

*The deadline for contributions to the next Newsletter is Wednesday 29 July 2026*

Please send items for publication to the Newsletter Editor

### In this issue

|                         |       |
|-------------------------|-------|
| From the Chair          | 1     |
| Group Meetings Calendar | 2     |
| Noticeboard             | 3 - 4 |
| Dates for your Diary    | 4- 5  |
| Group News Roundup      | 5 - 6 |
| Committee Members       | 6     |

Wow what a difference a month makes, I'm just back from a lovely visit to Lake Garda in Italy. I think it's the first time that it felt just as hot when I got off the plane at Stanstead as it was at the airport abroad.



I hope you are all taking care in this current heatwave. It's difficult for life to continue as normal with the heat being so draining and some of our groups have cancelled some of their activities which is a great shame when such hard work goes into organising them. However, it's better to be safe and see everyone next time. A lot is being made of the heatwave of 1976, I can remember it, I was at school, but I'm sure a lot of you can relate to the experience. Can't remember schools being closed though in those days!! I'm hoping it will have cooled down by the time of our next meeting in the Ashingdon Hall.

### NEXT MEETING

*2<sup>nd</sup> July 2026*

Doors open at 1:15 pm  
Meeting starts at 1:45 pm

### FORTHCOMING SPEAKERS

*2<sup>nd</sup> July  
Brian Carline  
Tripe & Trotters  
Growing up in the  
40s and 50s*

*6<sup>th</sup> August  
Summer picnic*

*3<sup>rd</sup> September  
Richard Bale  
Boudica – Myth or Legend*

*1 October  
Fran Sandham  
Stanley & Livingstone*

Thanks to everyone who attended the AGM and voting in the change to our constitution it will help the committee going forward to allow members to stay on the committee for a bit longer and allow other members to learn how to take on some of the critical roles needed. We have a few new people on the committee this year, it's good to have new members who will bring some new ideas to our u3a.

Our summer picnic is in August, and we have the same vocalist as last year who was very entertaining so don't forget to get your ticket at the July meeting.

So, keep watering your gardens (lets hope we don't get a hosepipe ban here) keep cool and remember to drink lots of fluid and I look forward to seeing you at the next meeting.

Marion

Chair Ashingdon and Rochford u3a

| GROUP MEETINGS CALENDAR    |                                                                             |                            |                                         |
|----------------------------|-----------------------------------------------------------------------------|----------------------------|-----------------------------------------|
| <b>MONDAYS</b>             |                                                                             |                            |                                         |
| Walking                    | Weekly                                                                      | 9.45                       | Richard Paternoster, Anne and Ray Hill  |
| Are you Curious            | 4 <sup>th</sup> Monday of month                                             | 2:00 - 4:00                | Carol Collins                           |
| Beer Appreciation          | 2 <sup>nd</sup> Monday of month                                             | 2:00 - 4:00                | Terry Lake                              |
| Bird Watching              | 2 <sup>nd</sup> Monday of the month                                         | TBA                        | Paul Nice                               |
| Card and Paper Craft       | 3 <sup>rd</sup> Monday of month                                             | 1:30 pm                    | Wendy Paternoster                       |
| Discussion                 | 3 <sup>rd</sup> Monday of month                                             | 2:30 - 4:30                | David & Barbara Hine                    |
| Knit and Chat              | 4 <sup>th</sup> Monday of month                                             | 2:30 - 4:30                | Barbara Hine                            |
| Petanque (Boules)          | 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of month                         | 10:00                      | Linda Deadman                           |
| Rummikub                   | Weekly                                                                      | 2:00 – 4:00                | Pam Leys                                |
| Supper Club                | 1st Monday of month                                                         | 6:00 pm                    | Val Stenson                             |
| <b>TUESDAYS</b>            |                                                                             |                            |                                         |
| Book Club (2)              | 3 <sup>rd</sup> Tuesday of month                                            | 10:30                      | Maureen Pointer                         |
| Cross-Stitch               | Every other Tuesday                                                         | 10:00                      | Anne Hill                               |
| French Conversation        | 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month                          | 2:30 - 4:00                | Carol Clifford                          |
| Knit & Sew                 | 4 <sup>th</sup> Tuesday of the month                                        | 2:30                       | Katherine Lake                          |
| Local History (2)          | 2nd Tuesday of the month                                                    | 2:00                       | Graham Collins & Carol Collins          |
| Petanque (Boules)          | 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month                          | 2:00 – 4:00                | Beryl Horrex/Janet Toms                 |
| Snooker (2)                | 3 <sup>rd</sup> Tuesday of the month                                        | 11:00 – 1:00               | David Hine                              |
| Short Mat Bowls            | Every other Tuesday                                                         | 2:00 – 4:00                | John Stenson                            |
| Ten Pin Bowling            | Fortnightly                                                                 | 11:00                      | Jacqui & Keith Baker                    |
| <b>WEDNESDAYS</b>          |                                                                             |                            |                                         |
| Line Dancing               | 2 <sup>nd</sup> and 4 <sup>th</sup> Wed of the                              | 2:00 - 3:00                | Jill Nettleship                         |
| Local History (1)          | 2 <sup>nd</sup> Wednesday of month                                          | p.m.                       | Sandra Dawson                           |
| Table Tennis               | Weekly                                                                      | 7:30                       | John Owen                               |
| <b>THURSDAYS</b>           |                                                                             |                            |                                         |
| Cribbage (cards)           | 4 <sup>th</sup> Thursday in month                                           | 10:00 - 12:00              | Keith Baker                             |
| Gardening Group            | 2 <sup>nd</sup> Thursday of month                                           | 2:00 - 4:00                | Paul Nice & Marion Cain                 |
| Knitting (2)               | Fortnightly                                                                 | 2:00 - 4:00                | Sue Dodkin                              |
| Serendipity                | Monthly (Normally a Thursday)                                               | All day                    | Serendipity Team                        |
| Snooker                    | 2 <sup>nd</sup> Thursday of month                                           | 11:00 - 1:00               | David Lazell                            |
| <b>FRIDAYS</b>             |                                                                             |                            |                                         |
| Canasta                    | 2 <sup>nd</sup> Friday of the month                                         | 2:30 - 4:30                | Ian Foster/Pam Foster                   |
| Book Club (1)              | 3 <sup>rd</sup> Friday of month                                             | 2:00                       | Pat Wilkinson                           |
| I.T.                       | 4 <sup>th</sup> Friday every two months -<br>Jan, Mar, May, July, Sept, Nov | 2:00 - 4:00                | Robert Nickless                         |
| Local History (3)          | 1 <sup>st</sup> Friday of month                                             | 10:00                      | Sue Morris. Sue Mitchell & Karen Hunter |
| Photography                | 2 <sup>nd</sup> Friday of month - Inside<br>- Outside                       | 2:30 - 4:30<br>2:00 - 4:00 | Roger Young                             |
| Ladder Golf                | Alternate Fridays                                                           | 6:00- 8:00                 | Anne & Rae Hill                         |
| Solo/canasta               | 4 <sup>th</sup> Friday of the month                                         | 7:00 - 9:00                | Ian Foster/Pam Foster                   |
| Walking                    | 2 Fridays per month                                                         | Mid                        | Phil Kelly                              |
| <b>SATURDAY</b>            |                                                                             |                            |                                         |
| Petanque (Boules)          | 2 <sup>nd</sup> & 4 <sup>th</sup> Saturday of month                         | 10:00 - 12:00              | Rosemarie Barrows                       |
| <b>SUNDAY</b>              |                                                                             |                            |                                         |
| Sunday Lunch Club          | Monthly, various dates                                                      | 1:00 - 3:00                | Carol Collins                           |
| <b>Other Various Dates</b> |                                                                             |                            |                                         |
| Garden Visits              |                                                                             |                            | Janet Arrowsmith                        |
| Theatre Trips              |                                                                             |                            | Claire Ham                              |

**GROUP VACANCIES** - At the moment the following groups from the above list are full but please let group Co-ordinators, Carole Edwards/Rae Hill know if you want to go on a waiting list

BEER APPRECIATION  
SUPPER CLUB  
CANASTA

PETANQUE GROUPS 1 (Mondays)  
BOTH SNOOKER GROUPS  
SOLO

RUMMIKUB  
SHORT MAT BOWLS  
SUNDAY LUNCH

DISCUSSION  
CRIBBAGE  
LADDER GOLF

# Noticeboard



## Annual Picnic

Our annual picnic will be held on August 6. At the life Church at the bottom of Ashingdon Hill.

The postcode is SS4 3LN.

We do hope as many of you as possible will join us there will be live music lots of games and of course the ice cream van will finish our day.

Please bring your own food and drink.

Tickets will be on sale at the next meeting at the cost of £4 each.



\*\*\*\*\*

The next **Cheese, Wine and Pudding Club** will be held on Friday September 25th from 6pm until 9pm at St Andrews Church Hall, Ashingdon.

Thank you to the group members who have already registered for this event.

Please pay £8 **CASH (not Bank Transfer or card)** at the July U3A meeting to Ann King. If you are not attending the meeting, please let us know and we can arrange payment.



35 people are attending so far and we have 13 places remaining. if anyone wishes to come along, please see Ann King at the meeting. She will be at the back of the hall. We will hold a waiting list if required. This group can be enjoyed by non-alcohol drinkers as soft drinks are available.

We will be unable to refund any monies after one month before the event, as we need to source and pay for the wine, but you may be able to find a replacement.

We are looking forward to seeing everyone again for an exciting and fun evening with a few surprises.

If anyone wishes to take the budget and purchase the cheese or wine for the next event in early January or with our help please let us know.

Anne Hill  
Chris Campbell  
Ann King

\*\*\*\*\*

**Please note:** The Knit & Sew group is on the 4th Tuesday of the month @ 2.30 pm

Katherine and Terry Lake's email address is changing from the postmaster address to [katherineandterrylake@gmail.com](mailto:katherineandterrylake@gmail.com) - with immediate effect.

*Katherine Lake*

## Dates for your diary

### Walks with Phil

During hot weather I think it is good to plan for walks that can be modified in length, if the weather is hot. Also, a pleasant watering hole near the end of the walk is useful! With that in mind I offer the following two walks, which are three weeks apart because of holidays. All members capable of walking for no more than 2 hours, over what is fairly firm terrain in the Summer, are welcome to come. There are no formalities and no fees. Just turn up on time with suitable footwear and a bottle of fluid. But any concerns please text me.

On **Friday 3 July** let's meet at the Recreation Ground car park in Pooles Lane Hullbridge, ready to walk by 9.45am. Note that this car park is about 1000 yards along Pooles Lanes (and is NOT the main car park in Ferry Road). We will walk in an adjustable figure of 8 towards the St Peter and Paul church in Church Road Hockley and back, involving some repetition of the route. Varied scenery overlooking the Crouch estuary. Some gentle up and down, Anyone wanting to join me on the Riverview cafe terrace overlooking the Crouch for a drink at the end would be very welcome.

On **Friday 24 July** (three weeks later) I think it would be nice to walk on Mount Bovers Lane again before the prospective huge residential development of this area. So, let's meet at Hockley Woods car park ready to walk by 9.45am. Car park charge is about 65p for 2 hours and 85p for 3 hours. We will walk in a modifiable clockwise circuit through Hockley Woods and past Mount Bovers Lane to Gusted Hall and then a variable route back to Hockley Woods and back to our cars. A varied route of some slight ups and downs with some decent views. And anyone who wants to join me for a drink in the very pleasant beer garden of the adjacent Bull pub afterwards is very welcome.

Hoping you can join me on one or both of these walks

Phil Kelly

### Monday Health Walks

Rae, Anne and Richard invite any of our u3a members to join us on our weekly, Monday walks from Magnolia Park. We start walking at 10.am so meet at 9.45.am to a to put on boots etc., to enable a prompt departure at 10 am. Walk distance is about 2 to 3 miles at a pace to suit the ability of the slowest walker. Please use suitable foot wear for unmade sometimes muddy footpaths and bring suitable rainwear etc for our changeable weather.

*Richard Paternoster*

\*\*\*\*\*

## Serendipity

If you book a place on a Serendipity Trip and the tickets have been purchased in advance, unfortunately we cannot refund money.

To secure tickets, often the Serendipity Organising group pay for the tickets in advance from their own funds and are then reimbursed following submission of the receipt and money has been paid by members. However, you may be able to find someone to take your place.

*Anne Hill - Rae Hill on behalf of the Serendipity Organising Group.*

\*\*\*\*\*

### ***Visit to The Postal Museum - 17<sup>th</sup> September 2026. Price 17.50***

We will take the 9.17 train from Rochford to Liverpool Street, and then the circle line to Farringdon.

There is approximately a 15min walk from the station to the museum.

The visit commences with the train ride and bags are not permitted on the ride, they have to be placed in a 'cage' that is attended but not locked.

Carriages are small and could be claustrophobic to some.

There are moments of pitch darkness and some load noises, its roughly a 1.2km journey.

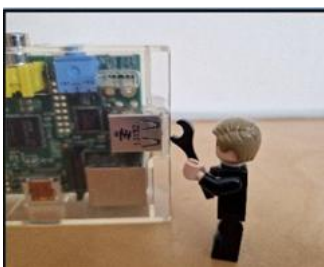
There are toilets, a cafe and a shop on site.

Please pay for this trip if you would like to come at the July meeting.

There are only 2 places left now.

*Ann & Jeff King - Group Coordinators.*

## Group News



### **IT Group**

***After a long break our next meeting will be on 24<sup>th</sup> July.***

The IT Group meets in the Lion Room at the Life House Church in Ashingdon, opposite Ashingdon School every two months at 2pm on the 4th Friday of the month (Jan, Mar, May, Jul, Sep, Nov). We really need more members to join us.

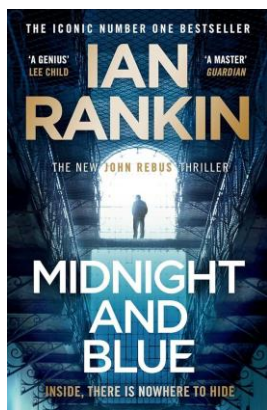
We are a discussion group that talks together about any subject that interests us. None of us are experts in any area but if one of us is having a problem with something then someone else may know how to solve it or know where to find help.

Anyone is welcome to join and if you have some knowledge of anything remotely techie and are willing to help others you will be particularly welcome. Our meetings are very informal, we never stick to any plan and usually discuss anything that takes our interest as we go along.

If you think you may be interested in joining us then please contact the Group Coordinators. Whether you have extensive knowledge to share or just want to chat we will be very pleased to see you at our next meeting.

*Robert Nickless*

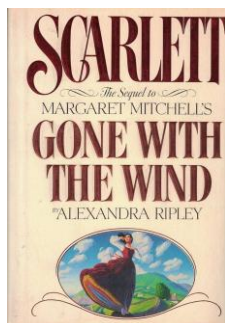
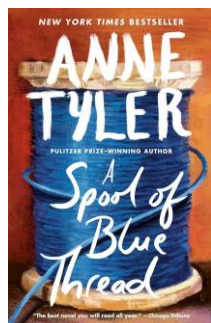
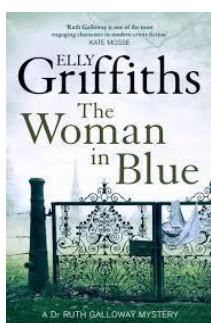
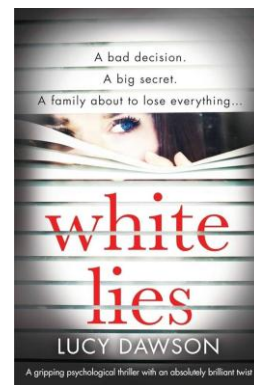
\*\*\*\*\*



## The Tuesday Book Group

The Tuesday Book Group meets at 10.30 on the 3rd Tuesday each month at the Book Hub near Golden Cross. Our meetings normally last about an hour.

For June we decided to do something different and each chose any book with a colour in its title. We were surprised when we started looking at quite how many there are. This didn't stop two of us picking the same book!!



We are always happy to welcome new members, just get in touch with one of the group coordinators, Rae Hill or Carole Edwards.

Maureen Pointer

\*\*\*\*\*

## Committee Members Contact Details

|                                      |                |
|--------------------------------------|----------------|
| Chair                                | Marion Cain    |
| Vice Chair                           | Rae Hill       |
| Secretary                            | Katherine Lake |
| Treasurer                            | Ian Foster     |
| Membership Sec.                      | Val Stenson    |
| Joint Group Coordinator              | Carole Edwards |
| Joint Group Coordinator              | Rae Hill       |
| Committee member                     | Anne Hill      |
| Committee member                     | Barbara Hine   |
| Committee member                     | David Hine     |
| Committee member                     | Noreen Bishop  |
| Committee Member                     | Carol Collins  |
| Committee member                     | Terry Lake     |
| Committee Member                     | Chris Campbell |
| Committee Member/<br>Beacon Admin    | Pam Foster     |
| ExOfficio/Minutes Sec<br>& Webmaster | Janet Berry    |