



# Broomfield & District

Newsletter October 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 hope you are keeping well.

Last month we had an interesting talk from Dr Mike Pienkowski and his wife. The talk was about the reintroduction of the Red Kite in the UK. I'm sorry we had technical difficulties with the sound. We do ask the speaker if they have their own sound system or whether we need to provide some. May I suggest those that have difficulty hearing sit nearer or at the front of the hall. I and the people on the table I usually sit with are more than happy to move back if it helps you to hear and see the presentation. Especially if it is a topic you are most interested in.

As you may be aware it is our AGM this month so we will be holding it before our speaker. If you would like to join the Committee we would love to have you. You wouldn't need to come to all the monthly meetings and it would be great to hear people's opinion on how the Committee has progressed over the year with three new members. Or if you would like to start a group about a specific interest you have. I had lots of help when I started the film and theatre group.

After the AGM our speaker is Dr Kevin Bryant who is a King's Fellow in Bioscience Education, and currently based at Anglia Ruskin University.

This thought-provoking talk is inspired by a Guardian article on the remarkable success and eventual discontinuation of AstraZeneca's Covid vaccine. He will delve into the epidemic of uncertainty surrounding vaccines, exploring the impact of rumours, conspiracy theories, and vaccine hesitancy from both scientific and sociological perspectives.

As always, please don't forget to sign in, in capital letters and tea/coffee will be 50p instead of £1 from this month.

I look forward to seeing you.

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.

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### **Meeting Schedule – 2026 and early 2027**

| <b>Date</b>   | <b>Title</b>                                                                    | <b>Speaker</b>    |
|---------------|---------------------------------------------------------------------------------|-------------------|
| 14th October  | An Epidemic of Uncertainty:<br>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.<br>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<br>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 October and November 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 |          |  |
|----------|--|-----------------------------------|------------------------|---------------------------|---------------------------|----------------------------------------------|----------|--------|----------|--|
| October  |  | 5                                 | 6                      | 7                         | 8                         | 9                                            | 10       | 11     | October  |  |
|          |  | Badminton                         | Board Games            | Gardening<br>Ten-pin      | Table tennis              | Art<br>Appreciation<br>Tai chi               |          |        |          |  |
|          |  | 12                                | 13                     | 14                        | 15                        | 16                                           | 17       | 18     |          |  |
|          |  | Badminton<br>Beer<br>Appreciation | Walking                | Monthly<br>Meeting        | Photography<br>Ukulele    | Lacemaking<br>Tai chi                        |          |        |          |  |
|          |  | 19                                | 20                     | 21                        | 22                        | 23                                           | 24       | 25     |          |  |
|          |  | Badminton                         | Strolling in<br>Nature | Ten-pin                   | Gardening<br>Table tennis | Lacemaking<br>Tai chi                        |          |        |          |  |
| November |  | 26                                | 27                     | 28                        | 29                        | 30                                           | 31       | 1      | November |  |
|          |  | Book Group<br>Badminton           | Geology<br>Scrabble    |                           |                           | Health Matters<br>Lacemaking<br>Tai chi      |          |        |          |  |
|          |  | 2                                 | 3                      | 4                         | 5                         | 6                                            | 7        | 8      |          |  |
|          |  | Badminton                         | Board Games            | Gardening<br>Ten-pin      | Ukulele                   | Lacemaking<br>Tai chi                        |          |        |          |  |
|          |  | 9                                 | 10                     | 11                        | 12                        | 13                                           | 14       | 15     |          |  |
|          |  | Badminton<br>Beer<br>Appreciation | Walking                | Monthly<br>Meeting        | Table tennis              | Art<br>Appreciation<br>Lacemaking<br>Tai chi |          |        |          |  |
| November |  | 16                                | 17                     | 18                        | 19                        | 20                                           | 21       | 22     | November |  |
|          |  | Badminton                         | Strolling in<br>Nature | Film & Theatre<br>Ten-pin | Photography<br>Ukulele    | Lacemaking<br>Tai chi                        |          |        |          |  |
|          |  | 23                                | 24                     | 25                        | 26                        | 27                                           | 28       | 29     |          |  |
|          |  | Badminton                         | Geology<br>Scrabble    |                           | Gardening<br>Table tennis | Lacemaking<br>Tai chi                        |          |        |          |  |
|          |  | 30                                | 1                      | 2                         | 3                         | 4                                            | 5        | 6      |          |  |
| November |  | Book Group<br>Badminton           |                        |                           |                           | Lacemaking<br>Tai chi                        |          |        | Dec.     |  |
|          |  |                                   |                        |                           |                           |                                              |          |        |          |  |

# Notes and Notices, October 2026

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## To Start With...

A reminder that the AGM will take place on October 14th, 2026. You should have received the relevant "paperwork" in an email on 5th October; if you did not, please contact me.

## Talks, etc

The next People & Stone talk is on Saturday 7th November when Alun Powell will be talking about "Broomfield's World War 2 Roll of Honour".

The next meeting of the Essex Branch of the Historical Association will be on Saturday 17th October at 2.30pm, when Penelope Corfield, Emeritus Professor of History, Royal Holloway will talk about "The Social Spread of the Handshake in 18th & 19th Century England".

For more details, go to: <https://www.essexbranchha.com/>

My personal selection from the Gresham College programme for the next month or so includes "The Science of Puppetry – How Real Can They Be?" by Professor Robin May on Tuesday, 13th October; "The Uses of Rhetoric, Past and Present" by Professor Melissa Lane on Monday, 19th October; "Why Is There Music?" by Professor Milton Mermikides on Wednesday, 21st October; "Around the World with Indian Cinema" by Dr Ranita Chatterjee on Wednesday, 28th October and, finally, "What History is NOT" by Sathnam Sanghera on Tuesday, 3rd November. Full details of these and other talks can be found at:

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

## Do you scan QR codes?

Since Covid, they've become embedded in many aspects of our lives but perhaps we're a bit too trusting of them. Listen to an episode of BBC's "Scam Secrets" to hear how criminals are finding different ways to exploit those little black and white squares.

Go to: <https://www.bbc.co.uk/sounds/play/m0030cbr>

## To defrost or not to defrost

Knowing when to defrost food is essential for safe and tasty meals. Find out which foods you can, and can't, cook from frozen, with expert advice on how to thaw food safely. Which? has five foods you should never cook straight from frozen – and five you can.

See: <https://www.which.co.uk/news/article/foods-you-should-never-cook-straight-from-frozen-aAGPr6T8lDwu>

## Big-name retailers breaking the law on returns

Which?'s undercover shoppers put seventeen of the biggest retailers' return policies to the test. They uncovered shocking practices, including some retailers not refunding them at all and others failing to reimburse delivery fees.

See: <https://www.which.co.uk/news/article/big-name-retailers-breaking-the-law-on-returns-abwsM6V0eOzq>

## and finally...

Winter is coming, which means that it is time to have your vaccinations. Flu vaccinations can be had at, among others, Shadforth Pharmacy in Broomfield Parade (01245 251496) and Covid vaccinations can be had at, again among others, Melbourne Pharmacy in Melbourne Parade (01245 355645).

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

### **ART APPRECIATION**

Our last meeting was at the Pavilion, Great Waltham, where we looked at the life and works of two of the Great Bardfield artists, John Aldridge and Eric Ravilious.

Our next meeting will be a visit to the Munnings Art Museum, on Friday 9th October.

New members welcome.

Glynn Wadeson



*The Railway Carriage by Ravilious*

### **BADMINTON**

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

- Monday 5th, 12th, 19th and 26th October.
- Monday 2nd, 9th, 16th, 23rd and 30th November.

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

Maxine Martin

### **BEER APPRECIATION**

Those of us that were able to make it thoroughly enjoyed our meeting at The Ale House. As always anticipated it never lets us down.

Our next meeting, whilst still in Chelmsford, is a little further south!! Suggested by one of our members, we will try out The Cricketers, 143 Moulsham Street (almost opposite St. John's Church). It's recommended by CAMRA, so we should have a pleasant afternoon – the company ensures that in any case.

We'll meet on Monday 12th October 2026 at 2.00pm, please let me know if you are coming.

Malcolm Taylor

### **BOARD GAMES**

Our next sessions are to be held at The Globe, Rainsford Road at 1.30 pm on the following dates:  
Tuesday, 6th October and Tuesday, 3rd November

If you are interested in coming along, please contact one of us.

Barbara Bartlett

Carol Greatrex

Lorna Stuart

## BOOK GROUP

At our September meeting (there was no meeting in August) we discussed *Ship of Brides* by Jo Jo Moyes and *Eleanor Oliphant is Completely Fine* by Gail Honeyman. The reviews for both books were mixed, ranging from 'a waste of time' to 'an excellent read'! *Ship of Brides* scored 6.5 and *Eleanor Oliphant* 5.5 out of 10

The book group will next meet on Monday 26th October at 2.30 at Broomfield Library, and the following meeting will be on Monday 30th November.

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

Christine Pearson

## BUS PASS

An enjoyable trip to Saffron Walden last month and we all found plenty to occupy us. On the outward journey, we arrived in Dunmow in good time for our connection but it was something of a shock when a Stephensons mini bus appeared round the corner. Fortunately, there were only ten of us and we all found a seat.



Some made the return journey via Stansted airport but for the five of us returning via Dunmow, our bus was late leaving Saffron Walden. This meant we just missed our X30 connection. However, the hour's wait for the next bus passed quickly enough in The Boar pub situated conveniently next to the bus stop!



This month we will have visited Zero2 Bus Museum at Great Yeldham for our last outing of the year. More of this trip in the next newsletter

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

We had an incredible evening on Saturday 26th September when we went to Chelmsford Civic Theatre. The show was from CAODS – Chelmsford Amateur Operatic & Dramatic Society called 'Come from Away'.

It is based on the events in a town called Gander in Newfoundland during the week following the September 11 attacks, when 38 planes, carrying approximately 7,000 passengers, were ordered to land unexpectedly at Gander International Airport. The characters in the musical are based on actual Gander residents and the stranded travellers they housed and fed. It mainly featured one particular plane and its passengers and crew. I wasn't sure about going, I have to be honest, but I thoroughly enjoyed it and would really recommend it. It was so powerful and thought provoking.

On Saturday 3rd October we are going back to Civic Centre for a back stage tour of Blood Brothers. I was hoping we would be able to see the show after but it was sold out!

Our next group meeting is on Wednesday 18th November at Broomfield Village Hall. Looking forward to seeing you.

If you would like to join, please contact me.

Heather Bourdon

## GARDENING

On 7th October, Lynne Moore, of Moore and Moore Plants will give a talk to Little Waltham Gardening Club entitled "My Darlings of the Shade garden". On 4th November, it will be the turn of Glyn Evans to talk about "Garden Birds and how to encourage them to your garden".

The Chelmsford Gardening Group is scheduled to meet on 22nd October but I can't find any details!

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

Pat Radford

## GEOLOGY

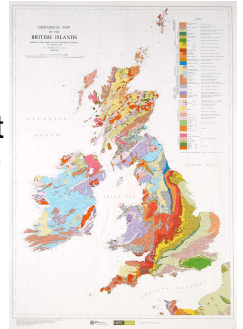
At our 'Over to members' session in September we had some interesting contributions - rocks from North Cornwall including a distinctive rolled flint - what was it doing there?

We had a photo showing the interior of a collapsed round tower from a church in Norfolk that was most instructive in telling its construction. Two lucky members were off to New Zealand and were anxious to make the most of seeing the geological features in this land that shows geology in the making. We showed samples of Ball Clay which we had just encountered in a mine near Corfe Castle. This was new to us as an extensive area of mining beneath Wareham, still supplying the pottery industry. Lastly, one member brought out some pebbles that were secreted in his bag. Why are pebbles not spherical? This created considerable discussion and debate and will hopefully result in more astute observation of pebbles that, of course, abound in Essex.

## **GEOLOGY (continued)**



Our next session on Tuesday 27th October will feature a trip round Britain looking at the geology and seeing the pattern of the distribution of our wide variety of rocks. Members are invited to bring examples to place on the geological map and see how they fit in. We meet as usual at 2a Hearsall Avenue, Broomfield, CM1 7DD at 2pm. New members welcome, but please bring a rock from a known location.



Ros & Ian

## **HEALTH MATTERS**

At our last meeting, talked about both obesity and anorexia. This was the third meeting where we considered various mental conditions. We talked about the new GLP-1 medications to help in weight loss as well as the treatments for anorexia and the lengths these people go to 'to starve' themselves. We also talked about the Minnesota Starvation Experiment and its findings to treat starved people get back to normality.

We are hoping to meet on Friday, 30th October for this month's meeting where we will be talking about Clinical Trials: why they are needed and what they involve. This will be our last meeting this year. Currently we meet in the Pavilion, South Street, Great Waltham (CM3 1DF) at 2pm. 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

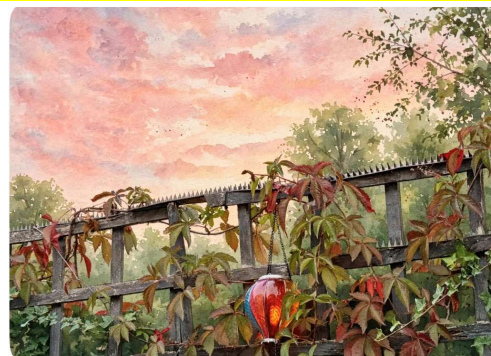
Photography group's last challenge was 'Wildlife', and submissions included a range of insects, birds and more exotic creatures... We post a selection on our u3a site gallery, so do take a look at this and our earlier challenges online.

Our next challenge, is a demanding one, 'Low light photography', and we'll be looking at the creative contributions at our next meeting on 15th October at Little Waltham United Reformed Church, 10-12.00.

Members use a range of cameras, phones included!

New members always welcome.

Glynn Wadeson



## SCRABBLE

Our sessions are held at The Globe, Rainsford Road at 1.30 pm on the following dates:

- Tuesday, 27th October
- Tuesday, 24th November

If you are interested in joining us please contact me.

Barbara Bartlett

## STROLLING IN NATURE

The Strollers had a gentle walk on Galleywood Common following the old race track. It was surprising how green everything was. The trees looked as if they had coped very well with the hot weather. The Heritage Centre was open and had a display of photos of Galleywood in the past which was very interesting. Of course, our walk was followed up with coffee at the Abercorn Nursery. A very relaxing morning with friends.

The next meeting is expected to be on 20th October visiting Newlands Grove, Broomfield.

Sue Browning

## TABLE TENNIS

Table Tennis is a very friendly group and we always have a lot of fun, as well as some exercise!! Sessions will be on: 8th and 22nd October and 12th and 26nd November.

We meet at 11 am at Chelmsford Sports Centre Melbourne and cost is £2.50.

Come join us, you will receive a warm welcome.

Pauline Vinter

## **TAI CHI**

Dates for October: 2nd, 9th, 16th, 23rd and 30th

Dates for November: 6th, 13th, 20th and 27th.

The main sessions are at 11:00-12:30; the Beginners sessions are at 1:00pm-2:00pm; all at Old Chelmsfordians, Roxwell Road. From December this will be join in with the main group

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:

- Wednesdays, October 7th and 21st.
- Wednesdays, November 4th and 18th.

Lorna Stuart

## **BROOMFIELD UKULELE GROUP (BUGS)**

The Ukulele group is meeting on 1st October at Pat's house and on 15th October at Jan's house. In November we are meeting at Pat's house on the 5th and at Lynne's house on the 19th.

We meet between 2pm and 4pm. You do not have to host to join the group and we are happy to help anyone who might like to learn a few chords to start playing.

Pat Platt

## **WALKING**

Unfortunately, highly reduced numbers meant that I had to cancel our September walk. As the weather turned out it would have been decidedly "damp"!!

We will thus venture southwards as we take a leisurely 6 mile walk amongst the creeks & countryside of Little Wakering. We will meet on Tuesday 13th October 2026 at 9.00am in the car park of the Royal British Legion, Saxon Way, Broomfield.

Please let me know if you are coming. Anticipated transport cost £3.00 (unless fuel continues to rise!!)

The usual mobile operative on the day.

Malcolm Taylor

## GROUP LEADERS

|                   |                                                    |
|-------------------|----------------------------------------------------|
| Art Appreciation  | Glynn Wadeson                                      |
| Badminton         | Maxine Martin                                      |
| Beer Appreciation | Malcolm Taylor                                     |
| Board Games       | Barbara Bartlett<br>Carol Greatrex<br>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<br>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

Note: If you wish to contact any of the above using the website, go to the Contact page and click on General enquiry.