

AUGUST 2026

CHAIR'S REPORT

Hello Everyone,

I do hope you are managing to cope with the high temperatures. Thursday 13 August was supposed to be the hottest day so far but all the records keep being broken.

Sadly, many activities have been cancelled because of the weather, but we managed to have our playreading group and Vipin led his Strollers group: we made sure we all drank water. The water bottle is with me all the time, just in case! We still need to get out and see people, however, and there are cool places to enjoy: the nature reserve has lots of trees for shade and the library has air conditioning and a small café. I have picked blackberries a couple of times, there are lots out there and they make an excellent addition to your breakfast or for a crumble.

We are looking forward to our quiz at our August meeting, see details below. In September, for National u3a Week, many groups are encouraging members to go along and try something new - more details later in the newsletter on pages 6&7. Have you seen the decorated lions around town in aid of St Clare's Hospice? There is a trail around Harlow and Ware, something to do with the grandchildren maybe? It is also the focus of our Explore Your Town walk in September.

A WARM WELCOME TO OUR NEWEST MEMBERS**Carole A.
Jennifer L.****Fiona B.
Laurence M.****Pat C.
Julie O.****Jean H.
Brian T.****Patricia J.
Paul T.*****We hope you enjoy being part of Harlow u3a and I look forward to meeting you.***

Hope to see you at the Quiz.

Jane Winterbotham

SUMMER SOCIAL: QUIZ**MONDAY 24 AUGUST 10am-12pm****THE LINK SOCIAL CLUB**

**Teams of 8: form your own team with friends
or just come along and join with other
members to make a team**

SECRETARY'S NOTES

WHAT DO YOU THINK OF OUR u3a?

Our committee is keen to know your opinions on Harlow u3a. What's your experience like as a member? What are you enjoying? What would you like to see happening in the future? It is important to the committee that they gain an understanding of your experience and wherever possible make it even better than it is.

In September, a survey will be emailed to members which the committee hopes you will complete and submit; it will only take a few minutes. The cut off date will be 30 September. It is your chance to share your opinions and once all the responses have been collated, they will be shared with members and used to help the committee make plans for the future. Look out for the survey in your inbox from the beginning of next month.

FUTURE GUEST SPEAKERS

Regrettably, Chris Vince MP has had to postpone his talk which was planned for September's meeting; he hopes to join us in March.

24 August	Summer Social: Annual Quiz. Form a team of 8 or just come along and join a table with other members.	The Link
28 September	A Screw For 24 Years. Brian Davies will be sharing some amusing tales from his life as a prison officer.	The Link
26 October	English Canal System and Canalability with Bradley Chapman	The Link

VISITS & OUTINGS

On sale at The Link at the General Meeting on Monday 24 August are the following trips:

2 October Brick Lane Music Hall. Murder at the Music Hall: quirkily titled The Pleasures of Fanny, invites audiences to solve a mischievous musical whodunnit, reflecting the venue's long-standing tradition of placing audiences at the heart of the action. In addition, a cream tea will be served. **Cost £56 which includes coach travel, theatre ticket and cream tea.**

5 December Ambassador Cruise Ship Christmas Spectacular at Tilbury. A fantastic experience which includes a welcome cocktail at 10am followed by a tour of the ship, a presentation on future cruises, 5 course Christmas Lunch, and entertainment. Departure at 3pm. **Cost £81 which includes all the ship experiences plus coach travel. Photo I.D. needed.**

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. If you are interested but unable to attend the meeting on 24 August, please contact Barbara Abbott via the Visits and Outings link on the groups page of the website between 10am – 6pm.

If you leave your car at The Link when going on trips, please ensure you park at the back or far side of the car park and leave spaces near the venue's entrance available for its members and functions.



RECENT TRIPS ENJOYED BY OUR MEMBERS

What a lovely day we had at **Bedford River Festival** last month; it was very well attended. There were hundreds of stalls selling a variety of goods and, of course, there were lots of food stalls. All the fun of the fair was to be found with the rides, such as the Big Wheel, and the many amusement arcades.

We enjoyed watching the canoeing displays and spotting the variety of themes of the decorated boats as they sailed along the river: favourites included The Greatest Showman, Bugsy Malone and Pirates.

It was also entertaining seeing the different acts performing on the stage, I loved the bagpipes. It was a great day out.

Chris Webb



Members also saw **CATS at Regent's Park Outdoor Theatre**. It was a very good performance and everyone really enjoyed it. Being outdoors, it meant that the audience was sat in the warm sunshine for over two hours but, thankfully, a cool breeze made it bearable.



Members who go on the fantastic trips organised by our hard-working Visits and Outings Team, are warmly encouraged to send photos and/or a few words about the trip for inclusion in our newsletter. Even a few thoughts/bullet points, which the Editor can use as a basis for a report, would be welcomed so don't feel you have to write an essay!

When sending photos, please ensure any members included give permission for their use by Harlow u3a in the newsletter and online.

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/>

WEDNESDAY LONG WALKS GROUP

For our August outing, the Wednesday Long Walks Group started at the south end of Kiln Road in North Weald. We were fortunate in that it was one of the cooler days this summer and there was a welcome breeze for much of the day. The early part on the walk was through dappled woodland until we met the Essex Way which runs from Epping to Harwich. We turned east through Ongar Park Wood but were soon out into the open, crossing fields where the wheat had been harvested, with some sweeping open views.

At Toot Hill the way swung left along the road before turning into field, then following a succession of turns and through some dappled paths as far as Greensted Church. Surprisingly, some in the group had never visited the church which has been claimed to be the oldest wooden church in the world and probably the oldest wooden building in Europe still standing, dating back to the 800s. There is a crusader's tomb just outside the porch and a leper's window on the north side and was well worth the short diversion from the route.



Retracing our steps for five minutes, we headed initially north and then west to the hamlet of Greensted Green and we enjoyed our lunch on the verge of Toot Hill Road. Afterwards, we set off across more harvested fields and saw the steam engine of the Epping-Ongar railway crossing the bridge shortly before we passed underneath. At the farmyard of Ongar Park Hall, we turned up a



long track in bright sunshine for the last climb of the day. To our left were a number of what appear to be anti-tank obstacles and at the summit there is the North Weald Redoubt. This was originally a Victorian defensive mobilisation centre to protect London in case of invasion. In the 1920s it became a radio station for Marconi's and in World War Two its defence was reinforced due to its importance for communication. The site is privately owned and not much can be seen as it is very overgrown.

After a left turn, we crossed over the railway but unfortunately no trains passed beneath - although we did wait for a while as we refreshed

ourselves with a drink. We completed an excellent day with a twenty minute walk through more fields and downhill back to where we had parked our cars. **Colin Moody**

STROLLERS



The Strollers 2 walk was on Thursday 6 August. Nineteen members had a pleasant walk from the Moorhen Pub to Hunsdon Lock and back. The weather was warm but comfortable.

Our next walk will be on Thursday 3 September and any members who would like to join us would be very welcome to do so. Contact me via the facilitators' link on page 4 for meeting point and time. **Vipin Patel**

PLAYREADING

This month we read an adapted version of Graham Greene's novel "Travels with my Aunt" which follows the travels of Henry Pulling, a retired bank manager, and his eccentric Aunt Augusta as they find their way across Europe, and eventually even further afield. It's slightly strange but quite funny in parts and I think we all enjoyed it.



Our group meets on the second Tuesday of the month and members are invited to join us, as part of National u3a Week, on **Tuesday 8 September at 1pm**. Contact me via the facilitators' link on page 4 to book a place and to find out where to meet. **Jane Winterbotham**

NATIONAL u3a WEEK 2026: EXPAND YOUR HORIZONS

Harlow u3a will be celebrating u3a Week throughout September to enable more groups to participate and members “try something new”. Here’s what’s on offer; please contact the facilitator, using this link: <https://harlow.u3asite.uk/group-facilitators-email-contact/> – scroll down to find the group - and let them know you wish to attend. Some groups meet weekly and some are offering specific dates; where groups meet weekly, only one free taster session per activity is offered during September.

ACTIVITY	DAY/TIME	VENUE	FACILITATOR	BOOKING REQUIRED/COST
Art & Design Appreciation	Tuesday 1 September 2-4pm	St John’s Arc Old Harlow CM17 0AJ.	Lorraine Foy	Yes £2 for refreshments
Bridge	Wednesdays weekly 1.30-4pm	Church of Latter Day Saints Hall Tysea Road Harlow CM187DR	Janice Jones	Yes
Choir	Monday 21 September 1-3pm	Harlow Rugby Club Howard Way Harlow	Mel Gunn	Yes
Cross Stitch	Wednesday 26 September 10.30am - 12.30pm	Great Parndon Library Staple Tye Harlow	Hazel Sugarman	
Explore Your Town Local Walk	Wednesday 16 September	The Lion Trail around Harlow – contact Joan for meeting point & time.	Joan Jones	Yes
Family History	7 September 10am-12pm	Potter Street Baptist Church	Barbara Harpin	Yes
Have Your Say discussion group	Friday 4 September 2-3.30pm	Great Parndon Library Staple Tye Harlow	Nusrat Shah	Yes
Knit-Wits needlecraft group	Monday 14 September 1.30-4.30pm	Community Space at St Clare Hospice	Christine Bolton	
Move It Or Lose It: Monday	Mondays weekly 11am-12pm	Rugby Club Howard Way Harlow	Marion Newell & June Montgomery	Yes
Move It Or Lose It: Tuesday	Tuesdays weekly 12.30-1.30pm	Bridge Church Purford Green CM18 6HP	Audrey Marlow & Marion Newell	Yes
Play Reading	Tuesday 8 September 1pm	Facilitator’s home in Harlow	Jane Winterbotham	Yes
Pilates	Tuesdays weekly 11am-12pm	Bridge Church Purford Green CM18 6HP	Marion Newell	Yes
Short Mat Bowls	Details to be confirmed			
Short Tennis	Wednesdays weekly 1-3pm	Norman Booth Centre Old Harlow	Diana Garner	Yes
Social Sunday	Sunday 20 Sept. 1.30pm	Lunch at the John Barleycorn CM17 0NS	Denise Beard	Yes Lunch cost
Strollers 3 mile walk	Thursday 3 September 10am-12pm	Varies – contact Vipin	Vipin Patel	Yes

ACTIVITY	DAY/TIME	VENUE	FACILITATOR	BOOKING REQUIRED/COST
Ukulele	7 September 10am	Hall at the Church of Latter Day Saints Tysea Road Harlow CM187DR	Richard Adams David Croft	Yes
Walking Group 7-9 miles	Wednesday 2 September 10.15am	Varies – contact Colin	Colin Moody	Yes
Walking Group 7-9 miles	Thursday 10 September 10.15am	Contact Jan. Walk from North Weald to Greensted Church and back via Toot Hill. Approximately 7.5 miles.	Jan Bunt	Yes
Walking Rugby	Details to be confirmed			

TASTER SESSIONS ADDITIONAL INFORMATION

CHOIR – a fun sing-along of popular songs; no need to be able to read music. There is a short comfort break midway; bring your own drink. There is plenty of free parking at the venue.

MOVE IT OR LOSE IT & PILATES – You need to wear appropriate clothing and footwear for a movement session. *Only one free taster session per person across these three activities; members do need to arrange, in advance, with the facilitator which date they wish to attend.*

UKULELE - Have you ever thought that it would be nice to play a musical instrument? If you have, why not come along to our free taster session for beginners? We have a number of ukuleles for you to try out, so all you have to do is bring yourself. If you continue, we can lend you a ukulele until you feel confident enough to buy your own one. The initial session is free, after that it's £2 per session; we meet on the 1st and 3rd Monday of every month. If you know anybody who would like to come, but is not in the u3a, they can come for the taster; they will have to join if they want to borrow an instrument or continue after the first couple of weeks. There is plenty of parking.

WALKING GROUP 7-9 MILES - Dress appropriately for the weather and ensure footwear is suitable for walking over fields and through woods etc. Bring your own refreshments- especially fluids if the weather is hot. There are usually 2-3 stops along the way.

SHORT MAT BOWLS AND WALKING RUGBY – these tasters are being offered by an external provider; details of the venue, dates and times will be shared with members via email.

u3a WEEK IS BACK AND IT'S ALL ABOUT THE JOY OF DOING SOMETHING NEW

Alongside events listed above we'd love for u3a members to take the opportunity to try something new. Maybe the activities on offer locally aren't for you but you can still **EXPAND YOUR HORIZONS**. Let u3a week inspire you to try out a new activity purely for the enjoyment of it. The sky's the limit, but here are just a few ideas to get started:

- Try origami; ideas and instruction on You Tube/library books
- Try a new cuisine – at a restaurant or a recipe at home
- Learn to count to ten in a language you don't know
- Write a poem or short story
- Learn a dance routine from You Tube
- Research a topic you've always been curious about



COFFEE-TIME QUIZ

Can you name the song, and the singer, of these songs with the word “summer” in the title. One point for the song, one for singer.

1. Summer lovin' had me a blast.....
2. Hot town, summer in the city.....
3. In the summertime when the weather is hot....
4. I got my first real six-string, bought it at the five and dime....
5. Here comes summer, school is out, oh happy day ...
6. All summer long, we sang a song and then we strolled that golden sand...
7. We're going where the sun shines brightly, we're going where the sea is blue.....
8. Hot summer streets and the pavements are burning, I sit around.....
9. Sometimes I wonder what I'm-a gonna-do, cause there ain't no cure....
10.makes me feel fine, blowin' through the jasmine in my mind.

Answers on the last page

u3a FRIENDS COMMUNITY

“THE TITANIC SAILS AT DAWN” UK PUNK - Join Lee Wellbrook to explore the origins, growth and legacy of punk in the UK in the 1970s. a [FREE](#) online talk [Thursday 17 September 10-11am](#)

In this talk, Lee Wellbrook (part-time musician, full-time music nerd and a peripheral participant in the London punk and new wave scene in the 1970s) will explore the origins and rapid growth of UK punk in the 1970s, explaining how economic uncertainty, social change and youthful frustration fuelled a culture of rebellion, creativity and self-expression. Beyond the music, it will examine how punk transformed fashion, identity and everyday life, leaving a legacy that continues to have an impact today. *This event is for u3a members only.* Click the link to book your place: [70sPUNK](#)



COMMUNITY FÊTE HARLOW MUSEUM

Our committee represented Harlow u3a at the Community Fête at Harlow Museum on Saturday 15 August to share with members of the public the opportunities available, to those who are retired and semi-retired, through our organisation to “ [Learn, Laugh, Live](#)”.

The event was well attended and there was a lot of representation from the voluntary sector. It is refreshing to see how many members of our community are willing to give their time and efforts to support charitable initiatives.



THE PRINCESS ALEXANDRA HOSPITAL NHS TRUST ANNUAL GENERAL MEETING



You are invited to attend The Princess Alexandra Hospital NHS Trust Annual General Meeting [on Wednesday 23 September from 6pm to 7.30pm](#) at the Council Chambers, Harlow.

This is an opportunity to hear about the progress being made across the Trust's hospitals, learn more about future plans for improving care and services, and ask questions directly to members of the leadership team. [Princess Alexandra Hospital NHS Trust AGM](#), Register here: [Eventbrite booking link](#)

DATES FOR YOUR DIARY

24 August	Summer Social: Quiz	The Link Social Club	10am-12pm
27 August	Trip to Southwold (replacing Knebworth House visit)		
3 Sept.	Trip to Southwold		
14 Sept.	Committee Meeting	St James's Church Hall	10am-12pm
18 Sept.	Deadline for September's Newsletter		
24 Sept.	Trip to Woodbridge		
28 Sept.	General Meeting	The Link Social Club	10am-12pm

u3a WEEK CHALLENGE: WILL YOU TRY SOMETHING NEW?

If you do **GO FOR IT** during September and try something new, please write to the Newsletter Editor and share what you tried and how you got on. The deadline for next month's newsletter is Friday 18 September. Photos welcome also!



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

COFFEE TIME QUIZ ANSWERS

- | | |
|-----------------------|------------------------------------|
| 1. Summer Nights | John Travolta & Olivia Newton-John |
| 2. Summer in the city | Lovin' Spoonful |
| 3. In The Summertime | Mungo Jerry |
| 4. Summer of '69 | Bryan Adams |
| 5. Here Comes Summer | Jerry Keller |
| 6. Summer Wind | Frank Sinatra |
| 7. Summer Holiday | Cliff Richard |
| 8. Cruel Summer | Bananarama |
| 9. Summertime Blues | Eddie Cochran |
| 10 Summer Breeze | Isley Brothers |

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