

JUNE 2026

CHAIR'S REPORT

I am writing this on 9 June; the sun is shining and it is quite windy, this feels more like April weather with sunshine and showers but I am very glad for the rain, the garden really needed it! I have invested in some waterproof trousers for my trips on Canalability, and I have been very grateful for them. I have been out on the canal a few times and it is lovely to be on the water despite the showers.

Recently, I enjoyed a walk with Vipen's Strollers and I have also been on a couple of walks looking at possible activities for the Explore Your Town group, we really enjoyed Risdens Nature reserve.

The committee is looking at, "Try Something New Week", again for this September's National u3a Week Celebrations. Last year, some groups were able to welcome members for "tasters"; we are hoping more groups will be able to open their sessions for people to try throughout the month of September and we are aiming to offer some sessions with non-u3a groups just to widen our interests. If you have any suggestions please speak to Chrissy Williams, Ann Flint or any committee members.

Do look at our Visits and Outings offer for the summer months, we try to have different experiences for you to enjoy: theatre visits, garden tours and shopping trips to name just a few.

I look forward to seeing you at our next talk on 22 June at The Link.

Jane Winterbotham

SECRETARY'S NOTES

MEMBERSHIP RENEWALS 2026-7

Renewal of membership for Harlow u3a is due from 1 June and, for the third year running, we are able to maintain the annual fee at £16 – what a bargain! Associate Membership (if you belong to another U3A) is £12. Payment may be made by bank transfer (BACS), cheque or cash but we encourage you to pay by BACS if you can.

BACS PAYMENTS

Account Name	Harlow U3A	Account Type	Business
Sort Code	60-10-05	Account Number	84638818

The reference should **include your membership number(s) and as much of your last name that will fit.**

PAYMENT BY CHEQUE OR CASH

Membership Secretary, Christine Chesham, will be accepting these payments at the General Meeting on Monday 22 June. She will be situated in the main hall of The Link next to the stage. Please make cheques payable to : Harlow u3a (**plus membership number and surname on the back**). Alternatively you can send a cheque in the post to : Harlow u3a Membership Secretary, 2 Five Acres, Harlow, CM18 6UX.

Once payment has been received you will be issued with your new membership card which is also your receipt that you have paid. You will need it to join any groups or go on any trips. Please pick up your card from Christine at a General Meeting at the Link, in June/July or send her a stamped/addressed envelope (address above) so she can return it to you.

- 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 – it helps us to keep the annual fee low. Ask Christine for a form.
- If you currently receive the u3a Matters magazine by post but don't read it, please ask Christine to cancel your subscription (or reply to this newsletter address); doing so will help us save money.

We hope you continue to enjoy being part of our u3a and all it has to offer.

BACK TO REALITY

Anne Small returned to talk to members, in May, about returning to the UK ("back to reality" as her mother referred to it) after her years as an Ex-Pat wife in Kenya and Papua New Guinea – which we heard about last year. Leaving behind a large house, swimming pool and staff who helped in the home – cook, gardener and nanny – Anne had a big adjustment to make as she settled her young family into a small terraced house in Harlow, bought pre-children, before she and her husband John moved abroad with his job.



After the talk, members took the opportunity to talk further with Anne, and to admire the jewellery made by a community group in Kenya, which enables women to become self-supporting.

Anne has supported the group for some years, donating the fee for her talks.

Settling her sons into schools in the UK, fumigating and re-decorating the house (which had been left flea-ridden by the tenants who had previously rented the property) and adjusting to her new life, kept Anne busy and when the family eventually moved to a bigger house nearby, creating a family home was a priority.

Anne missed being able to grow her own fruit and vegetables, which she had been able to do in Kenya, so rented an allotment and was soon providing her family with an abundance of fresh produce.

In Kenya, the climate was consistent so experiencing the four seasons back in the UK enabled Anne to grow a wide variety of flowers which she greatly enjoyed: daffodils and crocus in the Spring, roses in the Summer. Wintry snow was a revelation to her sons who had to be taught how to make snowballs and snowmen.

Being a stay-at-home mum, Anne sometimes watched morning television and was tempted to enter a competition run by This Morning to win a £1000 capsule wardrobe: she won! And, eighteen months later, another competition on the same show saw her win her dream bedroom makeover.

Anne's husband's job in the UK regularly took him back to East Africa and she was fortunate to be able to travel with him on occasion, enabling her to catch up with old friends in Nairobi. Further travel for leisure and work saw them explore Europe and Australia.

As her sons grew up, married and had their own families, Anne joined a local choir and enjoyed monthly meetings with friends at their Sparkles Club, to share a bottle of champagne; Anne quipped that it was a bit like a Book Club but you didn't have to read the book! Very sadly she was widowed during COVID. Looking to the future, Anne is moving to Oxford soon to live near her children. We wish her all the best in this newest venture.

FUTURE GUEST SPEAKERS

- 22 June** [Adventures in Helicopters](#) with Duncan Bickley . An experienced commercial pilot, Duncan will tell us about the interesting places he's flown to, some of the famous faces he's flown with and some of the interesting events that happened on his travels. The Link
- 27 July** [Dogs Trust Rehoming Centre](#) Stephanie Disch will be talking about the work of the UK's leading dog welfare charity. The Link
- 24 August** [Summer Social: Annual Quiz](#). Form a team of 8 or just come along and join a table with other members. The Link

VISITS & OUTINGS

u3a TRIP TO HENLEY-ON-THAMES



Chris and Rita on
their riverside walk

Members who went on May's trip to Henley-on-Thames enjoyed their day. Some had a lovely walk along the riverbank taking in the scenery, others enjoyed a river cruise - they saw the workers setting up for the forthcoming Henley Regatta which was interesting to see. It takes three months to set it all up and three months to take it down; the regatta itself lasts for one week.

They also enjoyed the town's amenities and shops – which tended to be exclusive brands and expensive - and quite a few had lunch in Wetherspoons.



Despite experiencing three seasons in one day, overall the weather was fairly good to the visitors who remarked that it was a perfect day out.

UPCOMING TRIPS

As you receive this newsletter, the u3a late Spring break will be happening in Blackpool but we will be back refreshed and ready for the meeting at the Link on Monday 22 June and the trips desk will open at 10am.

We have two outings on offer, the first to the musical **OLIVER**, on **THURSDAY 20 AUGUST**. The original tickets were £99.50 each but we have secured them for the sum of £57.50 plus the coach travel at £14. Meaning, at the fabulous price of £71.50 per person, we have excellent seats to see this iconic musical. We have to pay for these tickets the day after the meeting to secure this price, so we must fill the coach at the meeting for this trip to go ahead.



Our second outing is to **KNEBWORTH HOUSE** on **THURSDAY 27 AUGUST** for the sum of £33.50 per person. This includes a private tour of the house with time afterwards to visit the restaurant for lunch or afternoon tea, should you wish, then a stroll around the formal gardens and finishing off with a visit to the gift shop.



You can book these outings at our General Meeting at the Link on Monday 22 June, payment can be made by cheque, cash or card machine. Please have your name, membership number and mobile number written down ready to give to the team, this helps to speed up the queue for you and others and helps the team a lot with spellings and the correct numbers. We would also remind you, and all our new members, that you can only book for yourself and one other person.

If you are unable to attend the meeting and wish to go on the outings, please contact Barbara Abbott via the Visits and Outings link on the Groups page on the website, after 1pm on Monday 22 June. See the link below for contacting facilitators. **Hazel Sugarman**

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/>

APPEAL TO ALL FACILITATORS

As the Chair mentions in her report on page one, we hope to repeat the successful Try Something New event initiated in 2025. Facilitators are asked to consider how their group can contribute in 2026. Can you open your group to members for a “taster” in September? Do let Vipin or Joan know what you can offer.



Members of Harlow u3a Choir enjoyed a magnificent Afternoon Tea at Canons Brook Golf Club at the end of May. Delicious sandwiches, mini-quiche, sausage rolls, warm scones, jam and cream, fancy cakes and fresh fruit – what more could we have wanted?

The tables were elegantly presented with crisp linen and fresh flowers, and we were pleased to see china teapots, milk jugs and sugar bowls as opposed to more casual options.



Gloria played “mother”

What a treat! And, with the sun shining brightly, there could be no better way to spend an afternoon – other than singing of course. Thank you to the golf club staff for looking after us so attentively. **Imelda Gunn**



SUMMER SINGS AT THE WALLED-GARDEN HARLOW MUSEUM

The Choir, led by Musical Director Roisin Quinn, was delighted to be joined by Harlow u3a Ukulele Band and local singer-songwriter Joe Clack, for a concert at the Museum 13 June. They say the sun shines on the righteous, and after a week of rain and wind it proved to be a lovely, sunny day. *If you weren't able to attend, you have the chance to see the choir perform again at St Paul's Church on 10 July. See page 10 for further details.*



LONG WALKS GROUP

On May 14, eleven intrepid explorers walked from Perry Green to Much Hadham and back, over fields and through woods - just under nine miles. We saw a multitude of wild flowers and heard beautiful bird song, including sky larks and yellowhammers. We encountered three seasons in one day with sun, rain, hail, thunder and back to sunshine. Undaunted, we laughed and chatted the whole day long, enjoying the glorious scenery and each other's company. We arrived back at our cars tired but happy and we all agreed it had been a wonderful walk.



A well-earned lunch break

If you are interested in joining a friendly 7-9 mile walking group please contact Colin Moody for walks on the first Wednesday of the month or Jan Bunt for the second Thursday of the month. Both groups do the same walk, but each month we go to a different area - somewhere between Harlow and a forty minute drive away. Lifts can be arranged if needed.

We walk all year round, meeting at 10.00 at the

start point and finishing between 13.30 and 16.00 depending on distance, points of interest and walking speed. We are usually at a desk at the monthly meetings at The Link if you would like more information. **Jan Bunt**



Look at that sky!

SOCIAL SUNDAYS

Earlier this year, I became facilitator of the re-formed Social Sundays Group, which meets mainly on the third Sunday of the month. As a purely social group, we usually meet for Sunday lunch and a chat. Other suggestions are welcome, however several of us have medical and physical problems so any other activities that are suggested should take this into account.

We've had three successful meetings so far, at The Black Swan Nazeing in March, The Green Man Harlow in April and Canons Brook Golf Club in May.

If you are interested in joining the group contact me via the groups website. Go to the link for contacting facilitators on page 4 of this newsletter and scroll down to Social Sundays. **Denise Beard**



Social Sundays Group Members enjoy lunch at Canons Brook Golf Club in May

BUS PASS ADVENTURERS GROUP VISIT TO SAFFRON WALDEN

On Tuesday 19 May, eleven of the Buss Pass Group enjoyed a wonderful day out in Saffron Walden. This historic, medieval, market town, historically known as Walden, then Chipping Walden, was built on the wealth of saffron from the crocus, which remains the world's most expensive spice by weight.

Setting off from Harlow, we travelled via Bishops Stortford and arrived just in time for a morning coffee. Our group then split into those wanting a bit of retail therapy and those wanting to explore the town's charm, where we visited:



- **Bridge End Garden:** A beautifully restored Victorian garden featuring a hedge maze, a sunken garden, and a rose garden (though we were just a bit early for the blooms and their glorious scent).
- **St Mary the Virgin Church:** We stopped by Essex's largest parish church to admire its stunning stained-glass windows.
- **The local market:** Dating all the way back to 1114, this bustling Tuesday market was filled with artisan bread, fresh produce and plants that one or two of us couldn't resist buying.



Some of us went for a delicious lunch in a café just off the Market Square and others went to The Temeraire- a very lovely Wetherspoons.

There are plenty of independent shops, cafés and ancient buildings which all give Saffron Walden a unique charm. The buses (mostly) behaved themselves, as did the weather. All in all a very enjoyable day. **Moira Bridge**

STROLLERS 2 JUNE WALK

The Strollers 2 walk was on Thursday 4 June.

Despite the forecast for rain, ten members joined the walk! We walked from Pishiobury Park to High Wych and the Rivers Orchard. We had a pit stop at the Coffee Lounge in High Wych.

Luckily the rain held off until after the walk!
Vipin Patel



ART AND DESIGN AND HISTORY GROUPS CELEBRATE A SPECIAL BIRTHDAY: 100 YEARS YOUNG! BELATED BIRTHDAY WISHES, IRIS.

Iris Marquet, one of our long-standing members of Harlow u3a, celebrated a very special birthday in April - her 100th! Part of the celebrations included a very social, celebratory evening with family and many friends at The ARC in Old Harlow. Pleased to say, Iris received a birthday card from the King and Queen!

Iris joined Harlow u3a in its early days and currently belongs to the History Group and is an integral member of the Art & Design Appreciation planning group - who meet every 6-8 weeks to plan the forthcoming programme - regularly hosting the committee meetings. Iris is not only a committee member of the A&D group but also gives talks to the group on subjects from the world of art and design. She has given talks on a range of artists, including Camille Claudel (sculptor) Singer Sargent, Renoir, Jack Vettriano, Tamara Lempicka....



Iris also enjoys giving talks on design, especially fashion – she gave an interesting and entertaining talk on the design of shoes over many decades; the “new look” – revival of fashion clothing which came in after the austerity of WWII; she gave an illustrated talk on Coco Chanel covering her colourful and controversial life. Her next talk to the Art & Design Group is on the designer Terence Conran. **Maureen Macey**

NEWS FOR HARLOW u3a WALKING GROUPS

u3a Walking Exchange Scheme

The u3a Walking Exchange Scheme connects u3a walking groups, giving members the chance to explore new routes and regions. Whether it's a short visit, a day walk with a neighbouring u3a, or a longer holiday, this is a great way to combine walking with travel and connection.

How It Works

- Open to all u3a members
- Participating u3as offer to share their favourite walks
- Visitors arrange their own accommodation and transport
- Host groups guide the visiting members on local walks
- Ideal for day trips, mini-breaks or walking holidays

Getting Started

The u3a Walkers Exchange allows one u3a Walking Group to request guided walks from another u3a. If your group is interested in walking in a different part of the UK, the **Walking Subject Adviser Team** try to match you with a suitable host u3a. Once a match is found, the team will share contact details so the two u3as can liaise directly and plan the exchange. Click here to find out more information: [WALK EXCHANGE](#)

Can you name the London Underground Stations from these cryptic clues?

- 1 Bad news for Napoleon
- 2 Alpine dwelling
- 3 It's falling down
- 4 Limit of 1760 yards
- 5 Irate monarch

UNDERGROUND

- 6 Where blackboard materials are grown
- 7 Do rabbits live in this thoroughfare?
- 8 Big gun road
- 9 Nobleman captured
- 10 Elementary my dear Watson

Answers on the last page

u3a FRIENDS COMMUNITY

THE u3a FESTIVAL FRINGE

Events from 25 June - 10 July

Take part in the fun of *u3a Festival 26* from home with *u3a Festival Fringe*. This series of online events will take place in the lead up to, and following on from, the Festival in York on 1-3 July.

The programme includes a mixture of talks and interactive activities, giving all u3a members a chance to be part of our celebration of learning and fun. Click here for link to Fringe events – highlighted in lilac. [FESTIVAL FRINGE](#)

Some examples of what's on offer:

Thursday 25 June 2pm: The Vikings and Wessex – From last to first kingdom

Thursday 2 July 2pm; Mrs Charles Dickens tells her story

Wednesday 8 July 2pm: The history of shoes

GET INVOLVED IN u3a EYE: PHOTOGRAPHY PROJECT

The national u3a is running a rolling photography project to encourage members to take and submit pictures of their surroundings. It posts a different theme every two months and invites you to submit your photo on that topic.

This is not a competition and it is not only about your photographic skill – it is looking for any interesting photos and interpretations of the theme. Anything which has captured your imagination or caught your eye.

At the end of every deadline, it will choose and publish up to fifteen photos in the online gallery. Please only submit one photo per person, per theme. Your photo should also not include any identifiable people.

Send in your best, and most interesting, photos on the theme of '**Nostalgia**'. Judges pick based not only on the quality of the image but also on the interpretation of the theme. **Deadline for submissions: 12 midday on Thursday 23 July 2026.** Click here for submission link: [u3a EYE](#)

LOCAL HARLOW NEWS



COFFEE MORNING Gateway Freedom Church Maddox Rd, Harlow CM20 3RW is hosting a friendly community coffee morning – a great chance to chat, relax and meet new people. Everyone welcome! 2nd and 4th Tuesday of every month, 9.30am to 11am.



SATURDAY 4 JULY : Harlow Council proudly presents a spectacular **Last Night of the Proms-style concert** at the newly rebuilt bandstand. With performances by the world-renowned **Royal Philharmonic Concert Orchestra**, the event will mark the reopening of the bandstand. Joined by Harlow Chorus, community organisations and support acts performing throughout the afternoon, the celebrations will build towards a spectacular fireworks finale. **The event will be completely free**, with no tickets required, making it open to families, friends and visitors from across the town. Alongside the music, a range of catering outlets will be available, helping to create a true celebration of the best of British in the heart of Harlow.



FUNDRAISING EVENING WITH GARY BENJAFIELD - Friday 3 July, GPCA, 7-10:30pm, suggested donation £7.50, this is open to family and friends, below the 55 year old normal age criteria.

MAMMA MIA AFTERNOON TEAS – Tuesday 7 July GPCA and Wednesday 8 July Harlow Rugby Club, 1:30-4pm, kindly sponsored by Jewson and HTS so only £3 suggested donation.

To book, call Carol 07849 087790 on her working days, Tuesday to Thursday, to make card payments over the phone for yourself or for a small groups of friends. Cash payments can still be made at the office by arrangement only. Please understand that all payments are treated as donations, and therefore they're non transferable and non refundable.

Harlow U3A Choir
present
SUMMER SINGS

Plus

Guest Choir

Voices of Harlow

FRI 10th JULY 2026
St. Paul's Church
Harlow
6pm

Both events are FREE ENTRY
Donations welcome
All profits go to Streets 2 Home

VOLUNTEER AT THE GIBBERD GARDEN

“Dearest Gentle Reader” (No this is not an episode of Bridgerton for those who know !) Paula here member of the u3a..... I would like to appeal to anyone who may be looking for a new interest.

Question: Do you have any spare time to fill by becoming part of the volunteer team over at the Gibberd Garden, Harlow - not as a gardener but to help out with the gift shop and the tea/coffee barn? The gardens only open two days a week (seasonal) Wednesdays and Sundays 2-6pm.



I have been part of the volunteer team now for about three years and can honestly say that I thoroughly enjoy sharing my time with the other volunteers and the garden visitors. Volunteers assist in the shop and barn. Duties are pleasant and not at all complicated. The gift shop is the first port of call for those who visit as they pay on entry and purchase some of the beautiful bits and bobs sold there. The tea/coffee barn is exactly what it says on the tin we sell beverages ... delicious cakes ice creams etc etc and sometimes homemade soups. (seasonal again).

Anyone who may be interested in being part of the team will be able to choose which days they would like to help and a rota system is set up for this purpose. Usually you would be working on a basis of four people per shift. Any days that you feel able to volunteer would be appreciated - Even if you could only assist one day a month. If you think you would like to give this a try then please do contact our administrator Ellen Pewsey on admin@thegibberdgarden.co.uk or go onto the website and find the Volunteer Registration Form via this link: [Volunteer – the-gibberd-garden](#) Thank you kindly for reading and I hope to see some of you at the Garden. **Paula Howells.**



DO YOU STRUGGLE WITH DIGITAL DEVICES?

Age Well East is an Essex based charity established back in 1950. The charity believes everyone deserves to age well. It offers many services including Digital Inclusion. Digital Friends is a **FREE** service for adults 60+ across Essex who struggle to access the community and need digital support in their own homes.

Trained volunteers provide one to one support at a pace that suits each person. This might include learning how to use a smartphone or tablet, setting up and managing email, accessing NHS and GP online services, shopping online safely, or keeping in touch with family and friends through video calls and messaging.

It focuses on reducing barriers, building practical skills, and ensuring older adults are not left behind in an increasing digital world. [Phone 0300 37 33 333](tel:03003733333) for more information and to organise help.

DATES FOR YOUR DIARY

22 June	General Meeting	The Link Social Club	10am-12pm
8 July	Trip to Felixstowe		
13 July	Committee Meeting	St James's Church	10am-12pm
17 July	Deadline for July's Newsletter		
18 July	Trip to Bedford River Festival		
27 July	General Meeting	The Link Social Club	10am-12pm

GET IN TOUCH

You can contact **Committee Members and Facilitators** by email through links on the website. harlow.u3a@u3a.org.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 Waterloo | 2 Swiss Cottage | 3 London Bridge | 4 Mile End | 5 Kings Cross |
| 6 Chalk Farm | 7 Warren Street | 8 Canon Street | 9 Earls Court | 10 Baker Street |



Rise

PAHT Patient Panel public meeting: new Rise strategy to transform healthcare

 **Thursday 25 June**

 **6pm-8pm**

 **Harlow Civic Centre**

Book on Eventbrite here



COMMUNITY EVENT

Hear about the vision for local healthcare and have your say.

To book a place, scan the QR code on the left or text/call 07737 890770 or email: paht.patient.panel@nhs.net


The Princess Alexandra Hospital
NHS Trust