

u3a **Stanford-Le-Hope & District**

Newsletter for August 2026



July's day trip found us at **Elton Hall & Gardens** and, although we had an early start, everyone enjoyed the day.

We were met with a welcoming cup of tea/ coffee and biscuits whilst we waited to be put in our groups for our tour of the house which was certainly not disappointing. There was plenty to see with some amazing paintings including masterpieces and artefacts as far back as Henry VIII's time. It was especially lovely to

hear how the hall still remains in the Proby family with the next generation living at the hall and



putting their own stamp on the place. Later we strolled round the gardens

in the afternoon sunshine. Next to Elton Hall was Bosworth Garden Centre where we had lunch and after lunch some had a walk round purchasing some unusual plants.

Photos by Chris Gomm and Chris Henderson

General Meeting – **Thursday 13th August 2026** Our speaker is Gemma, Events Co-ordinator for Essex therapy dogs presenting, “Everybody Loves our Paws”. 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. This 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.

Thursday 10th September 2026 is the Stanford-le-Hope & District u3a AGM.

We do not have a speaker that day, but time permitting will organise a fun quiz for all present.

COMMITTEE CHAT

The exceptional hot weather has continued over the past month, now resulting in hosepipe bans across the country and a spate of wildfires as well. Rest assured, in six months we will be complaining it is too cold! The weather is one of the constant topics of discussion amongst us Brits.

Another constant is change. Now that nominations for our 2026/2027 u3a committee have closed we can confirm that three committee members are not seeking re-election. No new nominations have been received.

1.30pm remains the time when members are normally allowed entrance to our general meetings. This will be via the side door. At our July general meeting, we organised people attending into two queues. One queue for those wishing to book a trip and the other for those not so doing. This arrangement will continue for our August general meeting.

Remember, you **MUST** complete a booking form before approaching the trip table to make a booking. This applies to all trips organised by our u3a.

This year we adopted the u3a Beacon database and management system for administrative functions. It has proven beneficial, especially for our membership secretary and trip organisers, saving considerable time on administrative tasks.

Another planned change is the introduction of an on-line membership form. Michael Farman has worked diligently on this and committee members have conducted successful trials, completing membership forms on-line to the satisfaction of our Membership Secretary. The person completing an on-line

membership form gets a copy by return, which could act as a receipt. Watch this space.

At the time of writing, 22 members have not picked up their 2026/2027 u3a membership cards. Members can be asked to show their membership card at any time. You MUST have a current membership card to attend a general meeting or an interest group, book a trip and vote at the AGM.

Our AGM is on Thursday 10th September where the Chair and Treasurer present their annual reports and nominations for election to the 2026/2027 committee are made. We look forward to seeing you there.

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.**

Suggestion Box **Jean Angus**

Members Suggestions are always welcomed and taken to Committee for discussion.

So if any Member would like to make any Suggestion for consideration to help things improve – the “Suggestion Box” together with paper and pen /pencil is always available at the monthly meetings on the table near the exit door that leads to the bar.

If you get an unsolicited call from someone purporting to be from your bank this could be helpful. They may have been quite persuasive or intimidating wanting you to transfer funds or ask for your bank details. For reassurance, you may wish to contact your bank.

Please end the call. Then call 159 using another device or the same device ensuring you have cancelled the last call. You will hear a recorded voice saying "Welcome to 159 the service you can trust to connect you to your bank". You are asked to say the name of your bank.

159 is like 999 or 111 or 101 so it's good to know in case of a Scam or unsolicited bank call and you wish to contact your bank.

I have not used this, but if you Google or search 159 you will be provided with more details. Give it a try and hang up after the message.

Let's hope you never need to use it!! Michael Farman

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 August amble will be on **Thursday 20th August** and we will be going to **Wat Tyler Country Park**, Pitsea Hall Lane, Pitsea SS16 4UH. Meet us outside the Visitor Centre at **10.30am**. Look forward to seeing you there.

Bird Watching

Dave Snow 07490 069740

Book Group

Ann Bailey

Dawn Lloyd-Warne 01375 461885

Board Games

Margaret Lambert 07811 23527

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**. The games group is going well with two new members starting on the first Thursday in August.

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.

*****Christmas Lunch*****

Mel Fox 01375679643

Carol Smith

This year's Christmas lunch will be held at the Mercure Thurrock Stifford Hall North Stifford on Tuesday 15th December 25. 12.30 for 1pm sit down – 4.30pm.

Cost is £43 pp and we will be taking booking and payment for Lunch from 1.30pm at September's General Meeting.

Menu and booking forms are available at the back of the newsletter. Anyone parking at the hotel will need to register their car at reception upon arrival. If this is done, there will be no charge for parking.

Don't Forget to let Eileen Drewer know of any deaths or illnesses of members so that we had send a card expressing condolences or best wishes.

Couples Lunch

Dave and Jean Angus 07711359127

For our Couples Lunch on 24th July, we decided to go to The Greyhound at Brentwood which was the very first restaurant we booked when we started up Couples Lunch four years ago now. As usual we had asked for one table for us all so we could chat and laugh together but on the day the Manager was obviously not pleased because instead of taking our orders at the table he made us all queue up to order our food. Because it was taking so very long Jean sat down and joined the queue again when everyone else had placed their order because her back was hurting. The Manager decided to go off and do other things and eventually came back to take the order. The down side being Dave and Jean's food had to be asked for because it took much longer than anyone else's to arrive, this was not only for the starter but for the main course too. While the food was very good, as Dave and Jean did not get their food until everyone else had almost finished their meals, Jean did not feel like eating much of her chosen pie as there was so much pastry – it was too much. When the Manager was clearing the plates away, he could see that Jean had hardly eaten any of her meal and kindly offered her a refund. But because of his unhelpful manner this did not really make up for the long wait. Vee can't eat anything with Pepper and this is not usually a problem but the Manager said he could not provide anything with no Pepper so Vee and Arthur left without having eaten lunch with us all. As Members can imagine this is not somewhere we will be visiting again, it is OK for 2-4 guests possibly but not for larger Groups but it was not mentioned when we booked that the Manager does not like Groups. Ah well ! moving on.

Cribbage

John Green 01375 676411

Next meetings for the group will be **September** 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

Disabled Amblers

Dave and Jean Angus

We braved a very hot, but very short, walk on Wednesday 8th July. Some Members said it was just too hot and decided not to come understandably, while others of us met up and after a very short walk to the Rugby Club at Blackshots we went for a coffee and chat in the air-conditioned café of Blackshots, we left it to those who turned up to decide if we were to include the short walk or not and they decided they wanted to. We have been joined by Vee and Arthur now with Vee bringing an umbrella to shield from the sun and it was another fun gathering for us all. Partners are welcome to come along whether they are required or not to join the chat as we stroll along and newly interested Stanford u3a Disabled Amblers are welcome to join the Group too. **Future walks to look forward to are**

**1.30am on
Wednesday
12th August
and 10.30am
on
Wednesday
9th September,
details of the
venue for the
walks will be
sent direct to
Group
Members.**

*Photo from Dave
Angus' camera*



Family History

Sue Green 01375 676441

Peter Craggs 07759 817821

At our July meeting we had a speaker from Epping FHS–Mark Carroll– talking to us about Workhouses. Three of his relatives had been in the West Ham, Lexden and Haverhill Workhouses so there was some local interest as we looked at the layout of the buildings and learned about some of the records a researcher could look at. It made for an interesting afternoon. 20 of us braved the heat and were rewarded with the fabulous air con in the Community Church hall–it's the coolest I have been for a fortnight! Thank you to the cake bakers for making the afternoon special.

We are having a break in August and will hopefully come back refreshed in September ready for the autumn season getting back to tracing our trees.

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.

Elton Hall was really enjoyable, I had never heard of it before but would go again.

One of our flower arranging ladies does the flowers for Horndon Methodist church, the Horndon feast and fayre was at the end of June, the main headline charity was the South East Essex Wildlife charity in Orsett. Two other ladies from

the group went to help her do the church displays, she had created a wildlife area at the front of the church, we did the appropriate displays around the ducks, hedgehogs, owls, rabbits and butterflies etc.

For our first week the theme was country, some chose a country and others



countryside, they were all different, the lady at the church where we have our meetings at, was being ordained so one of our members created a pair of yellow flower displays for her ordination service.

The second week was our choice, lots of flowers from the gardens, some of the



displays were large and very flamboyant others lavender and white and simple all so different. At this time of year, the gladioli are popular, it always

looks really lovely in a display.

Photos and report by Brenda Osborne

Gardening Allotment News

Michael Farman

August Allotment News

What a surprise this morning. Actual Rain! I had to go outside to remember what it looked and felt like. The rain lasted less than five minutes but it did wet the ground. When the sun appeared an hour later, it had already dried up. A few days later we had rain again, less than before, not even wetting the ground! Both incidences did little good, as none of the rain water penetrated the ground to the roots of plants. Thinking back, it's a good 5 or 6 weeks since we had any useful rain.

It has been reported we have had just 2% of a normal July rainfall in our area. Climate Change, Net Zero? It's just a bit worrying with not much an individual can do but listen and follow Best Practice. When I was working "Best Practice" was a phrase commonly used by my managers.

Back at the Allotment, it's not surprising I spend most days watering the plants just to keep them alive. Most of my water butts are empty so it is mains water used sparingly at the plant roots. Most crops are now are planted or seed sown, but germination and growth is sporadic, probably because of a combination of the high air temperature and the hot soil around the roots. Plants I am told, like cool roots! I have heard it reported the plants detect the lower temperatures at night so these tropical nights are just not right for our temperate vegetables. We have a few Asian plot holders at our Allotment site and they grow a variety of Asian vegetables. Don't think the seed is bought in this country but the plants do seem to grow well. Most of us grow tomatoes but I prefer the small cherry type whereas the Asian's and the European's grow larger fruit for the pulp and juice to make their sauces.

The foliage on the early and salad potatoes died and dried so have been digging (with difficulty) new potatoes for a few weeks. The potatoes are small as you may expect. Not a lot of slug damage given the dry conditions.

Evening dinner is often a salad but unfortunately my Lettuce and Cucumber are still not of a size to harvest. I also have picked a few runner beans but they don't go with salad. We have had an abundant supply of cherry tomatoes and some

beetroot. I never seem to get all salad items ready at the same time despite my planning. We did eat the runner beans with potatoes and a chop. All done on the top (Hob) with no Oven.

I pruned the blackberry bramble to get larger and fewer fruit. I have larger fruit and lots of it. Its roots must go very deep as in this hot weather as its leaves never show any stress. I never water the plant!!

The Pepper, Chilli and Sweetcorn plants love the heat so are growing rapidly. They do get a lot of water particularly the Sweetcorn.

The Spring-sown Broad Beans have now finished producing pods of edible beans. Not washing off the blackfly meant they did not get watered so much this year, so the beans are now getting tough outer skins. With a hose pipe ban imminent, (it arrived on the 3rd August) it is quite a blessing there is no blackfly to wash off.

I have given up grass cutting at the moment but the strawberries are producing masses of runners so that will be a job in the next few weeks if the plants survive the drought conditions.

It's not that enjoyable gardening in this heat! Make sure you are well-covered with high factor sunscreen on the exposed bits.

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. Balance NOW due to Cooke's 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 – selling at August 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 me.

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

'Thames Defences' was the title of our July meeting which was led by one of our members, Graeme Peavot. The number of questions asked during and after his presentation



showed how much his talk was appreciated.

Between the Norman invasion and WWII, there were more defences built on the Kent side of the Thames than in Essex, because that county had more strategic sites to protect. The outer section for defence was the Medway at the mouth of the Thames in Kent, to guard places like Chatham Dockyards. The inner section was the Thames itself, where crucial national sites such as the Royal Arsenal and shipyard at Woolwich, victualling yards at Deptford in Kent and the Royal

Magazines at Purfleet in Essex, all needed to be defended against attacks, as did London itself.

The Thames at times had forts opposite one another so they could concentrate fire from both sides in case of an attack. These were sited at Gravesend and



downstream of there, but before the river widens into a broad estuary.

Henry VIII built a series of block houses (D-shaped towers – with heavy guns and accommodation for the gunners) in this area to defend London. The blockhouses were at Higham and opposite was East Tilbury, Milton and Gravesend blockhouses were opposite West Tilbury. The defences included a boom built across the river between West Tilbury and Gravesend to thwart enemy ships. This idea would be used again in the future.

Coalhouse Fort, built near East Tilbury but not on the site of the blockhouse, was active from 1860 and almost opposite in Kent, Shornemead and Cliffe forts were rebuilt and expanded. In WW2, Army and Navy sea-forts fitted with guns were built on the approaches and entrance to the Thames estuary. (Over 20 planes were shot down by the Army) There are two Army forts left standing, Red Sands and Shivering Sands. The Navy forts were further out and 2 of those, Knock John and Rough Sands can still be seen.

There was a boom which stretched across the estuary in WW2 between Shoeburyness in the north and Sheerness in the south, with submarine nets in the central section.

Other defence facts

Tilbury Fort was built with West Tilbury Blockhouse absorbed into its structure. Ever heard of Queenborough Castle on the Isle of Sheppey? Edward III built it, but later Oliver Cromwell was unwilling to pay for the upkeep. It was sold off and demolished. Cooling Castle was built after a French raid, but it only took 8 hours to capitulate when it was attacked during a rebellion against Mary I.

Did you know there were 3 sea-forts built in the approaches to the River Mersey? They had been demolished by 1955? Only a selection of the forts and castles and facts which were given in Graeme's talk are mentioned in this article.

Many thanks to Graeme for the preparation and delivery of his talk.

Open Heritage days across England, all of which have free entry, return again between 11-20th September 2026. For details go to www.heritageopendays.org.uk

There will be no Local History meetings in August and September because many of our members won't be able to attend.

The next meeting will be Monday October 26th at 2pm at the Corringham Community Church Hall, Fobbing Road.

Diane Wallace (and photos)

London Walks

Dave Snow 07490 069740

Brian McDonald

We are sorry to say that we have had to make the decision to cancel the walk for August. The walk planned for August will now take place in September. We are sorry to have to do this but certain circumstances have made it difficult to carry out the walk. Rest assured that the walks will be back to normal in

September. In the meantime, we hope you all have a great summer and look forward to September.
Dave and Brian

Our London Walk for July started at Blackfriars. This was where, back in the 13th century, there was a Carmelite monastery (Whitefriars) alongside a Dominican friary (Blackfriars).

Of course, Henry VIII stopped all that and built Bridewell Palace instead. He soon tired of that and it became a penitentiary and then a hospital. It was destroyed in the fire of 1666.



This area then became home to a large number of newspapers and we saw the history of the print on tiles in Magpie Alley. Many of the street names reflected the history of the area.

We saw where the Guildhall School of Music and Drama had been with the decorative panels of musical instruments, Sion College known for its theological library and where the City of London School had been. All have now moved on to other parts but the man hailing a taxi will be there for some time.

We passed Telephone House where Dave Snow said that he worked and then walked along the river seeing the OXO tower on the South side. Having seen a camel in Kentish Town and three more above the entrance to Peek House on previous walks, we saw numerous

more on the seats along the banks of the Thames. Also following our last walk, we saw where the dragons from the old Coal Exchange were now, marking the boundary of the City.



We heard about the Imperial Society of Knights Bachelor and a number of pubs. We saw St Clement Danes church where William Webb Ellis (Rugby World Cup) had been rector, Australia House with its connection to Harry Potter and Strand/Aldwych underground station which was used to store works of art during WWII.

At Bush House, home of the BBC's World Service for over 70 years, one group was invited in by the Deputy Vice Chancellor of Kings College and he talked about the

scientific work being done there especially in relation to Parkinson's Disease.

Then there was The World Turned Upside Down by Mark Wallenger and the Old Curiosity shop (which wasn't so old).

We saw the Royal College of Surgeons incorporating the Huntarian Museum (free and well worth a visit) and found out why Consultants are called Mr, Mrs or Miss and not Doctor. We were then on Carey Street, or Queer Street as the saying goes, with the Bankruptcy Court. Then there was Samuel Johnson's house and his cat, Hodge, before passing Ye Olde Cheshire Cheese pub.



Lastly there was St Bride's church. Either side of the altar are what appear to be carvings of Aaron and Moses but when you get close, they are just paintings on a flat surface. This is Trompe-l'oeil (thanks Graeme). Apparently, a local baker's assistant wanted to marry the baker's daughter. When he saw the steeple of St Bride's, he designed a wedding cake in the same style and they were happy ever after, just like our walkers. *(photos by Chris Gomm and Sharon Brown)*

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

We meet on the third Tuesday of the month. unfortunately, we are still unable to take new members.

For July we tried a new venue for our "Bunch" although some of us had visited many times. We tried Smiths Garden Centre in Little Thurrock. All their food is home-made. There are some steps for access but the ladies managed with the rails and sticks.

Although the temperature had reduced it was quite warm so some chose to eat outside which was very pleasant.

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.

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

I am suspending the dog walking while this weather is so oppressive. It is not sensible to be walking distances for either humans or dogs, we can

reconvene in the autumn when it cools down.



Eileen

Photography Group

Jenny Lees

01375 360786

Mel Fox



One of our favourite places to visit has always been Beth Chatto's Garden near Colchester. It's peaceful, has lots of shade! and full of interesting shapes. We had a great day there.





photos and text by Chris Henderson

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. What plant is Bishop of Llandaff?
2. What is the capital of Georgia?
3. Who wrote The Nine Tailors?
4. What is the symbol of the National Trust?
5. Which river forms the boundary between Scotland and England/
6. Who is Dylan in The Magic Roundabout?
7. Who is the host of The Chase?
8. What is the County town of Kent?
9. In the language of heraldry, what colour is "gules"?
10. The Granta is a river in which city?

Answers on Page 24

Ramblers

Chris Gomm 07905 117622

Thorndon Park South to North – Thursday 27th August meeting at 10:30

We will park for this walk at the back at the Heron Golf Club Car Park., Herongate, CM13 3LW (Just off of the A128).

I would recommend to anyone interested that we stop here for some light refreshments at the end of our walk.

This is a very pleasant woodland walk so should be suitable in all weathers and lead to an excellent walk. Any enquiries please feel free to contact me

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.

This is the update for single lunch group. In July we went to The Ship where we had a lovely meal as usual with friendly staff and we all had a good time.

In August we hope to go The Boars Head, Brentwood. We have been there once before and enjoyed it so hopefully it will just as good!

Sunday Singles

Margaret Lambert 07811 235274

Chris Brown- 01708 852023

We went to the Ship for our July meal which was excellent, and for our August meal we are going to the Bull .

Answers :

- | | | |
|------------------|--------------|---------------------|
| 1 A dahlia | 2. Tbilisi | 3. Dorothy L Sayers |
| 4. An oakleaf | 5. Tweed | 6. A rabbit |
| 7. Bradley Walsh | 8. Maidstone | 9. Red |
| 10. Cambridge | | |

Ten Pin Bowling

Jean Jardine 07551 952211

Next game – no bowling in August as the children are on holiday, and, as we will be on holiday in September, we will meeting again on October 1st. Get in touch if you would like to join us.

Ten Pin Tuesday

Kevin Brice 07973349288

The Ten Pin Tuesday interest group normally meets on the third Tuesday of each month, other than during school holidays. Due to school holidays, our next session will be **Tuesday 15th September 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.***

Day Trips

**Sue Dunn
Sue Moss**

New Trip on sale in August will be a visit to Old Naval College Greenwich and afternoon tea.

Ever wondered where scenes are filmed in favourite dramas; come join us at Old Naval College Greenwich where we will have a private tour and see where many backdrops have been used for favourites like Bridgerton, The Crown, Pirates of the Caribbean to name a few. This will be a walking tour which will take around 1 ½ hours, afterwards we will be taken to the Painted Hall and to The Chapel of St Peter & St Paul.

*To round off the afternoon we will be taken to the Novotel, Greenwich where we will finish the day with an afternoon tea. **Date 23rd October, Price of tickets will be £66.** Can you please complete booking form and have correct monies or cheque. **We will also be trialing bank transfers for those who do online banking, at the time of booking please advise this is how you wish to make***

payment you will then be given bank details along with a unique reference number.

Pick up times Lampits 9am, Springhouse 9.10 and Oaks 9.20

REMINDER – AUDLEY END HOUSE & GARDENS

THURSDAY 20th August. Pick up points & times:

Lampits Hill – 9.30. Springhouse – 9.40. The Oak, Grays – 9.50

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

Brick lane Music Hall with Dolly Parton tribute and afternoon tea.

Please let me know asap if you have any special dietary requirements.

This event is now sold out.

Cooks coach pick up times:-

Lampits Hill 10.20am

Springhouse 10.30am

The Oaks Grays 10.50am

Please ensure you have completed a booking form.

UKE3A

Madeline Beesley 01375678576

From September the Ukulele Group will have a change of Leadership

Madeline will be stepping aside as Group Leader after 4 years and Mo Wakeling, also a member of the Uke3A will be taking over. It will be a great opportunity for the group as Mo has musical experience and the enthusiasm to teach us new techniques and new songs. Madeline will still stay with the group and will be leading the group when they perform at their bookings up to the end of July.



u3a It's Wine O'clock and Wine Appreciation groups enjoyed a wonderful trip out to New Hall Wine Estate in Chelmsford for an amazing wine tasting experience by Lucy and Lisa. They are very knowledgeable and



passionate about wine that it makes for a very relaxing and informative event. We saw the vines and the winery before sampling their award-winning wines. Lunch followed at the nearby pub, The Bell, in Purleigh. Fabulous food and good service. A lovely afternoon of great wine, great food and great

company.

WINE APPRECIATION GROUP

Graham Hodgson 01375 675588

Jean Jardine 07551 952211



It's Wine O'Clock

Paula Mullooly 07754 727011



(Photos by Paula Mullooly)

Ann's Column

Oh, was it hot on the Danube, hotter than here, but a superb trip. We were unable to moor at one stop because of low water, but Budapest was ok. And now I read that some cruises have been cancelled due to low water levels. Such a shame.

I have now returned from a few days at Longstanton, hot there as well, but, we did have a shower of rain one evening which just freshened up the air. My water lily has bloomed, just the one pink flower. Said plant was only put in this year, so I'm really pleased. Also there are more butterflies this year, red admirals on the buddleia. Simon has a hummingbird hawk moth regularly visiting one of his salvias, and one evening, a more unpleasant visitor showed up, a robber/assassin fly, not a pretty sight.



I was somewhat irked with the TV coverage of the Tour de France, one hours highlights, with adverts, and the same with the Commonwealth Games, unless I paid for that specific channel. But such is life! Now I must go and water my roses, I have a special yellow one, Pilgrim, just outside my back door. My friends kept it looked after while I was away, now it's down to me again. Watering cans at the ready!

Sue Green shared a picture of her trifid that has grown in one of the pots in the garden. Whilst everything else in pots-geraniums, lobelia etc is struggling with the heat, this monster has appeared-3 foot high and climbing. It's some sort of lily-don't remember planting it, certainly not this year, and don't really like lilies!

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	
Memory Lane	Sue Green Jennifer Freeman	01375 676441 07802 326317	
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	

Temptation called when I saw this at Elton Hall Garden Centre on our u3a trip in July. It's called a 'Snow Angel'. It has thick silver leaves covered in tiny hairs and glows in the dusk.

*(Photo and comment by
Chris the Editor)*



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 items for the newsletter.

Interest Groups' Co-Ordinator –Sandra Isaacson

Assistant Group Co-ordinator –Marilyn Edgings

Welfare and Disabilities Co-Ordinators – 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,

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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Christmas Lunch Tuesday 15th December 12.30 – 4.30pm Price £43pp

Mercure Thurrock Stifford Hall, North Stifford RM16 5UE 01708–719988

NAME_____

TelephoneNo._____

Sit with (2 Preferred Names)

1_____

2_____

Special Dietary Requirements i.e. Gluten Free, Vegetarian

Starters Please select your preference

Butternut Squash Soup served with Herb Flat Bread

☐

Chicken Liver Parfait served with Toasted Brioche

☐

and a Spicy Cranberry Chutney

Prawn & Salmon Fishcake with a Chilli & Lime Dip

☐

~ Main Course ~

Breast of Turkey with Cranberry Stuffing & Pigs in Blankets

☐

Herb Crusted Salmon Fillet with a Lemon & Dill Hollandaise sauce

☐

Fricassee of Asparagus & Wild Mushrooms in a Filo Pastry Case

☐

All served with golden roasted potatoes and winter vegetables

~ Dessert ~

White Chocolate & Raspberry Cheesecake

☐

Traditional Christmas Pudding served with Brandy Sauce

☐

Cherry & Chocolate Tart served with clotted cream

☐

~ To Follow ~ Tea / Coffee & mince pie