



CESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 24th July 2025

This month's speakers will be Graham and Mary Brace on *British and European Wildlife*. Graham and Mary are wildlife photographers and conservationists, who share their passion by giving illustrated talks.

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Next month's meeting will be on **Thursday 28th August 2025** when the speaker will be Simon Keable-Elliott on *1920's Tahiti - South Pacific Craze*. A presentation by Simon on what drew a number of English and American writers and artists to the island and why they decided to stay. Simon is a writer, who recently retired after 25 years as a teacher of Politics.

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Cheshunt u3a afloat - just!
Photograph by Karen Vertigans

CHESHUNT u3a MONTHLY MEETINGS

Monthly meetings will usually be held on the **fourth Thursday** of each month at **1.30pm** at the LAURA TROTT CENTRE, Grundy Park, 44 Windmill Lane, Cheshunt EN8 9AJ.

Please note the doors to the big sports Hall for the u3a Meeting will not open until 1.30pm for registration and perusing the Group tables, book and jigsaw puzzle stalls and refreshments.



Please bring your membership card to Register at the entrance.
Meeting commences at 2.30pm.

VISITORS

A Temporary Membership Fee of £2.00 is charged to visitors and a dated receipt will be given. This confers all the advantages of Cheshunt u3a membership, including insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS - 24th April 2025 - 31st March 2026

New permits for April 2025 to 31st March 2026 are now available for collection at various tables today and at the regular monthly meetings, excluding the December meeting.

RAFFLE

Splash your cash on our monthly Raffle. You have to be present at the meeting to claim your prize.



REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2.15pm** during the main monthly meeting.



SAFETY NOTICE

Following an accident at a meeting, we would remind members to be very careful when carrying hot drinks.

Please note the date of our December Monthly Meeting
Thursday 18th December 2025
Laura Trott Leisure Centre
1.30pm



CHESHUNT U3A WEBSITE

Our website address is <https://cheshunt.u3asite.uk>.

Find this Programme and forthcoming Events on our Website.

Please send any u3a group/activity photographs or content for the Website via the email address cheshuntu3aweb@gmail.com or to the Website Co-ordinator via the 'Contact' page on the Website.

This programme is normally available on the website about three days before the monthly meeting.

GROUP LEADERS

PROGRAMME ENTRIES

August's Programme Copy is required by
Close of Play on **Tuesday 19th August 2025**.

Please email copy to:

cheshuntu3aprogram@hotmail.com

CHARTWELL TRIP

Dear Members,

I still have a few places available for the coach trip to Chartwell, the Kent home of Sir Winston Churchill for 30 years. The trip is on 17th September. We will enjoy a talk about Chartwell from Sir Winston's purchase in 1922 up until the present day in the Mulberry Room followed by time to explore the house and grounds, including Churchill's painting studio.

The Landemare Café is available serving hot and cold lunches, light snacks and cakes. There is also a plant shop, a bookshop and of course a souvenir shop!

The coach will pick up from Thomas Rochford bus stop layby, Turnford at 10.30 and the Old Pond (outside Fountain/Papa John) at 10.40.

The cost is £25 for National Trust Members & £45 for non-members.

Please let me know as soon as possible if you wish to take up any of the remaining places. As it is a coach trip it is now open to all Cheshunt u3a members.

Thanks,

Steve Sell

stephen_sell@yahoo.co.uk

07572 078511

01992 443012

Gift Aid, Please Help Us

Did you know if you are a UK taxpayer you can Gift Aid your Cheshunt u3a membership? The Gift Aid scheme means Cheshunt u3a can reclaim 25p of tax for each £1 you pay in membership to help make the u3a funds go further when providing its activities (note we are not able to claim tax relief on group fees). Making a gift aid donation does not cost the donor any extra money, but you must be a UK taxpayer for each year for which you Gift Aid.

Am I eligible to Gift Aid?

To be eligible to Gift Aid your membership you must be a payer of UK Tax. At present we will be able to claim £3.75 for each membership payment of £15.00. There is no additional cost to you as member.

How do I donate to Cheshunt u3a through Gift Aid?

Provided you are eligible, you can start Gift Aiding at any time during your membership. Once you have completed and submitted the Gift Aid Declaration form, we will then collect Gift Aid from your current and future membership fees until you tell us you are no longer eligible.

To allow Cheshunt u3a to claim Gift Aid on your Membership, please complete a Gift Aid Declaration form. The forms are available on the Membership Registration and Card Collection tables at the monthly meetings. If you pay a joint membership fee, each individual will need to complete their own Gift Aid Declaration form, assuming they are eligible as a UK taxpayer.

Please note once a Gift Aid form has been submitted, you will need to let the Membership Secretary know of any change to your address as the HMRC need to have up-to-date details. Thank you to all who have already agreed to Gift Aid their membership and to all of you who will take the opportunity to complete a declaration form.

BALLROOM DANCE LESSONS

Further to the article in June's Magazine, about ballroom dance lessons at Michelle's Dance Studio. These lessons are available to all Cheshunt u3a members. They are not just for couples but equally available to individuals.

To-date 5 members have indicated an interest but it requires a few more people to take part to make it viable.

If this is something you would like to be involved in, please email: Brian Peel at cheshuntu3atreasurer3@gmail.com, Frank Sluter at groupscheshuntu3a@gmail.com. Alternatively, leave your name and contact details on the new activities table at the main meeting.

Michelle is a qualified dance teacher and is offering 1-hour dance lessons at a cost of £10.00 per person. The sessions would run weekly, starting at either 3pm or 4pm on either Wednesday or Friday. A minimum of 10 people is required. Payment would be in cash or by card weekly on the door.

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ELG 1 on top of the world!

Cheshunt u3a Groups 2025

NEW MEMBERS' GROUP

Jan Speller 07856 956945

If you are thinking of joining us you can meet a welcoming face in the Laura Trott Café from **12.45pm on the fourth Thursday of the month** prior to our main meeting.

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Our aim is to aid new members find, through the various special interest groups, fulfilling and enjoyable experiences and also explore how your own life experiences and interests can contribute to the u3a. Please visit us at our table for more information.

? **AFTERNOON QUIZ**

Mary Hanney 01992 426341

Next quiz **Tuesday 12th August**, Halsey Masonic Hall, Old Pond, Cheshunt. **Time 2.00pm**. Cost £1.50 plus £1.50 for Tea/Coffee paid direct to Masonic Hall. Please register your interest at my table.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Learn how to play Backgammon. Tuition given, boards provided. We meet at Tesco community room Brookfield on the **third Thursday at 10.00am**.

Next meeting **21st August**. All members welcome.

BADMINTON/TABLE TENNIS

Stewart Wagstaff 07594 475051

The group meets **every Monday** evening at **7.15pm-9.15pm**. The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact, to check availability of places.

BASIC FRENCH

Jackie West 07857 693546

This is a new group. First meeting at Tesco Brookfield community room on **Monday 15th September 2025**. All welcome to come along.

BASIC SPANISH

Paul Lee 07888 748399

This is a new group. Meeting at Tesco Brookfield community room on **Monday 28th July 2025**. All welcome to come along.

 **BIRDWATCHING GROUP** Brian Fitzjohn 07709 455991

The Birdwatching group meets on the **second Monday** of the month. We meet in the morning, spending a couple of hours on a gentle stroll, watching birds as we go. Past visits have included Heartwood Forest, Amwell Nature Reserve, Lemsford Spring, Walthamstow Wetlands, Rainham Marshes and Lea Valley Wildlife Discovery Centre. Our next outing will be at RSPB Rye Meads, Hoddesdon - on **11th August - 10.00am**. Contact is Brian Fitzjohn **07709 455991**.

 **BOOK CLUB** Fiona Hill 07870 383625

This is a new group. Everyone is welcome to join. See us at our table.

 **BOLIVIA** Sylvia Lyons 07851 055346

Dates for Bolivia are **every Monday** at **2.00pm**. New members always welcome for a light-hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon.

St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **COACH TRIPS** Heather Douglas 07984 791184

There will be a trip to Norwich on **Friday 5th September**, bookings at the meeting, price £20. Payment by the August meeting please. This replaces the Whitstable trip which is now cancelled.

Please Show Your Membership Card when booking.

For **2026** I have secured a holiday at Ilfracombe in North Devon from **Saturday 23rd May until Wednesday 27th May**. There will be a mixture of solo, twin and double rooms. The cost of the twin and double is £405pp and the solo occupancy is £405 for a single room and £465 for a cosy double. Sea view rooms will also have a supplement. **Date is for Your Diary only as the holiday will not be available to book until the October Meeting.** A deposit of £50 will be required, with the balance payable by the February meeting.

 **COUNTRY DANCING** Valerie Foster 07704 848363

Our Country Dancing group meets on the **first and third Thursdays** of each month, from **2.00pm-4.00pm**, at Bollescroft. (Next to the disabled parking bays in the Spotlight car park.) We have a caller each time, so there is no necessity to remember the

dances. No partners are necessary, as we make sure everyone enjoys the dancing. We are a social group and new members would be made welcome. The cost is £4 per person per session, however, the first visit is free. There are no meetings in August, our next meeting will be on the **4th September 2025**.

My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

Mai Thai, High Street, Cheshunt. **Please call me for further details, as I am unable to attend today's meeting.**

 **CYCLE GROUP** Stewart Wagstaff 07594 475051

We now turn out around 40 riders **every Wednesday** morning, with some of our groups also riding on **Mondays**. The riders have a mix of electric and conventional bikes. Currently, there are five separate groups of various abilities meeting at various locations. Most groups aim to stay off-road on decent tracks within the Lea Valley, venturing further afield at times on quiet roads and cycle lanes. Weather permitting, when there's a **fifth Wednesday** in the month, some make a day of it, going much further, with lunch along the way. If interested, please visit our table at the main meeting, or phone.

 **EXERCISE GROUP KEEPING FIT** Mary Hanney 01992 426341

Every Thursday at the Laura Trott Leisure Centre. Registration is at **9.30am**. The class will commence at 9.40am, cost £4.00. These sessions are run by fully qualified instructors, whose aim is to see we have an enjoyable time, whilst trying to stay fit.

 **EXPLORING LONDON 1** Sheila Barton 01992 636783
Pat Smith 01992 623448

Our June outing was a tour around Liverpool Street and Bishopsgate. We met our guide, Diane, at the Kindertransport statue at Liverpool Street. Kinder transport rescued approximately 10,000 children from Nazi controlled Europe, the majority coming to Great Britain. We then walked down Bishopsgate where, in a small park, there are old Turkish baths built in the 1800's. It is not in use now but is a listed building.

We also saw some old churches hidden away amongst the new buildings. The highlight of the tour was a visit to a building in Bishopsgate called Horizon 22 which is the second tallest building in London. We went up to the viewing gallery on the 58th floor, where we had panoramic views of London and beyond. Diane was able to

point out a lot of landmarks of London. It was a very enjoyable trip for everyone.

Forthcoming events:

27th August: Afternoon tea at Deercote.

17th September: Trip to Mayfield Bakery.

Trip to Living Museum, to be confirmed.

Christmas lunch - venue and date not yet decided.

Christmas lights and fish & chips - December.

Next meeting: **Friday 1st August - 10.15am** at the Free Church.

EXPLORING LONDON 2 Rosemary Trundell 01992 621155

In June our group enjoyed a visit to the iconic Battersea Power Station led by Chris Williams. This included travelling up Lift 109 to the top of the North West chimney with stunning views of London's skyline.

Our forthcoming trips are as follows:-

Wednesday 27th August - Walk from Mile End Underground Station to Victoria Park, led by Mick Coe.

Thursday 18th September - Visit to the Peak Freen Museum, Bermondsey.

Tuesday 14th October - The Legend of the Titanic - The Immersive Exhibition.

We meet on the **third Friday** of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 15th August** at **11.00am**.

EXPLORING LONDON 3 Steve Gollop 01992 629209

Next trips:

Whitewebbs Museum of Transport - Tuesday 26th August – the visit to this museum will be by car share with individuals paying for their own entry on arrival. If lunching in the nearby Toby Cavery then we suggest small groups book their own table. More details at the table today.

Copped Hall – Thursday 4th September – cost £15 – please pay at the table today. Arrangements for car share and timing of the tour will be available at the **August** main meeting.

Behind the Seams Tour - Wednesday 8th October - this trip is now full, come to the table today if you would like to be added to the waiting list. The total cost is £45, the balance of £30 is due at the **August** main meeting.

Our next planning meeting is on **Wednesday 6th August – 11.15am** – Cheshunt Free Church.

The next planning meeting will be on **Wednesday 13th August 2025 from 11.00am** at St. Clements Church Hall.

Future events:

Saturday 30th August – East Sussex day out by train including Eastbourne.

Wednesday 17th September – Visit Chartwell, the family home and garden of Sir Winston Churchill. **Last Few Places.**

Wednesday 8th October – River cruise from Westminster to Hampton Court.

Thursday 30th October – Guided tour of the Florence Nightingale Museum.

In June we enjoyed a narrowboat excursion on the Regents Canal. We travelled to Camden Underground Station. From there we strolled along Camden High Street with its quirky shops, signs and street traders. On reaching Camden Lock we took refreshment in the Ice Wharf Wetherspoons before joining our narrowboat.

The Regent's Canal opened in 1820, linking the Grand Union Canal and the River Thames at Limehouse, providing a once vital industrial transport route. Today the canal has become a leisure corridor navigated by leisure boats and lined with live-aboard houseboats.

Despite his appearance our guide on the journey from Camden Lock to Little Venice in Maida Vale proved very amusing and interesting. The route took us from modern-day urban graffiti, unique architecture and industrial heritage to landscaped gardens and wildlife.

We passed the grounds of London Zoo with the imposing structure of the repurposed Snowdon Aviary, which is now part of Monkey Valley, home to playful Colobus monkeys, as a walk-through zoo exhibit. Then followed the expansive landscaped gardens of stately mansion houses and classic modern villas, industrial buildings, a power station and historical architecture including ornamental iron bridges.

As we approached Little Venice, we passed through 2 of the 3 canal tunnels in London. Firstly, the shorter Eyre's tunnel and then the longer Maida Hill tunnel which passes under Edgware Road. It took several minutes to pass through Maida Hill Tunnel and we had to wait for an oncoming narrowboat to clear the tunnel first. Our guide had to walk to the front of the narrowboat to check when the single bore tunnel was clear of traffic.

On reaching Little Venice we left our boat and walked through to the Paddington Basin and our choice of lunch venues before returning from Paddington Underground Station.

EXPLORING LONDON 5 07515 971162 John Durrant

After passing through airline style security, our tour of Wimbledon began and ended at the Entrance to Centre Court. Victoria, our Guide, was knowledgeable, fun and patient, although the tight security meant we were also monitored by an assistant tour guide who rounded up strays!

The Championships, Wimbledon, to give the tournament its official title, is the oldest tennis tournament in the world, dating back to 1877. It remains the only Grand Slam event to take place on grass. Women were admitted from 1884, but gained equal prize money as recently as 2007. Televised since 1937, it has evolved from a garden party atmosphere to a globally recognised and highly professional sporting event.

This year there will be no familiar calls of 'Out!', as the line judges have been replaced by Hawk-Eye, a system of 18 cameras positioned around the Court, which track the ball's trajectory. The solitary Umpire's chair did look rather lonely on the otherwise empty court.

We visited the famous Centre Court, seating 15,000 and No.1 Court, seating 12,345. To ensure the hallowed turf remained untouched by human foot, we sat briefly in the stands of both show courts. Both are now covered, allowing play to continue during wet weather. As closing the roof can take around 10 minutes, all courts have teams of ground staff waiting to pull over the covers in approx 22 seconds!

We visited Court No.18, where in 2010 the longest match at Wimbledon took place between 22nd and 24th June. Lasting over 11 hours, between Isner of USA and Mahut of France, the final score was 70-68. Thank goodness for tie breakers!

The 250 ball boys and girls begin their training in February and are around 15 years old. Girls joined the squad in 1977, with mixed teams of boys and girls from 1980. However, ball girls were not allowed onto Centre court until 1985...

The strict whites only dress code has been relaxed to permit coloured trim and logos up to 1cm in width, and ladies are now permitted to wear dark undershorts, provided they do not extend below their skirt or shorts.

During our tour, we noticed many small electrical maintenance buggies transporting flowering plants around the grounds in

preparation for the 'Champs', as they are affectionately known. Each plant carries a unique bar code, describing not just which display, but also the position in the display it is destined for. Victoria explained that this ensured the planned effect would always be achieved.

The court grass is mown by preprogrammed robotic lawnmowers every morning, with a cut height of exactly 10mm, with 8mm on match days. And of course, irrigation is controlled by computer...

After touring the museum, we progressed to a local hostelry for refreshments before the return journey to Cheshunt.

Future visits:

Tuesday 29th July - Whitewebbs Transport Museum

Wednesday 17th September - Jordan's Mill

Our next planning meeting is on **Tuesday 9th September** at **10.00am** at the Beaumont Centre.

Please note there will not be a Planning Meeting in August.

 **FAMILY HISTORY** Rena King 07870 567684

Please note our small and friendly family history group meet on the **third Monday** of the month [but not if it falls on a Bank Holiday!]. The next family history group meeting will be held on the next family history group meeting will be held on **Monday 18th August 2025** from **2.00pm-4.00pm** at Tesco Community Room, Brookfield. Look forward to seeing you at the August meeting and helping you with your research.

 **GARDENING GROUP** Carole Malcolm 07810 571606

Our group meets on the **second Friday** of the month. Next meeting **Friday 8th August** at **10.30am-12noon** in Tesco Community Room, Brookfield.

 **HOLIDAY with Cheshunt u3a** Mary Hanney 01992 426341

Our holiday to the Isle of Wight was a great success, with three lovely days spent touring the island. Some days were a little too hot, but we had the most amazing coach drivers to assist us on and off the coaches.

Warners provided the entertainment with two shows by their theatre company and two visiting acts. I think the most memorable in the main theatre was the Elvis tribute, with one of our members

managing to secure herself one of his scarves. In the late bar on Wednesday evening Country Joe had all of us up for his final song.

Once again, we have been asked if we would like to join the National Trust on their Christmas holiday - Warners, Cricket St. Thomas, **Monday 24th November, 5 days & 4 nights**. £520. Please call me on my landline and leave a message, if interested.

MODEL-MAKING Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2.00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dolls houses, aircraft, trains, boats, war gaming figures, fair-ground rides and vehicles.

Wednesday 6th August: It really did fly!

Wednesday 3rd September: A bygone in Miniature.

Wednesday 1st October: Warfare in Miniature

MORNING WALKS Rob Scott 01992 445288

The next walk will be on **Tuesday 5th August** from The Woodman, Wildhill - 45 Wildhill Road, Hatfield. AL9 6EA. It will be a 4.6 mile loop, through gently undulating fields, woodland and a tree lined valley alongside Essendon Brook.

The pub was happy to open at 9.30am for us to pre-order our lunches from their simple, but popular menu.

It's quite close to The Candlestick, Essendon, where we walked from a few months ago (where the menu was hanging on the pub door). If you have any problems finding the pub, give me a call on **07594 427190**.

MOTOWN Jill Freeman 07879 161828

No, this is not a music group. MOTOWN = Members on their own WhatsApp Network.

A new group for anyone who is on their own when socialising for whatever reason. Members join a WhatsApp group enabling them to make and receive invitations to activities from all other members, often at short notice, whether it be to meet up for a coffee, brunch, a visit to the park or a local event.

The opportunities are as broad as your imaginations. Activities can be on any day of the week, including weekends. It is a member - led group and everyone who joins is strongly encouraged to propose activities for others to join. We have already learnt more about what is available for us to do locally and have started to meet socially.

The traditional organised group activities on set days won't work for this, just put yourselves forward to invite others at times and places to suit you.

 **MUSICIANS UNITED** Peter Harris 01992 42929

We meet **weekly** on **Mondays at 10.00am.**

To date we have 8 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz. Please come along. The standard varies greatly.

At St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens.

 **MUSIC IN THE AFTERNOON** Bernie Broomhead 07890 124852

Current dates are **Friday 1st and 15th August at 2.00pm.** Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal. Community Room, Tesco Brookfield EN8 0TA.

 **OUT TO LUNCH GROUP** Mary Hanney 01992 426341

Nothing planned for August.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

Our next meeting will be a on **Wednesday 13th August at 2.00pm** in the Community Room at Tesco Brookfield. Please bring your photos on a memory stick to review and discuss. If you want to join our friendly group of amateur photographers, please visit our table at the main meeting.

 **PICKLE BALL** Stewart Walter 07881 703928

Pickleball is a fast-growing sport played on a badminton court with a low, tennis-type net and solid bats similar to table tennis and with a plastic tennis-size ball. It is an active sport requiring reasonable hand-eye coordination but suitable for older players.

Our session on Wednesdays is currently full, however, we have another session with 2 courts at Laura Trott leisure centre from **4.00pm-6.00pm on Mondays**, which is open to new players, so if interested please contact the group leader for details. Cost to cover the courts is £4 per session. Games generally last around 10 minutes and players rotate between playing and resting. This is a social session and all equipment is provided.

 **RUMMIKUB** Jenny Christian 07788 676170

Current dates **Friday 1st and 15th August at 10.00am.**

SAILING

Nick Law 07973 111462

We sail **every Tuesday** at Broxbourne Sailing Club as part of Hertford and District u3a Sailing Group. The group is currently looking for a few more members. If interested please contact Nick for further information.



SEW KNIT PATCH & CHAT

dandc@hewkin.com

Chris Hewkin 01992 625709

We meet at St. Clements Church Hall every **first and third Thursday of the month from 2.00pm-4.00pm**. We are always ready to welcome new members, so bring along your sewing, knitting, cross stitch, crochet - someone will always help with a new skill or a pattern you don't understand. Our meetings next month will be on **7th and 21st August**.



SHORT MAT BOWLS

Jo Ware jojocware@outlook.com

However you roll,
However you stroll;
Come along and have some fun,
with a game of Short Mat Bowls.

This is a friendly, social morning. Join us for some relaxed, light exercise and a friendly chat. Beginners welcome (bowls are provided).

Car parking is free for players (car registration upon arrival in reception). Every **Friday: 10.15am-12.30pm** at the Laura Trott leisure centre. Cost: £4:40 per session or £4:10 with a 'Friend of Spotlight' card.



SHORT WALKS

Andy Smith 07930 356976

Please note there will be no short walk in August. They will however resume in **September 2025**.



SINGING FOR FUN

Janet & Barry 01992 425675

The singing for fun group meet **every Monday** at the Royal British Legion hall in Crossbrooke Street Cheshunt at **2.00pm-3.30pm**. We stream music from Apple Music and sing along to the Tracks. We can sing any song you want from 60s through to present day, also Country and songs from the shows. All lyrics are shown on a screen.

The fee is £3 and you also get tea, coffee and biscuits. We are not a choir we just sing for fun.

Our last meeting is on **28th July 2025**, as we will be closing down through **August** and will resume on **1st September 2025**.

 **SPANISH** Christine Dawson 01992 620888

We usually meet **weekly** on **Wednesday afternoons**. The group has been running for some time now and is not suitable for beginners. If you are interested in joining us, please contact me.

 **THEATRE GROUP** Jackie Yeardye 07939 149997

Choir Of Man 29th August 2025 - £54

This show is currently full, but there is only a short reserve list. If you are interested it could be worthwhile putting your name on the list.

Back To The Future - 16th October 2025 - £62

This very successful show has been running in the west end for a long time and has spectacular staging - it has very good reviews. There are still seats available for this show.

Payment Is Due This Month

Hunters Meet - 16th December 2025 - £50

This very popular Christmas outing has sold out and there is a substantial waiting list.

Payment due August Meeting

2026

Moulon Rouge - 29th January 2026 - £67

We were lucky enough to get a good discount on these tickets - unfortunately that does mean payment is required early. There are still a few tickets left for this show.

Payment Due This Month

Once again can we please ask if you wish to pay by cash would you please put the money in an envelope with your name and the details of the show on the front.

Reminder - We can only refund money for tickets already purchased if we are able to re-sell them.

 **WALKING FOOTBALL** John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1.30pm-3.00pm**, the cost is £4.00 per head. Rules are simple and the aim is for the games to be both sociable and fun. If interested please make contact by phone or at the monthly meetings.

🏐 WALKING NETBALL Jacky Williams 07956 319073

If you haven't played since you left school, or in the last few years you are welcome to join us for a fun hour at 'The Laura Trott Leisure Centre', Inside court at **2.00pm on Wednesdays**. We have a warm up, followed by a few fun drills, then play a few games of Netball.
Contact: Jacky Williams - £4.00 per session.

🎨 WATERCOLOUR GROUP Jack Snary 01992 638046

This group has joined with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10.30am-1.00pm, Mondays** (Bollescroft is the building in the car park next to the Spotlight). The cost is £5.00 per meeting, including tea, coffee and biscuits – car parking is free.

Please note there are no meetings in August.

1st September 2025	A Bowl of Fruit
15th September 2025	A ruin that Cromwell Knocked About a Bit!
29th September 2025	Out of Africa!

GROUP SHARING

If interested please use contact details:-

Discussion	Ann Sims	01992 465629
Embroidery	Margaret Cramphorn	01992 441327
Gardening 1	Geraldine Stone	01992 442609
Shakespeare Group	Lee Rayner	07426 447812
Tai Chi	Ann Glover	01992 466808

White-Water Rafting



The Gang
Photograph by Karen Vertigans

On Wednesday 2nd July eight intrepid members of Cheshunt u3a took to the waters at the Lee Valley White Water Rafting centre for an hour of thrills and spills. The weather was overcast and cooler than of late which was a blessing for the wetsuited participants, if not for the spectators.

After struggling into the provided kit – wetsuits, boots, helmet and buoyancy aids we gathered for a briefing by our guide, Theo.

The first challenge was to demonstrate we could get into the safe position if thrown out of the raft. After a demonstration by the staff we had to jump into the flow and float down on our backs, feet first, before swimming across the current to some landing steps which proved to be extremely slippery. The ensuing chaos got everyone laughing and bonding but thankfully everyone passed the test and the real fun began.

The rafts can accommodate up to 9 people and our 8 were arranged as 4 pairs front to back. Whilst paddling you are required to sit up on the edge and then when instructed, get down into the “safe” position in the well of the boat. This manoeuvre proved challenging for those of us with dodgy knees and hips and was required frequently whilst on the course.

The first run down was reasonably gentle to get us used to the current and the resultant bumps. The second run was more challenging with Theo introducing us to “surfing”. This is the technical term for turning the raft to face the onrushing rapids with

the result that the two people at the front (both ladies in our case) end up desperately hanging on whilst being thoroughly covered by the onrushing water.

We were required to swap positions between each run so that everyone got a turn in the front. Even getting in and out of the boat whilst moving did prove a challenge for some and on one occasion somebody (no names, Mel) almost got left behind before managing to get in at the last moment.

We had 3 more runs down the course which again involved “surfing” but also turning the raft sideways on to the current and being required to lean left or right in order to keep the boat upright.

Quite a challenge, but thankfully we managed to achieve this. So after 5 runs down the course the session ended with everyone exhilarated, proud of their achievements and most of all pleased that the experience had been great fun.

Stewart Walter

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COMMUNITY NEWS

The groups listed below are independent and not operated under the u3a banner.

ADULT BALLET CLASS 01992 622862 (ask for Jayne)

Every Thursday 12.00noon-1.00pm for adults of all ages! An hour's class of gentle ballet moves to improve your posture, flexibility and balance. All in a fun-filled atmosphere at The Valle Academy Studios, Wilton House, Delamare Road, Cheshunt, Herts, EN8 9SG. No experience required. Each class is £6.50.

BINGO AND SCRABBLE Celia Carne 01992 633241

Every Monday and Wednesday 1.30pm - Beaumont Centre. Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble Group hopes to get going in the near future.

CHAIR BASED KEEP FIT

Mary Hanney 01992 426341

Cheshunt Free Church, High Street, Cheshunt. **Every Tuesday** at **11.00am-11.45am**. The class is run by a fully qualified instructor, cost is £3.

CHESHUNT LIBRARY

Board Games - **Thursdays 2.00pm** - adult drop-in sessions - no booking required. Free Tea & Coffee.

Coffee Morning - **Tuesday 11.00am-1.00pm**. Free Tea & Coffee.

CUFFLEY FLORAL ART CLUB

Janice Seibert 01992 425696

If you love flowers please come along to our friendly club for demonstrations. We meet in Cuffley Hall at **7.30pm** (doors open 6:45pm), **second Tuesday** of the month (except for January & August). Membership is available, visitors welcome at a charge of £6.

FITNESS PILATES

Sandra Batho 07739 842617

Sandra's Fitness. Classes to suit all ages and abilities at venues in and around Cheshunt. Includes Zumba Gold, Standing & Seated Pilates and Chair Fit. For more information, please contact Sandra on 07739 842617.

THE HERTFORD NATIONAL TRUST ASSOCIATION

Sue Camilleri 07954 416628

We meet on the **third Thursday** of the month, except August and December, at **8.0pm** in Fletcher's Lea, in the grounds of Ware Priory, High Street, Ware, SG12 9AL. We have a monthly speaker and also organise a range of outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00. For further information please contact.

KNIT AND NATTER

Mary Manning 07795 146461

Now **every Tuesday** at the Royal British Legion, Crossbrook Street. From **1.00pm-3.00pm**. Cost £2.00 including refreshments.

PARKRUN

Eddie Slaughter 07908 546009

A free run, walk, chat, meet up, opportunity to make new friends. Keep fit for all ages, any shape or gender. **Every Saturday morning** at The Gunpowder Park, Sewardstone Road, **9.00am start**. 5K/3.1 miles at your own pace. For further information please contact Eddie Slaughter on 07908 546009.

PILATES

Becky Ashman 07964 631780

We meet every **Friday morning, 10.45am-11.45am** at the Cheshunt Football Club, Theobalds Lane, Cheshunt. A friendly group with a qualified tutor, who will adapt the exercises to your health and capabilities. Please bring an exercise mat or thick towel with you. New members very welcome.

TAI CHI

Aaron aaron@avsweb.co.uk

Slow relaxed movement to tone your muscles, feel calm and in harmony with nature.

One hour class from **2.00pm-3.00pm**. We meet at the Scout Hut (behind Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free, £4.00 per class after that. Classes are held **every Wednesday**.

Telephone 07595 041433

WALTHAM CROSS LIBRARY

Board Games **fortnightly on Fridays** at **2.00pm** - adult drop-in sessions - no booking required. Free tea and coffee.

WHIT HERN BOWLS CLUB

Whit Hern Bowls Club are seeking new members. No experience needed; it's fun, friendly and a great way to keep fit and meet new friends. For more information: 07903 022054.

GENERAL NOTICES

JIGSAW PUZZLES WANTED

If you wish to donate puzzles to help raise funds, please bring them along to the monthly meeting. However we are unable to take hardback books, and paperbacks need to be in reasonable condition.

TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the u3a.

OUR PRIVACY POLICY

Cheshunt u3a requires a certain amount of private information from its members to enable effective operation. Our Privacy Policy can be viewed on our website <https://cheshunt.u3asite.uk>.

Alternatively, you can obtain a printed copy by contacting the Membership Secretary by phone or at a monthly meeting. Members' information held by Cheshunt u3a will not be disclosed to any third party.

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THE CHESHUNT u3a COMMITTEE

CHAIR	STEWART WALTER	01992 631592
VICE CHAIR	JO WARE cheshuntu3avicechair@outlook.com	
TREASURER	ROB SCOTT	01992 445288
SECRETARY	HEATHER DOUGLAS	07984 791184
ASS SECRETARY	ISABEL MARTIN	
MEMBERSHIP SEC	ANDY SMITH	07930 356976
SPEAKER SECRETARY & RAFFLE ORGANISER	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	FRANK SLUTER	07704 730421
ASS PROG PROD	STEWART WAGSTAFF	07594 475051
RUG CO-ORDINATOR	TONY KNIGHT	01992 622163
WEBSITE CO-ORDINATOR	VANESSA LUCAS	01992 621258
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	PETER HARRIS	01992 429297
COMMITTEE MEMBER	BRIAN PEEL	
COMMITTEE MEMBER	MARGARET PARTRIDGE	

PROGRAMME PROD	RAY LUCAS	07952 465528
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