

SEPTEMBER 2026

CHAIR'S REPORT

Hello Everyone,

Thankfully, the weather is now much more comfortable and we should not grumble about the rain, we really need it for our gardens and reservoirs. However, we have enjoyed the good weather and have been able to celebrate our Gardening Group picnic outside, though the Play Reading Group had to have its summer social indoors, C'est la vie! Our Philosophy group had a very interesting discussion on prisons.

I hope you have tried something new, this month. We welcomed a couple of visiting members to Play Reading, and they are going to join us permanently. Have you spotted some of the, "Lions on the Loose", around Harlow, in aid of St. Clare's Hospice? We took a trip to Loughton and Epping to see the Lions there which was an interesting morning.

I am missing my volunteering for Canalability, which had to be cancelled when it was too hot, and then again when the locks were not in use because of the shortage of water in the canal. We had a super trip to see our new canal boat lifted from a lorry into the canal at Ponders End. It has to stay there until the locks are in use again, but it was amazing to see! You will hear more about Canalability at our October meeting.

A WARM WELCOME TO OUR NEWEST MEMBERS

Lorraine G.
Christine P.

Elsa M.
Sylvia T.

Daniel P.
Jennifer W.

We hope you enjoy being part of Harlow u3a and I look forward to meeting you.

We invite all new members to our New Members' Meeting on Friday 20 November 2pm at The Link Social Club. It will give you an opportunity to meet Harlow u3a Committee and many of the group facilitators.

Finally, many thanks go to Tesco Community Champion, Margaret Franklin, for the donation of chocolates, stationery and other treats, as raffle prizes.

I hope to see you all soon.

Jane Winterbotham

NEW MEMBERS' MEETING: FRIDAY 20 NOVEMBER 2-4PM
THE LINK SOCIAL CLUB

New members are warmly invited to come along to meet Harlow u3a's Committee and Group Facilitators and find out more about what your u3a can offer you. Tea & coffee provided.

GROUP FACILITATORS INFORMATION

1. **New Members' Meeting:** As advertised on page one, our second New Members' Meeting of 2026 takes place on **Friday 20 November 2-4pm** and group facilitators are asked to come along and share information about their groups with our newest members. The Groups Coordinators have already been in touch with further detail so do confirm your attendance with them to help with planning.
2. **Group Membership.** Group facilitators and members are reminded that ALL group members MUST be current, paid-up members of Harlow u3a. It is unfair to those who are on waiting lists for places in a group, if non-members are attending and, most importantly, *only current Harlow u3a members are covered by our insurance*. Group facilitators are asked to check their registers against the updated membership list on Beacon; if you are unable to do so then please contact Chris Chesham, Membership Secretary. u3aharlowmemsec@gmail.com
3. **Change of Facilitator:** Where there is a change of group facilitator, please inform the Groups Coordinator and the Beacon Administrator, Nusrat Shah, so that essential information can be updated and shared.

WOULD YOU LIKE SOME HELP WITH BASIC IT SKILLS?

Do you feel confident in your basic IT skills? Do you know how to send/open emails? How to save email addresses of your regular contacts? How to open attachments sent with emails? Other IT needs? If you feel you would like some help to update your skills and gain confidence in this area, do get in touch via the newsletter address: harlowu3anewsletter@gmail.com We are hoping to set up a "buddy" system offering support to those who request it; it is likely this would take place at The Link Social Club when we have our monthly meeting.

If you are housebound, and over 60, and would like help with using your smartphone/tablet or laptop, Age Well East: Digital Inclusion team can offer help in your own home. Here's the link to their site: [AGE WELL EAST DIGITAL INCLUSION](#) Telephone: 0300 37 33 333

ARE YOU A CONFIDENT IT USER?

If you are, then maybe you would volunteer to be a Digital Buddy and support members who need a bit of help in gaining those basic skills many take for granted. Do get in touch via the newsletter address: harlowu3anewsletter@gmail.com It is likely the support would take place at The Link Social Club when we have our monthly meeting.

FUTURE GUEST SPEAKERS

- | | | |
|---------------------|--|----------|
| 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 |

SUMMER SOCIAL: QUIZ



The well-attended quiz certainly challenged members' brains; thank you Alan for organising it.



WELL DONE, ALL SORTS, THE WINNING TEAM



SOUTHWOLD

We left Harlow in torrential rain but arrived at a dry Southwold. We enjoyed a walk along the promenade admiring the multi-coloured beach huts - many with interesting names – and I had a paddle in the sea. Soon it was time for fish and chips, always an enjoyable taste of the seaside.



Some of the party enjoyed a browse around the local stores whilst we wandered along the pier, looking in the shops and delighting in the sun coming out and some blue sky!

All too soon it was time for tea and cake then, after a final paddle in the sea, it was time to return, reluctantly, to the coach and say goodbye to Southwold. *Jane Winterbotham*

VISITS & OUTINGS

The following outings are available to book at the monthly meeting on **Monday 28 September**; the V&O desk opens at 10am.

Our trip to [Woodbridge](#) was so popular we have booked a [second trip for Tuesday 6 October](#) £16pp; there are still places available. We have also spoken to Patrick, the lovely coach driver, and as we are so close to the Sutton Hoo, he will drop off those who wish to visit this historic Anglo-Saxon Royal burial site on both dates.



[Woodbridge Shire Hall](#)

On site is the burial mound, woodlands with walks and views to Woodbridge, the High Hall exhibition, Tranmer House (the former home of Edith Pretty, who played a pivotal role in the discovery of the Sutton Hoo burial ship) King's River Cafe and the Gift Shop. Sutton Hoo is a National Trust property so entrance is free for NT Members but non-members will be charged £18 entrance.



[Sutton Hoo exhibition](#)

If you wish to go to Sutton Hoo, when on this trip, please bring your NT membership card with you. There are also several free events that coincide with our visits that I believe are included in the entrance fee - please check the NT website for further details.

The second outing on offer is a member recommendation to [Meadow Croft Garden Centre](#), in Battlesbridge, Wickford, on [Thursday 15 October](#) for £12pp. When we checked the website it advertised a German Market and Christmas Fair from Sept-Dec. The market was trialled just over ten years ago and proved to be such a success that it has grown to thirty stalls and is a popular attraction. In the centre of the market, they serve delicious German food from frankfurters to apple strudel. This year

they have also opened the Market Tavern serving a variety of cheeses, mulled wine, spiced apple drink and beers on tap. The garden centre and market are access-friendly throughout; there are wheelchairs available to use - subject to availability.

Payment for these trips can be made by cash, cheques made payable to Harlow u3a (separate cheques for each outing are required) or card machine. If you are unable to attend the meeting you can contact Barbara Abbott AFTER the meeting via email using the Visits and Outings address on the website. Follow this link:



[Meadow Croft Market](#)

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

We do hope that you can join us. Best wishes,

Hazel Sugarman (Vice Chair) For the V&O Team Harlow u3a

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/>

GROW TO EAT

I joined the Grow to Eat group in August, the venue for the meeting was Herd Farm, Thresher's Bush, Harlow. Derrick, the farmer - who is also a Harlow u3a member - gave us a guided tour of his farm. I was so immersed I forgot to take any photos!



September's meeting took place at Harlow Garden Centre: it was a wet afternoon so we stayed in the café enjoying tea, coffee and cakes. Derrick presented his prize-winning onions and I shared photos of the produce from my allotment.

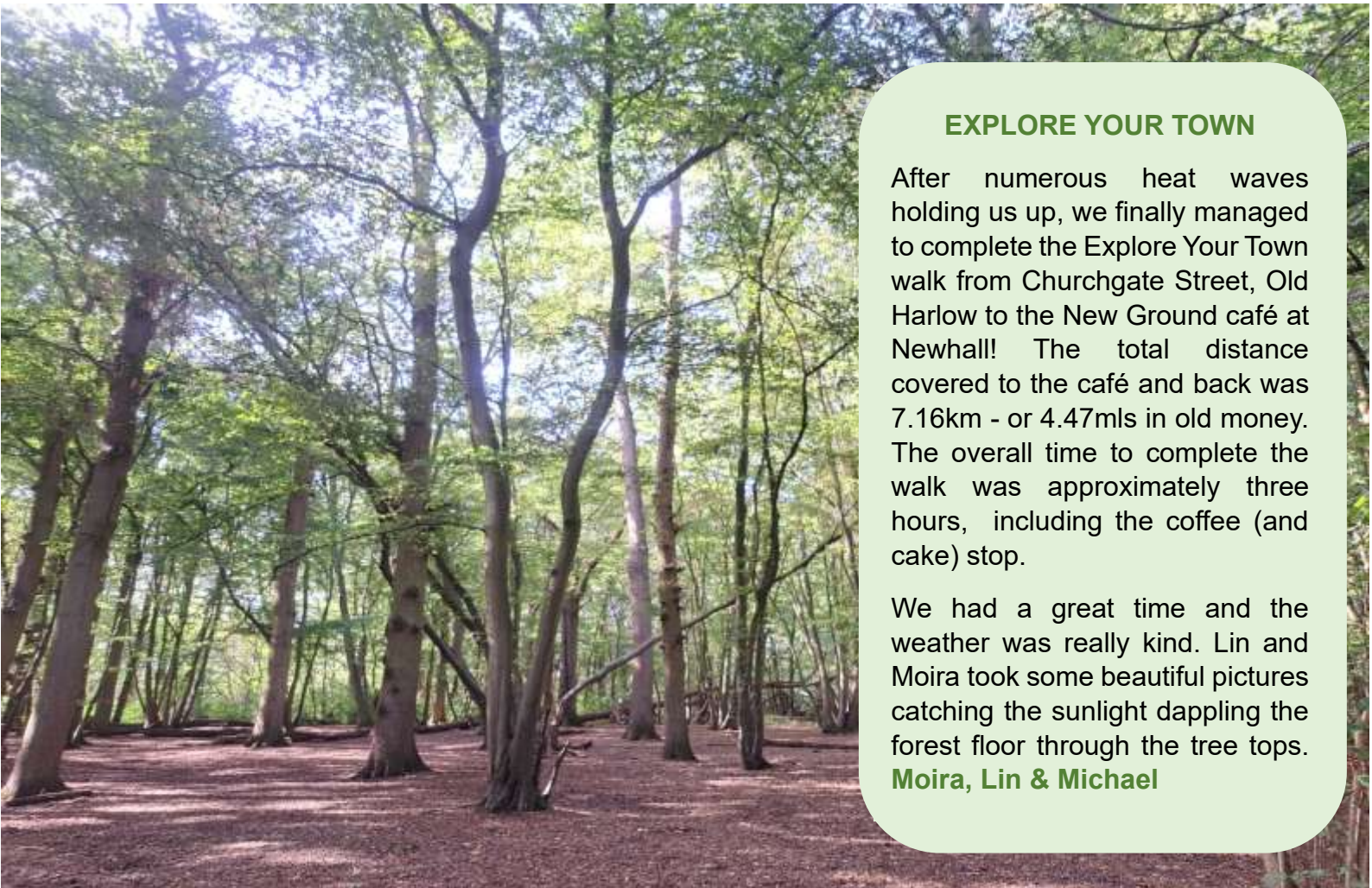
Derrick also had a sack full of apples in his car boot which he shared with members of the group.
Nusrat Shah.



MUSIC IN MIND

Music in Mind went to Tye Green Care Home recently and we had such fun, tears were almost running down our cheeks and those of the residents. We were only there for forty-five minutes but it was a very happy forty-five minutes. Jan and Vicky always enter into the spirit of the occasion, chatting to the residents and making them laugh. It was a pleasure being there and our music and balloons were enjoyed by everyone. Of course, when we left we were asked to return very soon and hopefully we will. **Ann Flint**





EXPLORE YOUR TOWN

After numerous heat waves holding us up, we finally managed to complete the Explore Your Town walk from Churchgate Street, Old Harlow to the New Ground café at Newhall! The total distance covered to the café and back was 7.16km - or 4.47mils in old money. The overall time to complete the walk was approximately three hours, including the coffee (and cake) stop.

We had a great time and the weather was really kind. Lin and Moira took some beautiful pictures catching the sunlight dappling the forest floor through the tree tops.

Moira, Lin & Michael

u3a GARDEN GROUP

Our last garden trip of 2026 was a repeat visit to Rochfords, a trade nursery near Hertford, on Tuesday 15 September.

Rochford's Nursery supply plants to commercial companies, such as garden centres, but is also a centre for international rose breeders wanting to have their new varieties of roses trialled by independent nurseries prior to being released for sale to the public. This is a three year long process, during which time the roses are judged by a panel of judges made up of professional rose breeders, horticulturists and members of the public.



We had a very informative talk given to us by Kerry French, the coordinator for the rose trials, including lots of useful information on how to look after our garden roses. Kerry then invited us all to tour the rose fields acting as judges for the new roses and, finally, allowing us to cut some roses to take home as all judging was finished for the year. There were many varieties, some better than others but it was interesting to see what will be coming to garden centres near you in years to come!

Maria Miola

STROLLERS

The Strollers 2 walk was on Thursday 3 September. Twelve members had a lovely walk around the lakes in the Lee Valley Park. The weather was very pleasant, there were lots of wild birds on the lakes and rivers and many opportunities for chatting. **Vipin Patel**



COME AND JOIN US FOR MOVE IT OR LOSE IT

Our Move It or Lose It (MIOLI) group on Tuesdays has some vacancies for new members.



If you've ever felt that you should do some more exercise but found most classes are too demanding, or maybe you aren't confident about getting down on a mat, try MIOLI. It's what it says on the tin – it helps us to keep moving and to stay active: it includes marching steps, stretching and balance exercise and we finish with some not-too-serious memory games. There is no floor work and it's partly chair-based, (some less active members do it all with a chair) our lovely instructor, Bonny, is very good at adapting to the limitations of individuals, and we're a happy, friendly group that welcomes new members, of all genders.

Bonny says, "Our wonderful MIOLI class is open to everyone – you don't have to be athletic, able to remember complicated steps and sequences, or very co-ordinated, though it will help you with co-ordination. It's a chance to do some gentle exercises, to

get together with a lovely group of people, to move to some great music and to have a bit of a giggle."

We meet at 12.30 on Tuesdays in the Bridge Church, Purford Green, for an hour and the cost per session is £5. If you would like to come along and try it - without any commitment - contact the facilitator, Audrey Marlow using the link at the top of page 5. If you want to bring along a friend who isn't a member of Harlow u3a they can come too, but they would need to become a member before coming to any more group meetings. **Helen Simpson**



BUS USERS ADVENTURE GROUP TRIP TO MALDON 21 AUGUST

On Friday 21 August, ten of the Bus Pass Users Adventure Group travelled to the friendly town of Maldon. It was a beautiful sunny day and a pleasant ride through the countryside to Chelmsford Bus Station where, after a short wait, we caught a bus to Maldon. The ride took us through the lovely village of Danbury and onto Maldon.

Once we got there, some of the group went off to explore the High Street, the others went on a short walk to the river. A couple decided to stay by the river for lunch and the rest continued the walk, up a few hills, back to the High Street, where we stopped to have a fish and chip meal which was very much appreciated.

After the meal, we visited All Saints church which dates back to the 14th-15th century where we admired the lovely, stained-glass windows.

As we intend to go back to Maldon, we popped into the Tourist Information Centre to look at the various souvenirs, etc and to pick up leaflets on other walks around the town.



All too soon we all had to meet up at the designated bus stop for our journey to Chelmsford and from there back home to Harlow. **Moir and Sue**

COFFEE-TIME QUIZ

**CAN YOU SOLVE THE DINGBATS?
SAY WHAT YOU SEE; SEE WHAT YOU SAY**

1 <u>WEATHER</u> FEELING	2 MSESSEGA MGSSESEA MAGESSES	3 TIGER 	4 CORNER  CORNER
5 NOON LAZY	6 YOUR  HANDS	7 LO  VE HEELS	8 ONCE 
9 JOINTED JOINTED	10 2B OR 	11 	12 AU DIGIT

Answers on the last page

u3a WEEK

During September members have been given the opportunity to enjoy a “taster” of other groups; here’s feedback from some of them. The Long Walks group will be welcoming a newcomer to its next walk and Play Reading was pleased to have two guests – who have since decided to become full-time members.

HARLOW u3a UKULELE GROUP

We welcomed Viv on our “Try Something New Day”. We always welcome new members, even if they have never played before, and we have a couple of ukuleles which people can borrow. [We meet on the first and third Monday of every month at the Church Of The Latter Day Saints on Tysea Road at 10.00am.](#) **Richard Adams**



HARLOW u3a CHOIR

The Choir welcomed guests to its practice on Monday 21 September and enjoyed singing a range of songs from The Clash’s “London Calling” to Vivaldi’s “Gloria”. Singing is always fun and raises the spirits. The Choir meets every Monday 1-3pm during term-time at Harlow Rugby Club. For more information, use the link at the top of Page 5 to message the facilitator. **Save the Date:** [Christmas Concert Friday 11 December 6pm St Pauls’ Church.](#)

PHILOSOPHY GROUP

As part of Try Something New Week, I went to the u3a Philosophy Group. Their topic was “What are the limitations of our native speech?” and it certainly generated much lively discussion. Some members who had experience with foreign languages spoke about direct translations into English, e.g. the German word wanderlust which is a strong desire to travel, and we also thought about the importance of communication through gesture. Have you been in a foreign country, not knowing how to speak the language but trying to explain what you wanted? Probably tribes of ancient man, needed this skill when they met unknown groups as they travelled to find food.

It was a very welcoming group and it was obvious they had many different life experiences that they were able to bring to the discussion. Thank you to them all, and particularly Sue McClymont for organising it so well. **Ann Flint**



GET INVOLVED IN u3a EYE

The 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 – we are looking for any interesting photos and interpretations of the theme. **Anything which has captured your imagination or caught your eye.** For more information and to find out the next theme and deadline date follow this link: [u3a Eye Photography](#)

LOCAL HARLOW NEWS

HARLOW TOWN SHOW

If you were able to get along to the Town Show over the August Bank Holiday, or to the Proms in the Park last weekend, you were in for a treat. There was lots to see and do at the Show and the main response appears to be that Harlow residents are delighted to see the Show returned to the town.

Apparently it's coming back bigger and better next year!



PROMS IN THE PARK

The Royal Philharmonic Orchestra performance at the new bandstand for a "Last Night of The Proms" style occasion was a great success. It is fantastic to see these events bringing the residents of Harlow, and the local villages, together as a community. You can submit your ideas for Harlow's 2027 events programme at:

[HARLOW EVENTS 2027](#)

DISCOVER HARLOW HUB

Harlow Council has announced the opening of a Discover Harlow Hub where you can go in for a chat and find out about what's happening in the town: Want to find out more about the regeneration of Harlow? Ask about the new bus station? Have questions about other works happening around the town? What's going on with new council homes nearing completion? Or other town-related queries...

The Hub will be on [the ground floor of the Civic Centre and open to the public every Thursday from 9.30am – 1pm and 2pm – 4pm](#). A member of the team will be there to talk to you about all the projects happening around our town and to answer your questions.

FANCY A COFFEE? (OR A TEA?)

Staff at Harlow College who are working with students with Special Educational Needs and Disabilities (SEND) are aiming to help their students develop confidence, communication skills and a greater understanding of their local community. To support this, they are planning to host a [monthly tea and coffee afternoon at the college and invite members of Harlow u3a to join them](#). The afternoons will be informal, friendly social events where students and guests can chat and enjoy each other's company over refreshments, and a game of bingo if you would like to take part.

The events are currently planned for the first Tuesday of each month, beginning on [6 October, from 1.15pm to 2.30pm](#). Attendance is free; the venue is accessible. The sessions will be planned and hosted by the students themselves. The staff hope this will provide valuable opportunities for intergenerational connection while helping the students build confidence in engaging with members of the community. If you would like to join these young people for, what sounds like, a lovely afternoon cuppa and chat, ***please reply to this newsletter address*** so numbers can be passed on.



Parking is very limited, with only 2 spaces available for visitors with mobility needs; these would need to be reserved on a first come-first served basis when you reply to the newsletter. Nearby car parks are the multi-story car park by Terminus House or the Water Gardens.

DATES FOR YOUR DIARY

28 Sept.	General Meeting	The Link Social Club	10am-12pm
6 October	Trip 2 to Woodbridge Market Town and/or Sutton Hoo		
12 October	Committee Meeting	St James's Church	10am-12pm
15 October	Trip to Meadow Croft Garden Centre and German Christmas Market		
16 October	Deadline for October's Newsletter		
26 October	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.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 Feeling under the weather | 2 Mixed messages | 3 Eye of the tiger | 4 Cutting corners |
| 5 Lazy afternoon | 6 It is in your hands | 7 Head over heels in love | 8 Once upon a time |
| 9 Double jointed | 10 To be or not to be | 11 Growing pains | 12 Goldfinger |