



# Broomfield & District

Newsletter October 2025

## **GROUPS:**

- Art Appreciation
- Badminton
- Beer Appreciation
- Board Games
- Book Group
- Bus Pass
- Gardening  
(with Chelmsford u3a)
- Canasta
- Geology
- Health Matters
- Lacemaking
- Natural History
- Photography
- Scrabble
- Table Tennis
- Tai Chi
- Ten-pin Bowling
- Ukulele
- Walking

## **WEBSITE**

<https://broomfield.u3asite.uk/>

## **EMAIL**

broomfieldanddistrictu3a@gmail.com

## **From the Chair**

Welcome to our October newsletter

We are definitely moving into autumn as the nights draw in and the mornings get chilly.

Our October meeting is the AGM when we will be electing a new committee, fortunately we have had a couple of members come forward to stand for election so we can just manage to keep going, but if you are interested there are still spaces and your support would be welcome.

I will be retiring as Chairman as my three years come to an end, I would like to thank all the members of the committee for their support and efforts over the years.

Gill Sturman, who has been our treasurer for many years, is also retiring from the committee; we offer her special thanks for keeping the accounts in good order over that time.

If anyone has a subject that they are passionate about and would like to give us a talk on it do let one of the committee know.

If anyone has an idea for a new group and would like to start it up, please let one of the committee know.

Please remember to let Peter Radford know if you are coming to the meeting, this helps us when we are setting up the tables and if you could sign in on the forms on the tables this allows us to keep a track on numbers.

Please remember to complete your annual membership forms and submit your subscription fee; a new badge will be issued when fees are paid.

Don't forget your mugs!

**Jim Jenkins**

## MONTHLY MEETINGS

Please note: the Meeting is open and refreshments are available from 1.45pm – please bring your own cup if you can. The speaker is scheduled to start at 2:15pm.

Please ensure you have confirmed to Peter Radford that you wish to attend, no later than midday on the Tuesday before the meeting.

Raffle proceeds continue to be a great help towards covering (increased) hall hire charges.

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### **Meeting Schedule – Rest of 2025**

8th October	The Secret History of the Essex County Gaol	Lindsay Whitehouse
12th November	History of Place Names (in Essex)	Andrew Mowbray
10th December	Historical fiction: Opening the Book in all of us	Andy Stuart

*Dr Aruna Mene – September's speaker*



## Calendar for October and November 2025

(Times, locations and contact details can be found in the individual Group reports.  
 Entries in *italics* need to be confirmed.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept	29	30	1	2	3	4	5
	Badminton Book Group	Geology	Gardening Ten-pin	Ukulele	Lacemaking Tai chi		
October	6	7	8	9	10	11	12
	Badminton Canasta	Board Games		Table tennis	Lacemaking Tai chi		
	13	14	15	16	17	18	19
	Badminton Beer Appreciation	Walking	Ten-pin	Art Appreciation Photography Ukulele	Bus Pass Lacemaking		
	20	21	22	23	24	25	26
	Badminton Canasta	Natural History		Table tennis	Health Matters Lacemaking Tai chi		
November	27	28	29	30	31	1	2
	Badminton	Geology Scrabble			Lacemaking Tai chi		
	3	4	5	6	7	8	9
	Badminton Canasta	<i>Board Games</i>	Gardening Ten-pin		Bus Pass Tai chi		
	10	11	12	13	14	15	16
	Badminton <i>Beer Appreciation</i>	<i>Walking</i>			<i>Art Appreciation</i> Tai chi		
	17	18	19	20	21	22	23
	Badminton Canasta	Natural History	Ten-pin	Photography	Tai chi		
	24	25	26	27	28	29	30
	Badminton	Geology <i>Scrabble</i>			Health Matters Tai chi		

# Notes and Notices, October 2025

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## To Start With

To join the u3a, you have to have retired. What other benefits does being retired (and being old enough to be so) bring? Which? has an interesting article on what you are entitled to and when. To find out for yourself, go to:

<https://www.which.co.uk/money/pensions-and-retirement/accessing-your-pensions/perks-and-benefits-of-being-retired-aYK1U4o8AdIb?>

## Talks

The next "People & Stone" talk is on Saturday 8th November when Alun Powell's talk is entitled "The Pity of War - Broomfield's Great War Roll of Honour - continued". As is usual for these talks, it's at the church at 2:00 pm. Tickets cost £5 and are available at the door or in advance from Ros Mercer (see Geology Group for details).

Talks to the Essex Branch of the Historical Association continue on 18th October, when the topic will be "The Order of St John's Knights Hospitallers: From Jerusalem to Essex", a talk by Paul Gwilliam (2:30pm Trinity Methodist Church, Rainsford Road, Chelmsford CM1 2XB). More details are at:

<https://essexbranchha.com>

Gresham College has talks for every day of the week! I've selected six to highlight: "How Does Mathematics Last? Heritage and Heritage-making in Mathematics" by Caroline Ehrhardt (Wednesday, 8th); "War's Toxic Legacy" by Ian Mudway (Tuesday, 14th); "China and Chineseness; Lessons from the Chinese Mainland, Hong Kong and Taiwan" by Steve Tsang (Wednesday, 15th); "The Economics of Work and Technology" by Daniel Susskind (Monday, 27th); "Music of Animals" by Milton Mermikides (Wednesday, 29th) and "Ocean; The Liquid Engine That Dominates Our Planet" by Helen Czerski (Thursday, 30<sup>th</sup>). (All speakers are professors.) More details of these and other talks are at: <https://www.gresham.ac.uk/whats-on?see-all/>

## Food Safety

Did you know there are some foods you should never cook straight from frozen?

Knowing when to defrost is essential for safe and tasty meals. To find out which foods you can, and can't, cook from frozen, with expert advice on how to thaw food safely, go to

<https://www.which.co.uk/news/article/foods-you-should-never-cook-straight-from-frozen-aAGPr6T81Dwu?>

## Protect yourself from number spoofing scams

Caller and sender IDs can be useful, showing you a number or name when you get a call or text. But four in ten adults don't know that these systems can be spoofed, leaving them at serious risk of impersonation scams.

Criminals can use cheap, easily available software to change the number displayed on your phone. By copying the number of a genuine company – such as your bank – they make it much more likely you'll pick up the phone.

Here, Which? explains how number spoofing works, the measures being taken to stop it, and how you can protect yourself from scammers.

<https://www.which.co.uk/news/article/how-to-protect-yourself-from-number-spoofing-scams-a0M6c4h4wOCT?>

## and finally...

Beaulieu Park station is opening soon. The formal official opening is on Monday 27th October but services actually start on Sunday 26th October!

## **BROOMFIELD & DISTRICT U3A – GROUP REPORTS**

### **ART APPRECIATION**

The group meets (usually) on the second Friday of the month, from 1pm - 3pm, at The Pavilion, South St., Great Waltham. We tend to alternate between meetings to discuss particular artists or exhibitions visited, and visits to galleries.

Our next group event will be a trip to Gainsborough's House in Sudbury, on 16th October.

If you'd like to join the group, contact me.

Glynn

### **BADMINTON**

The dates for badminton are as follows:-

- ▶ For October, they are: 6th, 13th, 20th and 27th.
- ▶ For November, they are: 3rd, 10th, 17th, and 24th.

12:00 noon – 1:00pm at the Sports and Athletics Centre, Melbourne.

Maxine

### **BEER APPRECIATION**

I was told September's meeting at The Orange Tree was very convivial, with the most popular ale being "Sweeney Todd" (by a close shave????); of the others it was said that "Mole Trap" tasted like beer – proving we have 'intellectual analysis' of what we undertake.

For a wider range of choices we will once again return to The Ale House, by the bus station. We will meet on Monday 13th October 2025 at 2.00pm – look forward to seeing you there.

Please let me know if you are coming so that we can grab a large enough cubicle!!

Malcolm

### **BOARD GAMES GROUP**

The next Board Games Group session is on Tuesday, 7th October in The Globe, Rainsford Road, CM1 2QJ at 2:00 pm

Barbara, Carol & Lorna

## BOOK GROUP

The Book Group met on Monday 29th of September at 2:30pm in the Library to discuss “Out of the Dark” by Gregg Hurwitz and “Giver of Stars” by Jojo Moyes but no report was available in time for this Newsletter.

Lyndall

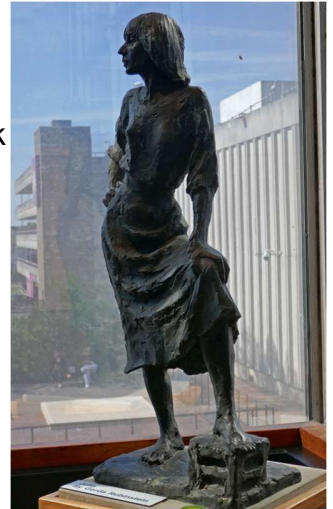
## BUS PASS

It was a beautiful September day for our visit to Harlow. We all made our way to the Gibberd Gallery, where we were given a warm welcome on a day when the gallery was closed to the public to allow for preparations for a new exhibition. Catherine gave us lots of background information about Frederick Gibberd, some items in his collection and the work that is being done in the community. This added greatly to our visit. We then went in search of some of the many and varied sculptures around the town. This was made slightly more difficult because of the major modernisation work taking place at the moment but there were still plenty to be found.

On October 17th we shall stay very local with a trip to Abercorn Garden Centre and Lathcoats Farm.

We'll end our outings for this year with a trip to Southend on November 7th for their “Poppies on the Pier” event (70,000 poppies at the time of writing).

Carol



## CANASTA

The Canasta Group, meets on the 1st and 3rd Mondays. This is for information only as we are full and I cannot accept anyone else into the group.

Marie

## GARDENING

Chelmsford u3a Garden Group has not yet announced its meeting for October.

Little Waltham Gardening Club's talk on Wednesday October 1st will be on “Sustainable Living” by Tony Dunn of Braintree Organic Gardening Society. The talk on Wednesday November 5th will be on “Simple Plant Photography Using a Smart Phone or Tablet” by Marion Sidebottom, photographer, artist and workshop tutor.

All meetings take place in Little Waltham Memorial Hall and talks begin at 7:30pm.

Contact me for more details of both of these events.

Pat

## **GEOLOGY**

At the very end of September we looked at Flint which represents the cross-over between rocks and humans - where archaeology meets geology. The various specimens that people brought, together with what is in boxes in our garage, all showed the amazing variety of this amazing material.

In October our meeting will again be at the very end of the month - Tuesday 28th October 2pm at 2a Hearsall Avenue. We aim to go as far back in geological time as we can on this planet and look at Very Early Life including consideration of what life contributes to the functioning of our planet. Maybe we shall discover the meaning of life, the universe and everything. Maybe it isn't 42! Do join us for a mind-stretching time.

Our November meeting will be on Tuesday 25th November when we hope to have group contributions.

Ros & Ian

## **HEALTH MATTERS**

At our September meeting, we had a lively meeting about Blood and how by investigating various substances in it, the health of our bodies can be assessed. The various blood groups as well as the uses made of all the blood products from donated transfusion blood were talked about.

Our next meeting (24th October) will be in The Pavilion, South Street Gt Waltham CM3 1DF where we will be talking about the drug development process. Have you considered how this process actually occurs? What is a 'Me too' medicine? What is required to be done before a new 'medicine' is given to a human? These are some of the issues which we will talk about.

We will also meet in November (28th) but not in December as it will be Boxing Day!!

Please let me know if you are considering attending.

Gill

## **LACEMAKING**

Lacemaking will continue as usual every Friday 2:00 – 4:00 pm. Normally it is at 63 Glebe Crescent but on 5th and 19th September it will be at 176 Broomfield Road.

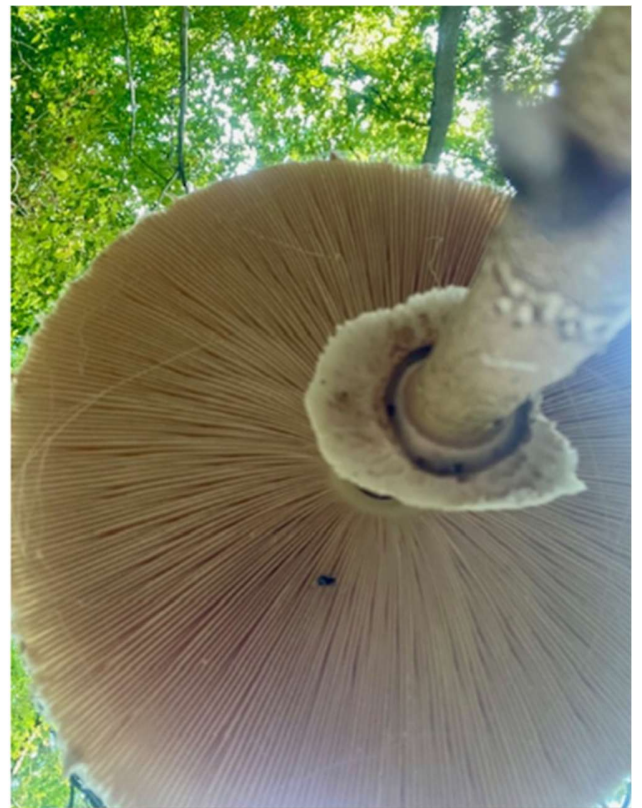
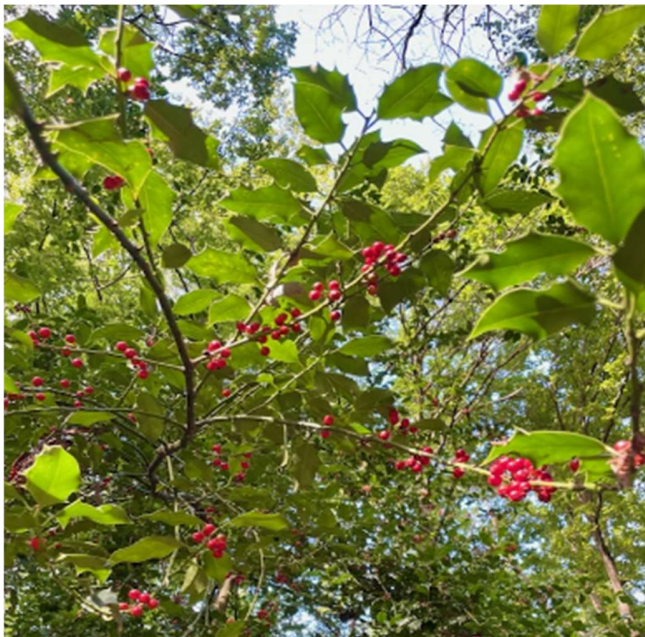
We meet nearly every Friday but please contact me beforehand to confirm that we are meeting. New members are always welcome and we have equipment available to get you going.

Wendy

## NATURAL HISTORY

The Natural History group went to Danbury Ridge Nature Reserve for an autumn walk on Tuesday 16th September.

It was a perfect morning, the sun was shining and the winds of yesterday had died down. There was a memorial plaque to Geoff Pyman, the founder of Essex Wildlife Trust on a bridge across some marsh land. We were looking for autumn fruits of autumn. There were many Sweet Chestnut trees shedding their fruits which were not very well formed probably due to the dry weather. It was a bit disappointing that we didn't see or hear any birds except a woodpecker. We did see a beautiful fungi, a Parasol Mushroom. There were also many large hills made by Wood Ants which were very active in the sun. Other fruits seen include acorns from the many Oak trees and some lovely holly berries.



Future meetings:

- October - Tuesday 21st. Danbury Common, Fungi Foray
- November - Tuesday 18th. Newlands Grove. Autumn fruits
- December - Tuesday 16th. Christmas lunch.

All meetings start at 10:00am. Anyone interested please contact me, as details are sent to members a week before. As all meetings take place outside, suitable clothing and footwear should be worn and a risk assessment will be given verbally before all walks.

Sue

## **PHOTOGRAPHY**

We meet monthly on the 3rd Thursday of the month at the United Reformed Church in Little Waltham.

The group is open to anyone who uses a camera or mobile phone to take pictures and is interested in sharing knowledge or learning how to improve their images.

Meetings usually start with members sharing their photographs on the theme suggested at the previous meeting. The last group for instance had 'domestic' as the theme, giving plenty of scope for interpretation and creativity. the next meeting's theme is similarly wide, being simply, 'Autumn'.

The overall aim of the group is to get the most out of whatever photographic device you use, and to have fun both capturing images and learning how to edit the results.

Contact me, group leader, if you'd like to join us, or for further information.

Glynn

## **SCRABBLE**

We will meet next on Tuesday, 28th October at 2pm in The Globe, Rainsford Road, Chelmsford, CM1 2QJ.

Barbara

## **TABLE TENNIS**

Table Tennis is booked for 9th and 23rd October at 11:00 am, at Melbourne Sports and Leisure Centre, cost will be £2.50.

New members are always welcome to this friendly group.

Pauline

## **TAI CHI**

There are two beginners classes left (3rd and 10th October), after that the beginners are expected to join the normal classes. (The normal classes are at 11am, the beginners classes are at 10am.)

In October the normal class dates are: 3rd, 10th, 24th and 31st.

(Note there is no class on the 17th.)

In November the dates are: 7th, 14th, 21st and 28th.

Cheryl

## TEN-PIN BOWLING

Ten-pin bowling takes place on the 1st and 3rd Wednesdays of the month at City Bowls, Rivermead Industrial Estate near Anglia Ruskin University. We play 2 games, the cost is £8; this includes bowling, shoe hire & coffee. If you haven't played before, don't fear; we have lanes with guards up the side so a score is guaranteed. We bowl at 10:30am but we request that bowlers arrive at 10.15am, so we can arrange lanes, shoes, etc. Looking forward to seeing you all there.

The dates for the next two months are expected to be:

- October, Wednesday 1st and Wednesday 15th.
- November, Wednesday 5th and Wednesday 19th.

Lorna

## BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group is meeting at Jennie's house on October 2nd and at Lynne's on October 16th. We would welcome new members and are happy to help beginners to play. We meet from 2-4pm with refreshments halfway through.

If you wish to join us and need to know the locations please contact me by text message or email.  
Pat

## WALKING

Unfortunately our September walk was cancelled at the last minute, so this month our walk will take in part of the Essex Way (it seems to be a part that is a little overgrown!!) alongside the River Colne. Our starting point will be The Shoulder of Mutton Antique Centre in Ford Street (where we will return for lunch) – regretfully we will be unable to leave any “antiques” there whilst we walk!

Our walk, approximately six miles, will be along field & fenced paths, some quiet lanes, with a brief walk through town but will include a visit to West Bergholt Church (hopefully) – built c1100 with 14th century additions and walking alongside the Colne.

We will meet at 9.15am in the Broomfield Royal British Legion car park, Saxon Way, as usual, on Tuesday 14th October 2025.

Please let me know if you are coming – transport costs £2.50.

As usual mobile 07399 330232 operative on the day.

Malcolm

## GROUP LEADERS

Art Appreciation	Glynn
Badminton	Maxine
Beer Appreciation	Malcolm Taylor
Board Games	Barbara, Carol, Lorna
Book Group	Lyndall
Bus Pass	Carol
Canasta	Marie
Gardening	Pat
Geology	Ros
Health Matters	Gill
Lacemaking	Wendy
Natural History	Sue
Photography	Glynn
Scrabble	Barbara
Table Tennis	Jean, Pauline
Tai Chi	Cheryl
Ten-pin Bowling	Lorna
Ukulele	Pat
Walking	Malcolm

**New Group Leaders needed!**

**Any proposals for new groups?**

**Contact the editor for inclusion in next month's newsletter *or* if you'd like to talk it over first, please contact one of the committee.**

## THE COMMITTEE

Chair	Jim
Vice Chair & Speaker Coordinator	Glynn
Treasurer	Gill
Secretary	Roger
Membership Secretary	Peter
Group Coordinator	Mike
	Dick
	Julie

Many thanks to David for continuing to act as Website Editor