

**RAYLEIGH GRANGE u3a**  
**Newsletter - Edition No. 183 2026**



# Welcome to the June Newsletter

*Next monthly meeting at the Grange is on*  
**WEDNESDAY 3<sup>rd</sup> June at 2.00 p.m.**

**SPEAKER: Martyn Lloyd**  
**Passports, Assassins, Traitors and Spies**

Thrill to stories of how three passports have played their influential role in the course of history: an attempted assassination, which altered the regulations for issuing passports; the capture of a spy which caused a worldwide modification to the design of the document and, for one person, the passport itself which turned into a killer.

Martyn Lloyd worked for HM Immigration Service for 24 years.

He now writes books, appears on television, talks on the radio and to groups such as u3a's and the Arts Society.



## **FROM THE CHAIRMAN**

### **'THE APPRENTICE'**

The speaker at our last meeting was Paul Wilding from the Essex Youth Justice Service – South Essex. Paul's talk was extremely interesting and informative. He is an inspirational man who is passionate about helping young people turn their lives around.

#### ***Meat Trade – shortage of apprentices!***

I am going back 40 years, therefore, my recollection of this venture is slightly hazy.

It brought back memories for me from the mid-1980's. The Margaret Thatcher Government was grappling with youth unemployment. The then government introduced the Youth Training Scheme YTS, this was where employers were paid to take on apprentices.

With my butcher's shop in Rayleigh it was always difficult to get good, well skilled staff.

#### ***Byford's Butchery School in Rayleigh – a stand-alone business***

After carefully researching and carrying out a feasibility study, I started by consulting with the Meat and Livestock Commission's trade development officer, Graham Youngman. He had a contact at the Norwich City College – John Croxford. John lived in West Runton (on the North Norfolk coast). After numerous meetings with Graham and John we decided that it was worth trying to get a butchery school in Rayleigh 'off the ground'. My next challenge was to find a local manager for my YTS Scheme and premises.

By good fortune a local, well respected butcher Stan Howe was retiring. Stan's shops were in the Grange Parade of shops on the London Road, Rayleigh and he had a second shop at the Hambro Parade, located en route to Hullbridge.

#### ***Premises***

After researching the availability of convenient, easily accessible premises, I managed to get an informal agreement with the owner of Rayleigh Lanes – he rented us a generously sized room on the first floor.

We worked with the local careers office to promote our new school

Our students came from a radius of about 10 miles of Rayleigh. The initial intake of students was 20 plus, all boys, some of whom were at the time very unsure of a career path and were not totally committed to our Foundation Course.

### ***Butchery School - how it worked in practical terms***

John Croxford would leave his home in Norfolk at 5.30 am to arrive in Rayleigh for 8.30 - 9.00 am on a Monday. With the students learning their theory at the school one day per week and working four days per week at a butcher's shop placement. The students would have a set curriculum of theory and practical training. My manager, Stan Howe, would visit the participating shops once a month to check on the progress of the students.

To broaden the knowledge of the students Stan, John and myself would take them on field trips, for example, Smithfield Market in London and the National Meat Trade Exhibition at the NEC Birmingham. This exhibition showcased equipment for butcher's shops, abattoirs, processors, seasonings, marinades uniforms etc.

The Rayleigh school ran for 3-4 years with many students receiving full-time jobs in the shops where they received their training, with others going into the world of catering butchers and others taking a career path into processing with some taking a completely different route into full time employment.

By mutual agreement Stan, John and myself felt this modest butchery school had run its course.

### ***Legacy***

In 1989 John Croxford and his wife Jane Dale (also a former tutor at the Norwich City College) opened their own butchery training school in Ipswich - M E A T (Ipswich) Ltd. I would like to think that John and Jane used the business model of the Rayleigh Butchery School for their venture into training

Sadly, John died in 1998, Jane asked me to give some reflections of John at his funeral, which I was honoured to do. Jane carried on with her dedicated staff for a number of years.

Fast forward 39 years to now M E A T (Ipswich) Ltd continues to thrive offering butchery, fishmongery, advanced hygiene accredited courses and more in the UK and internationally (for history/information visit their website).

One of my former YTS students I am proud to say is Jon Gold, he is a very successful entrepreneur who operates a Farm Shop at Lubards Farm on the Hullbridge Road currently employing 22 staff.

Jon purchased the business 12 years ago and has developed it offering a wonderful selection of fresh meat, pies, cooked meats, some novelty cakes and many more foods typically found in a farm shop.

It is very pleasing to know that from an idea back in the 1980's, which has stood the test of time, has developed into successful businesses still operating today.

**Edward Byford**  
**Chairman**

# NOTICE

## IMPORTANT NOTICE TO ALL MEMBERS

This is to remind you all that the July Meeting will be held on Wednesday 8<sup>th</sup> July (Not the first Wednesday) at which we will hold our **AGM**. Please do come, you will not be pressured to join the committee unless you want to but your support at the meeting is very important. It also gives you a chance to see the people who look after your interests and vote on anything of importance.



### QUIZ – CONNECTIONS

1. Under which two bridges does the University Boat Race pass?	2. What is the common name given to the spectacular light show, the Aurora Borealis?
3. Where in London would the Statue of Eros be found?	4. What major battle took place on June 18 <sup>th</sup> 1815?
5. What was the name of the coffee house in "Friends"?	6. Which London museum houses the world's largest collection of applied and decorative arts and design?
7. In the U.S. who represents the government in the prosecution of criminal offences?	8. What is the proper name of the Liverpool cathedral colloquially known as "Paddy's Wigwam"?
9. What geometric shape is common to the flags of Japan and Bangladesh?	9. What is the connection between the above answers to the above questions?

**Answers on page 19**



## **ESSEX YOUTH JUSTICE SERVICE**

On 6 May we were visited by Paul Wilding, Reparation and Unpaid Work Supervisor Essex Youth Justice Service - South, Basildon, Essex County Council to give him his full title. Their offices are based in Rayleigh Library.

Paul kept our attention for approximately an hour with his informative and inspirational talk about his work organising projects for young offenders. A subject many of us, and definitely I, knew nothing about.

He shared many of his stories which were both heartwarming and heartbreaking. This highlighted that some of our local youngsters can be shown other paths which they can follow even after their difficult starts and which can eventually, hopefully, change their outlook on life in a positive way.

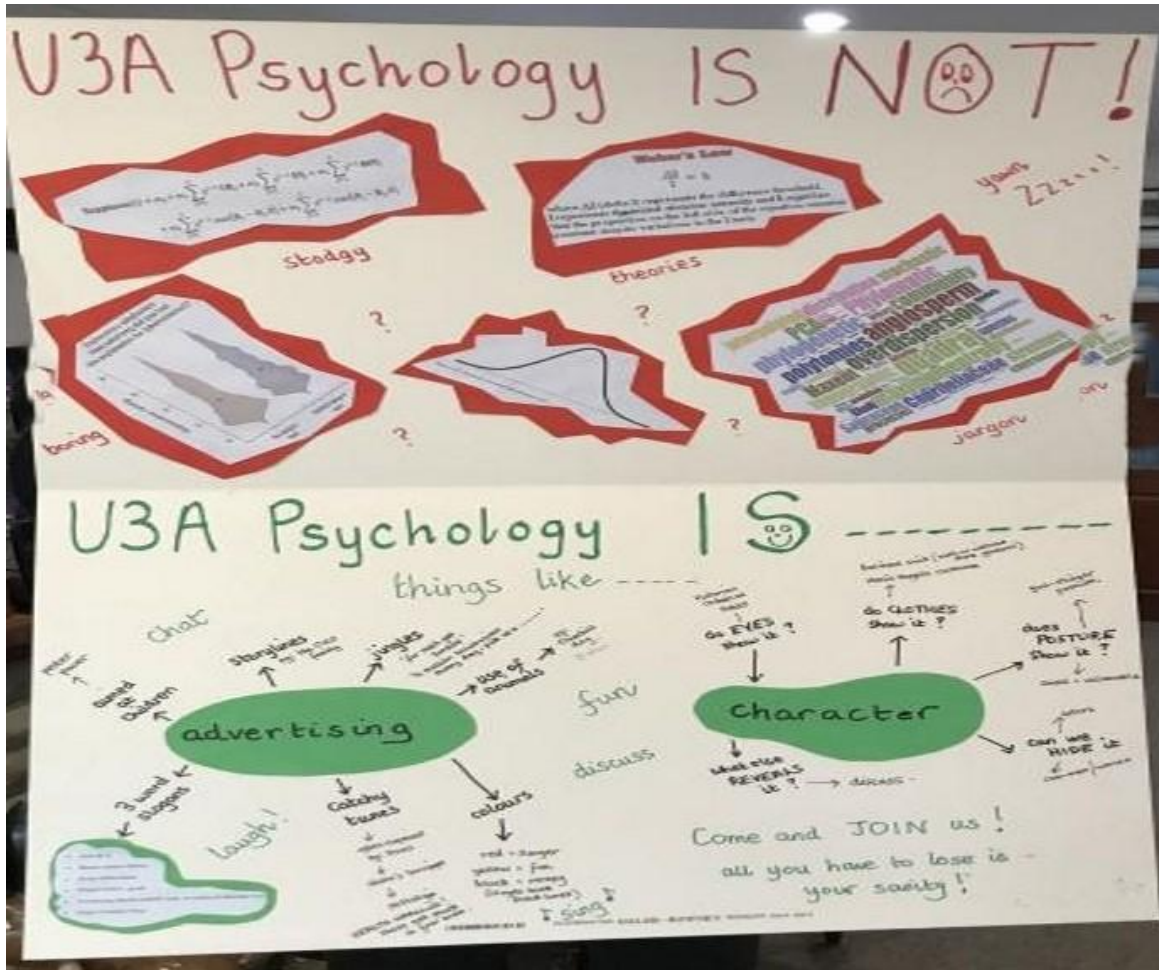
Paul's told amusing anecdotes about some of his projects which included, to name a couple, ushering at the Towngate Theatre in Basildon and painting the nails of the residents in a care home.

I had great feedback from those of us who attended and felt that Paul's presentation deserved a mention in this month's newsletter and I hope you agree.

**Donna Lowe**  
**Speakers Organiser**

# PSYCHOLOGY GROUP

In case you did not see the Psychology display at the last u3a meeting and would like to know more about our group.



If you are interested in joining, or would like further information, please contact me via our Group Co-ordinator, Carol Bright.

**Jean Thraves**  
Group Leader

**NEWS FROM THE GROUPS**  
**FRIDAY PHOTOGRAPHY GROUP**



We are a small group who enjoy getting out and about to take photos and share them. Specialised camera equipment is not essential as even phone cameras take great pictures. Enthusiasm for photography is our main criteria.

***New members welcome.***

**If you are interested in joining us please contact our Group Co-ordinator, Carol Bright.**









*Photo credits: Steve Rix, John Oakshott and Maureen Cheesewright.*

**Maureen Cheesewright**  
**Group Leader**

## AD HOC HISTORY GROUP ESSEX POLICE MUSEUM

The Ad Hoc History Group had a super trip to the Essex Police Museum in Chelmsford on 29 April. This is a small museum you can visit for free on most Saturdays.

We were greeted by Hannah, the Curator, who gave us an interesting and amusing PowerPoint presentation of the potted history of the Police force in general and the museum.



We were then led out to the non-public area to show us the original buildings where the Chief Constable (large house shown here) and senior members of the force were housed and their horses stabled (extreme left).



We were then left to enjoy the displays at our leisure. Hannah was great at answering our many questions including what actually happens in these buildings now and the structure of the police today. Hannah's brother is a serving officer and we were treated to several anecdotes which made us all think about a modern police officer's lot and often laugh.

One of our highlights of the day was to find, in the display of female officers, this wonderful photo of our very own Gillian Lilleker.



Some of our group enjoying a few of the props and items on display!



Thanks to everyone who came along and made it a really fun visit.

**Steve and Donna Lowe**



## QUIZ – A QUESTION OF TASTE

<p>1. The human body has five basic types of taste. Sweet, Sour, Salty, Bitter and Umami. From what language do we borrow the word Umami from?</p>	<p>2. What is the name of Heston Blumenthal's 3 Michelin starred restaurant in the UK?</p>
<p>3. Keith Floyd used the song "Peaches" as a theme tune for many of his cookery programmes. Which group performed this song?</p>	<p>4. True or False: Apples belong to the rose family?</p>
<p>5. One of the most hydrating foods to eat is the cucumber which contains what percentage of water - 76%, 86% or 96%?</p>	<p>6. Which actor has played the policeman Nick Rowan in the UK TV retro soap "Heartbeat"?</p>
<p>7. On 1<sup>st</sup> May 2014 renowned Michelin star chef Jason Atherton opened "City Social" restaurant situated on level 4 of Tower 42 in London. Who was the previous highly-rated chef to run a restaurant at this location?</p>	<p>8. What item of food inspired the idea for the computer game Pac Man?</p>
<p>9. In which city was the world's biggest McDonalds fast food restaurant opened in 2012?</p>	<p>10. Which of Shakespear's plays begins with the words "If music be the food of love, play on"?</p>

**Answers on page 19**

## **TRIP TO JIMMY'S FARM AND ANIMAL PARK**

### **THURSDAY, 21<sup>st</sup> MAY**

The weather had finally turned into a Spring day as we headed to Jimmy's Farm near Ipswich. Over 20 years ago Jimmy Doherty took over an old dairy farm and began to raise rare farm breeds. He has expanded his farm to include an increasing number and range of wildlife from around the world, focusing on re-homing wild and endangered animals and creating high quality, expansive environments for them to live in. Animals are given the space to live as naturally as possible. The result has been an animal park which has received awards for the work it is doing.

He has also made the park a wonderful experience for members of the public to enjoy the beauty of the landscape and watch a wide range of animals. The Arctic Tundra area features Polar Bears, Arctic Foxes and Wolves and includes woodlands and lakes to support the animals' needs. At the top of the site Jimmy is creating a new Indian environment to meet the needs of their newly acquired Asiatic lions and a tiger.

Jimmy was no absent owner – he came along to see lunch service at the restaurant and later was seen making his way up to the new Asiatic area to check on the work in progress.

Their restaurant in a beautiful old barn was the location for our lunch. Given that all 49 of us sat down together for our meal they did a fantastic job of providing us with timely and delicious locally sourced food which seemed to be enjoyed by everyone.

I think many of us would recommend it as a wonderful experience if members wanted a day out with some great encounters with nature and a lovely meal.

The following photos were provided by myself, Linda Storey and Ann Clarke-Overy.

**Jackie Dillnutt**







The weather was lovely – Val even had her arms out!





## Some Chuckles from Steve Rix

**I was at the doctors the other day and he told me I have to lose some weight.**

**I said, "How should I go about that?"**

**The doctor replied, "Don't eat anything fatty."**

**I said, "What do you mean, like chips and cream cake?"**

**He said, "No, don't eat anything, fatty."**

Did you hear that the man who wrote the Hokey Cokey died? It was very sad and very embarrassing at his funeral. They couldn't get him into the coffin. So, they put his right foot in...

**A man and a woman are eating in a restaurant and the waitress happens to notice that the man is slowly sliding down his seat while the woman carries on eating, apparently unconcerned. The man continues to slide down the chair until he is under the table and still the woman says nothing.**

**Finally, the waitress approaches the table and whispers in the woman's ear, "Excuse me madam, but your husband has just slid under the table."**

**To which the woman replies, "No he didn't, my husband just walked in the door."**

I went swimming with dolphins once, I didn't like it, they're too clicky.

**I always hide my wife's asthma inhaler so she can scream at me, "GIVE IT TO ME!!!!!! GIVE IT TO ME NOW!!!! The neighbours think I'm a stud.**

To the thief that stole my anti-depressant tablets, I hope you're happy.

## **ANSWERS – CONNECTIONS**

<b>1.</b> Hammersmith Bridge and Barnes Bridge	<b>2.</b> The Northern Lights
<b>3.</b> Piccadilly Circus	<b>4.</b> The Battle of Waterloo
<b>5.</b> Central Perk	<b>6.</b> The Victoria and Albert Museum
<b>7.</b> The District Attorney	<b>8.</b> Liverpool Metropolitan Cathedral of Christ the King
<b>9.</b> A red circle	<b>10.</b> London Underground lines



## **ANSWERS – A QUESTION OF TASTE**

<b>1.</b> Japanese (means delicious)	<b>2.</b> The Fat Duck, Bray, Berkshire
<b>3.</b> The Strangers	<b>4.</b> True (as do Pears and Plums)
<b>5.</b> 96%	<b>6.</b> Nick Berry
<b>7.</b> The late Gary Rhodes (Rhodes Twenty)	<b>8.</b> Pizza (with a slice missing)
<b>9.</b> London (Olympic Park)	<b>10.</b> Twelfth Night



## **FROM THE EDITOR**

Can we really be half way through the year already - where has the time gone? Some spent on our u3a trips as you will have seen. Thank you to all who provide the photos and write-ups of our activities. Please remember to send in your contributions to the designated newsletter email address below. I really don't want to miss something which has been sent to one of my other email addresses.

May I please remind contributors to the newsletter that personal information – home addresses, phone numbers or email addresses cannot be included in any articles submitted – these are always edited out because our newsletter is not password protected and is open to the whole wide world. Enquiries about groups are dealt with by our Group Co-ordinator and are directed to her and not group leaders.

A date for your diary is our **AGM** so do please note the revised date of **8<sup>th</sup> July** – our scheduled date clashed with the u3a holiday. ***There will be no meeting at the Grange on 1<sup>st</sup> July.***

**The deadline for receiving articles for the July 2026 Newsletter is**

**Wednesday 24<sup>th</sup> June 2026**

**[rgu3anewsletter@gmail.com](mailto:rgu3anewsletter@gmail.com)**

**Newsletter Editor**

**JULY MEETING - WEDNESDAY 8<sup>th</sup> JULY AT 2.00 PM**

## GROUP CALENDAR

*If you are interested in joining any of these Groups please contact the Group Co-ordinator*

GROUP	DAY	TIME	GROUP LEADER
AD HOC HISTORY	To be advised		Donna & Steve Lowe
ALL THINGS CRAFTY	2 <sup>nd</sup> Tuesday	2.00 – 4.00 pm	Sarah Kay
ART APPRECIATION	3 <sup>rd</sup> Wednesday	2.00 – 4.30 pm	Pat Shephard
BADMINTON 1	Thursday – Fortnightly	10.00 am	Jacqui Butcher
BADMINTON 2	Wednesday – Fortnightly	10.00 – 12.00 pm	Geoff Pearce
BIRD WATCHING	4 <sup>th</sup> Thursday	10.00 am	Steve Rix
BOOK GROUP	Last Thursday	3.00 pm	Jackie Dillnutt
BRIDGE	As agreed	Various	Mark Wiseman
BRIDGE BEGINNERS	1 <sup>st</sup> /3 <sup>rd</sup> Friday	2.00 – 4.00 pm	Mark Wiseman & Ken Paton
CANASTA 1	2 <sup>nd</sup> Monday	2.30 – 4.30 pm	Doreen Brown
CANASTA 2	3 <sup>rd</sup> Monday	2.00 – 4.00 pm	Edna Webb
CANASTA BEGINNERS 1	3 <sup>rd</sup> Wednesday	2.00 – 4.00 pm	Ann Clarke-Overy
CANASTA BEGINNERS 2	2 <sup>nd</sup> Wednesday	2.30 – 4.30 pm	Jane Gee
COFFEE & CONVERSATION	4 <sup>th</sup> Wednesday	10.30 – 12.30	Barbara Oliver
CHURCH VISITS	3 <sup>rd</sup> Wednesday	10.00 – 1.30 pm	TBA
CINEMA	Wednesday (various)	Morning	Christine Shaw
CRIBBAGE	4 <sup>th</sup> Thursday	10.00 – 12.00 pm	Susan Neil
DARTS	Thursday – Fortnightly	11.00 – 1.00 pm	Ray & Maureen Saveall
DISCUSSION	3 <sup>rd</sup> Thursday	10.00 – 12.00 pm	Doreen Brown
FAMILY HISTORY 1	1 <sup>st</sup> Monday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 2	1 <sup>st</sup> Tuesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 3	2 <sup>nd</sup> Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 4	4 <sup>th</sup> Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FILM APPRECIATION	3 <sup>rd</sup> Monday		Joan Hanscomb
GARDEN GROUP	Various		Ann Clark-Overy Susan Neil
JAZZ APPRECIATION	Wednesday (various)		Dave Westall
JUST SEW & SEW	1 <sup>st</sup> /3 <sup>rd</sup> Friday	2.00 – 4.00 pm	Chris Roffey
KNIT & NATTER 1	2 <sup>nd</sup> Thursday	10.00 – 12.00 pm	Ann Clarke-Overy
KNIT & NATTER 2	4 <sup>th</sup> Thursday	10.00 – 12.00 pm	Sarah Kay
LUNCH SUNDAY	3 <sup>rd</sup> Sunday		Susan Neil
LUNCH WEEKDAY	2 <sup>nd</sup> Wednesday		Edna Webb

MAHJONG	Tuesday – Fortnightly	10.00 – 12.00 pm	Ann Clarke-Overy
MARITIME HISTORY	1 <sup>st</sup> Monday	2.30 – 4.30 pm	Sue Howarth-Reading
MINDFULNESS/MEDITATION	4 <sup>th</sup> Monday	2.00 – 4.00 pm	Carol Bright
OUT AND ABOUT 1	Various Days		Ann Clarke-Overy
OUT AND ABOUT 2	Various Days		Julie Witts & Christine Wilson
PETANQUE 1	1 <sup>st</sup> /3 <sup>rd</sup> Monday	10.00 – 12.00 pm	Margaret Cudby & Theresa McAninch
PETANQUE 2	2 <sup>nd</sup> /4 <sup>th</sup> Friday	11.00 – 1.00 pm	Edna Webb
PHOTOGRAPHY MONDAY	Various		Geoff Kittle
PHOTOGRAPHY FRIDAY	3 <sup>rd</sup> Friday	10.00 – 12.00 pm	Maureen Cheesewright
POETRY APPRECIATION	3 <sup>rd</sup> Thursday	2.00 – 4.00 pm	Ann Rawlinson
PSYCHOLOGY	2 <sup>nd</sup> Monday	1.30 – 3.00 pm	Jean Thraves
PUDDY GALORE	4 <sup>th</sup> Tuesday	4.00 pm	Anne Berry
RUMMIKUB 1	1 <sup>st</sup> Monday	2.00 – 4.00 pm	Lynda Rooke
RUMMIKUB 2	2 <sup>nd</sup> Thursday	2.00 – 4.00 pm	Pam Green
SAMBA CANASTA	1 <sup>st</sup> /3 <sup>rd</sup> Thursday	10.30 – 12.30 pm	Dave Westall
SCRABBLE	3 <sup>rd</sup> Monday	2.00 – 4.00 pm	Wendy Bedwell
SHAKESPEARE APPRECIATION	3 <sup>rd</sup> Friday	10.30 – 12.30 pm	Paula Whittle
SHORT MAT BOWLS	Tuesday – Fortnightly	2.00 – 4.00 pm	Susan Neil
SINGING FOR PLEASURE	1 <sup>st</sup> /3 <sup>rd</sup> Tuesday	10.30 – 12.30 pm	Joan Wayman
SOLO WHIST	2 <sup>nd</sup> Monday	10.00 – 12.00	David Lobley
TABLE TENNIS	1 <sup>st</sup> /3 <sup>rd</sup> Friday	1.30 – 3.00 pm	Maureen Saveall
TENPIN BOWLING	Tuesday – Fortnightly	11.00 – 3.00 pm	Jacqui Butcher
THEATRE/EVENTS	Various times & days		Doreen Brown Edna Webb Susan Neil Ann Clarke-Overy
TRIVIAL PURSUIT	4 <sup>th</sup> Tuesday	2.00 – 4.00 pm	Steve Barns
u3a BAND	Various – Cedar Centre		Steve Lowe
WALKING MIDWEEK	3 <sup>rd</sup> Monday		Gwen Bushell
WALKING SUNDAY	Last Sunday	10.30 – 12.30 pm	Christine Shaw
WINE THURSDAY	Various	7.00 pm	Susan Neil Ann Newman
WINE FRIDAY	Various	7.00 pm	Susan Neil Ann Newman
WOMEN IN HISTORY	Last Friday	2.30 – 4.30 pm	Lynda Rooke
u3a MONTHLY MEETING	1 <sup>st</sup> Wednesday	1.30 – 4 .00 pm	Various Speakers

*For specific dates please liaise with your Group Leader.*