CHESHUNT u3a

Registered Charity No. 1150779

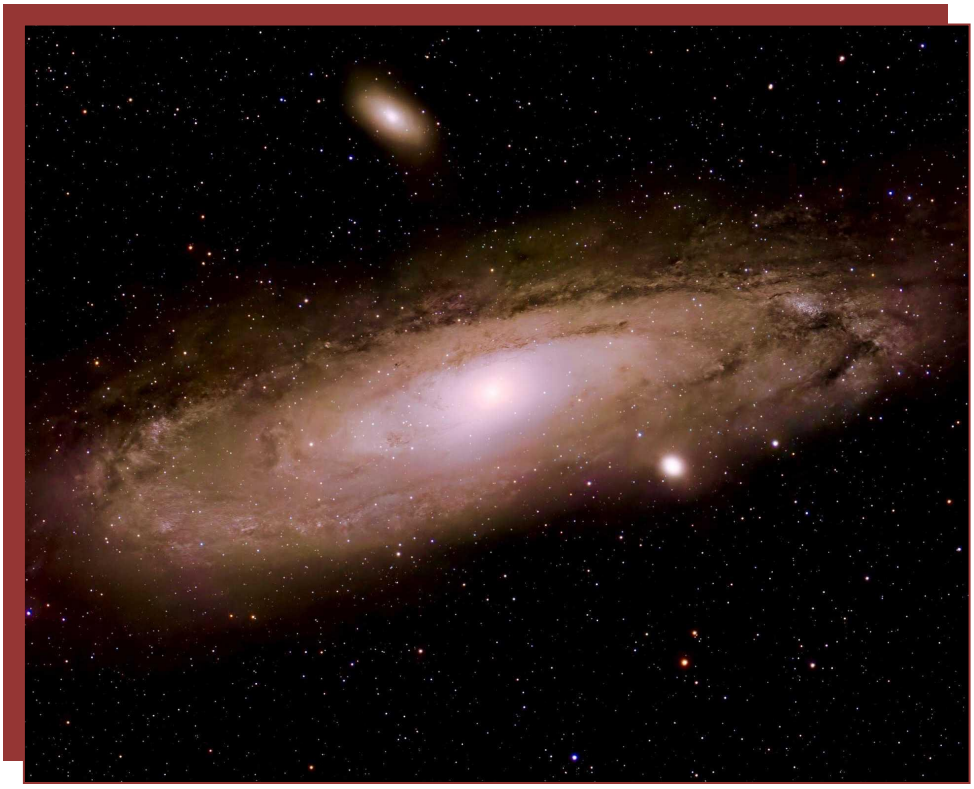
MEETING THURSDAY 22nd October 2026

Today's Speaker will be Lindsey Barrell on *Burlesque, Me and the WI.* A confident, humorous speaker with a wealth of knowledge to share from her work in sensory, BSL, Mindfulness, Reiki and as a Life Coach for dance. She also teaches Burlesque.

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Next month's meeting will be on Thursday 26th November 2026, when the speaker will be Gary Lewis on the life of Alfred Hitchcock.

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Andromeda Galaxy / Photo by Denis O'Shea - Astronomy Group

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, books and jigsaw puzzle stalls and refreshments.

New-style card 



from April 2026.

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 - 23rd April 2026 - 31st March 2027

Permits for April 2026 to 31st March 2027 are available for collection at various tables 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. **Cash only, please**.

⚠ SAFETY NOTICE

We would remind members to be careful when carrying hot drinks and to be aware of those using mobility aids when moving around the hall.

NOTICE

OUR DECEMBER u3a MEETING

THURSDAY 10th DECEMBER 2026

Our December monthly meeting will be held on the **second Thursday** of the month this year, on **Thursday 10th December 2026,** at **1.30pm** in the Laura Trott Leisure Centre. **Free raffle** and **refreshments.** Entertainment included. Members only.

GROUP LEADERS

PROGRAMME ENTRIES
November's Programme Copy is required by
Close of Play on **Tuesday 17th November 2026**.
Please email entries to:
cheshuntu3aprogram@hotmail.com

CHESHUNT u3a WEBSITE

Our website address is **https://cheshunt.u3asite.uk**

On mobiles, **tap** on **"Menu"** to view the pages of the website.

On the **Menu** screen, **tap Groups, Monthly Programme, Monthly Meetings,** etc. to view the information on our site.

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.

CUFFLEY DAY CENTRE ON OUR COMMUNITY TABLE

Community Table at our September Meeting

Cuffley Day Centre - a community hub for health and independent living, providing support, social activities and hot meals for older and disabled adults.

A big thank you from the Cuffley Day Centre to all Cheshunt u3a volunteers and members who made us feel very welcome at last month's meeting.

Cheshunt u3a Groups 2026

NOTICE

As some of our groups have limited membership capacity, this is a gentle reminder that, if you would like to join a group, please, out of courtesy, contact the group leader first to check availability.

NEW MEMBERS' GROUP — Jan Speller 07856 956945

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

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Our aim is to aid new members in finding, through the various special interest groups, fulfilling and enjoyable experiences and to 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 next quiz is on **Tuesday 27th October** at Halsey Masonic Hall, Old Pond, Cheshunt. Time **2.00pm**. Cost will be £1.50. Tea/Coffee £1.50 paid to the Masonic Hall. Please register your interest at my table.

ALMOST LOOSE WOMEN — Carol Farren and Ann Powell

We meet on the second Thursday of each month and discuss all sorts of topics, both serious and light-hearted. Being a very popular group, we are unable to accept any new members at this time.

ART GROUP — Jack Snary 01992 638046

The 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.

Next meetings will be:	2nd November	A penny for the Guy
	16th November	A domestic pet
	30th November	An urban scene

ASTRONOMY — Denis O'Shea 07528 278173

Our astronomy monthly presentation for Thursday 12th November 2026, subject is *Mars, the Red planet.*

Bring your curiosity on the night sky subject with you. You don't need a telescope to start with; a pair of binoculars will suffice to get a view of Andromeda, our nearest and merging galaxy neighbour. Do you know which star is Polaris? Find out at our next meeting. The venue is the Tesco Community Room, Brookfield Centre.

Starting time for the **Thursday 12th November 2026** meeting is **8.00pm** finishing around **9.30pm**.

No charge for use of the room at this venue.

BACKGAMMON & SCRABBLE — Frank Sluter 07704 730421

Play Scrabble and Backgammon. If you don't know how, we'll teach you to play. Boards provided. We meet at Tesco Community Room on the **third Thursday at 10.00am**.

Next meeting **Thursday 19th November.**

BADMINTON/TABLE TENNIS — Stewart Wagstaff 07594 475051

The group meets at Goffs Churchgate Academy **every Monday** evening. We have three Table Tennis tables and two Badminton courts. We tend to play doubles all the time, with no fixed partners. We are a very sociable group and cater for all ranges of ability! We are particularly short of badminton players. If interested, please get in touch.

BASIC FRENCH — Jackie West 07857 693546, Doreen Hum 07860 783383

The French group are still going strong and whilst Barry and I were away for the summer our co-leader Doreen Hum took the helm and guided those who attended through the book we are working from.

Attendance was very good and they have moved forward at a great pace; their improvement and confidence is encouraging.

Also, the group have again managed to give Lynn from Tesco another £50 for her favourite charity, which was collected from the members paying £1 for their tea, coffee and biscuits. Since our beginning, the group has raised £200, for which she was very grateful .

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 **9th November,** when we will visit Camley Street Natural Park near Kings Cross. It will stretch into the afternoon, so best bring some lunch with you, or use their Kingfisher cafe.

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 and listening to birds as we go. New members are always welcome.

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. Clement's Church, Cheshunt Wash, EN8 0LU, opposite Hillview Gardens.

BOOK CLUB — Fiona Hill 07870 383625

We meet once every four or five weeks on a **Wednesday at 1.30pm** in the café at the Laura Trott Sports Centre. We take it in turns to choose a book and, this month, we are reading *London Belongs to Me* by Norman Collins. We are a friendly group and would welcome new members. If you would like to join us, please call Fiona Hill.

COACH TRIPS — Heather Douglas 07984 791184

Xmas Lunch at Mulberry House Wednesday 2nd December.

The coach will pick up at **11.45am** at the Pond. We will arrive in time to purchase drinks and socialise before lunch is served at **1.30pm**. There are 2 coaches for this trip and you will be notified of your coach number prior to the trip. Your allocated table number will be given to you on the coach.

This trip is fully booked.

Blackpool Coach Holiday 5th - 9th May 2027.

Two day trips are included:

(1) Windermere with a boat trip on the lake.

(2) A trip on the Settle to Carlisle Railway.

There are a double and a twin room remaining. Please contact me if you are interested.

COUNTRY DANCING — Valerie Foster 07704 848363

We are a very friendly and social group who meet twice a month, on the **first** and **third Thursdays, 2.00pm-4.00pm,** at Bollescroft (next to the Spotlight car park).

No previous experience is necessary and you don't have to worry about a partner as we ensure everyone enjoys the dancing. We have a caller who walks us through the dances before we attempt them to music and continues to call out the movements throughout the whole dance. It's a great way to enjoy some gentle exercise.

The cost is £4 per session, which includes a cold drink. Your first visit is free, so please come along and give us a try. Our next dates will be **5th and 19th November.**

CURRY CLUB — Mary Hanney 01992 426341

Nothing planned for November.

CYCLE GROUP — Stewart Wagstaff 07594 475051

We have 59 members in the group, cycling every Wednesday and some Mondays. We have six sub-groups 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. All rides end at Cheshunt YHA for coffee and a chat.

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 make sure we have an enjoyable time whilst trying to stay fit.

EXPLORING LONDON 1

Sheila Barton 07958 540072
Pat Smith 01992 623448

Our September outing was a return visit to Mayfield bakery in Harlow. We enjoyed watching a cake demonstration by Jackie and learning more about the art of baking: this was followed by a ploughman's lunch, and a generous slice of Jackie's cake, which everyone enjoyed.

To finish off a very enjoyable outing, we all went home with a loaf of bread which was baked at the bakery. It was a lovely day out, enjoyed by everyone.

Future events:

30th November - Christmas meal at the Bull in Broxbourne.
December - no events planned.

18th January 2027 - The Jane Austen Experience.
February 2027 - the Clink Museum, no date fixed at the moment.
14th March - a visit to a lifeboat station (date to be confirmed).
19th April - a trip to Trinity House (date being confirmed in the new year).

Date of next meeting **6th November at 10.15am,** in Halsey Hall.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155
Sandra Smith 07982 432033

Our forthcoming trips will be as follows:-
Tuesday 10th November - Agatha Christie Exhibition at the British Library.
Thursday 17th December - Christmas lunch at the Bulls Head.
We meet on the **third Friday** of the month at the Beaumont Centre.
Our next meeting will be on **Friday 20th November at 11.00am.**

EXPLORING LONDON 3

Steve Gollop 01992 629209

In September we visited Stephens House and Gardens in Finchley. Henry 'Inky' Stephens was heir to the Stephens Ink Company, inheriting the business when his father, who developed Stephens indelible ink, died.

Henry was a chemist, businessman and MP for Hornsey, with an interest in agriculture and water management. In 1874 he purchased the house and 10 acres of land surrounding it and then began to extend the building and develop the gardens.

Our guided tour gave us an insight into how these changes were implemented and the innovations he used. Our visit ended with a very enjoyable two-course lunch in the main dining room.

Next trips:
Monday 16th November – Trinity House – this trip is now full, details for travel will be available at the next planning meeting.

Friday 4th December – Brick Lane Music Hall – this trip is full, please meet the coach at **11.00am**. at the bus stop outside Papa John's Pizza at the Old Pond.

Our next planning meeting is on **Wednesday 4th November at 11.00am**. at St. Clements Church Hall, Turnford.

EXPLORING LONDON 4 — Steve Sell 01992 443012

The next planning meeting will be on **Wednesday 11th November 2026 from 11.00am** at St. Clements Church Hall.

In September we visited the Lyceum Theatre for a Saturday morning tour. Our guide started outside the theatre explaining its history and we toured around the building before entering by the stage door in a side street.

The origins of the theatre date to 1765 and the original building hosted a variety of entertainments including a circus, a chapel and the first London exhibition of waxworks by Madame Tussauds.

Following this, the theatre hosted opera and Shakespeare productions, often starring Henry Irving and Ellen Terry.

After WW2 the theatre was converted to a Mecca Ballroom which I remember visiting in my younger days. At the same time many well-known pop and rock bands played there until the theatre went dark in 1986 and it went into disrepair.

It was restored and reconverted into a theatre in 1996, hosting *Jesus Christ Superstar* initially before securing its future with the long-running *Lion King* musical in 1999. The Disney production now helps offset losses at other ATG theatres.

Our tour continued inside with rehearsals in progress for that day's Lion King production. We explored the auditorium, the boxes, private lounge, the compact bars and the costume room.

Future events:
Monday 2nd and 16th November – Guided tour of Barts Hospital North Wing (each day, groups limited to 15).
Monday 14th December – 7.00pm Christmas Dinner at the Bull's Head.

All Group 4 trips involve the additional cost of train travel into and out of London. Possible bus use but no coach!

EXPLORING LONDON 5 — John Durrant 07515 971162

Future visits:
Monday 23rd November - Stationers' Hall

Our next planning meeting will be on **Tuesday 10th November in 2026 at 10.00am** at the Beaumont Centre.

FAMILY HISTORY — Rena King 07870 567684

Please note our small family history group meets **once a month** and welcomes beginners or experienced family history researchers. Our next group meeting will be on **Monday 16th November from 2.00pm-4.00pm** at Tesco Community Room, Brookfield Centre, Cheshunt.

We look forward to seeing you at our next group meeting and helping you with your research. All you need to bring is a pencil and paper and any useful old family documents.

GARDENING GROUP — Carole Malcolm 07810 571606

Our last meeting included looking at and discussing a YouTube clip about winter garden plants and ways to maintain them through to spring. One of our members shared a homemade recipe for using garlic to deter slugs and also we tried to identify an unknown cutting. After some research we found out it was Liatris Spicata (Dense Blazing Star).

Our next meeting is on **Friday 13th November at 10.30am** in the Community Room at Tesco Brookfield Centre.

HOLIDAY with Cheshunt u3a — Mary Hanney 01992 426341

Our visit to **Warners Studley Castle** on **Monday 30th November** has been **cancelled** and **re-arranged** for:

Monday 15th March 2027 for 4 nights - 5 days half board at **£540** pp. Based on 40 people travelling, the cost will decrease if more people travel. The trip includes a visit to Warwick Castle. This holiday is in conjunction with the Hertford Branch of the National Trust. We have now joined them on several holidays and have always had a splendid break. If interested, please see me for more details.

Holidays for 2027.
I have asked for quotes from the end of June to the beginning of July 2027 for three Warner locations: Norton Grange, Bembridge and Holme Lacey and hope to have more details available.

LINE DANCING for beginners — Jenny McKenzie 07948 380543

Meeting **10.00am-12.00noon every Tuesday** at Cheshunt Sea Cadets Hall, Flamstead End, Albermarle Avenue, Cheshunt EN8 0EY. Tuition for an hour and a half at £9.00 including refreshments. Parking available.

The group is about learning to dance, making new friends and having fun. It's not too late for you to join the group, as we are all beginners. Please feel free to phone the leader (number above) if you want more information, or just turn up to a class.

MODEL-MAKING — Jack Snary 01992 638046

Our group meets on the **first Wednesday** of the month at **2.00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests include plastic kits, dollshouses, aircraft, trains, boats, wargaming figures and vehicles.

Wednesday 4th November: It makes a big bang!
Wednesday 2nd December: Xmas Meal - existing members only.
Wednesday 6th January: It came off the Xmas tree.

MORNING WALKS — Rob Scott 01992 445288



Photo by Steve Gollop

We had another good sunny, mud-free walk from Braughing in October and were well catered for by the landlady at the Brown Bear (who was very impressed with us for some reason).

Our next walk will be at **10.00am** from the Five Horseshoes, 1 Church Road, Little Berkhamsted. SG13 8LY on **Tuesday 3rd November** and will be a 5 mile circular route in the beautiful Hertfordshire countryside around this village and other local hamlets.

The pub dates back to the late 16th or early 17th century and is a Grade 2 listed building and now seems to be up for sale at £775,000. A couple of other interesting facts about Little Berkhamsted are that the childrens' TV series *Catweazle* was filmed in the area in the 1970s and the musician and singer Donovan lived in the village in the late 1960s and 1970s.

The pub will be open at 9.30am for us to pre-order our lunches. Give me a call on 075944 27190 if you are uncertain of getting to the start.

Future walks:

Tuesday 1st December 2026 - the Rose and Crown, Tewin.

Tuesday 5th January 2027 - the Bull, Broxbourne for our Festive lunch (further details to follow).

MUSICIANS UNITED — Peter Harris 07941 551102

We meet weekly on **Mondays at 10.00am**. To date we have 7 members: saxophonists, keyboard, bass guitar, rhythm guitar and percussion. We play mainly jazz. Please come along. The standard varies greatly.

Venue – Standon and Puckeridge Community Hall, Station Road, Puckeridge, SG11 1TF.

MUSIC IN THE AFTERNOON — Bernie Broomhead 07890 124852

Current dates are **Friday 6th and 20th November at 2.00pm.** Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even heavy metal.

Venue is Tesco Community Room, Brookfield Centre, EN8 0TA.

OUTINGS BY COACH — Steve Sell 07572 078511

Wednesday 9th December 2026.

Coach to the Royal Albert Hall for a late morning tour of the Hall at Christmas, a 2-course Italian-style lunch in the Hall's Verdi restaurant. Late afternoon coach journey back via the London lights.

OUT TO LUNCH GROUP — Mary Hanney 01992 426341

Our next meal will be at Reyna, Windmill Lane on **Tuesday 10th November at 1.00pm.** Please see me for menu details. A £5.00 deposit is required at the time of booking.

PHOTOGRAPHY GROUP — Stewart Walter 07881 703928

We meet on the **second Wednesday of every month**. Our next meeting will be on **Wednesday 11th November at 2.00pm** in the Tesco Community Room, when we will review photos of autumn colour taken on our October visit to Epping Forest. Please bring your images on a memory stick. If you want to join our friendly group of amateur photographers, please 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-size ball. It is an active sport requiring reasonable hand-eye coordination and fitness, but suitable for older players. Games generally last around 10 minutes and players rotate between playing and resting. This is a social session and all equipment is provided.

Our session on **Wednesdays** from **5.00pm-7.00pm** now has openings for experienced players at a cost of £4 per session. We also have a session with 2 courts at Laura Trott Leisure Centre from **4.00pm-6.00pm** on **Mondays** at a cost of £3 per session, which is for new players but is currently full. If you are interested, please contact the group leader for details and to register on our waiting list.

PLAY THE HARMONICA — Steve Beach 07504 601942, Barry West 07758 834192

The group continues to make good progress with its learning and playing sessions at the Tesco Community Room, Brookfield Centre. Meetings are held **every two weeks on a Thursday between 4.00pm-5.00pm,** with the next meeting on the **22nd October.** New members, regardless of ability, are very welcome to join us, so for more information please contact Steve on 07504 601942 or Barry on b.west@tiscali.co.uk.

RUMMIKUB — Jenny Christian 07788 676170

Current dates are **Friday 6th and 20th November at 10.00am.** Based at St. Clements Church, Cheshunt Wash, EN8 0LU opposite Hillview Gardens at **10.00am**.

SAILING — Nick Law 07973 111462

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

SEW KNIT & CHAT — Marion Castro 01992 626240

We are a small sewing, knitting and crocheting group who meet in the Tesco Community Room. Come and join our friendly bunch for a chat and a cup of tea, or try out a new skill. We are not experts but someone is always on hand to help. Meetings take place on the **first and third Thursday** of the month from **2.00pm-4.00pm.**

Tesco Community Room, Brookfield Centre, **2.00pm-4.00pm.** Parking at the Brookfield Centre is free for 4 hours.

Dates are **Thursday 5th and 19th November.**

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: £4.60 per session, or £4.30 with a 'Friend of Spotlight'.

SHORT WALKS — Frank Sluter 07704 730421

The next Walk will meet at Cedars Park car park EN8 8RU at **10.30am on Friday 23rd October.**

SINGING FOR FUN — Janet 07709 980019, Barry 07840 965423

The Singing for Fun group meet on **Monday afternoons at 2.00pm -3.30pm** at the Royal British Legion Hall in Crossbrooke Street, Cheshunt. We stream music from Apple Music and just sing along to the actual recordings.

We sing music from the 60s, 70s, country and music from the shows, but we can try anything you want to sing.

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

Our annual Christmas dinner will be in January 2027, date to be decided.

As no one has come forward to take over the running of the group, Barry will stay on for a bit longer, but we do need new ideas.

SOLO SOCIAL NETWORK — Lesley Casson 07749 868305

This group is open to any members on their own, whether single, widowed, or divorced. We use WhatsApp to make all arrangements, so it is essential you are comfortable using this app. All members are able to make suggestions for a social activity on any day of the week, including weekends. We enjoy a regular walk and coffee, as well as Sunday lunches in local pubs and restaurants. We also attend the u3a quiz with a small team. The more people get involved, the more opportunities there will be to engage with others in the same situation. See me at my table at the main meeting or send me a message on WhatsApp to be added to the group.

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 trip to the Faulty Towers Dining Experience proved to be a thoroughly entertaining and fun-filled afternoon, filled with laughter .

Hunters Meet – 16th December 2026 - £52
This is our very popular Christmas outing, which is currently fully booked with only a short reserve list.

2027
Sinatra - The Musical - Aldwych Theatre - £65
This show is fully booked with a substantial reserve list.

Pride – 11th March 2027 – The Bridge Theatre, London - £66
This show is based on a true story and has just finished a sell-out run at the National Theatre. There are currently only a few seats left. Payment due at this month's meeting.

Jersey Boys – 13th May 2027 – Cliffs Pavilion - Westcliff-on-Sea - £58
We will be taking bookings at the November Meeting.

Please, if paying by cash, put the right money in an envelope with your name and the name of the show on the front.

Refunds can only be made if we are able to re-sell the tickets; we cannot accept cancellations for a refund with less than 48 hours notice.

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. The rules are simple and the aim is for the games to be both sociable and fun. The group is currently full, but if you are interested, please provide your contact details at the monthly meeting and we will let you know if the situation changes.

WALKING NETBALL — Jacky Williams 07956 319073

Come and join Walking Netball **every Wednesday** at **2.00pm** (term-time only). We meet at the Laura Trott Leisure Centre.

Whether you've never played before or haven't picked up a netball in 50 years, everyone is welcome. No experience or skills needed - just come along for a fun, friendly hour, get moving and make some new friends. Stay for tea, coffee and a chat after the game.

It's a great way to stay active, have a laugh and become part of a welcoming community. Come and give it a try.

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Better Club Games Event September 2026



Although not a u3a event, our Cheshunt u3a pickleballers were recruited to be part of the Lee Valley and Queen Elizabeth Olympic Park (QEOP) team to take part in the Better Club Games, an annual event which brings together local people aged 60+ to represent their Better leisure centres in a day of friendly competition and community spirit.

This is an Olympics-style multidisciplinary event with pickleball, walking football and walking netball competitions held at the Lee Valley Velo Centre on 16th September, with further events including badminton, table tennis and bowls to be held at the Copper Box arena in mid-October.

This was the first time Lee Valley had entered a pickleball team, which consisted of Steve Gollop, Jackie Turner, Stewart Walter and Tracy Frost, who all play in our Wednesday night u3a session at Laura Trott Leisure Centre. Our two pairs were part of 35 teams competing on behalf of boroughs across London and Surrey.

Each team played 4 matches in a group of 5 with the top team going through to the quarter finals. The competition was very stiff, with most teams drawn from pickleball clubs rather than social groups, with pairs playing together regularly 4 or 5 times a week and one of our opponents even travelling around Europe playing in tournaments!

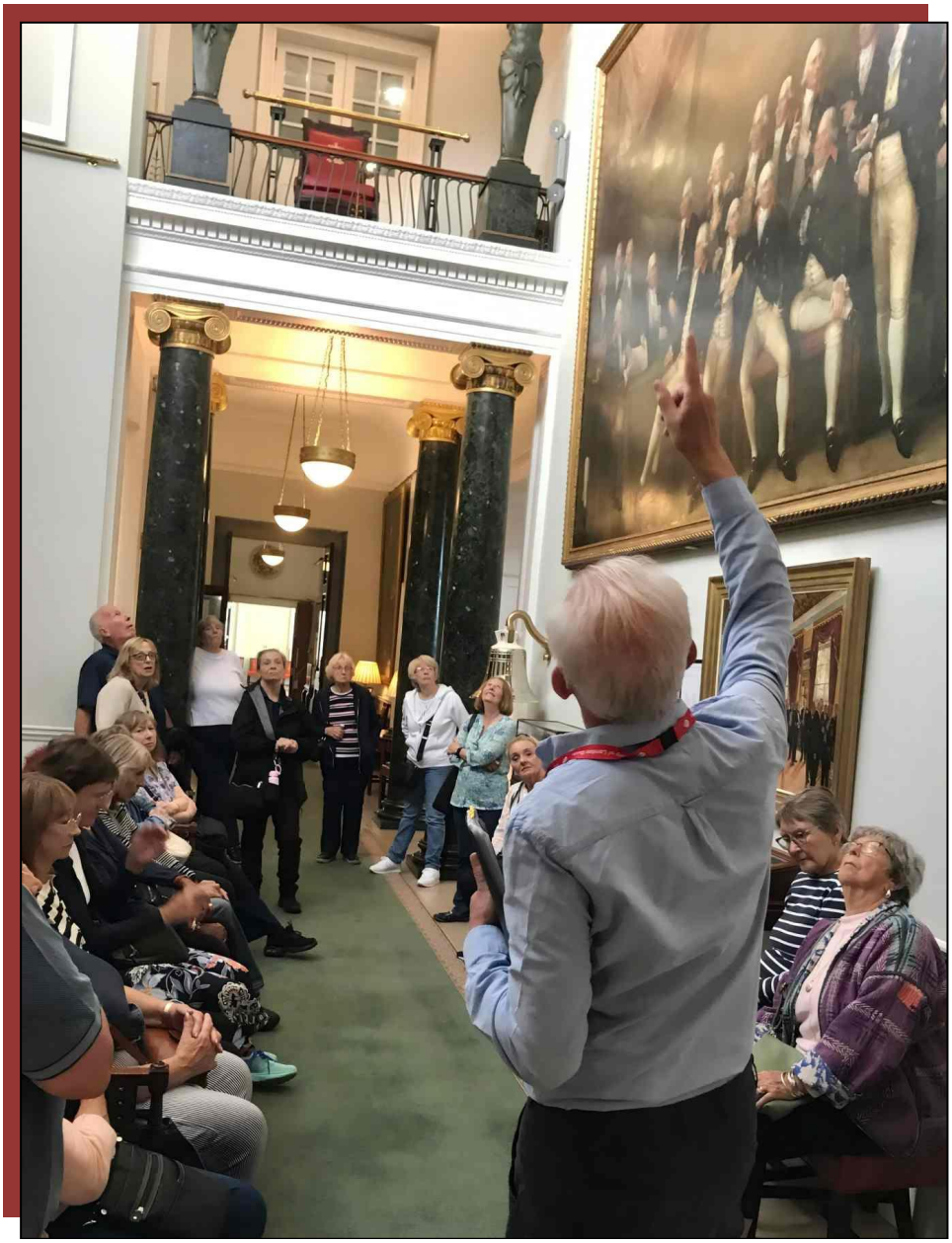
That said, our pairs put up a good fight, had some competitive matches and notched up a couple of wins. Although eliminated at

the group stage, overall the teams finished in the middle third in the rankings and gained some points for the Lee Valley Team.

It was a great experience playing against experienced players and there are certainly some lessons we can take back to our social group games.

It now remains for the other disciplines to see how they do at the Copper Box and where Lee Valley can finish.

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Exploring London 4 at Trinity House / Photo by Panny Sorokos

COMMUNITY NEWS

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

ADULT BALLET CLASS 01992 622862 (ask for Jayne)

Every Thursday, 12.00 noon-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

Margaret magsmap@yahoo.co.uk 07949 025032

Ballroom Dancing Lessons at Michelle's Dance School, 74a High Street, Cheshunt EN8 0AJ. The entrance is actually in Cadmore Lane. **Weekly on Tuesdays** at **3.00pm**. Cost £10 per person per *session.* We learn both ballroom and Latin dances. These lessons are available to all Cheshunt u3a members and non-members. They are not just for couples but equally available to individuals. It's good fun, good exercise - physical and mental, with lots of laughs!

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/.

BEAUMONT CENTRE Celia Varne 01992 633241

Mondays at 10.00am: Movement and Memory; **Tuesday 12.30pm-2.30pm** CHEX an informal social group including games and **Wednesday** Bingo from **1.30pm** at Beaumont Centre, Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. Affordable lunches every day.

CHAIR BASED KEEP FIT Mary Hanney 01992 426341

Bushby Hall, Wharf Road, Wormley, EN10 6HX. **Every Tuesday** from **11.00am-11.45am**. The class is run by a fully qualified instructor; the cost is £4.00.

CHAIR YOGA AND DANCE

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

Please contact Jackie Turner either on **07900 666567** or by email at mychairyoga100@gmail.com. The 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 and coffee.
Coffee Morning - **Tuesday**, **11.00am-1.00pm**. Free tea and 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), on the **second Tuesday** of the month (except for January & August). Membership is available; visitors are 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 monthly on the **third Thursday**, except in 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, plus organise outings and holidays. You do not have to be a member of the National Trust to join us. Visitors welcome - £3.00.

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**, costs £2.00 (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.

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.

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 a thick towel with you. New members are very welcome.

TAI CHI Aaron aaron@avsweb.co.uk

Slow relaxed movements to tone your muscles, feel calm and be in harmony with nature. One hour class from **2.00-3.00pm**. We meet at the Scout Hut (behind the Beaumont Centre), Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free; £5.00 per class after that. Classes are held **every Wednesday**. Telephone 07595 041433

WHIT HERN BOWLS CLUB 07903 022054

Whit Hern Bowls Club is seeking new members. No experience is needed; it's fun, friendly and a great way to keep fit and make new friends.

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 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. For more information, please email stephenaparker@hotmail.com.

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 accept hardback books and paperbacks need to be in a reasonable condition.

📖 TRUSTY TRADER BOOK

The Book is kept on the Information Table for viewing 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 offers 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.

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	07789 770355
COMMITTEE MEMBER	MARGARET PARTRIDGE	
PROGRAMME PROD	RAY LUCAS	07952 465528