



## SAWBRIDGEWORTH u3a MONTHLY NEWSLETTER

June 2026

Welcome to our June Newsletter.

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



### Monthly Meetings

**May Meeting.** Our May meeting was our Annual General meeting and was held on **May 8<sup>th</sup>**. Our new Chairperson **Alan Goodman** has prepared a short note about our AGM

Around 100 members attended our tenth anniversary AGM on 8<sup>th</sup> May and they approved the Trustees Report and the accounts for the year 2025/26. Changes to the Committee were also approved. Gill Sewell has retired after 6 years as Chair but she will continue on the Committee as Groups Coordinator. After 9 years as Treasurer, Barrie Lazarus is also retiring. Both Gill and Barrie were thanked for their excellent service, and they were presented with a token of appreciation. Following the meeting, members enjoyed a cup of tea and some excellent anniversary cake.

**June Meeting** – Our June meeting will be on **Friday 12<sup>th</sup> June** and our Guest Speaker will be Elizabeth Eastwood who will give us a talk entitled “**Scandals, Slander and Gossip**”. Elizabeth is an accredited Blue Badge Guide who has a wide range of talks



## **Group news**

### **May 12<sup>th</sup> Nature Notes. -**

A very enjoyable afternoon was had walking around the RSPB Rye Meads nature reserve where the highlight of the afternoon was that we all managed to see a Kingfisher



### **May 15<sup>th</sup> - Friday 5-mile Walking Group**



Our May walk took us back to the Hertfordshire countryside once again. Setting off from Gravesend, we headed eastwards and crossed Patmore Heath, a nature reserve and grass heathland habitat which are scarce in the southeast of England. We then turned south towards Upwick Green before heading westwards to Albury where a short break was taken at the local church, a grade II\* listed building that dates from the 13<sup>th</sup> century. Turning northwards, we rejoined the Harcamlow Way before passing the site of Albury Hall, one of England's lost country houses. Finally, we headed east to return to The Catherine Wheel for a well deserved and quite delicious lunch.

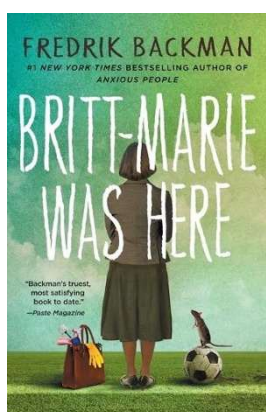
## May 22<sup>nd</sup> - Friday 9-mile Walking Group



With a heatwave just beginning, we started our walk at Turkey Street railway station. Our first stop was at Forty Hall, where we stopped for refreshments before continuing our walk through the Estate. Fortunately, there was plenty of shade from the sun in the woods near

Whitewebbs. We then passed by 'Spurs training ground and stopped at The Pied Bull pub for a light lunch, then back to the station for our return journey.

## June - Bookends are Reading - "Britt- Marie was here" by Fredrik Backman .



From the Author of "a man called Ove". This is the story of Britt-Marie. When Britt-Marie walks out on her cheating husband and has to fend for herself in the miserable backwater town of Borg—of which the kindest thing one can say is that it has a road going through it—she finds work as the caretaker of a soon-to-be demolished recreation center. The fastidious Britt-

Marie soon finds herself being drawn into the daily doings of her fellow citizens, an odd assortment of miscreants, drunkards, layabouts. Most alarming of all, she's given the impossible task of leading the supremely untalented children's soccer team to victory. In this small town of misfits, can Britt-Marie find a place where she truly belongs?

### **Food for Thought**

Want to try out local restaurants with like minded others?

We go out at 7pm on the 3rd Wednesday of the month to favourite local restaurants.

Next date will be 17<sup>th</sup> June.

Please let me know if you are interested in joining us that night and/or joining the group

Alice Dain Current organiser Food for Thought-

Email- [alice\\_dain@hotmail.com](mailto:alice_dain@hotmail.com)

### **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](mailto: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.**