

Greetings Members!



We've had quite a challenging summer, heat-wise, which I hope you have been able to deal with. Next summer promises to be just as hot so I'm considering investing in some additional air conditioning over the winter to help us cope next summer. Meanwhile it's a welcome relief to enjoy the intermittent rainfalls rejuvenating our gardens and land & to observe the colour of our landscape gradually changing back from dusty sand to verdant green – an experience I once had while travelling by coach from the deep south of France back to England. It's only when you've lived for some time in an arid hot country that you truly realise the beauty and privilege of living in our (usually) green and pleasant land.

Sadly this month we have heard the news of the demise of two heroic icons of American feminism – Dolly Parton & Gloria Steinem. As an organisation consisting of two-thirds women, most of whom have benefitted in some way from the boundaries of equality broken down by these & other women like them, I felt the need to mark their passing.



Our next **monthly meeting** is on **Monday 14 September** at the Methodist Church. **Doors open at 1.30pm** for trips stalls, teas & coffees. This month, we will be learning from **Murray Craig** about the **Livery Companies of London** and the **honour of walking sheep over London Bridge**, which is afforded to citizens granted the freedom of the City of London.

Notices will be at 2.25pm &

Murray will start his talk at 2.30pm.

Next week is national **u3a week**, so I'm attaching a copy of our Eastern Region Bulletin which sets out details of the many online courses and workshops available over the next month, which can also be found on the TAT [website](#).



First Aid Refresher Training

Partly due to the heat and other reasons, we have had a few medical incidents recently concerning our members. The committee is therefore considering introducing a procedure for dealing with medical emergencies. Obviously our first recourse is to call emergency services. However, this doesn't account for the time it may take for these services to arrive, which might be critical in providing best outcomes. It makes sense to us, given the demographics of our members, to provide a limited number of first aiders for the u3a. In the first instance we'd like to assess interest and

provide refresher training for those whose First Aid licence has lapsed. **So I would be interested please to learn who amongst our membership has current First Aid training, and who has lapsed certificates?** If you have first aid training which has lapsed and which you feel able to renew, and you attend u3a group activities on a regular basis, please let me know. I intend to put a case to the committee for furnishing some local refresher training, including use of defibrillators. Obviously there would not be any call-out obligations, simply a request to assist if you are on site when an incident occurs.

In the meantime it would be helpful for group leaders to acquaint themselves with the locations of first aid boxes and defibrillators in their venues. In the Methodist church, both are located behind the tech desk and there is a first aid bed in the disabled toilet located between the main toilets and the back meeting room.

Our secretary has now been given admin rights to our [BSu3a Facebook page](#), so if there is anything you would like posted on this page please don't hesitate to forward it to secretary@bsu3.org.uk. To follow our Facebook page click [here](#).

Congratulations to our Neighbours **Thorley u3a** who are celebrating their 15th anniversary this month.

APT Travel Showcase, Down Hall 15 September This FREE showroom travel event 10:30am – 12.45pm on 15 September at Down Hall Matching Road, Hatfield Heath, Essex CM22 7AS may be of interest to you if you are planning a cruise or tour soon. The offer is similar to our Riviera Cruise setup where you cite Bishop's Stortford u3a when you book and the company will pay a % donation to our u3a.

Reserve your place [here](#).

Stansted Saturday Seminars has once again invited our members to join their Seminar '**Autism and ADHD Today : Pathology or Personality**', by Dr Kevin Bryant on Sat the 10th October. **Doors open at 09.00 for a 09.30 start. To finish at 12.30pm. Cost of ticket: £7.**

Venue: The St Theresa Centre, High Lane, Stansted, CM24 8LQ

Autism and ADHD are both terms with which many families in the UK are now very familiar. In this deeper dive into Autism and ADHD, Dr Bryant takes a critical look at some of the scientific evidence in an attempt to shed some light on this controversial area. Given the exponential increase in autism diagnoses that is attracting significant press investigation right now, it should be a fascinating morning. If members wish to reserve a seat they should email: stanstedseminars@gmail.com They will then be sent details of how to pay for the seat. **You must reserve a seat and pay in advance of the day.** This enables Stansted u3a to meet the demand for tickets. I will have 2 spare places in my car for this event if anyone needs a lift.

Hertfordshire MCR Pathways mentoring scheme Across Stevenage and Cheshunt, 39 young people are waiting for mentors. Could you help a young person find their mentor? A mentor gives just one hour a week during school time. No previous mentoring experience is needed; full training and ongoing support are provided. Your life experience and encouragement could be invaluable to a young person & you may be exactly who a young person is waiting for. To register: <https://mcrpathways.org/register/> or Call 07743 513152.



Herts Musical Memories

Music is one of the most powerful memory joggers and stimulating to those living with dementia. Singing along to well-known songs from across the decades in a friendly atmosphere with a cup of coffee and a song sheet is a heartwarming experience. A charity called Herts Musical Memories runs sessions in the Havers Centre, Knights Row, Bishops Stortford, CM23 3GR on a Thursday from

11.30 for refreshments and from 12 to 1pm for singing. A musician leads the singing aided by volunteers (who are currently all u3a members). It is designed for people with dementia to come along with their Carer. The first session is free then it is £8 per session for the couple. New joiners are welcome! Slots can be booked by emailing admin@hertsmusicalmemories.org.uk or calling 020 8950 5757



John Windus: Sad news this week from our member Jean Windus, notifying me that her husband John died last Tuesday following a fall. He was 93. The couple have belonged to our u3a for many years, enjoying holidays run by Derek Francis in the past, and have been regulars at our monthly meetings, most often sitting at the front. John will be missed by those who knew him. We wish Jean our sincere condolences at this sad time and ask her to reach out if she needs any help or company.

Magazine

Thank you to all those who sent contributions for the magazine. Due to several factors, including expense, work demands and the pressing need to move to digital communications, the committee has decided to pause the publication of the magazine. I have agreed instead to include your contributions in my monthly newsletter - a few at a time - and on the website. So if you wish to see your work in print, please continue to submit content to our Editor Maureen at magazine@bsu3a.org.uk.

Discount venues for Stortford u3a members

Please click [here](#) for all 8 of our discount venues listed on our website.

Membership 2026

The new membership year started on 1 April. You are still able to renew your membership for only £10 until 31 March 2027. New memberships can be secured from Steve H at membership@bsu3a.org.uk, at the Membership table at the monthly meeting or via the website [click here](#).

All groups are listed in the diary sheet (paper copies available to collect at monthly meetings) or click on our [website](#).

The next **New Members' Meeting** will take place at the Markwell Studio on Weds 14 October at 2pm-4pm.

Are you a lapsed bellringer or want to have a go?

Ringling practices are held at St Michaels Church, Windhill on **Thursdays 7pm to 9pm**. If anyone is interested in finding out more they can attend the Tower **Open Day on Sunday 20th September** or contact Nick Hughes on bells@saintmichaelweb.org.uk or ring 07971 138020.

Practical Art and Drawing group



On 7th August many members attended a wonderful open day by our **Practical Art and Drawing group** when artists at work and a selection of completed works were on view (some for sale!). I'd like to convey my compliments to Derek Crowther & his group for such an impressive display of talent!





Bishop's Stortford Old Cemetery

Within the scope of the BS Cemetery Act 2024, the Town Council has issued a notice that it intends to extinguish exclusive rights of burial, remove monuments and disturb human remains in designated areas of the Old Cemetery. This is a last reminder that if you have antecedents who were buried in Stortford old Cemetery prior to 31 December 1949 and you wish to preserve their grave &/or memorial, you will need to file a notice of

objection to the Town Council before 15 September. You can read more about this and how to contact the appropriate authority [here](#).

2026 Trips

If you have requests for trips please contact Chris &/or Lesley at trips@bsu3a.org.uk. If you would be interested in a holiday to the Lake District in summer 2027, please sign Chris' interest sheet on the trips stall in the Oasis Lounge on 14 September.

BSCS Come & Sing Show Tunes Day

Come & Sing show tunes from West End musicals at a relaxed & welcoming workshop under the expert direction of Richard Balcombe, award-winning West End opera & orchestral conductor. An afternoon's rehearsal of iconic hits from Phantom, Les Mis, Carousel & La La Land with the opportunity to show your friends & relatives what you've learned in a free informal performance at 6.15-7pm at the URC.

Sat 17 October 2026, 1 – 7pm Cost £20 United Reform Church, Bishop's Stortford

BS Choral Society has now begun rehearsals for its autumn programme and is seeking new singers for an ambitious future programme. This term we will be singing Orff's Carmina Burana and Duruflé's Requiem, culminating in a performance of both with a chamber orchestra in the URC at 7.30pm on Sat 5 December. Rehearsals take place on Thursday evenings at 7.45-10pm in the URC. To sign up visit the BSCS [website](#) or visit [Ticket Source](#).



Blithe Spirit, Noel Coward - South Mill Arts – 16 & 17 October

As many of you are art-loving, I am happy to bring you news of another new show coming to SMA - a play with which many of our members will be familiar. Produced by the daughter of one of our members, Diane, it's a funny, sometimes dark play very typical of Noel Coward. Tickets can be purchased [here](#).

Committee News

For members of the committee please see our [website](#).

We have a great well-populated committee, but we are still looking for a Vice Chair and a Publicity lead. If you are interested in the future & expansion of our u3a either of these may be the role for you! You will be carefully supported in both roles.

Any member is welcome to attend a committee meeting, please email the Secretary and he'll send you the details of the next meeting: secretary@bsu3a.org.uk

I attach the **Groups Information/diary sheet**. Hard copies will be at the meeting on **Monday 14 September** & in the library & tourist information office. I also attach a copy of the Eastern Region Bulletin.

See you on Monday 14 September!



Sue RJ

Dr Sue Rayner Jacobs
Chair, Bishop's Stortford u3a
chair@bsu3a.org.uk
For BSu3a website: [click here](#)