

Newsletter for September 2026



Our trip to Audley End was a successful one and was enjoyed by our visiting group.

The grounds which I am sure would have looked magnificent if it was not for the conditions visible at the time. Everything looked quite parched by the unrelenting

sunshine we had for so many weeks. Many people partook of refreshments in their splendid cafe and the walk around the house was made really interesting by the many volunteers placed strategically in each room telling of the Howard family that had built the residence in the early seventeenth century. The stables and walled gardens were also worth a visit. *(photos by Sue Moss and Chris Henderson)*



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

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

Thursday 8th October 2026

Our speakers for 8th October 2026 are Mary and Graham Brace

Mary and Graham are wildlife photographers and conservationists.

They share their passion giving illustrated talks covering Brazil, Britain & Europe, Ethiopia & Chile, India, India 2, North America & Sri Lanka, Tanzania, Zambia, India East & West & Tanzania Re-Visited.

Their talk on 8th October is on wildlife in India and Tanzania.

COMMITTEE CHAT

After all the very hot weather, we have at last had some rain. Not enough to avoid our hosepipe ban, but still enough to leave some puddles lying around. Remember what puddles are?

The extreme hot weather at our August general meeting meant our speaker from Essex Therapy Dogs was unable to attend as the temperature was too high for a dog to be present. Fortunately, we were able to substitute our speaker with a quiz for everyone present to get involved in.

Our September general meeting is our AGM, when the committee reports on the past year and elections are made for the coming 2026/2027 year's committee. As we never know how long an AGM will take, we do not book a speaker for that day. If time permits, we again will hold a short quiz to test members' little grey cells.

Please remember, to vote at the AGM, you must show your membership cards.

In this day and age, nothing remains the same for too long. The digital age is upon us and our u3a is making progressive moves to implement new systems, whilst acknowledging not everyone will be conversant with these.

In the past year we adopted the Beacon database for administrative functions, which has proven to be very successful. The committee will now be considering implementing the Beacon finance function to ease financial record keeping and reporting.

In line with national office suggestions, the committee will also be setting out a Finance Policy. Our website administrator designed an on-line membership form. This was used successfully for the first time by an applicant in the past month, enabling another step towards improving membership applications and

renewals. BACS payments have been used for the first time on trip sales, providing another payment option for members in respect of trips.

Finally, three committee members are standing down at our September AGM. We thank them for their service to you u3a. Remember, it's not only the committee members that work hard to keep your u3a ticking over. All the volunteers who give their services freely are to be applauded for their efforts throughout the year. Interest group leaders, trip organisers, Buddies, tea/coffee servers, raffle organisers and others all help provide our members with a functional u3a.

More Committee Chat next month.

***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. You can also sent comments via this website using the CONTACT page

Stanford-le-Hope & District u3a 2026

Thursday 10th September 2026

AGM Agenda

1 Welcome and Apologies for Absence

2 Minutes of AGM on Thursday 11th September 2025

3 Matters arising from the minutes not covered by the Agenda.

When voting, membership cards must be held up.

4 Motion: To approve the Minutes of the AGM on Thursday 11th September

2025 as a true and correct record:

Proposed by: Seconded by:

5 A minute's silence in memory of those members who passed in

2025/2026

6 Chair's Report (Verbal Report)

7 Financial Report

8 Motion: To approve the examined accounts for 2026/2027

Proposed by: Seconded by:

9 Motions for Approval• There are no motions for approval

10 Election of Chair for 2026/2027

11 Election of Officers for 2026/2027 • Vice Chair • Secretary• Treasurer

12 Election of Committee for 2026/2027

13 Appointment of an Examiner of Accounts for 2026/2027 u3a Financial Year.

• Motion: To appoint (TBA) as our Examiner of Accounts for

2026/2027

14 Hon. President of Stanford-le-Hope & District u3a.

15 A.O.B.

16 Close of Meeting

Committee Nominations

<u>POST</u>	<u>Nominee</u>	<u>Proposer</u>	<u>Seconders</u>
Chair	Chris Henderson	Kevin Brice	Joyce Brice
Vice-Chair	Danni Tate	Sandra Isaacson	Sue Green
Treasurer	Mel Fox	Janet Deeney	Eileen Drewer
Secretary	Janet Deeney	Danni Tate	Dick Fox

Committee	Eileen Drewer	Susan Moss	Danni Tate
Committee	Susan Moss	Eileen Drewer	Danni Tate
Committee	Michael Farman	Ann Bailey	Colin Wale
Committee	Sue Green	Ann Bailey	Tina Smith
Committee	Sue Dunn	Danni Tate	Sandra Issacson
Committee	Marilyn Edging	Chris Henderson	Kevin Brice
Committee	Dick Fox	Janet Deeney	Michael Farman
Committee	Jean Angus	Vee Peaceful	Lesley Smith

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. **Marilyn Edgings is also available to help support and set up new groups. Special Thanks to Sandra Issacson for all her enthusiastic support for groups during the past five years.**

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.*

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.* ***

Having had to cancel our July amble because of the heatwave, we were glad to enjoy our August amble in sunny but pleasant breezy weather.

Tessa led us on a different route round Wat Tyler Park this time and it was nice to see different views and interesting objects like the giant cockroach and brightly coloured angular seating that didn't look very comfortable! There were blackberries along the trail, many ripe and ready to eat. In places the earth was so dry and parched it had large cracks, some quite deep and we had to be careful where we walked. We ended the walk going through the wild garden which was full of flowers and is tended by volunteers.

Our September amble will be on **Thursday 17th**

September and we'll be

walking round **Coalhouse Fort**, [Princess Margaret Road, East Tilbury RM18 8PB](#).

Meet us in the car park at **10.30am**. Look forward to seeing you there



Bird Watching

Dave Snow

07490 069740

This month we decided to visit Two Tree Island as most reservoirs and lakes are very low on water and not bringing the birds. We firstly walked through the reserve towards Leigh on Sea. We were rewarded with a large group of Mallards and several Moorhens in the tidal pool. As we made our way to the island on the other side of the road, we saw egrets on the edge looking for their next meal. When we got to the river itself, we saw several Curlew and Oystercatchers searching the mud for small crustaceans. At the lagoon at the far end of the island we were lucky to see a large flock of Dunlin along with both Black Tailed and Bar Tailed Godwits and Redshanks. We also saw Egrets flying in. We then walked back to have a much-needed lunch before heading home.

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**. 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

As the Chess Group is bit thin on the ground at the moment we would like some more players. It does not matter if you are a bit rusty or would like to learn how to play. All levels of ability are most welcome. The group meet at Corringham Library on the first and third Monday of the month from 10.00 am to 12 noon. You can also purchase refreshments in the library. Come and give it a try. Please contact me Rob Morrison if you would like more information or would like to join the group.

*******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 23rd 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 downside 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, – because 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.

Marion shared that when getting ready she had her mascara in one hand and the mirror in the other ready to apply but she had forgotten to take her glasses off, a Silver moment to be sure!! We all mentioned that we are being approached via email by restaurants wanting Christmas meals booked already so we have made our decision while we were all together.



photo from website

It certainly was a "memory loss lunch" as Dave and Jean forgot to take a photo so we just had to make do with a download from the website for the Greyhound this month and hope to do better next month. It was rather dark inside so another reason not to visit along with the

bad Service. As the saying goes "here's to the next time" when we will think up somewhere with good food and good service to visit.

Kind regards Dave and Jean

For our Couples Lunch on 28th August 2026 we went to our old favourite The Bull in Corringham.

As usual both the food and the service was excellent and a good time was had by all with all the chatting and laughing going on. We always ask to have one long table making this all more user friendly and The Bull were very helpful. John and Marion volunteer at St Mary's Church and John shared that a newer Organ is going to be fitted and the old one dismantled that has some woodworm, this has included taking the pipes down and John offered anyone

who would like them some pipes and Dave suggested they could be used for gardening!

Well, all good things come to an end, which includes the Church Organ, until our September lunch!

Photo on Dave Angus' camera



Cribbage

John Green 01375 676411

The Next meetings for Cribbage will be on **Tuesdays 15th and 29th September and 13th October at 1.30pm in Gardner Hall, Fobbing**. Cost £3 covers Hall hire and refreshments. I realise that 29th September clashes with the u3a Yorkshire holiday, so some of you will obviously not be available. However, for those not going to Yorkshire it will still be on.

Curry Night

Tina Smith 07899915184

Carol Lindsell 07906436445

Our next Curry Night will be on **Thursday 15th October at 7.0pm. Zaals Restaurant, Lampits Hill Corringham @ £20 each, payable in advance.** Please see **Denise Oakley or Nadia Gaut** if you would like to join us. We look forward to seeing you.

Disabled Amblers

Dave and Jean Angus 07711359127

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 1.30pm 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.**

Family History

Sue Green 01375 676441

Peter Craggs 07759 817821

Our Group had a break in August so we are going to come back refreshed and ready for research as the nights draw in. That is the plan anyway!

Our September meeting in the Community Church Hall in Fobbing Road, Corringham is on Wednesday 16th September at 2pm.

Please bring details of any new discoveries to share. If advice is needed for a problem bring details of that too. We hope some members will bring laptops to assist.

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.

Leaf manipulation is a creative floristry and design technique, that alters the natural shape or structure of plant leaves, it adds an architectural interest to any floral arrangement. This leaf is a phormium leaf and has been split into four sections and woven into a pretty flower head. It requires practice a lot of patience and time but worth it.



The first week of our group was seascape, it proved to be a very varied display, with lots of shells and lots of blue and white flowers representing sea and foam.



The second week was own choice, there was very few people there but it doesn't make any difference we still enjoy getting together and creating our arrangements and ended up with a variety of different shapes and colours

Photos and report by Brenda Osborne

Gardening Allotment News

Michael Farman

September Allotment News

_At last, a reasonably, useful shower of rain! Quite a few actually and it's raining now!! It's rained on and off for over a week. Let us hope the scorching hot temperatures in excess of 30°C are behind us for this year. The rain has penetrated a few millimetre's into the soil at the allotment so maybe it will eventually reach the plant roots. I need more rain!! Digging up potatoes the soil was dry for at least the spade depth, and in places, like concrete, even though we had rain.

Unfortunately, it is too little and too late for some crops. As I have said before I spend most of my time at the allotment watering. But the blackberry bramble is now suffering with the berries drying up on the plant. It has deep roots, but is now struggling. Such a shame as it was a good crop.

We have had a few cobs of sweet corn but I have watered the plants every day I have been to the plot. The cabbages growing next to the sweetcorn have benefitted from the watering as do the leeks. I have this year grown plants close to each other that require consistent watering. Maybe something I should give more consideration to in the next few years.

I have started to clear away some old winter cabbage that just did not grow. It's not clubroot but probably lack of light as they were partly shaded by a shed on the adjoining plot. Am considering creating a new strawberry bed in the space and have a few strawberry plants from last year to start. These plants almost died through the lack of watering but did respond back into life after I tipped a can full of water over them. When about a third of the plants in one of the established beds died, I thought it prudent to start a new bed again. Strawberry plants produce less fruit after 3 or 4 years. The tidying of the other two beds will provide me with more plants to complete the new bed.

The rain has perked up the allotment grass paths and the grass in the adjoining green open space. Amazingly, it looked completely past recovery!! Most lawns do look in a poor state but probably will recover with the cooler, wet conditions.

The winter cabbage and a few broccoli plants I was nurturing in the greenhouse looked a bit poorly because of the heat and caterpillars, so I put them outside during the day and away at night and they still managed to attract butterflies that laid eggs and then caterpillars. Picked off most caterpillars but the odd one got away.

Next job is to lift, dry and store the potatoes. Will wait a bit for more rain to soften the soil. I did the onions a few weeks ago and they are stored in my allotment shed.

The nights are drawing in and it's now Meteorological Autumn. Soon the clocks return to GMT. Time to look forward and plan for the coming year,

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.

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 each 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
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*September's Local History meeting, due to take place on Monday 28th September has been cancelled due to lack of numbers. **The next meeting is Monday 26th of October at 2pm in the Community Church Hall, Fobbing Road.** Details to follow closer to the date.*

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

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 our August meet up we returned to the Foxhound in Orsett. Quickly becoming a favourite. There is a varied menu including an "Oldies" one for £11 including a drink which can be alcoholic! Hence why a favourite with many of us! We eat in the bar rather than the restaurant which is downstairs. Desserts are extra.

We are always made very welcome . The coffees are great.
No doubt we will return!

Mixed Craft Group

Marilyn Edgings

01375 677425

Barbara Purser

01375 677095



At our last craft meeting several of the ladies made key pouches, which are handy for keeping keys neatly tucked away in a bag and being able to find them easily amongst the bits and pieces we tend to collect in our handbags. The pouches are in the shape of a house.

The keys are inserted inside the house using twine and a button is sewn on the front. The twine is folded in half, looped through a split ring and secured by passing the ends through the loop. The ends are threaded into the house and out through a gap at the top. The photos show Barbara and the rest of the group. If you would like to join us please contact either Barbara or Marilyn or you can just turn up at The Baptist

Church, Springhouse Road on the first Tuesday of the month at 2.00 pm until

4.00 pm. Refreshments are available, and we will make you most welcome.



photos by Marilyn Edgings

Music Makers

Mo Wakeling

07902 649122

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



music and the audience were exceptionally appreciative.

Please note, this group is now at capacity and cannot accept any new members at the moment.

The music Makers Group under the performing name **Folklore** were invited to perform at the Woolmarket in Horndon on the Hill for their music society. We played a full repertoire of folk songs and sea shanties from the British Isles to a packed audience. It was a very warm evening but we all thoroughly enjoyed the





Old British Motor Cycle and Car Enthusiasts

Graham Edgings 01375 677425

"Paws on the Go"

Eileen Drewer 01375 403315



We are resuming walking on Friday 11th September, at 10am, walking from the Dry Street Church car park through the fields to the north of Dry Street, report and photos in next months' advance notice.

Octobers walk will be on Friday 9th October, starting from Beacon Field car park, the far end of Dry Street, best approached from South Hill (sharp turn right) just before the turn for Westley Heights.

Everybody is welcome, you don't need to own a dog, come and join us just for a walk, we are an extremely friendly group.

We always meet at 10am and walk for approximately 1 to 1.5 hours unless otherwise stated. **The only advice is just wear suitable shoes.**

Photography Group

Jenny Lees

01375 360786

Mel Fox

Ventured to Lavenham on the Essex/Suffolk border on a very hot day. What a charming town it is – still full of timber-framed houses and a peaceful atmosphere. We visited a café attached to the Guildhall with stunning home-made cakes and displays of weaving.



Later we wandered along to an architecturally-stunning church. It was a wool town with lots of money available to create spectacle both inside and out.

Before lunch we viewed the Crooked House made with only-partially seasoned timbers which have skewed into the crooked shape.



Thanks go to Graeme for driving and navigating so well. A very photographic day!!

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

We all thoroughly enjoyed our play this month – *After September* by Jimmie Chinn .

It was a refreshing change after last month's play, *Dealer's Choice* by Patrick Marmer. This had been billed as an acclaimed 1990's comedy drama but we all decided it was the worst play we'd ever read ; having no real story line and shocking language throughout .

After September was set in a girls' boarding school in the early sixties, the day before the girls arrived for the start of term . We could all picture the staff room around which the play centred and the various eccentric and misfit characters that we were reading. The dialog flowed really well, so much so that it was really late by the time we stopped for tea and cake!

A great afternoon as usual with lovely company.

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 is the longest bone in the body?
2. What can be Siamese, Burmese or Persian Blue?
3. In which country is the river Douro?
4. What fruit can be comice or conference?
5. In which country are the Dovedale stepping stones?
6. Who wrote The Decameron?
7. Who composed Roses from the South?
8. What are filo, choux and puff?
9. What has the formula NaCl?
10. Who plays the part of Ludwig?

Answers on Page 25

Ramblers

Chris Gomm 07905 117622

Ramble – Shoeburyness to Southend – Thursday 24th September

We have done this a few times now and it's been proven to be a great success. We will meet on the platform at Stanford-Le-Hope Station in time to catch the 10.30. train to Shoeburyness where we hope to arrive by 11:07. Alternatively, this same train stops in Grays at 10:17

We will aim to start the walk by 11:10 should you wish to join us at Shoeburyness Station.

This is a four and a half mile mostly flat walk that follows the coast from Shoeburyness to Southend via Thorpe Bay.

Once in Southend I'm suggesting that we find somewhere suitable for lunch and

a drink before heading back home from Southend station.

I'll look forward to seeing you then on what I'm hoping will be a nice, sunny day.

Contact : Christine Gomm on 07905 117622 should you require further information.

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 the single lunch club. In August we went to The Boars Head Brentwood where we had a lovely time as the food was good and also the service!

In September, we hope to go to Miller and Carter as we have been there once before and enjoyed it, So looking forward to going back there.

Sunday Singles

Margaret Lambert 07811 235274

Chris Brown- 01708 852023

The Sunday lunch group of eleven people are going to Masons restaurants on the 13th of September . The number includes two people from our waiting list'

Answers :

- | | | |
|--------------------|-------------------|------------------------|
| 1.Femur | 2.Cats | 3.Portugal |
| 4.Pears | 5.Derbyshire | 6. Boccaccio |
| 7.Strauss | 8.Types of pastry | 9.Sodium chloride,salt |
| 10. David Mitchell | | |

Ten Pin Bowling

Jean Jardine 07551 952211

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.

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

Tickets for The Hever Castle Christmas Spectacle will be on sale at the OCTOBER General meeting The cost is inclusive of the coach, Castle tour ,Three-course Christmas Lunch and the Light show at 4 pm. The total cost will be £70 When booking we will want to



know if you require a vegetarian / vegan option also please inform us of any food allergies so we can pass them on to the restaurant at Hever.

There are no trips on sale this month as Mel Fox will be taking names and money for the U3a Christmas lunch this meeting.

Reminder :These are the same pick-up times for both cruises on the Deben River on 17th & 24th September

9.00 Lampits Hill

9.10 Springhouse

9.20 The Oak

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

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

WINE APPRECIATION GROUP

Graham Hodgson 01375 675588

Jean Jardine 07551 952211

WINE APPRECIATION 20 AUGUST 2026 PORTUGAL

White – M & S Classics No. 7 – 2025 – Vinho Verde

Dry, zesty and spritzy with tastes of floral, citrus and green apples and goes well with

salads, tapas and seafood. Crafted by Henrique Lopes and Fernando Machado using Loureiro, Arinto and Trajadura grapes and best enjoyed chilled within two years of purchase. 10% volume and £7.50

Rose – M & S – Vino Verde – 2025

Spritzy, delicate, zesty rose with tastes of wild strawberries, raspberries with a dash of lime and goes well with grilled fish and seafood and roast vegetables. Made by a family winery Quinta da Arxas soc.agrida using local Padeirop and Touriga Nacional grapes. Winemakers Fernando Machado and Henrique Lopes recommend trying it with seafood paella. Best enjoyed chilled within a year of purchase. 10.5% volume and £8.00.

Red – M S – Lisboa Bonita 2023

A rich full-bodied wine with layers of flavor of ripe berries, bergamot (Bergamot, also known as citrus bergamot or bergamot orange, is a small, aromatic citrus fruit that resembles a round lemon or orange, with yellow-green skin depending on ripeness, and grows mainly in the Calabria region of southern Italy) and vanilla, a perfect match for hearty meat or vegetable stews or try with local piri-piri chicken. From vineyards surrounding Lisboa on Portugal's wild Atlantic coast, made from a blend of local red grape varieties and aged in French and American oak for six months. 13% volume and £8.50.

Port – Churchill's Reserve – 19.5% volume

Churchill's is a family-run port and Douro wine producer based in Vila Nova da Gaia and the Douro Valley. Johnny Graham founded Churchill's to make his own personal style of wine, blending tradition with a fresh take on port and Douro wine. Churchill's make wine with a bias for elegance, prioritizing purity of fruit, natural acidity, and freshness through minimal intervention

winemaking. A blend of grapes is used, including Touriga Nacional, Touriga Franca, Tinta Roriz, Tinta Barroca, Tinto Cão.

Go to Churchill's Port website for lots of information and videos.

It's Wine O'Clock

Paula Mullooly 07754 727011

The wines were again from Morrison's on their "The Best Winemakers" range this month, **saving us over £25.**

Sparkling – Castillo de Sierra. A brut Cava from Spain 11% £6.65. No More Card discount or multibuy discount. Castillo de Sierra is a classic Cava with apple and biscuit flavours, fine bubbles and a crisp finish. Pairs well with lighter dishes like chicken and fish.

White – Picpoul de Pinet from France 2024 12% volume. £10.50. With More Card £9.50. With multibuy 30% discount £6.65. Taste is fresh, zesty and slightly floral with notes of lime, grapefruit and honeysuckle. Pairs well with steamed mussels, grilled prawns and light salads.

Rosé – The Best Touraine rosé wine. France 2024. 11.5% volume. £8.50. With More Card discount £8.00. With multibuy 30% discount £5.60. Taste the pretty raspberry and redcurrant aromas with a refreshingly elegant palate. Pairs well with chicken fajitas or vegetable stir-fry.

Red – Pinot Noir Gran Reserva from Chile. 2024 13% volume. Usually £12 but with More Card £8.50. With multibuy 30% discount £6.65. Taste the juicy cranberries intertwined with black plums and gentle spice. Delicious with duck, grilled salmon or earthy mushroom dishes.

This month's lesson was on Appellation. The quiz was won by Nicola and Dave. The next meeting is 21st September 2026.

Ann's Column

It is September and Spring bulbs have been acquired, all tete-a-tete narcissus. Pots have been emptied, and probably won't be refilled next summer. I have bought a diary and calendar for next year, a bit premature you might say, but holidays have been booked, and some regular appointments are booked weeks if not months ahead. In fact, I have recently signed up for a course that is 36 weeks long, not to mention u3a and WI activities.

It was back into Waterstones this morning, after a dental appointment. I did treat myself to a couple of non-fiction books, unusual for me as I usually stick to fiction. One is called *Moonlight Express* which tells of travelling round the world on sleeper trains. and the other is *Eleanor*, wife of Edward 1st, who when she died, her body was carried 200 miles across England, and wherever they rested at night, a memorial cross was set up. Out of 12 only 3 remain fairly intact. The final one at Charing Cross is a reproduction. The book revolves round the author and other walkers travelling the entire distance from Lincoln to London on foot, no mean feat.

Ann

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	

Contributors to the Newsletter.

Please Note that next month I am on the Yorkshire Holiday Trip and the Diocesan Print Officer is on holiday for ten days.

Therefore, I will need early contributions by 26th September. Sorry for this. If you send anything else I will print it in the next issue.

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

Advance Notice Email – Chris Henderson 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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53, New Street,

Chelmsford,

EssexCM1 1AT

Stanford-le-Hope and District Event Booking Form



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_____

Telephone No._____

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