



SAWBRIDGEWORTH u3a MONTHLY NEWSLETTER

May 2026

Welcome to our May Newsletter.

We hope that you will find it informative, entertaining and interesting.



Monthly Meetings

April Meeting. Our April meeting was held on **April 17th**. We managed to book Tim Turner who gave us an Illustrated talk on “Audley End House” The History of this amazing house. Tim worked as an auctioneer and valuer for 40 years with Watsons and Sworders. On retirement in 2022 he became a curatorial volunteer at Audley End House. He runs the Friends of Audley End. This talk was an introduction to this amazing House and will hopefully inspire the audience to visit the House, Gardens and Stables.

May Meeting – Our May meeting will be on **Friday 8th May** and it will be our **Annual General Meeting**. Please come along to support your committee and possibly have a cup of tea and a piece of cake to celebrate our 10th anniversary.

Group news

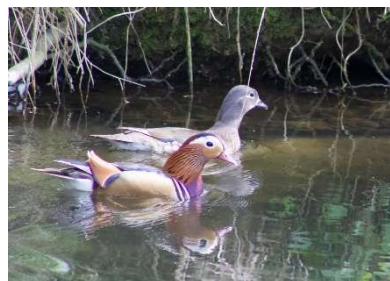
Antiques and Collectables-

At our monthly meeting in April we had a small tea party to celebrate Iris Marquet 100th Birthday. Iris received cards and flowers from all her friends in the Group. Iris is an active Member of the A and C Group often giving presentations on various subjects and an avid participant in our U3A Style Yearly Bargain Hunt, which will be taking place in the next couple of months.



April 8th Nature Notes. -

The Nature Notes group had a lovely local stroll in April. Starting from Sheering Mill lock we walked along the towpath towards Harlow. We enjoyed an afternoon chorus of birdsong including chiffchaff and cettis warbler. We were lucky enough to spot a pair of Mandarin ducks as well as the usual coots, mallards and moorhens. After turning off the towpath we enjoyed walking along the osier bed boardwalk into Pishiobury Park. A lovely circular walk on a beautiful spring afternoon.



April 17th - Friday 5-mile Walking Group



Our April walk took us into the Essex countryside. Starting from Toot Hill, we headed northwards to the Epping / Ongar heritage railway where, where we were lucky enough to see the steam train chugging its way towards Ongar. Turning east, we trekked along Penson's Lane before heading south to Greensted and its ancient church. Allegedly, this is the oldest timber church in the world dating back to AD1060, and where the churchyard contains the grave of a 12th century crusader. After a brief pause at the church, we resumed our adventure along the Essex Way back to Toot Hill and The Green Man where delicious lunch awaited us all.

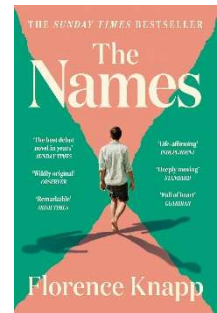
April 24th - Friday 9-mile Walking Group

Under a blue cloudless sky we visited Waterford Heath Nature Reserve. After that the route took us along the River Bean encountering some Little Egrets. A refreshment break was enjoyed in Hertford, before returning along the River Lee to our starting point at the Van Hage Garden Centre.



May - Bookends are Reading - "The Names" by Florence Knapp .

It is 1987, and in the wake of a great storm, Cora sets out with her young daughter to register the birth of her son. Her husband expects her to follow tradition and call the baby after him - but is it right for her child to inherit his name from generations of domineering men? Her choice will shape the course of their lives.



Seven years later, her son is Bear, a name chosen by his sister, hoping he will grow up to be brave and big-hearted. Or he is Julian, the name his mother set her heart on, keen for him to become his own person. Or he is Gordon, named after his father and raised in his cruel image - but is there still a chance to break the mould?

Pickleball Group- We LOVE our Pickleball

If you have recently retired and are looking for an active sport to play then come along to Pickleball. It is a bat and ball game played as doubles on a smaller tennis court. All very informal and friendly. We meet at Sawbridgeworth Tennis and Pickleball Club, Springhall Road, CM21 9ET, FREE parking, every Monday from 10am – midday.

First session is FREE, thereafter £5 per session. Bats and balls are provided and we will teach you the rules. It is outdoors so weather



permitting. If you are interested "in having a go" then email me at info@sawbridgeworthtennis.org.uk putting U3A Pickleball in the heading.

Geoff Williams.

Trips

We hope to update you all next month. Watch this space and your email inbox.

To all groups please let us know about any upcoming activities and events so we can include it in the future editions of this newsletter.

Items for Diary and Local Information.

Carpark - Please don't forget the system for the carpark at the hall, all drivers must register their car on the system inside the hall to avoid any fines.

A huge thank you all who have organised our many activities over the past year. We welcome all offers of help however big or small.