Answers: [Henry VIII](#), [Russia](#), [shoes](#))

SOME OF THE LUCKY PRIZEWINNERS



FUTURE GUEST SPEAKERS

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	Neil Hanson	The Link
15 Dec.	Christmas Social		The Link

VISITS & OUTINGS

This month, at the General Meeting at The Link on 18 August, before the annual quiz we will be offering a trip to [Walton on the Naze on Tuesday 9 September 2025](#) for the sum of £12 per person.

We will also be collecting the [remaining balance of £62pp for the Thursford Christmas Spectacular](#) trip which is on 11 November; we do have a couple of spare seats that have recently become available for this trip. Members have previously paid a £2 deposit to book tickets for the show.



GROUP NEWS

CONTACTING FACILITATORS

To contact facilitators regarding group activities, follow the link below which will take you to a list of the groups and their facilitators; by clicking on the facilitator you wish to message you will open a Contact page to complete. <https://harlow.u3asite.uk/group-facilitators-email-contact/>

GAME ON! NEW GROUP? BOARD GAMES AND CARD GAMES

Do you enjoy playing Monopoly, Rummikub, Cluedo, Trivial Pursuit or other board games? How about card games, for example canasta or gin rummy? If so, then you might be interested in a new group Harlow u3a is hoping to run this year. Maybe you have discovered a fun new board or card game you could share with others? Or, maybe you've always wanted to learn how to play some of the games? Ann Nutt would like to hear from any members who would be interested in being part of such a group. Do contact her via Vipin Patel at HarlowU3AGroupsCoord@gmail.com



BUS USERS ADVENTURE GROUP TRIP TO ST ALBANS ON TUESDAY 22 JULY

On Tuesday 22 July our band of ten merry bus travellers made a trip to St Albans in Hertfordshire. It was a return trip for some and a new adventure for a few new members to the bus group.



Our trip started off with the heavens opening up as we adventurers huddled under a bus shelter at the Harlow temporary bus station - we left Harlow under a gloomy sky! However, the gods were good to us and after a two hour journey we arrived at a dry and sunny St Albans.



Once getting off the bus, one member took the opportunity to meet up with her friends from Hemel Hempstead. Five members headed off to the Museum & Art Gallery, where they had lunch in the Courthouse Café which they said was absolutely delicious, followed by visiting the delights of the museum and then on to St Albans Cathedral.



Four of us went to a crêpe restaurant, allegedly the best one in St Albans, where we had the 'All Day Breakfast crêpe.(?) As we had been to the cathedral before, we decided to mosey on to see what the various independent shops had to offer. Oh and, of course, more coffee!

Everyone returned to Harlow saying they'd had a very enjoyable day. **Moira Bridge and Sue Rebello**

WOOL NEEDED FOR HARLOW u3a GROUP CHARITY PROJECTS

The Knitting, Sewing and Crochet groups are making 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. *Thank you to those who have donated already!*

Please help by donating wool in pastel shades suitable for babies, vibrant colours for blankets and red wool for the poppies. You can drop them off at the General Meeting, alternatively, contact Kathleen Perry. (See link above)



FEELING CRAFTY?

Harlow u3a handicraft groups meet monthly at [Great Parndon Library, in Staple Tye](#). Knitting, Sewing and Crochet groups have their own room at the back of the library -a newly designated area with plenty of space.

- Knitting, Sewing and Crochet Group 1 meets the second Wednesday of the month 2-4pm
- Knitting, Sewing and Crochet Group 2 meets the third Wednesday 2-4pm
- Cross Stitch the fourth Wednesday 10.30am-12.30pm in the main body of the library

We are friendly, handicraft groups always needing and welcoming new members. Knitting and crochet crafters contribute to many charity projects or members can bring their own project. There is help, and materials, available to new members, though some equipment will be needed for Cross Stitch.

Contact group facilitators for more information: [Kathleen Perry for Knitting, Sewing and Crochet](#) and [Hazel Sugarman for Cross Stitch](#). **Denise Beard**



Crafters enjoyed a Summer Afternoon Tea at The Manor of Groves and, sadly, have had to say a fond farewell to long-term member Maureen Spicer who is moving to Wales.

HAVE YOUR SAY



There was lively discussion taking place at Staple Tye Library on Friday 2 August, when members of Harlow u3a's [Have Your Say](#) discussion group gathered for its monthly meeting. Topics such as infamous social media influencers, the re-organisation of Essex County Council, the unfairness of having to pay single traveller subsidy and the proposal that older drivers should re-take their driving test drew out a range of points and opinions and there was a lot of laughter along the way.

The group meet on the first Friday of every month 2-4pm in the library at Staple Tye; if you think it's a group you'd like to join you'll receive a warm welcome. For more information contact facilitator [Nusrat Shah](#) via the groups link.

CAPEL MANOR WITH THE GARDENING GROUP

The Gardening Group visited Capel Manor, a horticultural college and trial garden for Gardening Which? in Enfield. The large site has many small gardens which are all very different. It was a fascinating experience; the weather was threatening rain but we saw no more than a few drops. A great day out, thank you Marion for organising this trip. **Jane Winterbotham**



The first garden we looked at was very “exhausting” - deliberate pun!



We walked the maze - I find them very worrying as my sense of direction is hopeless!



I thought these were just follies but they are remnants of early buildings on the site.



The accessible garden, with raised shallow water, was interesting.

ART AND DESIGN GROUP VISIT TO THE CARTIER EXHIBITION

King Edward VII described the House of Cartier as, “Jeweller of Kings and King of Jewellers”.

The journey to the V&A Museum was not as straightforward as we had anticipated – signal problems on the main line and some delays on the Picadilly Line – however, all turned out well and we arrived in good time. The magnificent building of the V&A was an excellent location for the exhibition of Cartier’s jewels.

The exhibition introduces us to the exquisite creations of Louis Cartier for the Belle Epoque era 1900 – 1910. It follows on through to Art Deco thirties and continues with more masterpieces after the introduction of platinum for jewellery.

The House of Cartier still designs for modern day royalty, aristocracy and the simply rich, as seen by its latest exhibits. The diamond creations are spectacular but some of us found the coloured gemstones more attractive. **Jeannie Humphreys and Iris Marquet**

See below for photographs of some of the magnificent pieces on display.



The Cartier Exhibition closes on 16 November so there's still time to see it for yourself, however, it is very popular so book soon!

COFFEE-TIME QUIZ

WHAT'S IN A NAME?

Find the missing name which fits into the middle space and completes the first name and begins the second.

Example: AL _____ VIDAL The answer is GORE
(Answers on the last page)

1. PAUL _____ PEGG
2. RAY _____ DICKENS
3. PENELOPE _____ CHEGWIN
4. JAMIE _____ TWIST
5. DENZEL _____ IRVING
6. ETTA _____ JOYCE
7. LENNOX _____ HAMILTON
8. CHRIS _____ LUTHER
9. JOE _____ ARMSTRONG
10. MARY _____ WINTERS



TRY SOMETHING NEW!

MONDAY 22 SEPTEMBER

GENERAL MEETING: 10am-12pm at The Link Social Club.

FUN SING-A-LONG: 1-3pm at Harlow Rugby Club, CM20 3FD. Join with Harlow u3a Choir for an afternoon of singing popular songs and old favourites. Book with Mel Gunn via Choir.

HARLOW PARK GUIDED WALK: 2pm meet at the café for an interesting, and informative, social walk around Harlow's award-winning park. Book with Ann Flint via Arts and Around Harlow Group.

TUESDAY 23 SEPTEMBER

HARLOW u3a REPRESENTED AT THE MAIN LIBRARY IN THE TOWN CENTRE: 10am-3pm Stop by and say hello!

CANOEING : 11am at Essex Outdoors_Harlow (CM20 2QS) with qualified instructors. All equipment plus hard hats provided. £18.00 for 90 minutes. Book with Ann Flint via Arts and Around Harlow Group.

WEDNESDAY 24 SEPTEMBER

GIBBERD GARDEN GUIDED TOUR: 1.15pm. Marsh Lane CM17 0NA. Enjoy a guided tour followed by tea and cake. £16 per person. Book with Ann Flint via Arts and Around Harlow Group.

THURSDAY 25 SEPTEMBER

HARLOW MUSEUM: Self-guided tour between 9.30am – 3.30pm Muskham Rd, CM20 2LF. Take in local history and a beautiful walled garden.

CANALABILITY BOAT TRIP: River Stort Burnt Mill Lane, Harlow, CM20 2QS 11am-3pm. Bring, and share, lunch. Priority given to those with mobility issues. £8. **2 PLACES LEFT ON THIS TRIP.** Contact Jane Winterbotham via Playreading Group.

FRIDAY 26 SEPTEMBER

OUR LADY OF FATIMA CHURCH GUIDED TOUR: 2pm Howard Way CM20 2NS. Find out, and appreciate, the beautiful stained glass windows in this magnificent church. Donation given at end of talk. Book with Ann Flint via Arts and Around Harlow Group.

PLAYREADING: A fun afternoon reading a play with other members. Contact Jane Winterbotham via the Playreading Group Link for more information. **PLEASE NOTE THE DATE HAS CHANGED TO 9 SEPT.**

FOLLOW THIS LINK TO CONTACT ACTIVITY ORGANISERS:

<https://harlow.u3asite.uk/group-facilitators-email-contact/>

ENGAGING IN AGEING –

Here's an entertaining piece for Third Agers from Lis Scott, Harlow Writers Workshop.

It's all the rage these days isn't it...growing old I mean. So many people doing it. While I'm posing the question of 'how to grow old', I don't mean just how to age gracefully necessarily, but how do you manage it? Not just the increasing aches and pains, as a spell playing in goal with grandchildren might remind you of, but how to come to terms with the whole package of behaviour, outlook and general management of the deteriorating wrappings with which life has adorned you.

Some people clearly opt for denial with Botox galore, sculptured teeth, impossibly dark dyed hair, long life eyebrows etc. Their message clearly is, that, "Ageing is so terrible, I can't possibly let myself be seen in that category.' What goes wrong here is that, an overly dark choice of hair colour combined with natural skin tone, no longer match. Or should I embrace the grey and take my chance for the longer hairstyles I yearned for as a child. I'm not sure I'm that keen on mousse-ing yards of trailing grey, but it needs consideration for sure.

No, we need a middle ground here and that's just what's so difficult to find, given the current extremes. For example, I may be hard on the heels of pension persuasion, but that is just my 'outer casing'. If people could count my mental age, would I still be eligible for such classification, emotionally or cognitively? What age am I really on the inside? I love to play games, try out playground equipment, get excited about Christmas, birthdays, having stories read to me, and cry over repeated viewings of the Muppet Christmas Carol.

However, there are other options which have not escaped my notice. Behold the keep fitters, the grow fatters, the constant cruise contingent and the serial hobbyists. Please note, this is not a criticism; each category has its strengths. I am just weighing up the pros and cons and trying to see what fits. There are, and have been, the Victor Meldrews, the Mary Poppinses, the Joanna Lumleys and the Ena Sharples. One thing's for sure; the blue rinse perm is long gone: the glam gran is in.

I'd like to think I could strike some compromise about how old to actually appear. If I try to make myself look too young, then perhaps too much will be expected of me. Is it then kindness or insult to my pride, that people will offer me their seat on the tube? However, I do hope that if I ever need a care home, that the sing-alongs will include The Beatles and Elton John rather than Vera Lynn and Mario Lanza. Will I be allowed to start up a backgammon group, whist, a writing room, a campaign for a pitch and putt? I do hope so. Ideally, I'd love to see a pensioners playground or two dotted around every care home. There'd be motorised see-saws and bench length swings on which to cosy up with a pal. There'd be extremely wide slides with escalator ascents and, of course, armchair style zip wires. No, over-active imagination is not really helping resolve my dilemma.

Does ageing give you more license to say what you really think, especially if you've spent most of your years being reasonably polite? There are no teachers or parents keeping check any more. What would a school report read like these days I wonder ? " Elisabeth must try harder to remember

where she has put things, especially items belonging to others. She could develop more patience with those who love to describe everyday occurrences in minute detail. She may need to reflect on the wisdom of attempting to lead her church congregation in a pew convertible line dance. Grade for effort B-, for attainment, D+."



Oh dear, this is such a problem. I've quite worn myself out with all this pondering. Clearly time for a short snooze... well it might be if I could find my glasses and see the clock properly. Now where did my tablets go?



The poster features a festive banner of colorful pennants at the top. Below it, the Harlow Museum & Walled Gardens logo is displayed. The main title 'Community Fête' is in a large, teal font. The date 'Saturday 16th August, 2025' and time '12 - 4 pm' are shown in purple and teal boxes respectively. The background image shows a busy outdoor event in a garden with people, strollers, and tents. At the bottom, there is a list of activities and contact information.

HARLOW MUSEUM
 & WALLED GARDENS

Community Fête

Saturday 16th August, 2025

12 - 4 pm

Join our celebration of Harlow's community in the Museum's Walled Gardens, there will be over 30 groups for you to discover...

- Free entry
- Live music
- Refreshments
- Games and activities

For more information visit: <https://www.harlowmuseum.com/whats-on/>
Harlow Museum & Walled Gardens, Muskhams Road, Harlow, CM20 2LF

Harlow Council
Working together for Harlow

Harlow u3a Committee will be representing our organisation at this event, sharing the many interesting opportunities available to Third Agers in Harlow.

The Mindful Life Group

The UK's only not-for-profit dedicated to older adult mental health

FREE six-week program
starting online

Mindfulness for Older Adults who Care

Monday 6th October 2025 from 11am-12pm

Designed by Clinical Psychologists and delivered
by BAMBA-Registered Mindfulness Teachers

Visit our website
www.the-mindful-life.com
to find out more and apply




- ✓ Evidence-Based
- ✓ Tailored for over 65s

- ✓ Improve sleep
- ✓ Ease stress
- ✓ Improve resilience
- ✓ Combat loneliness
- ✓ Improve memory/attention
- ✓ Alleviate low mood/anxiety
- ✓ Relieve chronic pain

DATES FOR YOUR DIARY

16 August	Community Event Harlow Museum & Walled Garden	12-4pm
18 August	General Meeting: Summer Social	The Link CM19 4RT 10am-12pm
26 August	Trip to Whitstable (2)	
9 Sept.	Trip to Walton on the Naze	
12 Sept.	Deadline for September's Newsletter	
22 Sept.	General Meeting u3a Week "Try Something New"	The Link CM19 4RT 10am-12pm

GET IN TOUCH

You can contact [Committee Members and Facilitators](#) by email through links on the website. harlow.u3asite.uk . Using this method keeps personal information out of the public domain. 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. Simon | 2. Charles | 3. Keith |
| 4. Oliver | 5. Washington | 6. Joyce |
| 7. Hamilton | 8. Martin | 9. Louis 10. Shelley |