

Special Edition

Discover what
Burnham-on-Crouch u3a has to offer!

*Get out
and about*

*Explore
Learn
Make new friends
Enjoy*



Line Dancing

Keep active and have fun



Pétanque

Friendly competition



Birds & Wildlife

Discover and appreciate



Archaeology

Explore our local history

Burnham-on-Crouch u3a offers a wide range of interest groups, activities, visits, talks and social events — with plenty of opportunities to discover something new and meet new people.

Whatever your interests, there's a place for you in u3a.

*Come
and see us at
Burnham
Carnival!*



Saturday 26 September



10.30am – 5.30pm



Find us on the u3a stall

Pick up a copy of this special newsletter
and talk to our friendly members about
what we do. **Everyone is welcome!**



bocu3a.org



Burnham-on-Crouch u3a

Learn • Laugh • Live

A Special Welcome to This Edition

If you're already a member of **Burnham on Crouch u3a**, welcome to your latest newsletter – although you may notice that this edition is a little different.

As well as bringing you news and information from around our u3a, we've produced this issue with another group of readers in mind: **people who might be wondering what u3a is all about and whether it could be for them.**

So, if a friend or neighbour has passed this newsletter on to you, a particularly warm welcome!

Over the following pages we'd like to give you a flavour of life at Burnham on Crouch u3a. You'll find examples of some of the fascinating – and occasionally unexpected – speakers we've enjoyed at our monthly meetings, together with a glimpse of our many interest groups and the social side of belonging to u3a.

There is no need to have any particular skills or qualifications, it's simply about making the most of the time we now have – discovering new interests, continuing old ones, meeting people and enjoying ourselves along the way.

And to our existing members, perhaps this edition is also a reminder of just how much goes on within our u3a. **When you've finished reading it, why not pass it on to someone you think might enjoy being part of it too?**

If you're not yet a member, you're very welcome to come along to one of our monthly meetings and see for yourself. There's no obligation to join – have a cup of tea, meet some of us and find out what happens.

Learn, Laugh, Live – and perhaps discover something new.

THIS MONTH – FRIDAY 2nd OCTOBER

Jill Hipsey will talk about the Battle of Maldon Embroidery – How it was made and the history behind it

Doors open at 2.15pm for 2.30pm at Burnham Village Hall.

Coming Up...

6th November – Mark Randall

Early Development of Flight

4th December – Christmas Meeting *Details to follow*

You Never Know What You Might Discover at u3a!

Great gardens, a Dunkirk paddle steamer, the future of the monarchy, a pioneering Essex nurse – and even a burlesque dancer.

What could they possibly have in common?

They are just some of the subjects members of **Burnham on Crouch u3a** have enjoyed at our recent monthly meetings.

And they illustrate rather well what u3a is all about: **meeting people, discovering new interests, learning something you didn't know before – and enjoying yourself along the way.**

Something Different Every Month

Burnham on Crouch u3a meets at **The Village Hall on the first Friday of each month at 2.30pm**, with doors opening at 2.15pm.

Our meetings often feature a visiting speaker, and the subjects can be remarkably varied. Here are just a few we've enjoyed recently...

Great Gardens of Great Britain

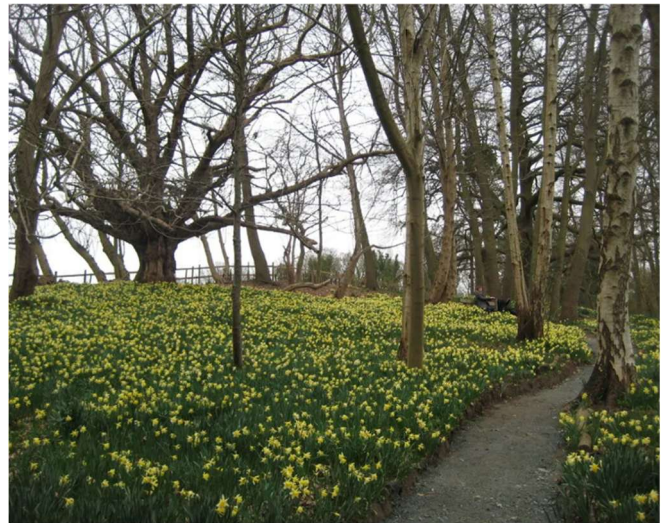
Horticulturalist **Andrew Babicz** took us on an entertaining tour of some of Britain's most interesting gardens.

With experience at Kew and Wisley, Andrew combined expert knowledge with plenty of humour – and an appreciation of a good garden tearoom!

We discovered the extraordinary gardens created aboard Thames barges near Tower Bridge, visited Beth Chatto's famous garden near Colchester and travelled virtually to Biddulph Grange, East Ruston Old Vicarage, Marks Hall Arboretum and Sandringham.

Our final stop was Essex's Warley Place, once home to the celebrated horticulturist Ellen Willmott, who reputedly scattered Sea Holly seeds secretly in friends' gardens – hence the plant's nickname, *Miss Willmott's Ghost*.

Andrew ended by inviting questions on anything except **peat, rewilding and dogs in gardens!**



The Heroine of Dunkirk



P.S. Medway Queen on Gillingham Pier, Kent, 2016.

Mark Bathurst brought history vividly to life with the remarkable story of the *Medway Queen*.

Launched in 1924, this paddle steamer originally carried holidaymakers on pleasure trips around the Kent and Essex coasts. With the outbreak of war she was painted battleship grey, converted to a minesweeper and in 1940 joined **Operation Dynamo**, the evacuation from Dunkirk.

The *Medway Queen* made seven crossings under fire and rescued more than **7,000 men**, earning herself the title **"The Heroine of Dunkirk."**

After a remarkable subsequent history – which included narrowly escaping the scrapyard and even spending time as a nightclub – she is now undergoing restoration at Gillingham Pier.

"If I Can Do It, Anybody Can"

Gary Jones CBE told us the inspirational story of his lifetime in nursing.

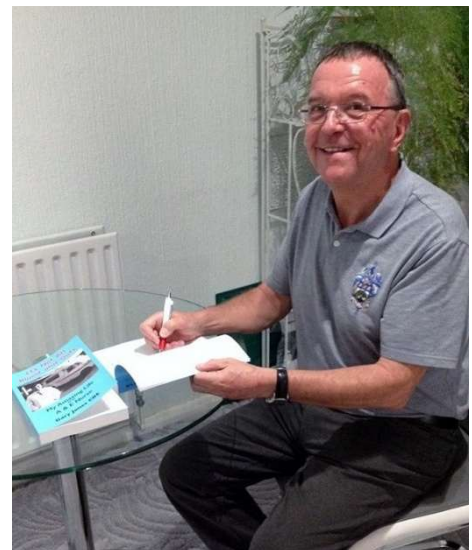
As a youngster Gary disliked school and was told he wasn't clever enough to become a nurse. He proved the doubters spectacularly wrong.

After beginning his career in Accident & Emergency, Gary became passionate about improving trauma care. A scholarship took him to Canada and the United States to study their emergency services, and he returned determined to help transform the way seriously injured patients were treated in Britain.

He subsequently developed the **Jones Dependency Tool**, used internationally to assess patients' nursing needs, became a consultant and expert witness and even advised the BBC programmes *Casualty* and *Holby City*.

In 2003 Gary was awarded the CBE for services to nursing.

His message to us was simple: **"If I can do it, anybody can."**



What Does the Future Hold for the Monarchy?

Joanna Symons gave us plenty to think about with her presentation on the future of the British monarchy – a subject which, she admitted, requires her talk to be continually rewritten as events unfold!



Joanna considered changing attitudes towards the Royal Family and how the monarchy itself might evolve for future generations.

Among the possibilities discussed were a smaller number of working royals, less ceremony and expenditure, greater recognition of different faiths and an increasing emphasis on issues including community, the environment, social inequality, the arts and the Commonwealth.

Whatever your own views on the monarchy, it certainly provided plenty of food for thought and conversation.

And Then There Was Burlesque...

Ms Cherry Bombe – otherwise known as Lindsey Barrel – provided something completely different!

When her children grew up and no longer required their “mum taxi”, Lindsey found herself looking for new interests and, importantly, new friends.

Craft groups came first, then salsa dancing, until an article about burlesque dance classes caught her attention. She nervously signed up – and discovered something she loved.

From arriving at her first class dressed in what she described as her “PE kit”, Lindsey eventually found herself performing a solo routine in public and later established a Women’s Institute burlesque troupe. Another group followed on Canvey Island, where the average age of the performers is **75**.



It was funny and entertaining, but there was a serious message too. Lindsey’s search for something new brought confidence, friendship and enjoyment not just to her, but to many others.

And that seems a pretty good description of what u3a can do too.

But We Don't Always Have a Speaker...

Sometimes it's simply good to get together.

Several times during the year our normal meeting gives way to a more social occasion – perhaps a buffet, wine tasting, Christmas celebration or another opportunity to sit down, chat and enjoy the company of other members.

Learn, Laugh, Live *It's not just our motto – it's a pretty good description of what happens.*

Is u3a for me?

If you are no longer in full time work or raising a family and have a little more time to explore your interests, meet people, and try something different, then quite possibly **yes**.

You don't need qualifications

You don't need to be an expert

You don't need to know anybody when you arrive

Just bring your curiosity.

There's a Group for That!

Our monthly meetings are only part of Burnham on Crouch u3a. We have around **30 interest groups**, offering opportunities to continue an existing hobby, try something completely new, and meet people who share your interests.

Some are active, some creative, some educational, and some mainly social. **Beginners are very welcome in many of them.**

Here are just a few examples...

Get Out and Get Active

10-Pin Bowling

Fun, exercise – and just a little friendly competition!

Our bowlers meet at Madison Heights in Maldon for two hours of bowling, with shoe hire and refreshments included in the session fee. Ability ranges from complete beginners to experienced players and everyone is welcome to join in. There's certainly some friendly competition – but having fun is what really matters.



Badminton

Never picked up a racquet?
That didn't stop us!

When the Badminton Group began, some members had never played before while others had more than 20 years' experience.

Winning is nice, of course, but this isn't about fierce competition. It's about enjoying the exercise, having fun and perhaps surprising yourself with what you can do. Bring a racquet, suitable shoes – and some energy!



Walking

Five miles, good company – and perhaps a pub lunch afterwards.

Our friendly and chatty Walking Group explores different locations each month, generally covering around five miles at a steady pace.

You don't need previous walking experience, although appropriate footwear and clothing are important and you'll need sufficient fitness for the distance, stiles and varying terrain.

And after all that healthy exercise? Those who wish can round off the outing with lunch at a convenient pub or café.

Explore the World Around Us

Archaeology



This isn't just talking about archaeology – our members actually dig!

Founded in 2018, the Burnham u3a Archaeology Group describes itself as the only active *digging* u3a group in eastern England.

Members have received professional training and regularly excavate and record archaeological sites, with their findings passed to the relevant authorities.

Among their most exciting achievements was the discovery and excavation of the previously unknown medieval Bishop of London's Palace at Southminster Hall.

Digging requires a reasonable degree of fitness, but there are less strenuous ways to take part too, including sieving, washing finds and research.

Birds & Wildlife

Binoculars at the ready...

The Birds & Wildlife Group visits a variety of locations, including sites managed by the Essex Wildlife Trust and RSPB.



The aim is simply to encourage an interest in birds, wildlife and everything else inhabiting our natural surroundings. You don't have to be an expert birdwatcher to take part, and lifts can often be arranged for members who don't drive.

Discover Your Creative Side

Photography



The best camera is the one you have with you.

Whether you own an expensive DSLR or simply enjoy taking photographs with your mobile phone, you'll be welcome at the Photography Group.

Meetings explore different aspects of photography and have included outdoor portraits, using flash and an introduction to digital post-processing.

Recorder Players



From Purcell and Handel to ABBA and The Beatles!

Some members are complete novices; some hadn't touched a recorder since junior school and others have been playing for years.

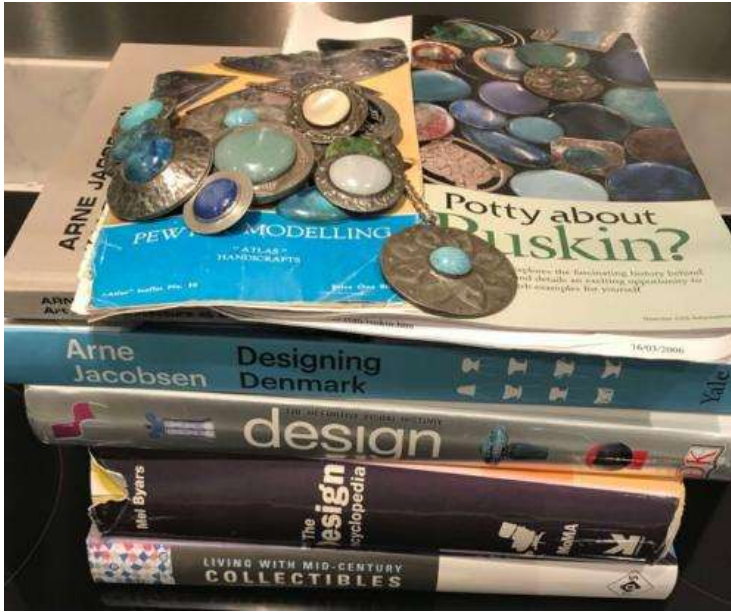
Between them they now have descant, treble, tenor and bass recorders and play music chosen to suit the group's range of abilities.

Their repertoire is certainly varied – classical music can be followed by The Beatles, ABBA or a tune from a show.

If there's an old recorder hiding somewhere in your house, perhaps it's time to give it another outing!

Exercise the Little Grey Cells

Art, Architecture & Design



From Beatrix Potter to stained glass – and plenty in between

Meeting monthly at Burnham Museum, this friendly group explores art, architecture, design, literature and music through illustrated presentations.

Subjects have ranged from Clarice Cliff, Gertrude Jekyll and Sir Edwin Lutyens to studio pottery, Liberty of London and Chinese snuff bottles. Members can even try giving a presentation themselves – with plenty of help available.

Or simply come along, sit back and enjoy!

Alternative Therapies, Practices & Beliefs

An opportunity to explore something a little different

This informal discussion group explores alternative therapies, practices, beliefs, spirituality and other non-mainstream subjects, with occasional informative videos helping to get the conversation started. Politics and religion are deliberately avoided.

You don't need any specialist knowledge – **curiosity and a willingness to join the discussion are quite sufficient!** New members, including anyone with knowledge or experience they would like to share, are very welcome.

Company of Crafters

Bring whatever you're working on and enjoy a couple of hours crafting, exchanging ideas and having a good natter.

The Company of Crafters is a friendly group who meet each month to enjoy their favourite crafts in good company. Members bring along whatever they happen to be working on, with interests including knitting, crochet, stitching, jewellery making, painting and much more.

There's no requirement for everyone to be doing the same thing – the idea is simply to spend a couple of enjoyable hours crafting, exchanging ideas and having a chat.

Although currently mainly ladies, men are very welcome too, and the group would be delighted to welcome new members.

And One That's Mainly About Enjoying Yourself...

Luncheon Explorers

Someone has to do it!

The group's mission is a demanding one: exploring restaurants and pubs within approximately 15 miles of Burnham.

Each month a different member chooses the venue for the following month's lunch, so everyone gets an opportunity to suggest somewhere they'd like the group to try.

Good food, different venues and good company – what's not to like?

Something for Everyone

These are only a selection of the interest groups available within Burnham on Crouch u3a.

Some groups meet every week or fortnight, others monthly or seasonally. Some require a little physical effort, while others require nothing more strenuous than turning a page, picking up a camera – or choosing what you'd like for lunch!

Most importantly, you don't need to be an expert. u3a is about people sharing their knowledge and enthusiasm with one another, trying new things and enjoying the company of others.

You may join for an interest – but find that the friendships are just as important.

Why Not Come and See for Yourself?

If you've wondered whether u3a might be for you, you don't have to join before finding out.

Prospective members are very welcome to come along to one of our monthly meetings and see what happens.

Burnham on Crouch u3a
The Village Hall
First Friday of every month
2.30pm – doors open at 2.15pm

Entry to our normal monthly meeting is just £2, including tea or coffee and biscuits. Occasionally we hold special ticketed events, when a slightly higher charge may apply. Come along, listen to the speaker, have a cup of tea and a chat and meet some of our members.

And Your Membership Goes Even Further...

Locally: Burnham members can also participate in available groups, outings and theatre trips organised by neighbouring u3a in the Maldon Cluster
(Maldon, Blackwater, Limebrook, Dengie, Burnham, Crouch Valley and South Woodham Ferrers)

Follow this link for more information about Interest Groups across the Cluster Group:

<https://bocu3a.org/go/pdf>

Nationally: Membership also gives access to online learning, the u3a podcast, Third Age Matters, u3a Friends and Friends Extra offers

Offers and discounts via 'u3a Friends Extra'

(<https://bocu3a.org/go/extra>)

The 'u3a Friends' (sign up to the newsletter)

(<https://bocu3a.org/go/friends>)

A u3a podcast

(<https://bocu3a.org/go/podcast>)

Online learning via Zoom

(<https://bocu3a.org/go/online>)

'Third Age Matters' magazine – you can read the latest issue via the link below

(<https://bocu3a.org/go/magazine>)

Find out more

Website: bocu3a.org

Facebook: u3a Burnham-on-Crouch

Email: info@bocu3a.org

Telephone: 07388 153930

Or simply come along to a meeting.

You never quite know what you might discover – and that's part of the fun!

Margaret Lambert – New Members Ambassador is there to help you find your way around, meet people, and discover what's available.

Interest Groups

Day	Interest Group	Group Leader	Tel.	More Details & Contact Online
Mon 10.00am (2 nd)	Photographic	Diane Raddon	01621 861899	More Details
Mon 2.00pm (2 nd & 4 th)	Recorders	Linda Baxandall	01621 782298	More Details
Mon 2.30pm (weekly)	Table Tennis 1	Eric Tremlett	07936 172582	More Details
Mon 2.30pm (last)	Garden Views *	Margaret Heel	01621 785846	More Details
Mon 2.30pm (3 rd)	Book Lovers *	Frances Harris	01621 783770	More Details
Tue 10.00am (4 th)	Walking	Diane Caulkett	01621 783786	More Details
Tue 2.00pm (weekly)	Badminton	Julie Thomas-Page		More Details
Tue 5.00pm (weekly)	Line Dancing *	Anne Dowman	07753 121119	More Details
Tue 2.00pm (2 nd)	Literary *	Sue Holmes	01621 782610	More Details
Tue 7.00pm (weekly)	Bridge *	Liz Smith	07790 384005	More Details
Wed 10.00am (weekly)	Archaeology	Sue Spiers	01621 776570	More Details
Wed 10.00am (2 nd)	Bird & Wildlife	Lynda Ewers	01621 741577 07467042654	More Details
Wed 10.00 (1 st)	Genealogy & Family History	Caroline O'Neill	07484 269215	More Details
Wed 10.30am (3 rd)	Garden Topics *	Pamela Burton	01621 779575	More Details
Wed 2.00pm fortnightly)	Scrabble	Sandra Stocker	07535 651491	More Details
Wed 2.30pm (4 th)	Winter Readers	Bev Abbott	01621 786005	More Details
November - April				
Wed 2.30pm (weekly)	Table Tennis 2 *	Roy Hutchins	07710 534709	More Details
Wed 2.30pm (last)	Our Ancestry *	Peter Banham	01621 772668	More Details
Wed 3.00pm (1 st & 3 rd)	Pétanque	Gwen Pocock	01621 740703	More Details
Thur 10.00am (weekly)	French *	Pam Eastham	01621 783453	More Details
Thur 1.00pm (3 rd)	Company of Crafters	Julie Cleverley	07961 496296	More Details
Thur 2.00pm (fortnightly during school terms)	10-Pin Bowling	Diane Caulkett	01621 783786	More Details
Thur 3.00pm (2 nd)	The Literati	Phyllis Brame	01621 785669	More Details
Fri 10.30am (3 rd)	Art, Architecture & Design	Delia & Mike Allen	01621 784955	More Details
Fri 10.30am (2 nd)	Pitch and Putt	Ian Parrott	07890 600153	More Details
Fri 12.00pm (4 th)	Luncheon Homebirds *	Diane Raddon	01621 861899	More Details
Fri 12.30pm (3 rd)	Luncheon Explorers	Josie Scroggs	01621 740457	More Details
Fri 2.00pm (weekly)	Mah Jong *	Terry Sims	01621 784102	More Details
Fri 2.30pm (2 nd & 4 th)	Alternative Therapies, Practices & Beliefs	Julie Thomas-Page	07771 611038	More Details
Sat 10.00am (weekly)	Archaeology	Sue Spiers	01621 776570	More Details
As Arranged	MOTO (Members On Their Own) *	Liz Smith	07790 384005	More Details

* The Line Dance group is very well-attended at present, so please contact the group leader to check on availability before turning up; you may be asked to go on a waiting list.

* - Groups marked with an asterisk are currently so popular that we need to set up extra groups in these areas: if you'd like to be part of new group (perhaps even help to organise it) please let the current group leader, or the Groups Co-ordinator, know. There is a lot of support to help new groups get started.

Can't find quite what you're looking for?
Why not help start a new group? We'll help you get it going.

Coming in 2027

January 2027 – We all know the story of the *Titanic* but have you heard the extraordinary conspiracy theory claiming that the ship involved was actually her sister ship *Olympic*, as part of an elaborate insurance fraud? Tony Harris examines the story and the arguments surrounding it.

February 2027 – Wildlife photographer, Tom Way, has been fortunate enough to visit and photograph the amazing wildlife in it's natural environment and will share photographs including the big 5 in Africa.

Committee

Position	Telephone	Name
Chair	07714 481205	Carl Hughes
Vice-Chair	07734 445452	Dave Rae
Secretary	07801 555026	Jo Gray
Membership Secretary	07989 713218	Jac Mills
Groups Co-ordinator	07788 566103	Pete Wardle
Treasurer	01621 861899	Diane Raddon
Webmaster / Newsletter Editor	07746 958690	Graham Newman
Events Co-ordinator	07793 056313	Marilyn O'Doherty
Communications Co-ordinator	07788 907846	Phil Flack
Speaker Co-ordinator	07969 617403	Maureen Rae
New Members Ambassador	07340 522439	Margaret Lambert

Committee members may be contacted individually via our website.

<https://bocu3a.org/organisation/#committee>

For general enquiries, please use following email: info@bocu3a.org

Committee meetings are held at the Olde White Harte Hotel on the 3rd Thursday of the month, at 10.00am. Members are very welcome to attend; if you plan to do so, please let our Secretary, Jo Gray, know in advance.

Please email any newsletter contributions to newsletter@bocu3a.org. Photos are very welcome, but please email them separately from the text you are sending.

Burnham-on-Crouch u3a, Registered Charity Number: 1091017

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MEMBERSHIP APPLICATION FORM

I apply to become a member of Burnham-on-Crouch u3a.

Title:	Name:	Subjects that interest you:
Address:		
Post Code:		
Tel No/s:		
Email		

Membership Fee is £15 and your membership will last until 31st May 2027 (Renewal Fee currently £13)

Please pay by Bank Transfer to Burnham on Crouch University of the Third Age (u3a)

Bank 20-19-95 : Account 40950181 : Please use your name as reference.

TERMS and CONDITIONS of MEMBERSHIP

- Abide by the principles of the u3a movement.
- Always act in the best interests of the u3a and never do anything to bring the u3a into disrepute.
- Abide by the terms and conditions of the constitution.
- Treat fellow members with respect and courtesy at all times.
- Comply with and support the decisions of the elected committee.
- Advise the committee of any change in your personal details.

GIFT AID DECLARATION. Burnham-on-Crouch u3a will reclaim 25p for every £1 you donate for this and future tax years. In order to Gift Aid your donation you must read the following declaration and tick the box below.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

☐

I want to Gift Aid my donation of £15 to Burnham-on-Crouch u3a.

Please notify Burnham-on-Crouch u3a if you: want to cancel this declaration; change your name or home address: no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

PRIVACY STATEMENT: Your personal details will be held on a secure database and will be used solely for the purposes of administration and distribution of u3a communications.

Please return this application form with your subscription to:

Membership Secretary, Burnham-on-Crouch u3a, 51 Chapel Road, Burnham on Crouch, CM0 8JD.

Your signature below covers both Membership Application, Privacy Statement and Gift Aid declaration (if applicable)

I understand that all u3a activities are taken at my own risk.

Signed: _____

Date: _____

Interest Groups

Current Groups	Interested? Please Tick
Photography	
Recorder Players	
Table Tennis	
Garden Views	
Book Lovers	
Badminton	
Line Dancing	
Literary	
Walking	
Pétanque	
Bird & Wildlife	
Family History	
Garden Topics	
Winter Readers	
Our Ancestry	
French	
10 Pin Bowling	
Scrabble	
The Literati	
Mah Jong	
Architecture	
Luncheon Explorers	
Luncheon Homebirds	
Archaeology	
Pitch and Putt	
Members on their Own	
Suggestions for additional groups	