



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 27th NOVEMBER 2025

This month's Speaker will be Denis O'Shea on *The Cuffley Airship - One Night Over Cuffley*. During the early hours of 3rd September 1916, the first enemy airship to be shot down over British soil came down at the top of Plough Hill, Cuffley. Denis was a committee member of Cuffley Industrial Heritage Society.

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Next month's meeting will be on Thursday 18th December 2025 - and will be our Christmas meeting, with entertainment by the *A Train* and *Singing for Fun*. **This is strictly current Members Only** (Entry on production of a current membership card). See page 3.



MOTOWN ladies meet in the Park

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.

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

December's Programme Copy is required by
Close of Play on **Tuesday 9th December 2025.**

Please email copy to:

cheshuntu3aprogram@hotmail.com

DECEMBER 2025 u3a Meeting Date

Our Christmas meeting, with entertainment from the *A-Train* and our *Singing for Fun Group*, together with a complimentary mince pie etc, and a free raffle, will be held at **1.30pm on**

Thursday 18th December 2025

not **11th** as erroneously advertised at October's monthly meeting.

Admission is strictly members only, on production of a current membership card. Members will receive one raffle ticket on entry.

PARKING PERMIT ARRANGEMENTS

Cheshunt u3a Laura Trott Parking Permits are valid today

Sorry for any confusion. **Stewart Walter, Chair, Cheshunt**

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

Our Christmas Quiz will be on **Tuesday 9th December** at Halsey Masonic Hall starting at 2:00pm. Cost will be £1.50 plus £1.50 tea/coffee paid direct to the Masonic Hall. Wear your Christmas memorabilia if you wish. Please register your interest at my table.

BACKGAMMON & SCRABBLE

Frank Sluter 07704 730421

Play Scrabble and learn how to play Backgammon. We meet at Tesco Community Room, Brookfield on the **third Thursday** at **10:00am**. Please note there will not be a meeting in December. Our next meeting is on **15th January 2026**.

BADMINTON/TABLE TENNIS

Stewart Wagstaff 07594 475051

The group meets **every Monday** evening **7.15-9.15pm**. 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

We have now been running the group for four weeks and it has been very well attended, with ten of us altogether. The members have been enthusiastic and all the group are enjoying learning. Those of us who know a little are grateful for brushing up on the language. We work from a book which each member has. We have recently purchased a CD player so we may listen to the language by

native French speakers. At the moment the group are progressing well and we are not looking to increase our numbers at this time.

 **BASIC SPANISH** Paul Lee 07888 748399

This group runs **every other Monday** in the Tesco Community Room, Brookfield Centre.

If there is anyone out there who speaks a good level of Spanish and can assist in taking the group forward, would they kindly make themselves known to the group leader.

 **BIRDWATCHING GROUP** Brian Fitzjohn 07709 455991

The Birdwatching group meets on the **second Monday** of the month, so the next meeting will be on **8th December** at Rye Meads, followed by a pub lunch at the Rye House. We are a relaxed and friendly group, meeting in the morning and spending a couple of hours visiting hides and on a gentle stroll, watching birds as we go.

 **BOLIVIA** Sylvia Lyons 07851 055346

Dates for Bolivia **every Monday at 2.00pm**. New members are 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.

 **BOOK CLUB** Fiona Hill 07870 383625

Do you enjoy reading? Would you like to share your favourite books with us? We are a friendly group who enjoy reading. We meet at **1.30pm** in the Laura Trott cafe **every 4 to 6 weeks** for a cup of tea or coffee, an informal chat and also to talk about the book we have all been reading for the month.

We take it in turns to choose the book each month and everyone gets a turn to do this. We have read a variety of books, mainly fiction, so far, but we would also be happy to read a non-fiction book too.

It is usually possible to order books from the library, although some people use audiobooks or buy new or second-hand copies of the books online. Our book this month is called *One Week in August* by Margaret Thornton - a charming story of a friendship between three girls, set in 1950s Blackpool. Our next meeting is on **Wednesday 26th November at 1.30pm**. We can be flexible and

move the time slightly if that suits new members better. You are very welcome to join us. For further information, please contact Fiona Hill.

 **COACH TRIPS** Heather Douglas 07984 791184

The final trip of the year is the Henley Xmas trip on **Thursday 4th December**. Please meet at **9.30am** as usual. The trip is full with a waiting list.

The 2026 Ilfracombe holiday is fully booked with a short waiting list. The deposit must be paid by the **November** meeting.

If you have any ideas for 2026 trips please let me know. Any trip has to be no more than a two-hour journey time, suitable for all weather and with no expensive entry fee.

 **COUNTRY DANCING** Valerie Foster 07704 848363

Our Country Dancing group meets on the **first and third Thursdays** of each month, from **2.00-4.00pm** 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.

My email is valfoster162@gmail.com.

 **CURRY CLUB** Mary Hanney 01992 426341

Nothing planned for December.

 **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, costing £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. We shall finish classes on **Thursday 18th December** and return on **Thursday 8th January 2026**.

EXPLORING LONDON 1

Sheila Barton 01992 636783

Pat Smith 01992 623448

In October the group enjoyed a guided visit to an 18th century Almshouse within the Museum of the Home, opposite Hoxton railway station, formerly known as the Geoffrey museum after its founder.

Sir Robert Geoffrey left money to set up almshouses for 50 poor, injured or retired ironworkers. They were given one room each with an open fire for heat and light and also to cook on

As well as living space, residents were provided with an allowance of coal and a nightgown each year and maybe a few tallow candles. One luxury was a water pump supplied from the New River. By the 19th century, gas mantles replaced candles and people had more personal possessions.

In the Victorian period, poor women, i.e. widows or retired governesses, were more likely to be housed there. The curator described what life would have been like for residents and showed us many objects that would have been in common use; for example knot combs and flea catchers and where they could wash clothes and bedding in brick-built coppers.

Future events

Trip to Greenwich, Tuesday 9th December. Spinning Wheel at **11.30am**, Cheshunt Pond outside Papa Johns at **11.40am**.

V & A Museum, Stratford

Royal Courts of Justice

Underground Tour

London Gangster Bus

London Walk

Speakers House.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155

Our October trip was to The Legend of the Titanic - The Immersive Exhibition at Dock X, Canada Water. The exhibition starts with a conventional display of historic artefacts from the ship and stories of the people aboard. This is followed by virtual reality segments and a 360 degree projection room which follows the story of the Titanic from launch to hitting the iceberg and sinking. It was very well done and possible to imagine that you were actually there.

Our November outing was to the Secrets of the Thames Exhibition at the London Museum Docklands. It is amazing how the tides reveal remarkable objects from every era of London's past. The exhibition features over 350 mudlarked objects from intimate personal items to historical relics. It would be great to have a go at mudlarking and see what you could find.

Our forthcoming trips are as follows:

Wednesday 10th December - Christmas Lunch at Nonna's Kitchen

Thursday 29th January 2026 - History of the Bank of England Talk at the Bank of England museum.

We usually meet on the third Friday of the month at Cheshunt Free Church but please note our December planning meeting will be a week earlier than usual on **Friday 12th December at 11.00am.**

EXPLORING LONDON 3 Steve Gollop 01992 629209

In November the group went to see the Mudlarking exhibition at the Docklands Museum. On display were hundreds of historical objects that have been found on the foreshore of the river Thames. Included were Bronze Age swords and knives, Saxon tools, Roman pottery, Medieval jewellery and a variety of Victorian artefacts. Also there were videos of current Mudlarkers, who have to be licenced, explaining the procedures they follow when objects are found.

Next trips;

Wednesday 3rd December - Xmas Meal Crews Hill Golf Club. Arrival time **12.15pm** with food served from 1.00pm. Please pay the balance for your meal at the table today.

Thursday 15th January - Moonwalkers at the Lightrooms. If you have been included on the list for this trip please pay £15 at the table today.

Monday 16th February - Barts Hospital North Wing. We have now booked a guided tour of the Great Hall and Hogarth Stair. Cost £16

Tuesday 24th March. Soho Walk. This is a blue badge guided walk of the historical streets of Soho.

Our next planning meeting will be **Wednesday 10th December at 11.30am** – Cheshunt Free Church where we will have tea/coffee and a few snacks to celebrate Xmas.

EXPLORING LONDON 4 Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 10th December 2025 from 11.00am** at St. Clements Church Hall.

In October we visited the National Theatre for a guided tour. We started in the largest of the three theatres – the Olivier Theatre which can seat 1,150 people in its fan-shaped auditorium. After this

we visited the more traditionally styled Lyttelton Theatre which has a slightly smaller seating capacity. The current production was of William Shakespeare's Hamlet with quite a modern staging which was being attended to by the stage crew while we were there.

The third and smallest theatre was the Dorfman, the most flexible auditorium in that the seating can be arranged in a number of different ways. When we attended, the setup was in the round with the stage surrounded on all sides by the seating.

Finally, we returned to the foyer of the Dorfman in order to access the Backstage high-level walkway. This enabled us to view the National Theatre's backstage workshops. Here we were able to see all the activity in the on-site carpentry, props and scenic painting workshops. It was very impressive and finished our tour with our very friendly guide in style.

Future events:

Monday 1st December – 'Glow' at RHS Wisley. Coach departs Turnford at **2.45pm**, Old Pond, Cheshunt 2.50pm.

Thursday 11th December – Bulls Head Christmas Meal – seated at 7pm. All places are full.

Monday 19th January 2026 – Seven Wonders of the World Immersive experience.

Wednesday 4th February 2026 – Secrets of the Thames exhibition and talk at the London Docklands Museum



ELG-4 at St Thomas's Hospital Gardens

10 Fun Facts regarding visit to Grocers Hall, Princes Street, by EL5.

1. We thought that we knew what Grocers trade in. Their original trade in pepper led to the early name of Pepperers. It was later extended to include nuts and spices.

2. The Fraternity of 'grossers' reflected their trade of goods in bulk or 'en gross' The export of wool and the import of spices were the main sources of wealth. The Grocers were part of a global trading network.

3. There have been five Livery Halls built on the current site. The first, completed in 1452, becoming the first purpose-built livery hall in the City of London, was built from stone and on a much larger scale than that of other City Livery companies. A substantial dining hall, a large garden and the patronage of Edward IV ensured its success.

4. Severely damaged by the Great Fire of London, the first Hall was rebuilt.

5. By 1798 the hall was demolished to be replaced by a new neo-classical hall. In the late 1800s a fourth hall was erected on the same site. Having survived the Blitz it fell to flames begun by an electrical fault in 1965. The current hall, the 5th, was completed in 1970 using the same foundations as the first.

6. A tapestry by John Piper, completed in 1970, hangs in the Grocers' Hall: the five spice pods represent the 5 halls that have stood on the site. The Company's history is represented by sugar palm, star anise, cloves and other spices. The orange, red and white colours symbolise the desert, fires and purity of spice.

7. The coat of arms of the Grocers features a white shield, a red chevron between 9 black cloves, along with a camel carrying two bags of pepper, supported by 2 griffins, with the motto 'God grant grace'.

8. We enjoyed a fascinating tour of the building, including the Dining hall, the committee room set up for a meeting that very afternoon and the Pitt Library.

9. The charitable focus for the Livery Company was emphasised.

10. The oldest bell in London summons members to dinner.

Bonus Fact: The Goldsmiths and the Grocers have jockeyed for top position in the league table of Livery Companies for centuries. The Grocers are currently No.2!

Future visits:

Thursday 4th December - Museum of Brands

Tuesday 20th January 2026 - Laila Kitchen "Xmas" lunch

Saturday 7th February - Lyceum Theatre Tour.

Our next planning meeting is on **Tuesday 9th December 2025** at **10.00am** at the Beaumont Centre.

 **FAMILY HISTORY** Rena King 07870 567684

Please note our small and friendly family history group meets on the **third Monday** of the month [but not if it falls on a Bank Holiday!]. The next family history group meeting on **15th December** has been cancelled as we are unable to use the Tesco Community Room at the Brookfield Centre. Therefore, our next group meeting will be on **Monday 19th January 2026** from **2.00-4.00pm** in the Tesco Community Room, Brookfield Centre. Look for any further changes in the monthly programme or the u3a website (see page 3).

 **GARDENING GROUP** Carole Malcolm 07810 571606

As always we had an animated and enjoyable meeting. We discussed bulb planting times, protecting plants from frost and removing trays from under outdoor pots. Next month we will be discussing the merits of mulch, strulch, soil improver and other ground covers. All welcome.

Our next meeting is on **Friday 12th December at 10.30am** in the community room at Tesco Brookfield Centre, Cheshunt.

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

Warners **Monday 27th July 2026**, 5 days and 4 nights at Lakeside, Hayling Island. Price £490, deposit £50. Those members who confirmed their wish to travel at the October meeting, your deposits are now due. Twin/Double rooms are still available. Sorry, there is a reserve list for singles.

Normandy, **Wednesday 2nd September 2026**, 5 days and 4 nights on a Bed & Breakfast basis, £539 per person, deposit £75. Travel insurance for this holiday is compulsory.

Staying at Grand Hotel de Esperance, Lisieux, Normandy. Excursions to include a visit to the British Normandy Memorial, officially opened in June 2021, and the surrounding area. Members that have confirmed their wish to travel please note deposits are now due. Anyone wishing for more information, please call me or come along on 11th December.

As I am unable to attend the November meeting, I will be available at the cafe in the Laura Trott Leisure Centre on **Thursday 11th December at 1.30-3.00pm** to collect deposits for both trips.

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, dollshouses, aircraft, trains, boats, wargaming figures, fairground rides and vehicles.

Wednesday 3rd December: Christmas Lunch (existing members only).

Wednesday 7th January: A Project for the New Year

Wednesday 4th February: Strange but true!

Wednesday 4th March: Kit Construction

MORNING WALKS

Rob Scott 01992 445288

Our last walk of 2025 will be on **2nd December** starting at **10.00am** from The Grandison, 18 Bury Lane, Bramfield, Hertford. SG14 2QL. It will be a circular walk of about 5 miles taking in Sally Rainbow's Dell, which we visited many years ago. Sally Rainbow was reputed to be a witch in the 18th century who lived in the steep-sided depression here and was fed by the local farmers so that she wouldn't cast spells and ruin their crops. It is also said that Dick Turpin and other vagabonds hid here after robbing coaches on the roads to London.

We will of course be having our Christmas lunch after the walk, but please come along even if you aren't lunching - the pub will be open from 9.30am.

Please phone me on 075944 27190 if you have trouble finding the pub.

Future walks:

6th January 2026 - Black Swan, Broadley Common, Nazeing.

3rd February 2026 - George & Dragon, Watton at Stone.

M.O.T.O.W.N.

Jill Freeman 07879 161828

Members on their own WhatsApp Network is a new group for anyone who is on their own when socialising for whatever reason. Activities can be on any day of the week, including weekends.

Thanks to those members who have truly entered into the spirit of the group and invited others to join them, the group has had a good start. Sunday lunches are becoming a regular feature. Members have met for tea at the Bell in Hoddesdon with its newly opened 1940s tearoom, meet-ups for coffee at various venues have also been popular and walks in Cedars Park, but there is no limit to what you can do.

This is a member-led group and everyone who joins is strongly encouraged to propose activities for others to join in with. So if there is anything you want to do in company then speak up.

 **MUSICIANS UNITED** Peter Harris 07941 551102

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 5th and 19th December at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal.

Tesco Community Room, Brookfield Centre EN8 0TA

Last music meeting for this year will be held on the 5th and 19th December and will restart on the 16th January 2026.

Sue and I would like to wish you all a Happy Christmas and a Happy New Year and thank you for coming and supporting the group.

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

Nothing planned for December.

 **PHOTOGRAPHY GROUP** Stewart Walter 07881 703928

With everything happening in the run-up to Christmas, we will not hold our usual monthly meeting in December. We will meet again on **14th January 2026** in the Tesco Community Room, Brookfield. We will then review your photos with a Christmas/winter theme, so make sure you get out and take some shots of the festivities, decorations or snow in the Lee Valley, etc. Please bring your photos on a memory stick. If you want to join our friendly group of amateur photographers visit our table at the main meeting.

 **PICKLEBALL** 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-sized ball. It is an active sport requiring reasonable hand-eye coordination but suitable for older players.

Our session on **Wednesdays** is currently full, but we have a session with 2 courts at Laura Trott leisure centre from **4.00-6.00pm** on **Mondays** which is open to new players, so if interested please contact the group leader for details. Cost to cover the courts is £3 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 5th and 19th December at 10.00am.**

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



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 & CHAT

Marion Castro 01992 626240

We are a friendly bunch who meet at St Clements Church Hall every **first and third Thursday** of the month from **2.00-4.00pm**. Bring along your sewing, knitting, cross-stitching or crochet. Want to learn a new craft or have a problem with your own work? Come along and someone will be willing to help. Tea and coffee are provided. Our last meeting this year will be on **4th December only**. The first meetings for **2026** will be on **8th and 22nd January**. Hope to see you at St Clements Church Hall.



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'.



Photo by Bernie Broomhead

SINGING FOR FUN

Janet 07709 980019
Barry 07840 965423

The singing for fun group meets every **Monday at 2.00-3.30pm** at the Royal British Legion hall in Crossbrook Street, Cheshunt. We sing all sorts of songs which are streamed from Apple Music and include songs from shows, country, 60s or whatever you want to sing, we will give it a go. If you can't sing just come along and listen to the music, as we actually download the records and sing along to them and all lyrics are displayed on a large screen. It's a fun and friendly afternoon.

The fee is £3 per session and includes tea or coffee.

SPANISH

Christine Dawson 07958 557448

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

Our last trip was to see Back To The Future and we were lucky enough to have Brian Connolly playing the part of the doctor; he made the show. The stage effects were spectacular, which made for a very enjoyable show.

Hunters Meet 16th December 2025

This trip is fully booked with a considerable reserve list and is our last trip of this year.

Table plans and menu choices have been submitted to the restaurant.

Coach pick-up is **11.00am** o/s Papa Johns at the Old Pond. Hopefully this will be a lovely afternoon and will be a good way to finish the year in the run up to Christmas.

Moulin Rouge - 29th January 2026 - £67

This show has excellent reviews and therefore should be a good way to start the New Year with something to look forward to.

It is currently fully booked with a large reserve list.

Sunny Afternoon - Wednesday 25th March £52

Payment for this show is due at the November meeting.

As there is a large reserve list, if you do not pay and no contact is received, we may have to offer your place to someone on the reserve list.

We would like to wish you all a very Merry Christmas and a Happy and Healthy New Year.

WALKING FOOTBALL John Durrant 07515 971162

We play at Broxbourne Sports Club. We meet on **Fridays 1.30-3.00pm**, 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.

24th November 2025 A Potted Plant
8th December A Picture of Christmas!
15th December Christmas Lunch?
Date & Venue to be Agreed.

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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

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 is required. Each class is £6.50.

BALLROOM DANCING LESSONS

Brian Peel

peely_b@hotmail.com

Ballroom Dancing Lessons at Michelle's Dance School, 78a High Street, Cheshunt EN8 0AJ. Commencing on **1st October at 3.00pm** each week, 1 hour lesson. Cost £10 per person per session.

Contact Brian at peely_b@hotmail.com.

BARTS

Broxbourne Arts Forum has been around for twenty-five years, representing the voluntary Arts sector in the Borough, with twenty-five affiliated groups. It includes the three local branches of the u3a, Broxbourne, Cheshunt and Lea Valley and most of the local art, am-dram, dance and theatre schools. For further information and the latest programme of events please visit the Broxbourne Arts Forum website: <https://www.broxbournearts.org.uk/>.

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 11.00-11.45am**. The class is run by a fully qualified instructor, cost is £3 We shall finish class on **Tuesday 16th December** and return on **Tuesday 6th January 2026**.

CHAIR YOGA AND DANCE

A unique class combining seated dance, yoga postures and relaxation techniques designed to welcome people of all experiences and mobility. It works on posture, flexibility, strength, balance as well as aiding stress reduction and pain management.

Please contact Jackie Turner either on **07900 666567** or email mychairyoga100@gmail.com. Classes take place **every Tuesday at 10.30am** at Rosedale Sports Ground, Andrews Lane, Cheshunt, Waltham Cross, EN7 6TB. There is a car park next to the venue.

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.

HERTFORD NATIONAL TRUST ASSOCIATION

Sue Camilleri 07954 416628

We meet on the **third Thursday** of the month, except August and December, at **8.00pm** 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 Sue.

KNIT AND NATTER

Mary Manning 07795 146461

Come along for a friendly afternoon of knitting, chatting and tea! At the Royal British Legion, Crossbrook Street, Cheshunt. Every **Tuesday, 1.00-3.00pm**, Cost £2 (includes refreshments). All levels are welcome! Work on your own projects, or help us to knit hats and blankets for premature babies in local hospitals.

For more details, call Mary Manning on 07795 146461.

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, 10.45-11.45am** at 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 **2.00-3.00pm**. 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 is required. Free tea and coffee.

WHIT HERN BOWLS CLUB

07903 022054

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

WORMLEY WALKING GROUP

Brenda Higgins 07508 354998

Steve Parker 07821 683649

We run social walks every **Tuesday and Thursday**, meeting at Wormley Community Centre, Fairfield Drive, Wormley at **9.20am**. for a **9.30am**. walk. All walks take place in the Lea Valley Park, followed by tea and biscuits at the Community Centre. Walks are suitable for all abilities - we run several walks each session varying from one to four miles in length. For more information please email stephenaparker@hotmail.com

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GENERAL NOTICES



JIGSAW PUZZLES AND BOOKS 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 tradespeople 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 tradespeople 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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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
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	07835 927417
COMMITTEE MEMBER	PETER HARRIS	07941 551102
COMMITTEE MEMBER	BRIAN PEEL	07941 551102
COMMITTEE MEMBER	MARGARET PARTRIDGE	

PROGRAMME PROD	RAY LUCAS	07952 465528
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