



Broomfield & District

Newsletter August 2026

GROUPS:

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

WEBSITE

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

EMAIL

broomfieldanddistrictu3a@gmail.com

From the Chair

Dear All

I know I shouldn't complain but I'm fed up with this heat now; just a bit cooler please! I had written "*I am grateful though that we don't have a hose pipe ban. Those with allotments and large gardens, I bet, are pleased as well.*" only to be pre-empted by Essex and Suffolk Water's announcement of a ban from the morning of Monday, 3rd August!

Last month's speaker was Richard Bale with his talk on the Roman conquest of Britain in AD43. I found it fascinating and having very recently been to Italy, I now understand a bit more about the Romans.

This month is our 'social' afternoon. As you know we will have a quiz. There will be other things so please come along even if you don't like quizzes. Teams will be those sitting at a table with a laminated letter to denote which team you are. Refreshments will be free this month. The raffle will still be £1 a ticket. Just a quick note that the notice boards and books etc will not be there this month. They will be back next month if you have a book to return/swap. I will have some copies of our latest newsletter and the East of England bulletin with me for visitors.

A big thank you to those who agreed to do the refreshments and go on the rota. We've had several members sign up. If you feel able to do it as well, then please come and see me. The more people we have the less times you do it during the year.

Once again a reminder to sign in on the cards in capital letters please so that we know who's attended.

I'm looking forward to seeing you soon and to our quiz.

Heather

Heather Bourdon

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.

Meeting Schedule – 2026 and early 2027

Date	Title	Speaker
12th August	Social + Quiz	none
9th September	When the Kite builds... WHY and HOW we restored Red Kites across Britain	Mike Pienkowski
14th October	An Epidemic of Uncertainty: Rumours, conspiracy theories & Vaccine hesitancy	Dr Kevin Bryant
11th November	From Simon Cowell to Dragon's Den	Danielle Barnette
9th December	A Beginning, a Muddle and an End. Where do novelists get their ideas from?	Bobbie Derbyshire
13th January	Medical Detection Dogs (charity)	Paul Williams
10th February	Sentinels of the Sea - the Amazing History of Lighthouses	Mark Lewis
10th March	Hatfield Forest	David Simmonds
14th April	1066 & All that - the Life of Harold II	Joanne Larner
12th May	My Life in Radio	Steve Scrutton

Calendar for August and September 2026

(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		
August	August	3	4	5	6	7	8	9		
		Badminton		Ten-pin Gardening	Ukulele	Lacemaking				
		10	11	12	13	14	15	16		
		Badminton Beer Appreciation	Board Games		Table tennis	Lacemaking				
		17	18	19	20	21	22	23		
		Badminton		Ten-pin Film & Theatre	Ukulele	Lacemaking	Bus Pass			
		24	25	26	27	28	29	30		
		Badminton	<i>Geology</i> Scrabble		Table tennis	Lacemaking				
September	September	31	1	2	3	4	5	6		
		Badminton	Board Games	Ten-pin	Ukulele	Lacemaking Tai chi				
		7	8	9	10	11	12	13		
		Badminton			Table tennis	Art Appreciation Lacemaking Tai chi				
		14	15	16	17	18	19	20		
		Badminton <i>Beer Appreciation</i>	Strolling in Nature	Ten-pin	Photography Ukulele	Bus Pass Lacemaking Tai chi				
		21	22	23	24	25	26	27		
		Badminton	<i>Geology</i> Scrabble		Table tennis	Health Matters Lacemaking Tai chi	Film & Theatre			
October	Oct.	28	29	30	1	2	3	4		
		Badminton Book Group				Lacemaking Tai chi				

Notes and Notices, August 2026

To Start With...

From Thursday 20th August to Wednesday 23rd September 2026, Cotswold Archaeology (sic) will be returning to a site in North Essex where a WWII P-47 Thunderbolt crashed, and they would really appreciate your support. Opportunities are available from Monday to Friday, 08:45-15:30 (09:00 start), and you can volunteer for a single day or for many days – they'd be grateful to see you.

Full details are here: <https://cotswoldarchaeology.rosterfy.uk/portal/event/40696/>

If you would like to volunteer, please first complete the expression-of-interest form at the link. Once you have completed the expression-of-interest form, you will immediately be able to apply for your preferred dates and tasks.

Talks, etc

The next People & Stone talk is on Saturday 19th September when Karen Paxton will be relating "More Churchyard Stories".

Before that, the Church will be hosting Heritage Open Days on Saturday 12th and Sunday 13th, when the theme will be Broomfield at War. There will be displays about the Evacuees from Tottenham and about The Rutherford pictures of both the evacuees and the army camp in Broomfield, etc. Neil Wiffen and Cathy Pearson, authors of the booklet "Broomfield in World War Two", will be on hand.

The next meeting of the Essex Branch of the Historical Association will not be until Saturday 19th September. More details of this nearer the time but, if you are impatient, go to:

<https://www.essexbranchha.com/>

Gresham College is also well into its Summer break, with its 2026-2027 programme commencing on Monday, 7th September. That's after the September Newsletter should be out but, to give a bit of advance warning, the first couple of lectures are "Why Do We Need Empathy?" by Jane Shaw (Monday, 7th) and "Cello - In Search of a Voice" by Kate Kennedy (Wednesday, 9th). In the meantime, many of last year's talks can be watched on-line (use the **WATCH NOW** button) and details of future talks can be found at:

<https://www.gresham.ac.uk/whats-on?see-all/>

Tips for handling a UK heatwave

How many more heatwaves are we going to have? (When is this one going to finish?) Here are some suggestions for keeping you and yours cool.

See: <https://www.admiral.com/resources/home-hub/weather/how-to-keep-your-house-cool-during-a-uk-heatwave>

Want to get the very best out of your built-in oven?

Even the best ovens aren't as foolproof as you might think – these simple tricks from Which?'s appliance expert Jamie Darlow will help level up your cooking and keep your oven in tip-top condition.

See: <https://www.which.co.uk/news/article/5-things-i-never-do-as-a-built-in-oven-expert-aXL1c9o1gU8A>

and finally...

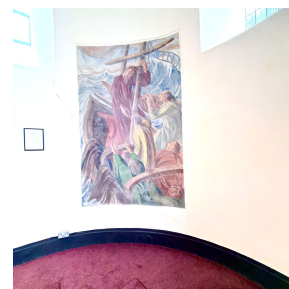
I'd like to put on record our thanks to all those who helped with our "stand" at the Broomfield Summer Fayre on Sunday 12th July and particularly to Lynne and Sue, who organised things, and to all those who helped and did demonstrations.

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART APPRECIATION

Our July group event was a guided visit to St. Mary with St. Leonard's church to view the wonderful stained glass and paintings of distinguished local artist, Rosemary Rutherford (1912-1972).

The photo is of the fresco she made in the bell tower, which is apparently the only such in the country.



There will be no meeting in August.

Our next meeting will be Friday 11th September, event subject to confirmation nearer the date.

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

Glynn Wadeson

BADMINTON

The dates for badminton for the next two months are as follows:

- Monday 3rd, 10th, 17th, 24th and 31st August. This includes bank holiday Monday.
- Monday 7th, 14th, 21st and 28th September.

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

Maxine Martin

BEER APPRECIATION

By popular request we did not attend the Chelmsford Beer Festival, instead we visited The Railway Tavern – always a popular venue as they always have a good selection plus it's near the bus station! An additional attraction, I'm told, is that 'Oscar Wilde' is a passable mild.....

I am suggesting by no means that this limited our choices. A wide range of ales were sampled. From the Tavern's own IPA (courtesy of Mauldons Brewery), we travelled via Route 1966 to see Bishop Nick (Revelry) watching a "Chip Thief", to name but a few.

As has become a custom in August we will revisit the Lockdown Inn for a session of 'world beer tasting' (aka lager drinking!). Session fee £4.00.

We will meet in the 'Inn' at 2.00pm on Monday 10th August 2026 – please let me know if you are coming. (If you have not been before, contact me for directions).

Malcolm Taylor

BOARD GAMES

We will meet on Tuesday, 11th August at 1.30 pm in The Globe, Rainsford Road (**please note date is a week later than usual**).

The following month the session will be held on Tuesday, 1st September at 1.30 in The Globe.

If you are interested in joining us please contact one of us.

Barbara Bartlett

Carol Greatrex

Lorna Stuart

BOOK GROUP

At our July meeting we discussed 10 minutes 38 seconds by Elif Shafak. This was enjoyed by the majority, despite the subject matter being very disturbing. The score out of 10 was 6.5.

The book group will next meet on Monday 28th September at 2:30pm at Broomfield Library.

If you would like to join the Book Group, please contact me on the email address below.

Christine Pearson

BUS PASS



After an interesting trip to Harlow Museum at the beginning of the month, twelve of us spent a very enjoyable day in Woodbridge visiting The Longshed to learn about the replica Sutton Hoo burial ship being built, the amazing tapestries telling the history of the River Deben and the Tidal Mill. There wasn't much time left for the town centre! We have already earmarked Woodbridge for a return visit next year when maybe the ship will even have been launched. What a sight that would be!

On **Saturday** 22nd August there will be a choice of destinations, either get off the bus at Hyde Hall or continue on to Battlesbridge for a bit of antiques browsing.

The date for September is Friday 18th, possibly Saffron Walden..

Carol Greatrex

CANASTA

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

Marie Mackie

FILM AND THEATRE

On 14th July we went to Chelmsford Theatre to watch 'The story of Simon and Garfunkel'. The show began with when they were a musical duo called Tom and Jerry and then went on to their meteoric rise to fame performing all their famous hits.



Our next meeting is on Wednesday 19th August in the small hall at Broomfield Village Hall.

The September meeting is back at Chelmsford Theatre on 26th September for a play by CAODS called 'Come from away'. 'It's a life-affirming musical that celebrates compassion, resilience and the power of human connection'. There are plenty of tickets available so if you would like to join us and join the group please let me know.

Heather Bourdon

GARDENING

Little Waltham Gardening Club planned to visit Ulting Wick on Wednesday 5th August. It resumes its evening talks on September 2nd, when Brian Carline will talk about 'The Science of Plants'.

Chelmsford u3a's Gardening Group hasn't updated its information so we don't know what they are doing in August.

If anyone wants contact or other details, please get in touch with me.

Pat Radford

GEOLOGY



A few members met at Channels in the heat to see geology up front and personal - namely Max the Mammoth at the 'Costa Coffee roundabout' - hopefully renamed 'The Mammoth Roundabout'. Then we looked at the Ice Age Cliff - the only publicly accessible section of Till deposited by the Anglian Ice Sheet and went to The Channels centre to see the many Pudding Stones and Sarsens, brought by the ancestral river Thames and one large erratic of Scottish Gneiss brought by the ice. It was a very informative trip. The various items have sign boards so

they are available for all to see and appreciate.

Our next session will be on Tuesday 25th August when we shall look more closely at Soil or 'Eating Rocks' - that vital few inches/feet that we all depend on and that supports our most important wild animal - the earthworm. It is the interface between geology and life. All are welcome to 2a Hearsall Avenue, Broomfield at 2pm.

Ros & Ian



HEALTH MATTERS

At our July meeting we talked about some of the affective disorders such as depression including bipolar depression and mania. We had an interesting talk as everyone has experienced being 'down in the dumps' at some time in their lives.

There will be no meeting in August but return on Friday, September 25th when we will be considering eating disorders - both obesity and anorexia. We will examine why the GLP-1 medication works in some people but not others and why other people are prepared to starve themselves to death. New members are always welcome.

Gill Sturman

LACEMAKING

Lacemaking usually takes place every Friday.

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

Wendy Talley

PHOTOGRAPHY

Our last meeting focussed on member's photos using lines in composition and generated a wide variety of great images.

If you'd like to see our work, do visit our Broomfield u3a website where we have our online gallery.

Our group's monthly 'challenges' offer an opportunity to flex your creative muscles and get more out of your camera / mobile phone.

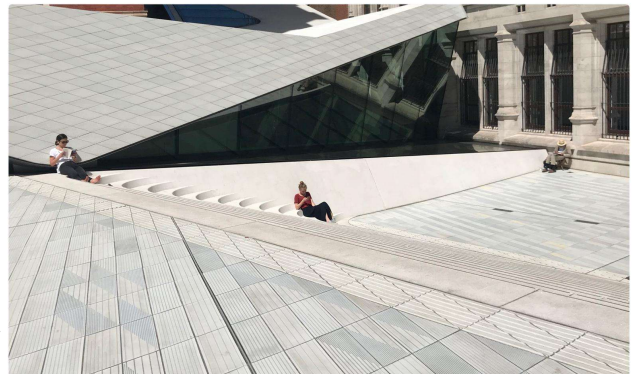
Our WhatsApp group also offers a place to routinely share your photography and get some positive feedback!

Please note, there's no meeting in August.

Our next meeting will be September 17th 10:00-12:00 at Little Waltham United Reformed Church.

We're always open to new members, so do give us a try. Contact me if you'd like to join.

Glynn Wadeson



SCRABBLE

Our next two sessions will be on the following dates:

Tuesday, 25th August and Tuesday, 22nd September,
both 1:30 pm in The Globe, Rainsford Road.

New members are always welcome, please contact me for details.

Barbara Bartlett

STROLLING IN NATURE

It was rather overcast and a little cooler so our stroll was very pleasant. We took the footpath at the end of Chelmer Avenue and walked along the River Chelmer. Everywhere was very dry and we saw Burdock ready to flower. It was surprising how quiet it was. We did hear a Green Woodpecker, Blackcap, Blue Tit and a Song Thrush, all thanks to the Merlin app (no sightings I'm afraid). We were looking out for butterflies but only saw a few Gatekeeper butterflies. There was a lovely patch of Birdsfoot



Trefoil making quite a yellow splash in the grass, also quite a lot of Common Comfrey, which if soaked in water can be used as plant feed. We were surprised to see that the blackberries are ripening already! They were very tasty and quite juicy which surprised us as the weather has been so dry. Nature is wonderful. It was a very pleasant stroll along a slow moving river.



There is no meeting in August - our September meeting will be on Tuesday 15th September meeting at the Heritage Centre on Galleywood Common at 10am.

Sue Browning

TABLE TENNIS

There will be only one table tennis session in August due to holiday commitments; this will take place on 27th August at 11 am, Chelmsford Sports Centre.

Sessions for September are booked for 10th and 24th.

New members are very welcome to this fun and friendly group.

Pauline Vinter

TAI CHI

We are taking a break in August, before resuming on 4th September.

On that date also, a new 12-week beginner course will start, at Old Chelmsfordians, Roxwell Road; (from 1:00pm -2:00pm) - contact me for vacancy.

Cheryl Beeney

TEN-PIN BOWLING

Ten Pin bowling takes place on the 1st & 3rd Wednesday 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/tea. We bowl at 10:30am but request bowlers arrive by 10:15am so we can arrange lanes, shoes etc. Looking forward to seeing you all there.

The dates for the next 2 months are:

- Wednesday August 5th and 19th.
- Wednesday September 2nd and 16th.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

We are at Tish's home on 6th August but we have had to change the venue for the 20th and it will be confirmed at the meeting on the 6th August.

In September we meet at Pat's house on the 3rd and at Jennie's house on the 17th.

Pat Platt

WALKING

In July our 5 mile walk took us, once again from The Shoulder of Mutton, along another section of the Essex Way. We walked alongside the River Colne before joining the railway line over the Chappel Viaduct and returning via areas managed by the Woodland Trust.

We noted, despite the size of the Colne at this point, the variety of pillboxes, gun emplacements and tank traps in this area. All interlocking and covering various strategic points. Although we marvelled at the construction of these items they were dwarfed by the sheer scale of the Victorian viaduct soaring overhead.

Needless to say the weather was very much in our favour as we crossed pasture and fields, some harvested others awaiting the combine.

And finally a shady nook in a beer garden for lunch – we could have stayed all afternoon.

We will have a rest in August, ready to return in September for a walk in “darkest” south Essex!!

Malcolm Taylor

GROUP LEADERS

Art Appreciation	Glynn Wadeson
Badminton	Maxine Martin
Beer Appreciation	Malcolm Taylor
Board Games	Barbara Bartlett Carol Greatrex Lorna Stuart
Book Group	Christine Pearson
Bus Pass	Carol Greatrex
Canasta	Marie Mackie
Film and Theatre	Heather Bourdon
Gardening	Pat Radford
Geology	Ros Mercer
Health Matters	Gill Sturman
Lacemaking	Wendy Talley
Natural History	Sue Browning
Photography	Glynn Wadeson
Scrabble	Barbara Bartlett
Table Tennis	Jean Lock Pauline Vinter
Tai Chi	Cheryl Beeney
Ten-pin Bowling	Lorna Stuart
Ukulele	Pat Platt
Walking	Malcolm Taylor

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	Heather Bourdon	-
		-
Vice Chair & Secretary	Roger Warner	-
		-
Treasurer	Sue Blamire	-
		-
Speaker Coordinator	Lynne Blackburn	-
		-
Membership Secretary	Peter Radford	-
		-
Group Coordinator	Mike Farn	-
		-
	Julie Warner	-
		-

Many thanks to David Warner for acting as Website Editor