

Newsletter for July 2026



Our June trip saw us heading for Brighton, on a day that had Red weather warnings with temperatures reaching 34 degrees!! Despite the heat everyone enjoyed their selves and found plenty to do from walking along the sea front, strolling round The Lanes and sampling local eateries. Some ventured into the Royal Pavilion joining a

school party being talked through the Experience (with Air Con!) We even had our own Brighton Belles who braved the sea to cool down, making those of us who forgot our swimwear very envious. (photo by Mel Fox, text by Sue Dunn)

On Thursday 9th July 2026 we will be entertained by vocalist, Lauren Aubrey, who lives in Ipswich but went to Corringham County Primary School. So, coming back to Corringham will be a trip down memory lane.

Lauren is a full-time singer, featuring mainly at hotels, restaurants and weddings as well as private and corporate functions. She can sing a variety of genres, for upbeat she sings Motown and crowd pleasers or for background music Lauren can sing stripped back versions of popular songs.

Thursday 13th August 2026 – Our speaker on Thursday 13th August is Gemma, Events Co-ordinator for Essex therapy dogs

Essex Therapy Dogs is an award-winning volunteer organisation that brings comfort, calm, and connection to people of all ages through carefully assessed therapy dog visits. The charity supports individuals who may be unwell, isolated, anxious, or in need of companionship, including children in schools, patients in hospitals, and residents in care homes and hospices. Each visit aims to lift spirits, reduce anxiety, encourage communication, and provide reassurance during difficult times.

COMMITTEE CHAT

Here we are in July, the seventh month of the year already! The very hot weather has stayed with us and looks like continuing for a good period. Whilst gardeners may be complaining about the lack of rain, sports enthusiasts are in their element. The football World Cup is being competed for in Mexico, USA and Canada, with hydration breaks (or should they be called “Advert breaks”). Cricket matches abound without rain interruptions, and of course Wimbledon is filling our TV screens for two weeks.

Again, exceptional circumstances led to opening our doors early for our June general meeting. However, **1.30pm** remains the time when members are normally allowed entrance to our general meetings.

Our trip to Brighton on Thursday 25th June took place during very hot weather. The intrepid travellers found solace in pubs and cafes out of the sun and all arrived back safely.

On the subject of trips, members **MUST** complete a booking form before approaching the trip table to make a booking. This applies to all trips organised by our u3a. Members must also pay heed to the advice provided on trips about on-site access and the state of grounds. This applies especially to members with ambulatory conditions.

The price of coach hire has risen due to fuel and taxation changes. Whilst our organisers endeavour to keep prices as low as practicable, we have to pass the additional cost on.

Our AGM is on Thursday 10th September and our preparations for this continue. The date for submission of Motions for the AGM has closed with none received. Nominations for the 2026/2027 u3a Committee close at our next general meeting on Thursday 9th July. At present, we know that two of the current committee are not seeking re-election. So are hoping that others may step forward.

Nomination Forms may be downloaded from our website and will also be available at our July general meeting. Remember, you must ask the individual's permission to propose their name and also provide a seconder. Nominations close at our 9th July general meeting.

In preparation for the potential election of any new committee members, who will become Trustees of our u3a, we have revised our Trustee Welcome Pack. Our Policy Document is also currently being updated.

More Committee Chat next month



If you came to the General Meeting in June you would have been entertained and enthralled by Aden Hynes. He fought through a disadvantaged start in life to create his own business--- and he managed to include his family in this!

He spoke interestingly and quite passionately about solving problems posed by both finance and materials AND – most of us realized that we recognized his works from plays, films and adverts.

Amazingly he is quite local and his sculpture studio in Basildon will create something unique for your garden, special occasion or memory.



Interest Groups

Please contact the people at the head of each article – all details are also at the back of this newsletter or on the website. Sandra Isaacson and Marilyn Edgings are also available to help support and set up new groups. If you are unable to go to a group for some time, please let them know as they could give away your space. Keep us all safe by not attending Group Meetings when you have a temperature or other symptoms of illness. *Groups may be found in alphabetical order in this Newsletter.*

*******Please remember to sign out if you need to leave the meeting early – this list will need to be checked in case of an emergency.**

Amblers

Tessa Duggan 01375 670212

Jenny Radford 01375 676338

****Our group is full now. If you wish to join the group, please don't just turn up on an amble, contact Tessa or Jenny and we will put your name and details on our waiting list. Thank you.* ***



Our June amble in Mucking was a very hot one. Our ambler bravely walked in the heat, with not even one tree to provide a bit of shade. A few of us got excited

spotting a largish bird which looked like it was on the mudflats of the river. It was embarrassing to discover it was in fact an optical illusion and was a large pigeon sitting on a wire.

We all had a good laugh over it. Later on, a large dragonfly flew over our heads, at least we identified that correctly.

One of the reserve's tractors trundled ahead of us on the path. It had a post hole digger on the back and stopped to make holes for new fence posts along the path. Some of the group stopped to watch it working. We were glad when we reached the visitor centre and could sit down with refreshing drinks.



Our amble next month will be in **Gloucester Park**, Cranes Farm Road, Basildon SS14 3DE (Basildon Sporting Village) on **Thursday 16th July**. Meet us at **10.30am**, we'll be standing opposite the entrance gate to the car park as you come in. Look forward to seeing you there.

Photos by Jenny Radford

Bird Watching

Dave Snow 07490 069740

Book Group

Ann Bailey

Dawn Lloyd-Warne 01375 461885

Board Games

Margaret Lambert 07811 235274

Just to let you know the Board Games Group is now meeting twice a month – **the first Thursday and third Friday of each month in Corringham Library 2.00pm to 4.00 pm.**

Wednesday Boules

Dave Jardine 07551 952211

How lovely to be playing boules again in the sunshine and enjoy a welcome cup of coffee and biscuits after.

We play from 10.15 and again at 1.30 you are welcome to join us for either game or both for £2 each. We have spare boules so give it a try!

Wednesday afternoon players

Paul Brice 07788452852

The same as Morning Boules.

Boules (Friday am)

Colin & Carol Munro 07770 854318

Carol Munro

Our Friday morning group is open to new members and we play at the Billet Recreation ground in Stanford. Get in touch.

Canasta

Pauline Kerridge 01375 462232

Every Wednesday at the Springhouse Club at 2.00. Everyone welcome.

Chess

Rob Morrison

The Chess Group meets on the first and third Monday of each month at Corringham library between 10am and 12 noon. All levels of ability welcome, including beginners. Tuition can be given, so if you've never played before but always wanted to, come and give it a go! If interested, please contact Robert Morrison by email in the first instance

Please let Eileen Drewer know if you know of any members who are ill, or passed away so that a card can be sent

Eileen Drewer

Couples Lunch

Dave and Jean Angus 07711359127

From time to time. we revisit a restaurant we have been to before, and we decided on a revisit to The Magic Mushroom at Barleylands, Billericay for our lunch on 25th June as we had not been there for so very long and what a lovely

lunch we had. While all the meals were excellent, Salmon was the most popular and everyone who had it said how delicious it was.

We were sat at a large round table and this is a favourite with everyone so that we can all see each other easily and



chat and laugh as a group. So, a delicious meal and a very nice table setting led to an enjoyable lunch. One Member shared he had agreed to look after a neighbour's house while they were on holiday and on one visit as they were checking they suddenly heard a noise and thought it was burglars However, it turned out to be an automated air freshener that just goes off on its own but it did give him a momentary shock!

Every time a lunch is booked Dave and Jean explain to the chosen restaurant that our Members will go to the bar and purchase their own drinks and everyone will be paying in "couples" rather than having one bill and having to sit and work out costings :- on booking it is never a problem! Except on 25th June the two "mature male waiters" had a problem with this, easy to all of us, first with checking who had paid for their drinks and then individual couples trying to pay. This was



the reason we had given Magic Mushroom a rest for a while hoping this element of the service would have improved. The waiters were very nice but just seemed to have difficulty letting couples pay but we got there in the end and a great time was had by all and are now looking forward to Thursday 23rd July when we have another lovely lunch. *Photos on Dave's phone*

Cribbage

John Green 01375 676411

Next meetings for the group will be **Tuesday 7th and 21st June at 1.30pm** in Gardner Hall, Fobbing. Cost **£3** includes Hall hire and refreshments. **Please note price increase as Hall hire has gone up.**

Curry Night

Tina Smith 07899915184

Carol Lindsell 07906436445

14 of us enjoyed another night out at Zaals Restaurant. We all agreed it is great value for money, good choice of dishes, delicious food and great company. Our next gathering will be in September at a date yet to be arranged but let me know if you would like to join in.

NEW GROUP – Disabled Amblers



the weather since our new Group, Disability

We have been so lucky with



Amblers Walking Group, started. Our most recent walk on 10th June was to Gloucester Park where we had a nice stroll round on flat surface before going **off for** refreshments. We choose a different location each month but start at the same time of 10.30am and email the destination direct to those who have expressed an interest in joining the Group rather than just advertise it to ensure we know who to expect to turn up. New Members are welcome to join the Group, which is larger than the photo indicates as we have some away on holiday. Any Member with a disability, and their partner, are welcome to join and **it may be that a Member just needs to use a walking stick and not necessarily a larger piece of walking equipment to help with walking.** We do not walk too far just far enough for the exercise on flat surface and have a chat and a laugh as we go along. Feel free to email us with any enquiries or to let us know if you would like to join the next walks that will be on Wednesday 8th July and then Wednesday 12th August starting at 10.30am, look forward to meeting new Members and welcoming back current Members of the Group. **A reminder to Group Members to please let us know if they are unable to attend any of the walks, thank you.**

Family History

Sue Green 01375 676441

Peter Craggs 07759 817821

Our meeting in June looked at rabbit holes in our research where we have got things wrong in the past and chased the wrong information. It was well attended—a lively meeting with a lot of chatter.

At our meeting in July, on Wednesday 15th at 2pm in the Community Church Hall in Fobbing Road Corringham, we will be having a speaker. Mark Carroll from Epping is coming to talk to us about "Life and death in the Workhouse". As a result of the New Poor Law Act of the 1830s, workhouses were built up and down the country. However, having to go into the workhouse tended to be avoided at all costs in Victorian times, even by the poorest in society, for it carried a social stigma and conditions inside were harsh. What was life really like for those admitted to the workhouse? Mark Carroll will try to answer this question by providing information gleaned from his research into some of these institutions in London, Essex and Suffolk, and illustrated by examples of three ancestors who ended their days in a workhouse. In the process he will show

what sources are available for studying this fascinating aspect of social and family history.

Any member of our U3a is welcome to join us. Usual meeting fee of £1 will include tea and cake. If you are not a member of our Family History group and wish to come, please let Sue or Peter know so that we can ensure there are enough chairs for everyone.

Flower Arranging

Christine Lambert 07972 879173

Linda Tilbury 07928 221626

We meet on the first and third Wednesday of the month at the Gateway Centre, from 10am until 12 noon. The cost is £2:00. We are a friendly group and you are very welcome to join us. There is a cafe where you can purchase a drink.

Here is a picture of my mop head hydrangea , the name comes from Ancient Greek, hydro meaning water and anion meaning vessel or pitcher. It was named this because the seed capsules resemble tiny water cups, also, they are very thirsty plants. Pink ones represent genuine love, romance, thoughtfulness and heartfelt emotion.



Our first theme was of flowers from our garden. It is a good time for this, we had so many varieties from our gardens, roses, lilies, cornflowers, Sweet Williams and many more. The containers making them all look different.



For our choice week, one of our members had been to France and brought some lavender and mementos back with her which was very pretty, a shell with delicate flowers and many unusual containers.

*Photos and report
by Brenda Osborne*



Gardening Allotment News

Michael Farman

June/July Allotment News

Firstly, an admission. My June Allotment News segment never made the u3a June Newsletter. I did write and send it, BUT I sent it to myself without realizing my mistake. I usually forward the last months copy to myself, to provide a bit of continuity whilst writing the next month. Clicked send, not noticing the email address in the To: box was incorrect. Silly boy!!!

Moving on, in May I wrote the potato foliage had a bit of frost damage but given water, fertiliser followed by real rain, the potato plants have made a full recovery. Most have flowers so an indication of potatoes below. Plants can be quite amazing.

We had a spell of high temperatures in excess of 30°centigrade and records were broken. Then more much needed rain and another spell of high temperature in excess of 36° centigrade and more records broken. What is going on with our erratic weather system. Natural or man-made?

Between the two periods of rain and high temperatures we had strawberries for eating and jam making. Following the second period of rain the strawberries went rotten so shortening the season. Had the last few at the end of June. All done for another year. The rain has of course encouraged bind weed to spring up all over the strawberry bed. The small white and pink flowers look pretty but each flower will have a seed. The roots pull out quite easily when the soil is damp.

Parsnip, Carrot and Spring onion repeat sowings have erratically germinated amongst the weeds. One imagines they find it difficult to cope with the violent swings in temperature. On TV a few days ago, a reporter was interviewing a farmer from Norfolk who was explaining about erratic seed germination particularly carrots. Said they would resow but guess this will put the price of carrots up for Christmas!

Planted out the Pepper and Chilli plants. The Tomato plants are showing signs of ripening fruit. Also planted Cabbage and Sweetcorn which loves the heat.

We are having a Sunflower and Pumpkin growing competition at the allotment site, and I have planted out the Pumpkin and Sunflowers. Need watering most days which unfortunately attracts the slugs and snails.

The Autumn sown broad beans have finished producing pods of edible beans, to be replaced by the spring sown variety. I am surprised this year at the lack of Blackfly. Usually, I am continually washing off the insects but this year they are few and far between. Blackfly go for the growing tips of the plants where the growth is new and soft. They are food for birds, ladybirds and ants so part of the ecosystem. Just have to accept it as natural and manage the situation. A hose is quite effective.

I am not that good at cutting the grass paths on the allotment plot, so the grass is rapidly growing and setting seed, egged on by the rain and sunny conditions. And of course, so are the WEEDS!

Enjoy your gardening. Keep well covered in the sun. The power of the sun can be deceptive. Be careful and use your factor 50 cream.

Take care. Michael.

Golf

Paul Brice 07788 452852

The Golf Group meets every Monday at our new venue of Noak Hill Golf Course on the way to Billericay. It is a similar distance from Stanford-le-Hope as our previous venue.

Anybody wishing to join us, please get in touch and join our What's App Group where we display times for the meetings.

The cost at Noak Hill is £10 for 18 holes. The course is family run and includes a room where you may wish to purchase teas, coffees, soft drinks and some alcoholic drinks. It is also famed for homemade cakes as well as bacon rolls, etc.

We normally start at 9.30am but some times vary dependent on weather conditions or availability.

Holiday and Cruises

Carol Smith 07845 233640

Mel Fox 01375 679643

The Coach Holiday begins on Sept 28th 2026 (Romantic Journeys of Yorkshire with Cooks Coaches) This is a 5-day trip taking in some of the beautiful scenery of Yorkshire. **2 double rooms are still available.**

The cost is £556pp for a twin or double, no singles left. This does not include a tip for the driver.

A NON-REFUNDABLE deposit of £50pp will be required at time of booking, the balance also NON REFUNDABLE required 3 months before departure.

We will accept cash. Cheque made out to Cooks Coaches.

We still have spaces for the **cruise in September 2027 with Ambassador.** If anyone has the brochure it's cruise number A12724 Autumnal Legends of the British Isles. Requires £200 on booking – see Mel at a General Meeting.

Sailing from **Tilbury on 9th Sept 2027.** Calling at St Marys , Cobh, Liverpool, Belfast, Tobermory, Lerwick and Invergordon. £200 required on booking.

If you are interested, could you please email MEL

Italian

Verena Carter 07808513453

This meets on the 1st and 3rd Tuesday of the month.

The venue is the Evangelical Church Fobbing Road from 2 till 4 o'clock. We are progressing well with our group trying to expand our vocabulary and grammar in a fun way. We can only take any new members if they have some knowledge of basic Italian. **The book which we use is BBC Talk Italian 1 which is available on Amazon if any new members wish to get it.**

Line Dancing 1

Susan Moss 07905314987

Beverley Brice 07522368810

Christine Hartnell 07771554174

At Horndon Village Hall every Wednesday 10.15–11.45 – cost £2. All very welcome.

Line Dancing 2

Carol Munro 07766 035554

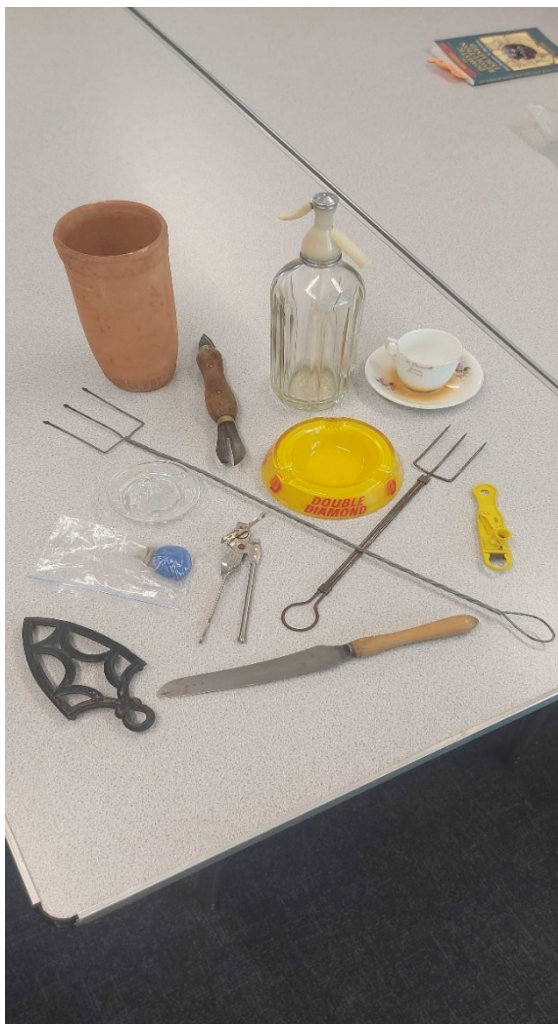
Sue Moss 07905 314987

Every Tuesday starting at 10.00 – 11.00 at the Methodist Hall in Horndon-on-the-Hill.

Local History Group

Diane Wallace

Sue Green 01375 676441



Change of subject for this month due to the event at Basildon Heritage dealing with Kynochtown a few days before the meeting.

Instead, this month we looked at how life at home had evolved in our lifetime. We used for this a series of adverts and photos, plus items that members brought along. Areas covered included mangles, pressure cookers, range stoves, meat larders, soda syphons, and how our daily lives have changed since those days, including our personal memories of these implements.

Our next meeting at Fobbing Community Hall will be at 2pm on Monday 27th of July, when we will be having a talk on Thames Defences by one of our members.

Photo and text by Graeme Peavot

London Walks

Dave Snow

07490 069740

Brian McDonald

This month for our walk we decided to follow the trail of the first 24 hours of the Great Fire of London. We started at the **Monument**, just 66 metres away from the site of the origin of the fire in a bakery in Pudding Lane. We discovered that the baker was Thomas Faryner. He managed to survive but unfortunately his young maid became the first casualty of the fire.

From here we walked towards the River Thames to the site of the old **Billingsgate** fish market. This is where the fire started to take hold and spread up the many lanes in the area. We walked up St. **Mary-at-Hill**, an area virtually destroyed in the first day of the fire. The church of the same name was our next port of call. Although not completely destroyed in the fire, it was severely damaged. It was rebuilt in the 18th Century.

We carried on up the lane to reach another church, **St. Margaret Pattens**. This was also severely damaged in the fire, and was rebuilt using plans by Christopher Wren. The name **patten** comes from a type of clog worn over the ordinary shoe in wet and muddy weather as the roads were not as we know them today.

From here we made our way to **Leadenhall Market**. The market suffered fire damage but was saved from destruction by having several buildings pulled down to create a fire break. After this we walked up Cornhill, where we saw **St. Peter upon Cornhill**. This was another church destroyed by the fire, which was rebuilt by Wren in 1680. Further along Cornhill we came to **St. Michael's Cornhill**. This also was badly damaged in the fire, so much so that only the tower remained standing. Once again Wren rebuilt the church in 1670.

We then entered an area of small alleys containing several historic coffee houses. The majority of this area was to one extent or another damaged in the first 24 hours of the fire. One of these alleys, Change Alley, was severely damaged and rebuilt only to be destroyed by fire again in 1748.. From here we made our way back to the seat of the fire, the Monument and on to our way home.

In the end the fire raged for three days before the wind changed direction and the use of fire breaks slowed its progress.

Lunch and Chat

Chris Brown 01708 852023

Lunch and Chat meets on the first Friday of the month 11-00am at the Langdon Hills Golf Club, Lower Dunton Road RM14 3TY.

****Unfortunately we need to close the group to new members as we are guests at the golf club and cannot ask for additional tables. However I'm happy to create a waiting list and if there are sufficient numbers look at starting a second group if people are interested.****

Lunch Bunch (Tuesday)

Lynn Lawson 07422 541606

For our June lunch we returned to the Springhouse. We couldn't sit in our usual corner as a man was already there. One man taking a whole corner! As our numbers were down, we managed with a squash!

The air conditioning was on so it was comfortable.

As usual the food was good and very reasonable. As it was so hot we all had soft drinks except Chris who opted for a cider! We meet on the third Tuesday of the month. unfortunately we are still unable to take new members.

Mixed Craft Group

Marilyn Edgings 01375 677425

Barbara Purser 01375 677095

If there are any new u3a members who would be interested in trying out the craft group, come along to The **Baptist Church in Corringham on the first**

Tuesday of the month and see for yourself or get in touch with either Marilyn or Barbara.

"I was having a sort out and found many cd's which were free with the Mail newspaper many years ago. I put them in the dustbin and further on that day I thought "Surely they could be recycled". So I got them out of the bin, as you do, and thought about making a sun catcher. I also thought this would be a good idea for our mixed craft group to do. So once we decided which "gems" to use we did the pattern on one cd. Then the second one.

Before we glued the cd's together, we attached some ribbon or butcher's twine to make a loop. As you can see from the photos some very pretty sun catchers were made by the girls. These catch the sun really well at very little expense. So if you have any old cd's why not give it a try."



Music Makers

Mo Wakeling 07902 649122

We now meet on the 2nd and 4th Fridays in the afternoons.

Old British Motor Cycle and Car Enthusiasts

Graham Edgings 01375 677425

"Paws on the Go"

Eileen Drewer 01375 403315
Sue Moss. 07905 314987

With illness the walks have ceased for a few weeks.

Photography Group

Jenny Lees 01375 360786

Mel Fox



Not many were able to attend today, but they missed a treat! We arrived at St Michael's church in Fobbing to a great welcome.

They'd even swept a broom over the church tower walls to dislodge any dirt or creepy crawlies before we entered. It was a narrow space with uneven steps going up in a spiral. Just over 100



steps but we took our time – poor old souls! Interesting view from the top included a clear view of the Gateway Port in Corringham. Fobbing has an interesting history with smugglers using the church tower as a reference point, and founding members of The Peasants Revolt refusing to pay their taxes.

On the way down we visited the bells – getting them up into the tower must have been tough!

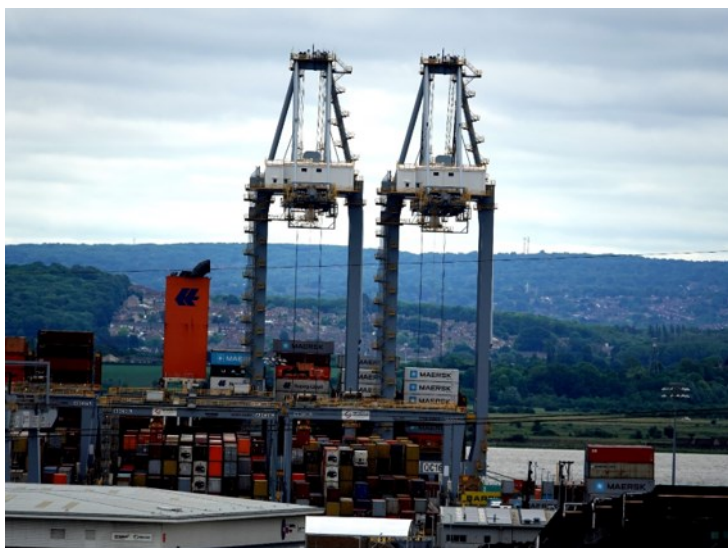


The church has a bat population (but not in the tower) so everything has to be covered at night or it's covered in droppings.

As it was a lovely day, we wandered with cameras around the rest of Fobbing where we met Baz. He had lived in the buildings dated 1564 for the last ten years. This had been the pub. He invited us into his garden where we realised that this had been the river access to the village (all filled in after the 1953 floods). Imagine the sailors/smugglers/bargemen unloading at the pub's edge and then enjoying a drink or three.



We repaired to the White Lion for a meal and a drink of our own – non-alcoholic because we were driving.



Jenny being unwell Chris wrote this and took the photos with Martin Gibbons

Play Reading 1

Beryl Woodcock

We meet on the last Friday of each month and have room for a couple more.

Tea, Cake and Play Reading

Deb Foster

01375 677971

Quilting

Carol Smith

07845 233640

The Quilting Group meet on the first Monday in the month, starting time 2 until 4 o'clock. We do a lot of talking and laughing, as we are a very friendly group of like-minded people, with Tea and Coffee a must, and also Cake or Biscuits. If you are interested why not come along and see what we do get up to. No pressure will be put on you, if it's not what you want OK. Please ring me on 01375 675998 and I will tell you where I live and how to find us.

Quiz Group

Sue Green

01375 676441

Ann Bailey

Ann's Quiz

1. How many florins were there in a pound ?
- 2.Which animals does leporine refer to?
- 3.What is the capital of Lithuania?
4. What river flows through Derby?
- 5.Who wrote Barchester Towers?
- 6.Which 3 planes make up The Battle of Britain Memorial Flight?
7. What is the county town of Wiltshire?
- 8.Who painted Guernica?
- 9 Who wrote Paradise Lost?
- 10.How many spots on 2 dice?

Answers on Page 26

Ramblers

Chris Gomm

07905 117622

Do you fancy a walk along the seafront from Leigh-on-Sea to Southend with a friendly group?

Why not join us for this popular summer walk on **Thursday 23rd July'26**

I would recommend meeting on the platform **at Stanford-Le-Hope Station at 10.15. in order to catch the 10.30. train to Leigh.**

Alternatively you can meet me outside Leigh-on-Sea station at 10.50. in readiness to start the walk at 11.00. heading along the coast to Southend.

The walk to the pier at Southend is about three and a half miles, on the way we will pass close to Chalkwell and Westcliffe stations should anyone want to shorten the walk.

It may be nice to take some refreshments and/or lunch in Southend before our return to Leigh-on-Sea either on foot, train or bus.

I'll look forward to seeing you then on what I'm hoping will be a nice but temperate summer day.

Contact : Christine Gomm on 07905 117622 for further

Scrabble

Magda Norris

Our Scrabble group is meeting fortnightly at the **Gardner Hall in Fobbing**

We start at **1.30 pm for about 2 hours. See Cribbage for dates** our next meetings.

Singing for Fun

Mo Wakeling

07902 649122

Singles lunch

Christine Codd

Meetings will be Wednesday on week 2. Do get in touch.



In June we went to **Miller and Carter**. It was a lovely meal and good service so we can fully recommend this restaurant. You can get 2 courses for £20.50. They also do chicken and fish on the menu. Next month, July, we hope to go to one of our favourites 'The Ship' in East Tilbury.

Sunday Singles

Margaret Lambert 07811 235274

Chris Brown- 01708 852023

Our Sunday lunch is going well. In June we went to the **Dukes Head in Billericay** and had an excellent meal. There was a fish pond in the grounds and some of us sat by it watching the fish and having tea so we stayed there for an enjoyable couple of hours. The next meal is on the **12th July at the Ship East Tilbury**

Ten Pin Bowling

Jean Jardine 07551 952211

Our next meeting will be on Thursday 3rd September as we have no meeting in August as the children will be on holiday. We meet at 10.15 in M&S in Lakeside for coffee and play at 11.00 when the bowling alley opens.

Ten Pin Tuesday

Kevin Brice 07973349288

The Ten Pin Tuesday interest group meets on the third Tuesday of each month, other than during school holidays. Our next session is on **Tuesday 16th June 2026**

The group meets at the Hollywood Bowl, Lakeside for its ten pin bowling sessions.

We have two games per session.

Entrance time to the Hollywood Bowl is 11.00am.

We suggest getting a tea/coffee in M&S Café around 10.30 am and arrive at the Hollywood Bowl by 11.00am, ready to commence bowling asap thereafter..New members welcome, ***please email or ring first.***S

Answers

- | | | |
|--------------------------------------|--------------------------|---------------|
| 1. 10. | 2. Rabbits and hares | 3. Vilnius |
| 4. Derwent | 5. Anthony Trollope | |
| 6. Lancaster, Hurricane and Spitfire | | 7. Trowbridge |
| 8. Picasso | 9. John Milton | 10. 42. |

Day Trips

Sue Dunn
Sue Moss

***A reminder of pick up times for Elton Hall on 17th July
Lampits Hill – 8.10. Springhouse – 8.20. The Oak – 8.30***

***Please remember due to Health & Safety conditions imposed by Elton Hall
you are unable to take walking aides into the House.***

WOODBIDGE & DEBEN RIVER CRUISE

THURSDAY 17th SEPTEMBER 2026

Cost £45.00

Enjoy a late summer afternoon relaxing cruise along the river Deben where tea and cream scones will served as we sail gently towards Felixstowe. Take your cameras to capture the marine life you may see along the way.

The morning will be spent in the quaint town of Woodbridge where you may wish to take a spot of lunch before commencing our journey to Waldringfield where we will join our boat.

*Please be aware that you will need to negotiate
stepping on and off a boat which may move slightly as you do so.*

Pick up times will be confirmed at the time of booking.

Please make cheques payable to SLH U3a and remember to complete a booking form before queuing to pay for the trip.

Theatre Shows

Tina Smith 07899915184

Carol Lindsell 07906436445

We have three tickets available for Oliver on 10th March 2027 @ of £85 each.
We have £100 seats in the stalls and are lucky to have been given a large group discount. £85 includes ticket, coach and tip for the driver. I was lucky to have already seen this show and highly recommend it.

Please ensure you have completed a booking form.

UKE3A

Madeline Beesley 01375678576



In June
Uke3A
played for
the
residents in
Piggs
Corner
Residential
Home in
Grays.

We had a
lovely
afternoon
playing and
singing

some 1950s, 60s, 70s and 80s songs which they all knew and sang along with us.

On 27th and 28th June we then did some sets at The Horndon on the Hill Feast and Fayre.



Despite the hot weather there was a great turnout and we had two lovely afternoons playing to the passing crowds. There was a great atmosphere and we had a lot of fun. From September the Ukulele Group will have a change of leadership.

WINE APPRECIATION GROUP

Graham Hodgson 01375 675588

Jean Jardine 07551 952211

The Wine Appreciation group held its annual garden party/BBQ in the garden of John and Mavis. Almost all of the group were there and enjoyed an abundance of wine and food and all enjoyed their time in the sunshine. A photo of the group enjoying their selves is attached.



In the first week of July we join with the members of It's Wine O'clock group for a wine tasting at New Hall Winery followed by lunch in a local restaurant.

It's Wine O'Clock

Paula Mullooly 07754 727011

Ann's Column

As I write this, my suitcase is downstairs ready to pack; I have 2 days in which to complete the task. As I set off on my travels again (I do spend some time at home,) I think back to the first time I went abroad as a 14yr old Girl Guide. The trip was a week staying in Seefeld in the Austrian Tyrol, and, if I remember correctly, it cost £32.!

We caught the train at Woodbridge, ferry to Calais, then train through to Innsbruck. I was fascinated by the architecture, – the painted chalets. It was a magical week. I remember sitting on the station, on the way home, at Bern or Basle eating breakfast rolls. Nowadays, you hop on and off a plane, not always that simple, but you miss all the wonderful scenery. And as ,up to some years ago, I was the main driver, it's lovely to sit in comfort and watch out the window. A week's holiday passes very quickly.

*****If you don't receive the advance email, do get in touch by using the email from the committee list for advance email *****

Group Timetable					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
am	Golf		Boules(Springhouse) Line Dancing 1 Flower Arranging.	Ten Pin Bowling	PÉTANQUE/BOULES (Billet). Lunch and Chat
pm	Golf Quilting O B M UKE3A(Ukulele)	Mixed Craft. Italian Beginners	Canasta. Boules pm (Springhouse)	Board Games	Lunch & Chat
Week 2					
am	London Walks Golf		Boules (Springhouse) Line Dancing 1		PÉTANQUE/BOULES (Billet) Photography Paws on the Go
pm	London Walks	Scrabble/Cribbage Every two weeks	Canasta. Boules pm (Springhouse) Singles Lunch	SLH&District u3a General Meeting	Music Makers Photography
Week 3					
am	Golf	10 Pin Tuesday	Flower Arranging Boules (Springhouse) Line Dancing 1	Ambling	Gallery Visits PÉTANQUE/BOULES (Billet)
pm	Golf UKE3A (Ukulele) It's Wine O'Clock (Evening)	Tuesday Lunch Bunch Italian Beginners. <i>Art at Mucking</i>	Family History Canasta. Boules pm	Wine Appreciation	Board Games Gallery Visits Book Club
Week 4 Last					
am	Golf.		Boules (Springhouse) Line Dancing 1	Rambling	Birdwatching PÉTANQUE/BOULES (Billet).
pm	Singing for Fun Local History.		Canasta Boules pm. (Springhouse)	T.C.& Play Reading <i>Couples Lunch</i>	Play Reading 1 Music Makers.

LINE DANCING 2 meets every fortnight on Tuesday morning.
touch; often a Saturday.

Quiz – get in touch;
Curry Club – get in touch to book a place.

Contact Details for Interest Group Leaders

Groups with no spaces are highlighted.

Ambling	Tessa Duggan Jenny Radford	01375 670212 01375 676338	
Bird Watching	Dave Snow	07490 069740	
Board Games (Thurs. & Fri)	Margaret Lambert	07811 235274	
Book Group	Ann Bailey Dawn Lloyd-Warne	- 01375 461885	
Boules (Wed.am)	Dave & Jean Jardine	07551 952211	
Boules (Wed.pm)	Paul Brice	07788 452852	
Boules (Fri am)	Colin & Carol Munro	07770 854318	
Canasta	Pauline Kerridge	01375 462232	
Chess	Robert Morrison	-	
Couples Lunch	Dave & Jean Angus	07711 359127	
Cribbage	John Green	01375 676441	
Curry Night	Tina Smith Carol Lindsell	07899 915184 07906 436445	
Day Trips	Sue Moss Sue Dunn	07905 314987 07891 019907	
Family History	Sue Green Peter Craggs	01375 676441 01375 643749 07759 817821	
Flower Arranging	Christine Lambert Linda Tilbury	07504 238154 07972 879173 07928 221626	
Gallery Visits	Jenny Lees Chris Henderson	01375 360786 -	
Golf	Paul Brice	07788 452852	

Holidays & Cruises (bk)	Carol Smith Mel Fox	07845 233640 01375 679643	
It's Wine O'clock	Paula Mullooly	07754 727011	
Basic Italian	Verena Carter	07808 513453	
Line Dancing 1 (Wed)	Susan Moss Beverley Brice Christine Hartnell	07905 314987 07522 368810 07771 554174	
Line Dancing 2 (alt. Weds)	Carol Munro Sue Moss	07766 035554 07905 314987	
Local History	Sue Green Diane Wallace	01375 676441 -	
Local Research Projects	Sue Green Diane Wallace	01375 676441 -	
London Walks BK	Dave Snow Brian McDonald	07490 069740 -	
Lunch and Chat	Chris Brown	01708 852023	
Mixed Craft	Marilyn Edgings Barbara Purser	01375 677425 01375 677095	
Music Makers	Mo Wakeling	07902 649122	
Old British M/C & Car Enthus't (bk)	Graham Edgings	01375 677425	
Paws on the Go	Eileen Drewer Sue Moss	01375 403315 07905 314987	
Photography	Jenny Lees Mel Fox	01375 360786 01375 679643	
Play Reading 1	Beryl Woodcock	-	
T. C. & Play Reading	Deb Foster	01375 677971	
Quilting	Carol Smith	07845 233640 01375 675988	

Quiz Night	Ann Bailey Sue Green	– 01375 676441	
Ramblers	Chris Gomm	07905 117622	
Scrabble	Magda Norris	01375 360355	
Singing for Fun	Mo Wakeling	07902 649122	
Singles Lunch	Christine Codd	07594 948003	
Sunday Singles Lunch	Margaret Lambert Chris Brown	07811 235274	
Ten Pin Bowling	Jean Jardine	07551 952211	
Ten Pin Tuesday	Kevin Brice	07973 349288	
Tuesday Lunch Bunch	Lynn Lawson	07422 541606	
Theatre Trips (bk)	Tina Smith Carol Lindsell	07899 915184 07906 436445	
Uke-3a	Madeline Beesley	01375 678576	
Wine Appreciation	Graham Hodgson Jean Jardine	01375 675588 07551 952211	

Deadline for articles etc. for the August Newsletter will be Wednesday 5th August

Contact details for Stanford-le-Hope and District u3a

Chair – Kevin Brice

Vice-Chair–Danni Tate

Treasurer –Mel Fox

Assistant Treasurer – Sue Green

Secretary& Policy Documents –Janet Deeney.

Membership Secretary – Richard Fox

Newsletter Editor – Chris Henderson for items for the newsletter.

Interest Groups' Co-Ordinator –Sandra Isaacson

Assistant Group Co-ordinator –Marilyn Edgings

Welfare and Disabilities Co-Ordinator– Eileen Drewer

Advance Notice Email – Chris Henderson for problems with Advance Email

Stanford-le-Hope and District u3a Website Managers–

Michael Farman Chris Gomm

Suggestions Box – Jean Angus

Committee Members –Pam Tate, Sue Dunn, Sue Moss

SLH&D Website.–. <https://slh.u3asite.uk>

National u3a Organisation www.u3a.org.uk

Tel 020-8466-6139

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Event Name (Trip/visit/show)		
Date of Event		
Your Name & Membership No.		
Your Contact Mobile Number – Essential for contacting you on the day		
In Case of Emergency Mobile phone number(S)	Numbers	Names
Email address		
Cheque/Cash value*(Indicate if it is cheque or cash) Cheques payable to SLH u3a	£	Cash /Cheque

*Separate payment required for each event

YOU CAN ONLY BOOK FOR TWO PEOPLE

If you are booking for one other person, please list clearly their name and contact details here: Name: _____ Contact Number: _____ ICE Name: _____ ICE Number(s): _____

Pick up point (If travelling by coach please indicate which pick up point you prefer)

Lampits Hill Bus Stop Opposite shops/ Corringham Social Club	Springhouse Club Corringham Bus Stop at layby	The Oak, Grays By the Bus Stop
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