Frinton, Walton and District U3a newsletter, November 2026

Upcoming events to look forward to:

Friday 4th December 10am start

Our festive celebration for 2026, will feature a visiting choir, quiz, raffle and an open mic, plus refreshments.



All welcome!

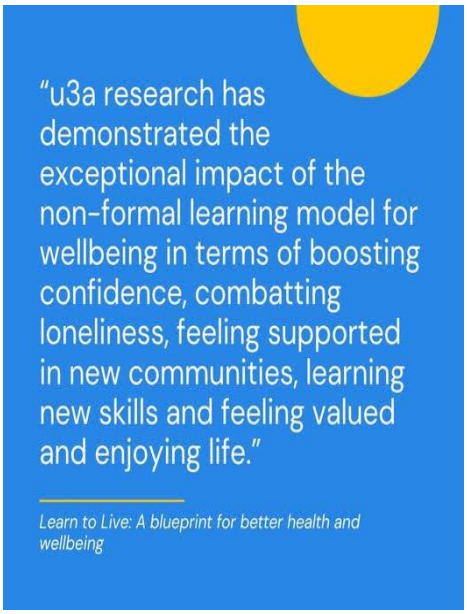
See separate page

For our new year meeting on January 8th, a January Jamboree – see initial details below

The McGrigor Hall
Frinton-on-Sea

A warm welcome all from our new Chairman and Committee!





At our November meeting we heard from John Cameron and his colleagues from the Medical Detection Dogs Charity. What a fascinating, interesting and thought provoking hour or so.
https://www.medicaldetectiondogs.org.uk/





We were also joined by dog under training Robin and his handler Terry. Our members, as usual, were very generous with their donations and purchasing of the charity merchandise, so a huge thank you to you all.

Again, we heard some positive feedback from members, including: "What a lovely relaxed committee group alongside the members. The bell was a great idea to silence us all. I'm so pleased it's all going well for you all. The talk was excellent!" Karen Leach. And from another, "You are off to a great start. Very pleasing." Your committee.

In other news, the Christmas event has proved popular and we would only request that those of you who have booked turn up on the day, so we can cater properly. The details are on the next page.

On the penultimate page are details of the groups currently running. We have had extremely positive feedback from our Groups Coordinator, Scilla Thomas and Treasurer, Sandy Heelan who have visited all the groups over the past month or so and received a warm welcome.

On the horizon, there are a few new groups planned: Art Appreciation, and Music Appreciation; see Diana Fitchett for details; and Solo Sundays, being organised by Lynn Jones. We have also had an approach from Brian Abram, from Stour Valley U3a who informed us that there are now Pickleball courts at the Bathhouse Meadow area. (See information flyer on last page below.) He would be interested in assisting the setting up of a pickleball group.

If anyone has a passion they might want to explore which would lend itself to the formation of a new group then have a word with Scilla Thomas or any committee member for help in setting up a group.

January Meeting: Please note this will be on 8th January as the first Friday of the month is actually New Year's Day. We plan a January Jamboree. The idea is to have as many group leaders attend as possible and focus on what groups are available for members. Other activities include a 'Bake Off' where member will be invited to bake something which will be judged on the day by an independent; guess the weight of the baby and guess the age of Will Bear. But generally, just come along for a bit of friendly company and a chat with friends. A warm welcome for all.

Also to note, we will be taking membership renewals from the January meeting onwards. For this coming year, your committee has decided to hold the fees at this year's rates.

Moving forward, we also have an exciting program of speakers lined up for the meetings next year. More information will follow in the New Year.

As always, we welcome any suggestions/thoughts/ideas you may have so that we can work together to make your FW&Du3a a fun place to be.

IT'S BEGINNING TO LOOK A LOT LIKE Christmas

Frinton Walton and District u3a learn laugh live

Everyone is cordially invited to join us on Friday 4th December, 2026 at the McGrigor Hall for a 10am start of our Christmas meeting. There will be a packed programme of festive singing with a visiting choir, delicious treats, a Christmas themed quiz, a raffle and ….

an 'Open Christmas Mic'







Would you like to entertain us for 3-5 minutes with a song, poem, comedy sketch, dance, magic trick, monologue, seasonal story or any other hidden talent you may have? Here is your chance to shine with a warm and welcoming audience to get our Christmases off to a flying start? Not a competition. Just some fun with your friends. This can be solo or with a pal or two … up to you.

The meeting is free of charge and there are no tickets but we do need to know how many would like to attend for catering purposes, so please either

- **sign up on the list at the back of the hall during the November meeting or:**
- **email secretary@frintonwaltonanddistrictu3a.org.uk or**
- **send us a message on the website**

by Friday 27th November please. Also, please let us know if you have any food allergies that we need to be aware of and remember to bring a little cash if you would like to buy a raffle ticket or two.
Look forward to seeing you there – Christmas jumpers/hats very welcome too!

Next, a recipe idea from The Canny u3a Cook (aka Diana Fitchett)



ROASTED BRUSSEL SPROUTS WITH GARLIC BUTTER AND PARMESAN CHEESE

Crispy, caramelised and coated in garlic butter, this is the ultimate way to cook your Brussels sprouts, Christmas or otherwise.
Each serving provides 260 kcal, 7.5g protein, 5.1g carbohydrate (of which 3.9g sugars), 22.3g fat (of which 10.2g saturates), 4.3g fibre and 0.19g salt.

Ingredients

- 400g/14oz Brussels sprouts, cut in half
- 2 tbsp olive oil
- 50g/1¾oz butter, at room temperature
- 3 garlic cloves, crushed to a paste with a little salt
- ½ nutmeg, freshly grated
- 40g/1½oz Parmesan, finely grated
- 10g/⅓oz finely chopped parsley
- 1 tbsp fresh lemon juice
- salt and freshly ground black pepper

Method

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. In a large mixing bowl, season the sprouts and toss with the olive oil.
3. Line a large baking tray with baking paper and spread the sprouts on top, cut-side down. Place on the middle shelf of the oven to roast for 10–15 minutes, or until the sprouts have softened underneath and coloured on top.
4. Carefully tip the hot sprouts back into the bowl and mix in the butter, garlic, nutmeg and Parmesan. Tip back onto the tray and roast for a further 10 minutes until golden-brown and crisp.
5. Sprinkle over the parsley and lemon juice, stir well and serve straight away.

Recipe tips

When roasting Brussels sprouts do line your baking tray with baking paper as directed as they will definitely stick if you don't.

To get ahead, follow the recipe to step 4, but after tossing in the butter, garlic, nutmeg and Parmesan put them in the fridge for up 24 hours. Roast for the final 10 minutes when ready to eat. Sprinkle over the parsley and lemon juice, stir well and serve hot.

Come and join us in one, two, three or more of our informative, interesting and fun local groups. The selection below is an up-to-date list of interest groups available to u3a members run by members, for members. Browse, pick and contact group leaders via the FWDU3a website or contact Scilla Thomas or ask any committee member for more details.

Art Appreciation Monthly
Bridge every Friday 2pm Frinton
The Knowledge fourth Friday of each month 2pm-4pm
Latin to be mutually arranged Thorpe
Lunch Club - various
Music Appreciation first Monday of each month 2-4pm Frinton
Pétanque Thursday at 1-3pm The Ship in Kirby-le-Soken
Poetry Appreciation
Rummikubs fourth Wednesday of the month 2pm – 4pm Holland Public Hall
Solo Sundays Monthly to be agreed at various locations
Stroll and Sip third Friday of the month 10am from The Esplanade, Frinton
Table Tennis Tuesdays and Thursday The YMCA Hall, Walton
Ten-pin Bowling one Wednesday afternoon per month Clacton
World History third Friday of the month 2-4pm Frinton
Wine Appreciation once a month 11am in Frinton
In the pipeline: **Book Club, Creative Writing, Cinema Trips, Knit and Natter, Also, members' ideas most welcome!** 😊

WALTON
PICKLEBALL CLUB
WALTON-ON-THE-NAZE
PICKLEBALL • PEOPLE • COMMUNITY

CONSTRUCTION PREPARATION HAS COMMENCED!

This week Chiltern Sports Construction has started preparing the site by erecting the fencing around the **proposed two pickleball courts and multi use games area** in Walton.




VIEWS TOWARDS THE EAST


VIEWS TOWARDS THE WEST

TWO PICKLEBALL COURTS

MULTI USE GAMES AREA

FOR ALL AGES AND ABILITIES

A MORE ACTIVE, HEALTHIER AND CONNECTED WALTON

Building a brighter, healthier and more connected **Walton**