



BASILDON AND BILLERICAY u3a
NEWSLETTER No 370
SEPTEMBER 2024



Autumn is here!

CHAIRMAN'S REPORT

Our talk at the meeting this month will bring back some memories for those who have been to Peru and walked the Inca Trail, and enthuse those who would like to do this!

A little bit of forward planning for you. Next year's coach trip will be to **Bletchley Park**. If you have been in the past you will know how interesting this visit will be. Now, with all the work that has happened since your last visit, it will be interesting to go again.

There are members with a connection to Bletchley, so look for the names on the bricks!

As usual the cost will include Coach travel (usual pick up points) and entrance to Bletchley. The exact cost will be available early next year.

Date for your diary **22nd May 2025** but please do not try to book now

New Group

A walk in the Park - a walk with interest

1st Tuesday of the Month 10.30am

Our first walk will be on Tuesday 1st October with a healthy walk for inspiration and fitness. This will be at RHS Hyde Hall to see the last of the summer offering and the start of Autumn. We will meet at the entrance at 10.30 am, so come and be a part of this new group and join the discussion on the next walks.

GROUPS FACILITATOR

NEW GROUPS MEETING

We had a very successful meeting at the Emmanuel Hall with lots of interested members attending, and we are now very pleased to advise that groups for Spanish and "4 Mile Max" Walk will be up and running in the very near future.

We received a suggestion at the meeting for a Botany group. The idea being that the group would venture out on trips to enjoy plants in the wild or in botanical gardens during the warmer months. They would hope to meet indoors during the colder months to research and plan future trips. If anyone is interested please contact me through the website and we will see if we can get this group started.

SUPPORT FOR CARERS

(This was received via our website and may be of interest to our members)

Here is information from The Mindful Life Group about an October older adult carers course available for U3A members.

It has been funded by Essex County Council to offer the "Mindfulness for Older Adults who Care" program for free to older adults in Basildon and Billerlcaay.

This is an on-line course and the next program starts on **7th October 11-12noon**.

The program is designed by a chartered clinical psychologist who specializes in older adult mental health. It has been shown to improve carers' wellbeing and sleep, as well as reducing loneliness, low mood, stress, anxiety and chronic pain.

Please see the flyer on the following page for more details of how to register and take part.

The Mindful Life Group

The UK's only not-for-profit group
dedicated to older adult mental
health



Mindfulness for Older Adults who Care

Our free course starts **Monday 7th
October 2024**, 11-12noon online

Some feedback from one of our
previous attendees:

*'It appealed because it was something
that I could do at home, something for
me, you know, I realised there was help
out there'*

We are a Clinical
Psychology led
organisation and
aim to provide robust,
evidence-based
interventions to
support good mental
health and reduce
dementia risk.

Visit our website

www.the-mindful-life.com

to register for updates

SECRETARY'S REPORT

I have received information from Visha Leenisha Phullah, Chartered Physiotherapist, about some talks that might be of interest. Please call the number below. I cannot make the bookings on your behalf.

The team will be doing a talk at the Basildon Library on the 15 Oct 2024 from 11 30 to 13 30. The topics are Osteoarthritis and Osteoporosis, to raise awareness on the occasion of World Arthritis and World Osteoporosis Day, which are both in October every year. Sarah who is a specialist osteoporosis nurse will be delivering the talk together with Sharon. Sharon is a highly experienced clinician and will be doing the osteoarthritis talk. To book for one or both talks, please call on **01277 695023**.

Connect Health

Osteoarthritis and Osteoporosis

Join us to learn more and get some advice.

Date: 15th October 2024

Osteoarthritis:
11:30 - 12:15

Osteoporosis:
12:30 - 13:15

Venue: Basildon Library
St, Martin's Square
Basildon SS14 1EE

Please call on **01277 695023** to book a place on the Osteoarthritis and Osteoporosis session.

Or alternatively, pop in for a chat!

MONTHLY MEETING

**2.30pm on Friday, 24th September 2024
at the Canon Roche Centre, Billericay**

Speaker John Lane

“The Magic and Mysteries of the Peruvian Andes”



The talk will include Cuzco and Machu Picchu of course. Also the Incas and the earliest ancient civilisations of Peru, the Colca Canyon and the Condors, the Railway to the Moon and El Tren Macho, Choquequirao - 'Last Refuge of the Incas', Chavin de Juantar, plus the music and the cuisine.

Next Month

Friday October 25th 2024

Kate Broad and Toni Neobard

‘Seen and Not Heard’

A talk on fun genealogy

RAMBLING GROUP



We had a good turnout for our August walk at Fryerning and 13 of us had a pleasant walk. With 2 easy stiles and relatively flat countryside it was a leisurely walk stopping briefly at Saint Mary the Virgin church. This has a very large graveyard that includes many war graves. As it was a lovely day, many of us needed refreshment at The Cricketers.



Our October event led by John is a cross country walk starting from the road opposite the Felix restaurant at Warley. We will meet **at 10.15 on 16th October** in the road opposite Felix on Headley Common. Post code:- **CM13 3HS**. This is a 15 minute drive from Billericay

Note that parking restrictions are in force till 10 am. The road goes into the private hospital so park close to Warley Gap.

From there, we will take a series of footpaths to Little Warley. This is a 5.2 miles walk across fields and foot paths with 3 stiles. When we tested this walk in late July, the walking conditions were good, apart from one small area which was overgrown, so I will cut back the vegetation on the day. This walk has 5 hills and thus we have shortened the walk by 1/2 mile. No toilets are available on this walk. There are refreshments available at The Thatcher Arms which is half mile away after the walk. Please bring your u3a membership card. As usual, please wear appropriate clothing and footwear, boots help to protect your ankles. Where possible, please try to car share.

All u3a members are welcome to turn up on the day.

Our **November** ramble will start at Highgate, meaning we travel by train and underground. Full details next month.

HALF RAMBLE

We meet on the first Monday of every month at 10.30am. Walks are open to all u3a members, just turn up on the day. We walk for about one hour at a leisurely pace, mainly on flat ground, but it can be muddy. We always hope to finish with coffee (or lunch) and a lively chat to round off the day. The aim of our group is that individual members will take a turn in choosing, planning and leading a walk on an occasional basis.

Monday 7th October - Two Tree Island Leigh SS9 2GB. From the A13 take Thames Drive to Leigh Station. Follow the road behind Leigh Station over Creek Bridge. Park at the end of slipway facing Canvey Island

Mon 4th November - South Woodham Ferrers, Clements Green Creek. CM3 5GU. From the B1012 at end of the South Woodham bypass take 2nd exit on roundabout then first exit on next roundabout into Creekview Road. Park at southern end close to mini roundabout

Mon 2nd December - Christmas lunch at The Running Mare, Galleywood. Contact Joan for menu details.

Mon 6th January - Hanningfield Reservoir, Hawkswood Road Downham CM11 1WT. Park at the Visitors Centre.

This will be the last meeting of our group.

Perhaps many of our members will join the new "4 Mile Max" Group

THE FOUR MILE MAX WALKING GROUP

We had a good turn-out for this new group at the New Group Meeting this month and I am pleased to say The Four Mile Max is now up and running. So far I have 11 members. It was decided that we meet on the 4th Thursday of each month for a walk which should be around 4 miles (give or take a step or two). We can then go for a lunch or beer somewhere nearby if you so wish. It was also decided that we would all give some in-put into planning routes and helping with reconnaissance trips. Any suggestions would be much appreciated.

Our first walk will be Thursday 24th October along the river at South Woodham Ferrers, meeting at 10.30. An email will follow nearer the time.

Anyone who was not at the New Group Meeting and would like to join us, please let me know via our Groups Co-ordinator, Debbie How, who you can contact via the website.

GOLF GROUP

2024 SEPTEMBER REPORT



A picture of Mick leading the group at Basildon with his brand-new Driver!

On 15th August the golf group went to the hilly Basildon golf course and took welcome advantage of a special deal with buggies. There was a good turnout of seven players on a sunny and windy day. Three players preferred to walk for the health benefits and four enjoyed the buggies on the hilly terrain.

22nd August we visited Risebridge a course that continues to have improvements. The sunny dry weather and good course conditions provided opportunities for some very long drives and 2nd shots. Greens were in excellent condition.

On 29th the group chose the flat course at Castle Point on Canvey, which is easier walking than Basildon, but the 13th and 14th holes demand long drives over water hazards which are difficult to achieve for some members. It was quite a tiring finish against a westerly breeze through the 15th to 18th holes. We were glad to finish and take tea in the clubhouse.

Belhus Park at Aveley was the venue for three members on 12th September, where the large pit in the middle of the 15th fairway proved a good source of balls left by previous players.

We look forward to welcoming Richard as a new member on our golf day on 19th September. As always new members are welcome to join us on Thursdays at a course not far away, to enjoy summer golf while the weather holds good.

RAILWAY JOURNEYS GROUP

SEPTEMBER VISIT TO CAMBRIDGE

We took the train from Billericay to Cambridge which was one of our longer rail journeys. By booking in advance, we had the advantage of very reasonable ticket prices and travel before 9.30am and still paid less than just going to Liverpool Street.



10 of us arrived in Cambridge before 11am had plenty of time to see all its attractions. Here is a picture of the group before the sun came out!

A few of us headed to Kings College Chapel. (See the entrance opposite)
It took 90 years to build the chapel and during that time 5 different Kings of England, from Henry IV to Henry VIII had been on the throne. It is 88 metres long and the stained-glass windows took 30 years to create. Apparently, it took 14 years to put the stained glass back after World War II. Kings College is 40 times richer than all the other colleges in Cambridge put together. Their fees are still only £9250 in 2024.



There are so many sights to see, including the wooden Mathematical Bridge, the Bridge of Sighs and the Magdalene Bridge which was the first bridge to be built in the 8th century but has since been replaced.

The one-mile stretch of the River Cam, known as the College Backs, is a great way to see and hear about the famous people who have been educated there. It does involve getting in a punt though, but it was a great experience.



PETANQUE GROUP

During the summer months the Group has made good use of the fine weather and look forward to continuing into the Autumn and Winter.

To add some additional interest to the usual twice weekly meetings six teams of six players played matches, spread over 3 months, against each other in a league system. This terminated in a final round of 'Play-offs' to determine the medal winners. The extra competitive edge produced some closely fought games enjoyed by all. Congratulations go to Ray's Renegades for topping the League and winning the Gold Medal.



During the Bowling season the Petanque Group has been pleased to be able to use the facilities at the Billericay Bowling Club and grateful thanks go to Bowling Club and Basildon Council for their hospitality and cooperation.



The Winners

ESSEX DISCOVERY

VISIT TO SAFFRON WALDEN

This month found us travelling to the beautiful and interesting town of Saffron Walden. We met at the Museum which is filled with many fascinating artefacts from all periods of history, and we spent some time exploring them. From Stone Age flint axes to Wallace the lion, from Egyptian mummies to Victorian fashion, from natural history to children's toys there was something of interest to each of us.

Afterwards Ann and Andy Fletcher had devised a walking trail treasure hunt which led us to find parts of the town that we might not otherwise have discovered. Beginning at the Castle ruins, which are just outside the Museum, we then wandered down into the town, through the Market Square, where we could visit the Tourist Information office. From there down many small and picturesque alleys to find the answers to their quiz.

After an easy amble, stopping to window shop on the way of course, we all managed to find our way to the Cross Keys for a late and tasty lunch.

Newsletter Contributions

If you have any items please send them by **12.00 Noon**

on Wednesday, 16th October 2024

I am always happy to receive your report or comments at any time before the cut-off date.
Please send all items in **editable format** to bbu3newsletter@gmail.com

If you are sending photos please send them separately in JPG format.

Only send photos that you have taken yourself. We cannot use photos or pictures that have been downloaded from the internet, unless copyright free.

All contributions will be acknowledged.

Current and past newsletters can be viewed on our website <https://u3asites.org.uk/bb>

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(Editor)