



BASILDON AND BILLERICAY

u3a

NEWSLETTER No 382

SEPTEMBER 2025



September symbolises transition and new beginnings, representing a fresh start as summer fades and autumn arrives.

CHAIRMAN'S REPORT

This is a "just to let you know" message

All our members are covered by u3a insurance, but there seems to be some misconceptions about this. It is an indemnity insurance, and if you would like to read in full, you will find it on our website.

For groups that do **not** meet in a house or hall there has to be a Risk Assessment filled in each time. This ensures you are covered. Thank you to all the Coordinators who fill this in every time.

SECRETARY'S REPORT

NEW GROUPS

There have been some suggestions for new interest groups that could be set up.

If you are interested in Beginners Bridge; Darts; Pickleball; Looking Back (a History group); DIY or a group to play Keyboard, then contact the Group Facilitator or Sandra Randall via the website. If you are attending the next monthly meeting, there will be a sign up sheet for you to add your name.

If there are enough members interested in joining a new group, together we will try to make it happen!

WELCOME!

New members and visitors are coming along to our meetings every month to meet members and find out what we have to offer.

It is so important that they feel welcome. It can be daunting to walk into a hall of over a hundred people and not know anyone.

We really need a few members to greet new members or visitors in the entrance hall, explain what happens at the meeting and find them a seat next to someone so they don't sit alone.

If you come to the monthly meetings anyway, this would not take much of your time and would be so helpful to our new members. We only need to call on one or two of you each month.

Please contact the Chairman or speak to a committee member at the meeting and we can explain what's involved.

Thank you in advance!

INFORMATION TABLE

There is now an information table by the noticeboards at each meeting.

If you have information about events, services or anything else that might be of interest to members, please leave it on the table. Please remove it at the end of the meeting and please remember we cannot advertise businesses.

Members of the Committee represented our u3a at the two Older People's Fairs held recently in Billericay and Laindon. We gathered some information about available services and these will be on the table at the next meeting.

MONTHLY MEETING

**2.30pm on Friday, 26th September 2025
at the Canon Roche Centre, Billericay**

Speaker from Silvertime Legal

Wills:	Different types and their significance.
Trusts:	How they can protect your assets.
Lasting Powers of Attorney:	Understanding their importance.
Sideways Disinheritance:	Addressing the issues that arise from remarriage.
Inheritance Tax:	Navigating the complexities effectively.

While these topics can seem daunting, our approach is anything but. We aim to make the session engaging and light-hearted, actively involving the audience and even eliciting laughter. Our goal is to provide valuable information in an enjoyable manner, ensuring the experience is far from the typical dry, information-heavy presentation.

NEXT MONTH

Friday 24th October 2025

Speaker

Judith Hood

“Living with the Paranormal”

Judith lives with her husband Paul in Maldon, Essex. She has a passion for communication of any form and very much enjoys public speaking.

Judith has lived with the Paranormal all of her life and to her it was completely normal, but on meeting her second husband 17 years ago, she discovered it was far from normal.

DISCOVERING ESSEX VILLAGES

SEPTEMBER TRIP TO TOLLESBURY



This month the Discovering Villages group had a trip to Tollesbury. We were lucky in that the weather, predicted to be sunshine and showers, stayed good till the very last moment when we left for home.

We had a very interesting talk by Nikky, a resident for over 20 years, with extensive knowledge of the village. She showed us around the most noticeable sites and explained the various industries that had existed in the past. She also provided us all with a booklet to take away, with lots of further information.

Tollesbury is listed in the Domesday Book of 1086, although not much is known of the history prior to this. It wasn't until 4000BC that farming communities began to appear, due to the abundance of timber and reeds for building materials and access to the rich fertile land, wildlife and fish.

By the time of the 1851 census the village was completely self-sufficient with a population of 1,193 and it continued to grow further into the 20th Century. At this time one of the main activities of the village was boat building and the grade II listed 'Sail Lofts' have been renovated. These have many new uses including a café and charity centre (Fellowship Afloat Charitable Trust), to which our guide made our donations for the trip.

Tollesbury used to have 2 railway stations linking it to London via Kelvedon on what was known as 'The Crab and Winkle Line,' due to the crabs and winkles that were sent up to London daily. The main source of fishing in the village is now oyster dredging, although only one dredger remains. A large area of the Salt Marshes along the coast in the parish of Tollesbury is now an RSPB reserve. Residents are able to use the outdoor seawater pool and small beach, down by the quay, and one brave soul was swimming back and forth on the day we visited.

We finished the trip at the Harbour View restaurant, with lovely views across the water.

RAMBLING GROUP

Our August walk at Waltham Abbey was a delightful flat walk, part of which was along the River Lee. Near the end of the walk we went into the water sports area that was used for the 2012 Olympics. This was busy with youngsters and Suffolk Fire Brigade were using it for training purposes. The food in the cafe was very reasonably priced and well worth a visit. We also visited the Abbey which is said to be the final resting place of King Harold 2nd.



Our September Ramble will have just taken place when you read this. This was around Fryerning.



Our October event led by Brian is a cross country walk starting from Hannakins Farm. **We will meet at 10.15 on 15th October** in the car park to the right of the car wash. This is just off Rosebay Avenue near the school. . **POST CODE CM12 0SY.**

From there, we will take a series of footpaths back to the start. This is a 5.7 mile walk across fields and footpaths with nine good stiles, and two easy hills. We walk past Saint Giles Church and the Remus Horse sanctuary.

WE CAN ALSO SEE WHERE THE PYLONS ARE GOING TO BE PUT UP.

We tested the walk in late August; the walking conditions were good, apart from one small area which was overgrown. I will cut back the vegetation on the day.

Please wear appropriate clothing. Boots are best for this walk as some of this is across farmland, but they are official foot paths.

All u3a members are welcome to turn up on the day. Please bring your u3a membership card with you.

RAILWAY GROUP

TRIP TO CROMER 2ND SEPTEMBER



24 members of the group met at Billericay Station to catch the 9:17 train heading for Cromer, one member travelled from Wickford and met us at Shenfield, our first train change of three. Our second change was at Colchester to catch the train to Norwich, where we caught our final train to Cromer, arriving there at 12:30 to glorious sunshine and blue sky. We headed down to the promenade for a group photo overlooking the pier and sea. Once taken, we split up in search of some lunch. Some opted for delicious fish and chips, some for crab salad or sandwiches, or visiting one of many pubs in the town. One person even swam in the sea!!

22 of us arranged to meet at the Pier Theatre at 2:15 for our pre booked viewing of the very traditional Pier Show, which we all enjoyed. Two of our group went on a hike to Sheringham along the beach instead of opting for the show.



On leaving the theatre we were hit by a short, sharp burst of rain. 18 of us headed back to Cromer station; some stopping to stock up on food goodies for our return journey, and meeting up with the two hikers to catch the 17:59 train homewards. Four decided to catch a later train home so that they could have dinner in Cromer. The main group arrived back in Billericay at 21:02. Our long journeys were free of trouble, all of the 6 trains we caught were on time.

We all had a very enjoyable day even though it was a long one.

GOLF GROUP

2025 SEPTEMBER REPORT

The good summer weather continued on our Thursday golf days. On July 17th we made our first visit this year to Blakes Golf Club near Epping. This is one of the longer courses on our “circuit” at over 6000 yards, and some members find it exhausting. Our players remembered it in better condition – maybe the dry weather had made bare areas of the fairways and the course was looking a bit ragged.

Next was Epping on 24th July in good condition and being one of the shorter courses we play at 4881 yards was welcome after the “long slog” round Blakes. Some members like the hills at Epping and the 18th hole downhill finish to the clubhouse is welcome after some earlier steep climbs.

At Garons Park, Southend on 31st July we had eight players turn up which is one of our larger groups. Although it is quite expensive at £35 the course is kept in good condition, it is easy going on the flat and has a welcome clubhouse.

On 7th August we returned to our “most played” relatively inexpensive course at Stapleford Abbots for £20. Although muddy in winter, the course is fine and dry all summer.

It was yet another summer sunshine day at Belfairs Park on 14th where five u3a golfers shared the course with many dog walkers.

Stapleford Abbots was the venue on 28th August where Stuart pulled a hamstring and from the 7th green had to limp short cuts across the course to return to the clubhouse. On the 10th fairway David’s trolley took a mind of its own and had to be rescued from the lake near the green. Quite an eventful and distressing round for the three u3a members!

On 11th September a four ball u3a group played their “easiest” course at Cranham, and after a windy round avoided a heavy shower whilst enjoying the usual end of round drink in the tearoom. It looks like summer is drawing to a close but the courses still feel very firm and we look forward to enjoying autumn before the fairways get muddy. We would be pleased to welcome golfers who would like to enjoy some fair weather before winter. We are out every Thursday at 10:30 on a course near you.

FOUR MILE MAX



We walked at Queens Park last month, led by Judith – many thanks Judith. The walk was about 4 miles and the going was good with plenty of stiles which we all managed to get over with a little help from the person behind!! It was nice seeing the rescue horses and the lovely views. The weather was kind to us; it just started to rain as we got back to the car park. We then went for a leisurely lunch at Stock Brook Manor.

September's walk will be from the corner of Seaman's Lane and Downham Road (Leather Bottle Hill). Debbie will be leading this one and I am doing a trial run with her this week. Hope to see you there.

Newsletter Contributions

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

on Wednesday, 15th October 2025

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)