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Witham and District (Essex) u3a

NEWSLINK

Your guide to latest updates and what's on our web site

Issue 6

November 2026

Monthly meetings are on the move in the New Year!!

WE have just two more meetings at the current monthly meeting venue in Witham Town Football Club.

That's the November AGM and the December festive meeting with the Men From Mersea.

Because the committee has decided, we will move to the new Witham Community Centre in Haygreen Road, very near to Aldi, for at least a year from Thursday, January 28.

Chairman Ray Hardisty said: "While we are grateful for the football club taking us in when we had to leave Spring Lodge, it has not been the easiest of venues.

"Noisy central heating, state of the loos, lighting issues and sound problems have all given us headaches.

"While next year there are likely to be building works for a new padel court centre around the hall.to contend with as well."

2026 AGM updates on page 2

Updates on the AGM

ITEMS OF INTEREST ... THESE notes are appetisers for the official notice and financial report you will receive very soon after the committee meeting on November 6.

C**HANGE TO OUR FINANCIAL YEAR** ... The committee is asking members for approval to bring the u3a's financial year into line with almost the rest of the world.
At the moment it runs from October to September.
But, of course, membership, which is our main income, is out of step as that runs January to December.
It has long been contentious and the search for a new treasurer has really forced our hand in making changes.
So, this month we are asking you to agree a January to December financial year.
It means our next AGM will be February 2028 with the officers and committee agreed now serving three extra months.
The membership year will not change.

TREASURER ... As you all know we need a treasurer to replace our current one, Dawn Wilding, who is having to retire under constitution rules.
We have one possibility and that member is meeting with the committee on November 6 to discuss some changes in current operations and procedures.
At the end we shall, hopefully, know whether the individual will stand or not.

ASSISTANT TREASURER .... Whatever happens, the committee would like someone to be readty to assist our new treasurer. Not a committee post but someone ready to be called upon when necessary.

PROGRAMME SECRETARY ... We still need a member to step forward to plan our speakers etc for the 2028 monthly meetings. It is not a committee post and current postholder Jane Barton is willing to show the newcomer the ropes.

WE ARE MOVING!



FROM JANUARY 28TH 2027

U3A WITHAM ARE MOVING TO THE NEW WITHAM COMMUNITY CENTRE.

LOCATED ON

HAYGREEN ROAD WITHAM CM8 1GT.

(BEHIND ALDI)

A NEW LIGHT AND BRIGHT MEETING ROOM.

CAR PARKING AVAILABLE.

TOILETS.

LIFT TO 1ST FLOOR WHERE THE MEETINGS WILL BE HELD.

THE USUAL TEA/COFFEE/BISCUITS.

The Mindful Life Group

Dedicated to older adult mental wellbeing

Mindfulness for Older Adult Caregivers

Join our Free,Six-Week OnlineCourse for Essex Residents aged **65 and over**

Starting: **Thursday 5th November 2026**

Time: **10am-11am**

Location: **Online (accessible from home)**

Benefits

- ✔ Enhance sleep quality
- ✔ Ease stress
- ✔ Improve resilience
- ✔ Combat loneliness
- ✔ Improve memory/attention
- ✔ Alleviate low mood/anxiety
- ✔ Help relieve chronic pain
- ✔ Promote relaxation

Feedback from a previous participant:

'Doing this course has dropped those stress levels right down. I find it really, really therapeutic... So it's 10 out of 10 from me.'

For more information and to apply, visit the-mindful-life.com

Essex County Council

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Website updates





Birdwatching Group .... visited Abberton Reservoir in October and the Lapwing and Spoonbill are just two of the many birds spotted.
Visit their page to read a full report, note the birds seen and enjoy a gallery of pictures.





Art Appreciation Group ... enjoyed 'Renior In Love' at the National Gallery and a flower festival at St Martins in the Fields.

Scribblers would like to hear some comments

Creative Writing Group .... post a monthly story on the website and would appreciate feedback from members..
October's piece on The Railway is by Hazel Clarke.

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Website updates



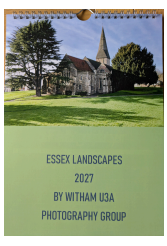


Fruit 'n' Veg Group ... gave their annual; trophy to Sally and Steve for growing a giant carrot in a dry season.



Strollers Group ... rambled in and around Mistley on the Stour estuary. Read about ancient woodland and historic buildings.

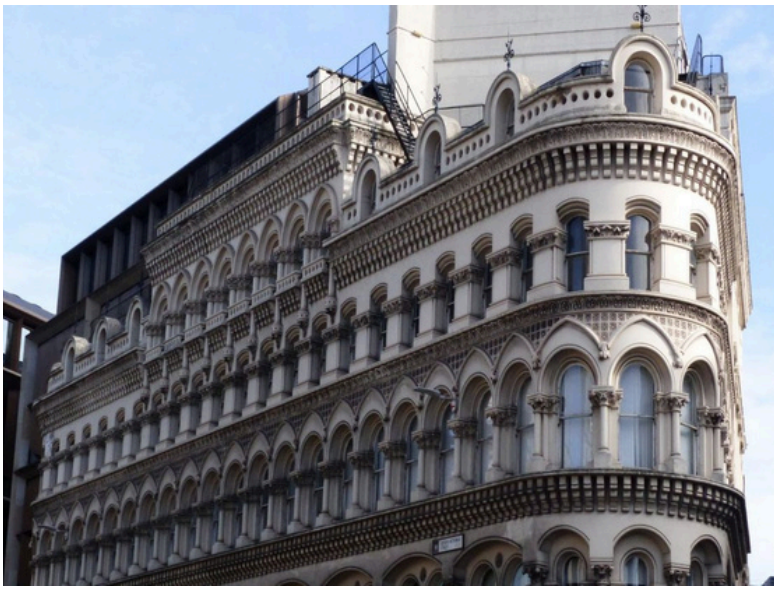




Photography ... members have copies of their 2027 calendar using images from their files still available.
It will be on offer at the November monthly meeting.
Price is just £5.

Visit https://witham.u3asite.uk/ for news and information

Website update





Photography Group .... enjoyed a meeting with a difference as members presented pictures on a theme drawn at random earlier in the year. Guess where these two fit in and see many more in their report.





Church Visits Group .... was hosted by the Monastery of St John the Baptist at Tolleshunt Knights.

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Website update



Walkie Talkies Group ... enjoyed a ramble in and around Rivenhall followed by lunch at Cressing Temple Barns.
Many more photos of what they enjoyed are on their page.

Our Witham u3a events

Final Quiz Night of 2026 .... will be at the Henry Dixon Hall in Rivenhall at 7.30pm on Friday, November 13.
As usual, you only need to bring £4 and your drinks and nibbles for a very social night of questions and a fun game..
Singles and couples are very welcome as teams can be made up or enlarged on the night.

Entertainment after the AGM .... once the business is completed on November 26 we have a story teller coming along.
Midway between Halloween and Christmas, we are promised tales from both.
So we could be scared and festive at the same time!!

Evening on app changes



THE NHS has asked us to publicise a special evening in Maldon to discuss pending changes to the NHS App.
In 2027 it is launching a new online service giving patients the options to access some planned specialist care.
The insight event is being organised on Wednesday, November 25, between 6.30pm and 8.30pm at Maldon Town Hall.
Clinical staff will explain the changes and discuss any suggestions, ideas and concerns.
It promises to be an informative and enjoyable evening.
Especially as it goes some way to trying to ensure services are designed with patient needs in mind.
Members can book a place online.
Copy and paste the following link into your browser.
https://www.eventbrite.com/e/nhs-online-engaement-sessions-tickets-2002666967811

The nine conditions that will be prioritised initally are:

- Glaucoma
- Conditions affecting the retina at the back of the eye
- Cataracts
- Infammatory bowel disease
- Iron deficiency anaemia
- Prostate enlargement
- Menopause
- Menstrual issues

The NHS expects to add more conditions over time.

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Update on groups and co-ordinators

GROUPS need members to keep them functioning.
We have lost a number this year. It means there are fewer chances to dine out, go to local theatre productions or take part in board games.
And suggested ideas to take thewir place have gathered only limited support.
So, if there is anything you are interested in but your have not contacted Jane Barton, the group facilitator, or Ray Hardisty on the monthly meeting information table, please do so.
We are always looking for fresh ideas to maintain member interest in activities.
Please get in touch if you have a skill or interest to share.

Placing group reports on the website

GROUP co-ordinators who have not yet uploaded details on activities onto the web site can still get help to do so.
Under the system that has been set up, words and pictures are submitted through user friendly forms.
So you type as you would an email and upload any photos in the way you would send as attachments to messages.
Then your reports will be placed onto the web site in the style demanded by other volunteers.
Contact web master **Pete Booth** for assistance.

The u3a is unique, exciting and joyful!

THE u3a is a unique and exciting organisation which provides, through its member u3as, life-enhancing and life-changing opportunities.
Retired and semi-retired people come together and learn together to learn with each other. Not for qualifications but the sheer joy of discovery.
The learners teach and the teachers learn.

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