



SAWBRIDGEWORTH u3a MONTHLY NEWSLETTER

July 2026

Welcome to our July Newsletter.

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



Monthly Meetings

June Meeting – Our June meeting was on **Friday 12th June** and our Guest Speaker was Elizabeth Eastwood who gave us a very entertaining talk entitled “**Scandals, Slander and Gossip**”.

Elizabeth is an accredited Blue Badge Guide who has a wide range of talks .



July Meeting Our July meeting will be on 10th July at 3.00pm where our speaker will be **Iestyn Edwards** who will give us a talk entitled “**my Tutu went AWOL**”. Iestyn Edwards is an Olivier Award winning international variety headline and bass-baritone. He won the Millennial Busker of the Year and is the BBC Woman’s Hour ‘Forces’ Sweetheart’. Drawing on material from his best-selling memoir, My Tutu Went AWOL!, and making full use of a background in vaudeville, Edwards describes his time being the Combined Services Entertainment ‘experimental act’, flown out to entertain British troops in Iraq and Afghanistan. Wearing a tutu

Group news

June 9th Nature Notes. -

What a lovely afternoon we had walking along the River from Ware and into the Kingsmead wetland area. Lovely weather despite the weather forecast! It's a great time for wild flowers and grasses and we heard and saw a lot of birds. The wrens seemed to be everywhere.

Thanks for suggesting it Chris.



June 19th - Friday 5-mile Walking Group



Our walk for June took place in glorious sunshine, if a little hot, in Dunmow. We ventured through part of the old town before passing some the older, new development. Going westward, we came across a lot of new housing before turning north to Little Easton. Here we took the second of our three water breaks at the church of St Mary the Virgin, a 12th century, Grade 1

listed building. Heading across cultivated fields before passing even more new housing, we returned to Dunmow where a fine lunch awaited us at the Angel & Harp.

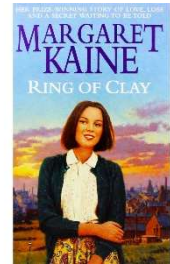
Explore Italy

We are a newly formed group with an interest in all things Italian. We will be meeting at the Library on the first Friday of the month at 11 a.m. Our first meeting there will be on 3rd July. New members are welcome.

July – “Bookends”. Book Group

The book this month is “**Ring of Clay**” by Margaret Kaine.

It was chosen because the author is someone who went to school with one of our members. It’s a romantic novel of life, ambition and growing up in the Potteries in the 1950s.



If you love reading and would like to join a group of like-minded friendly people, then Bookends book group could be for you.

We currently have space for 2 new members.

Please refer to the U3A website for further details.

Thursday- 5 Mile walking group.

On the 3rd Thursday of each month a group of friendly, chatty people get together to enjoy a walk across fields and through woods, enjoying the sights and sounds of the countryside. Last Thursday Lynda - one of the group- lead our walk from the Garnon Bushes through some of Epping Forest. It was a glorious day, and we appreciated the shade of the trees. We finished back at the pub for a well-earned drink and a nice lunch for those that chose to stay.

Our walking group by Paul’s Den- Lynda’s brother constructed this with his grandchildren a few years ago and it is still standing.



If you are interested in joining us for a 5-6 mile walk once a month please contact Jan Bunt for more details.

Country Dancing

Each Monday afternoon there is a socialable group that meets for a chat, a good laugh and a little exercise- interested? Then come along to country dancing in High Wych Memorial Hall 1.30-2.30 Monday (not bank holidays). First session is free and then it is £5 per month to cover the cost of hiring the hall. We are all beginners so don’t expect professional standards and no one minds if we go wrong- which we do often! You do not need a partner as we all dance with each other, a lovely way to meet new people without any pressure.

Please contact either Kay Ballard or Jan Bunt if you would like more information, otherwise just turn up- you will be warmly welcomed.

Email- janbunt@hotmail.co.uk
or kay.ballard01@yahoo.co.uk

Pickleball Group- We LOVE our Pickleball

- We LOVE our Pickleball - so much so we now do exercises (see attached) before we start to optimise our skill level.

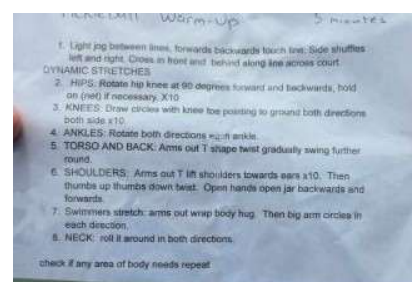
If you have recently retired and are looking for an active sport to play then come along to Pickleball.

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.



Gardening Group-

Members of the garden group visited Tram Hatch Garden in Kent on 24th June. Our hosts made us very welcome and gave us a guided tour of their garden which they have been nurturing for 42 years. Their 3 acre garden was beautiful and the morning was concluded with refreshments and delicious homemade cakes. We finished the day at a nearby garden centre for a bit of horticultural retail therapy before heading home after a very hot day, tired but happy.



Creative writing-

The group got very inventive at their June meeting reading their latest efforts at a short story. The working title was 'Out of the Blue'. Here is a sample of their creativity. Please see the attached files for the full story-

Out of the Blue

If you are interested in joining our group please contact Kay Ballard kay.ballard01@yahoo.co.uk

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.