

SEPTEMBER 2025

CHAIR'S REPORT

I am writing this on a beautiful morning, the sun is shining, a lovely autumn day. I hope you have had a good summer; I have enjoyed the sunshine and, as I have not been away in August, I am very glad that most of my u3a groups have continued to run.

We had a lively discussion in Philosophy, even though some people were away, and my gardening group had a lovely picnic in Maria's garden - so many good cooks I ate far too much cake! Several people kindly brought their home-grown fruit to share so I had some lovely plums to take home.

We have [Try Something New Week](#) shortly (22-25 September). You can check out what's on offer on page twelve, plus see the fun offers from two of our groups on page two. I am going to be in the Town Centre Library on Tuesday 23 September, with some of our committee, to promote Harlow u3a. Pop in to say hello if you are in town. Have you tried its café? Well worth a visit.

I am lucky enough to be off to Warners Bembridge on the Isle of Wight next week so let's hope the weather is kind. I look forward to seeing you at our next [General Meeting at The Link Social Club on Monday 22 September](#).

Jane Winterbotham

SECRETARY'S NOTES

COMMUNITY FÊTE HARLOW MUSEUM 16 AUGUST



Members of Harlow u3a Committee spent a busy afternoon in the walled garden of Harlow Museum representing our organisation at the Community Fête. There was a lovely, friendly atmosphere and they enjoyed meeting new, and some "old", faces and sharing all the opportunities offered to Third Agers in Harlow by the u3a.



TRY SOMETHING NEW: SEE BELOW AND PAGE 12

IF YOU'RE TAKING PART IN ANY OF THE ACTIVITIES, DON'T FORGET TO SEND THE NEWSLETTER EDITOR PHOTOS AND DETAILS FOR NEXT MONTH'S ISSUE

u3a WEEK: TRY SOMETHING NEW - PLAYING THE UKULELE

If any person would like to try playing the ukulele, the [Beginners Ukulele Group](#) will be holding a taster session on **Monday 29 September** at [Great Parndon Library, Staple Tye](#) at 10.00am. There is no need to have your own ukulele as we can supply you with one on the day. There is no musical knowledge needed or previous experience. Come along and have a chat to some of our beginners who started off with no knowledge and can now play this lovely, little instrument. [The taster session is free and will last about an hour, but you are more than welcome to remain with us for the rest of the morning.](#) (You can park directly outside the library or park in Staple Tye car park.)



For more information, or to book a place, please contact either Richard Adams or David Croft through this link: [https://harlow.u3asite.uk/group-facilitators-](https://harlow.u3asite.uk/group-facilitators-email-contact/)

[email-contact/](#) look for Ukulele - or via the Groups Page on the website. However, you can just turn up on the day, have a chat and leave if you don't think it's for you. **Richard Adams & David Croft**

u3a WEEK: TRY SOMETHING NEW – SINGING FOR FUN AND ENJOYMENT

Harlow u3a Choir invites members to a [free, fun, sing-along session](#) during u3a Week on **Monday 22 September** at [Harlow Rugby Club \(just off Howard Way\)](#) Harlow from 1-3pm.

Why not come along and sing some popular favourites in a friendly atmosphere. There's no pressure to join the Choir if you do come, but if you enjoy the singing session you might find that you want to! If you're planning to attend, it would be helpful to know in advance through this link: .

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

Choir. However, you can just turn up on the day. There is plenty of free parking. We take a short break at 2pm and bring our own personal refreshments. **Imelda Gunn**



SUMMER SOCIAL: QUIZ

Our Summer Quiz at The Link on Monday 18 August tested members with questions about Essex, General Knowledge, Country Life, Science, History, and Sport **Many thanks to Alan and Ellie Brooking** who organised and ran the quiz on the day



Well done to the winning team: Loose Ends



FUTURE GUEST SPEAKERS

22 Sept.	“A beginning, a muddle and an end: where do novelists get their ideas?”	Bobbie Darbyshire	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

VISITS & OUTINGS

At the General Meeting at the Link on Monday 22 September, the Visits and Outings Team is offering a trip to [Battersea Power Station on Friday 17 October for £13pp](#). This is an opportunity to visit the

old power station that has been turned into a glorious shopping experience. You can book to travel up the elevator through the old chimney, for a charge, and look out over London from the viewing platform or, alternatively, lunch in style with your friends and start your Christmas shopping.



We will also have on offer a trip to [centre:MK: Milton Keynes Shopping Centre on Wednesday 26 November for £12pp](#). With over 150 stores, this is a great opportunity to finish off your Christmas shopping and ensure you are well prepared for the festive season. Also, there is a great mix of restaurants and cafés to suit all tastes.

OUR VISITS AND OUTINGS TEAM WANT YOUR IDEAS FOR 2026 OUTINGS

During October, we plan the following year's trips and, as always, welcome your suggestions. This month, we are asking you to write them down as we will be collating them and discussing them at our October team meeting. Please put your thinking caps on for somewhere a bit different that you'd like to visit with your u3a friends. Remember, there are all four seasons to cover: [we'd like indoor trips for the winter months](#) and [places we can venture to through spring](#); [coastal villages or inland delights for the summer](#), and then [drawing back indoors as autumn approaches once more](#). We will save all suggestions and if they can't all be visited next year, you may see them offered the following year.

Please pass your written suggestions to any team member on 22 September or go to the Groups page on the website – use this link - <https://harlow.u3asite.uk/group-facilitators-email-contact/> scroll down and click on the Visits and Outings Facilitator to open a Contact Page where you will be able to write your suggestions. **Hazel Sugarman**

HARLOW u3a TRIP TO POLESDEN LACY

On Friday August 15 we went to Polesden Lacy, a National Trust property near Dorking, Surrey. The weather was perfect and everyone had a great day out, exploring the beautiful gardens and house. A few of us enjoyed a very interesting introductory talk giving information about the property.



We learned that there have been houses on the Polesden Lacy land since the 1300's, but the core of the current main house was built in 1821.

Since then there have been other owners, most of whom made alterations to the house. In 1906 the estate, including some farms, was purchased by the beer baron, William McEwan, for his daughter Margaret Greville. Margaret was a unique lady who socialised with royalty, travelled extensively and collected artwork and artefacts from around the world, many of which are

on show in the house. Also on display were replicas of elaborate outfits worn to masquerade balls. With no family to inherit, Margaret left her estate to the National Trust for the enjoyment of future generations. **Sally Clark**



Also taking place on the day of Harlow u3a's visit was "Dress to Impress", an exhibition which delves into the way people dressed and explores the coded messages about power, politics and personality. Here's some examples:



This robe was worn by Margaret Greville at three coronations.



The weather was so sunny and warm. I enjoyed walking along the seafront to The Naze and also the pub lunch – fish and chips of course. Jo



Such a beautiful day at Walton on the Naze: blue sky, sunshine, pie and mash followed by donuts. A perfect day at the seaside. Jean



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/>

PICKLEBALL

“Pickleball is a racket or paddle sport in which two or four players use a smooth-faced paddle to hit a perforated, hollow plastic ball over a net. Aspects of the sport resemble tennis and table tennis played on a doubles badminton court, but pickleball has specific scoring rules, paddles, balls and court lines.”

Our local Harlow u3a [Pickleball Group](#) meets from 9.30-12.45 every Tuesday morning at the [Norman Booth Centre \(BATTs\)](#) in Old Harlow. There are no set times to start or finish – just come along when you feel like it. Often, members will take a break and enjoy the tea/coffee and biscuits that are included as part of the £5 charge for attendance.

We're a very friendly group and we have a lot of laughs when we play. It really is great exercise for both mind and body. All are welcome to come along and have a go – but we warn you – it's addictive! **Julia Fillary**



LONDON EXPLORERS VISIT THE QUEEN ELIZABETH OLYMPIC PARK



The group had an enjoyable visit to the Olympic Park recently. On arrival we had a coffee and became orientated with our surroundings. As the weather was dry, we walked over to see the Orbit and we did contemplate going up to the top to enjoy the panoramic view however, the question that was raised in our minds was: if we go up by lift, how do we get down? The answer was to either slide down the tube or walk down the swirling stairs. Neither option appealed to us so we took the winding path to Westfield shopping centre for lunch. (We later found out from our guide that we could have come down by lift!)

Joan Jones, our group facilitator, had kindly booked a buggy ride for us at 2pm. As we boarded the buggy for our guided tour the heavens opened up and there was torrential rain with thunder and lightning! Fortunately, we were all snug inside the buggy. The tour lasted forty-five minutes and explored parts of the Olympic Park that are far and beyond the ordinary visit.

Following our tour we enjoyed a nice, hot drink before making our way back to Harlow. Some of us will be going back to the Park again as there is so much to do and, on a fine day, it will be worth going up the Orbit for the panoramic view of London. **Nusrat Shah**



Can you identify the sweetsies and chocolates from the clues?

Here's an example: Fallen Fruit = Pear Drops

1. **Wobbly infants**
2. **Where refined people live**
3. **9, 10, 11, 12**
4. **Sport for princes**
5. **Carrier for dairy product**
6. **Aromatic spheres**
7. **Royal herb**
8. **The pirate's loot**
9. **Belly dancer**
10. **Edible fasteners**



U3A FRIENDS COMMUNITY

u3a SHORT STORY COMPETITION: WOW US WITH YOUR WRITING

"Our *u3a Short Story Competition* is back and the theme this year is *Lost and Found*. Sara Grant works at *Bloomsbury Publishing* and is one of this year's judges. She says, "I'm always inspired when given the chance to judge a creative writing competition. I look forward to reading your work, discovering fresh voices and learning how you weave your storytelling magic into a short story."

The winner will receive a book bundle, including *The Writers' & Artists' Yearbook 2026* and Sara Grant's new book *The Ultimate Guide to Editing Your Novel: A revolutionary approach to transform your writing*. Short stories must be less than 1,500 words and submitted before the deadline of 12pm on **Friday 17 October**. Find out more via this link to [the learning pages](#)."

And, maybe members will get some ideas from guest speaker, writer *Bobbie Darbyshire*, at Harlow u3a's General Meeting on 22 September.



ARE YOU A “CARER” FOR A FAMILY MEMBER OR A POTENTIAL VOLUNTEER?

Essex-based charity [Action for Family Carers](#) has over thirty-five years experience supporting individuals who care for a family member or friend and do so without pay—commonly referred to as unpaid carers. [Its services include a broad range of practical and emotional support such as:](#)

- Information, Advice and Guidance
- Free Counselling
- Day Care and Activity Groups
- Peer Support Groups
- Small Grants
- Young Carers Clubs, trips, and in-school support



Its mission is to make life a little easier for those who care for others by:

1. [Offering support to any carers within our community](#); if any u3a members are supporting someone who could not manage without them, Action for Family Carers warmly encourages them to get in touch to learn more about how they can be assisted in their vital role. For further information and referrals, please visit www.affc.org.uk, or email at info@affc.org.uk.

2. [Inviting individuals to volunteer](#) with Action for Family Carers who offer a wide range of volunteering opportunities throughout Essex, with roles to suit varying levels of availability and interests. Whether someone can spare an hour, a month or several hours a week, the charity would be delighted to hear from them. More details can be found on its website, or contact the Volunteering Co-ordinator directly at amanda.tomkins@affc.org.uk to discuss the process.

WEST ESSEX FALLS RESPONSE SERVICE



[What is the West Essex Falls Response service?](#) We provide an urgent response to people who have fallen at home or their usual place of residence, and aim to reach patients within two hours wherever possible, depending on demand. [The service operates 8am – 8pm seven days a week.](#) It is staffed by a clinician and therapist from Essex Partnership University NHS Foundation Trust.

[What do we offer you?](#) • A full holistic clinical assessment to check your physical health and mobility. • We check for potential risk of further falls. We also provide basic equipment to reduce these risks, as needed. • We review any care and treatment you are already receiving. We will make further referrals or follow up checks as required.

[The service is for people who:](#) • Have had a fall with or without injury or require lifting from the floor, either at home or in a care/residential home. • Are a resident in West Essex and registered with a West Essex GP.

[Who do I call?](#) • If you have fallen or have someone who has fallen and you require assistance, please call the [Care Co-ordination Centre on 0300 123 5433](#). • If deemed clinically appropriate and the service has capacity, it will attend within two hours.

Christmas Starts Here...Coach Trip

Sat 20th-Sun 21st Dec 2025

-Ashford Designer Outlet—Folkestone Harbour Arm Market—Canterbury Christmas Market
Inc. Coach Travel, Overnight Accommodation, Evening Meal/Breakfast and Entertainment

Back for the 5th year in a row, this popular pre-Christmas trip is sure to get you in the Christmas mood. Last minute shopping, magical festive destinations and a relaxing night away. This trip is suitable for all.

Only £95 per person (£90 for over 65's)

Under 12's £75—Under 2's or groups— please contact us

(Prices are based on 2 people room sharing, for solo travellers a supplement will apply)



**To book or for more info call Barker Bus on
01279 793800 or email contactus@barkerbus.co.uk**

NEW! HARLOW FILM CLUB

If you're a film fan, a new, free Film Club has started at Harlow Central Library in the town centre. There will be a screening upstairs in the library every Saturday, at 2pm, with a brief introduction to the film being shown and time to talk afterwards. Harlow u3a members are warmly invited to go along. Snacks and soft drinks will be available to buy. See the programme below; there is no need to book so if something catches your interest just turn up on the day.



Sat. 27 September 2pm Cop au Vin A young postman and his possessive, wheelchair-bound mother are being intimidated to sell their country house to some shady developers. Eccentric hardman Inspector Lavardin arrives to sort things out. 1hr 50m. **French with subtitles.**

Sat. 4 October 2pm She Wore a Yellow Ribbon The last job of Calvary Captain Nathan Brittles (John Wayne) before retirement is to soothe relations with the Cheyenne and Arapaho Indians after Custer's last stand. At the same time, he must transport the wife and the niece of his commanding officer to a safe destination. 1hr 44m.

Sat. 11 October 2pm Pirosmani A biography of the Georgian primitive artist Nikoloz Pirosmanishvili (1862–1918) who died of starvation and sold his paintings for food and drink. The film experiments with colour techniques based on the painter's style. 1hr 25m. **Georgian with subtitles.**

Sat. 18 October 2pm The Cat and the Canary A decaying mansion provides the perfect setting for mystery and chaos when a pack of greedy relatives gather for the reading of a twenty-year-old will... Classic horror comedy. 1hr 12m.

Sat. 25 October 2pm Rec Hallowe'en special. TV host Angela and cameraman are following the fire service on a call to an apartment building. Spanish police seal off the building after an old woman is infected by a virus which gives her inhuman strength. 1hr 14m. **Spanish with subtitles.**

GET IN TOUCH

You can contact **Committee Members and Facilitators** by email through links on the website. harlow.u3a@site.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



It would be lovely to receive more reports from Group Facilitators for October's issue. What have you been up to? Contact the Editor by 17 October.

DATES FOR YOUR DIARY

u3a WEEK ACTIVITIES HIGHLIGHTED IN GOLD

22 Sept.	General Meeting u3a Week "Try Something New"	The Link CM19 4RT	10am-12pm
22 Sept.	1. Free, fun sing-along with Harlow u3a Choir. Book via Mel Gunn. 2. Harlow Town Park guided walk. Book via Ann Flint. Arts In and Around Harlow	1. Harlow Rugby Club CM20 3FD 2. Meet at Café in the park	1-3pm 2pm
23 Sept.	1. Canoeing at Essex Outdoors. £18. Book via Ann Flint. 2. Harlow u3a at the Town Library.	CM20 2QS	11am 10am-3pm
24 Sept.	Guided tour of the Gibberd Garden with tea and cake. £16. Book via Ann Flint.	Marsh Lane CM17 0NA	1.15pm
25 Sept.	1. Self-guided tour of Harlow Museum and Walled Garden. 2. Canalability Boat Trip along the River Stort. £8. Contact Jane Winterbotham to check spaces availability.	1. Muskham Road CM20 2LF 2. Burnt Mill Lane CM20 2QS	9.30am-3.30pm 11am-3pm
26 Sept.	Guided Tour of Our Lady of Fatima Catholic Church. Book via Ann Flint.	Howard Way CM20 2NS	2pm
29 Sept.	Beginners Ukulele Taster Session; try something new! Ukuleles provided. Contact Richard Adams to book or just turn up.	Great Parndon Library Staple Tye CM18 7PP	10am
17 Oct.	Deadline for October's Newsletter		
17 Oct.	Trip to Battersea Power Station		
27 Oct.	General Meeting	The Link CM19 4RT	10am-12pm
26 Nov.	Trip to Milton Keynes Shopping Centre		

Use this link to contact the facilitators mentioned in the u3a Week activities in the diary dates: <https://harlow.u3asite.uk/group-facilitators-email-contact/>

COFFEE TIME QUIZ ANSWERS

1. Jelly Babies
2. Quality Street
3. After Eights
4. Polos
5. Milk Tray
6. Aniseed Balls
7. Imperial Mints
8. Bounty
9. Turkish Delight
10. Chocolate Buttons