

Essex Speakers

*This list was compiled from information volunteered, and was last updated on **Friday 4th April 2025***

Whilst this list is provided in good faith, the author cannot vouch for all the speakers listed and, as such, cannot be held accountable for their actions.

Please mention this list when booking a speaker

Join the Facebook Group!

For an up-to-date version of this list and more, log onto **Facebook** and search for **Speakers in Essex UK**. Tap the JOIN GROUP button. Please make sure you answer the questions.

Booking Tips

- All speakers listed charge a fee (usually between £50 - £100) - please check with the speaker as to how much they charge
- All speakers on this list expect to be paid **ON THE DAY**

List Not Up-To-Date?

If you're struggling to get hold of a speaker (on this list), or some other detail seems incorrect, *please* visit the above facebook group, and let us know.

Help! My Speaker Has Cancelled On Me!

The vast majority of the speakers on this list are happy to step in at the last moment (if they are available) ... however, to save a lot of phoning around, visit the facebook group (link above), and post a plea for help.

Get Your Name On This List!

If you'd like to be included as a speaker on this list, please visit the above facebook group, and download the "add new speaker" form. Follow the instructions within. I look forward to adding you.

The order of speakers is based purely upon available space.

Rebecca Loader

Contact: Rebecca.loader57@gmail.com

Ambassador for Action for Family Carers (formerly Chair) currently Chair of Inland Waterways Association, Chelmsford Branch.

WHO CARES FOR THE CARER

A talk about the Challenges of Caring for a Family member or friend and how organisations such as Action for Family Carers can help both adults and Young Carers.

MY WATERWAYS JOURNEY PART 1

My first experience with a boat on the Fenlands. Joining the Inland Waterways Association and working on a project to restore the Chelmsford end of the Chelmer and Blackwater Navigation (CB&N). The CB&N as it is today, recreational use and challenges for the future.

Steve Lester

**Contact Steve on 07847 126 973 or
email stevelesterwork@gmail.com**

*Please contact Steve for details of other talks that he offers.
Steve does Zoom talks.*

INSIGHTS OF A PROVINCIAL AUCTIONEER

As a fine Art Auctioneer and Valuer there is no-one better placed than Steve to let you into the secrets of an Auction House

TITANIC FROM LAUNCH TO LOSS

As a self confessed Titanork Steve shares his love of the Titanic during this interactive talk. You may even recognise him as he is often approached to take part in TV documentaries on the subject.

FROM QUEEN VICTORIA TO GEORGE V IN AN HOUR

Armed with an extensive range of memorabilia Steve takes you on a whistle-stop journey through the reign of three monarchs. Hold on to your crown and sceptre as he isn't hanging around!

Edward Lubbock

Balloon Pilot of 25 years

Contact Edward at velo44@sky.com or 01277 651236

THE UPS AND DOWNS OF BALLOONING

An illustrated talk that glides through the history of ballooning. With over 25 years as a balloon pilot and instructor Edward has a few unexpected tales to tell too.

Sally Lawrence

Actress, Head Honcho at 2Handers & ex-continuity announcer for both the BBC & Channel 4. Sally does face to face talks and Zoom talks.

Contact Sally at: info@sallylawrence.co.uk, 07946 357521

CONTINUITY CAPERS! - MY LIFE AS A CONTINUITY ANNOUNCER Ever wanted to know how who's behind the voice that introduces your favourite TV shows? Back in the late 1990s, chances are it was Sally Lawrence. But life as a continuity announcer isn't quite as straightforward as you might expect. As you'll find out in this witty and entertaining talk.

BREAK A LEG!

A light-hearted look at the trials and tribulations of a travelling theatre company. Working with my friend, Eric Chappell, writer of 'Rising Damp' and producing many of his plays inevitably meant mirth and mayhem - from actors walking out mid performance, audience members getting up on stage to the arrival of the dreaded critic. But luckily no one actually broke their leg.

Sue Hewgill Peterson

Sue is a dance educator and author of Dance For Your Life. She recently returned from teaching in Florida and is presently working in Suffolk.

Email: suehewgillpeterson101@gmail.com Or

telephone: 07974 761243

DANCE KEEPS ME ON MY TOES

A talk about Sue's life in dance and how it has helped her to realise hidden life skills, with anecdotes from her time as a professional dancer and educator.

DANCE FOR YOUR LIFE

A talk about how the skills learnt through dance can transform health and wellbeing. Featuring highlights from her latest book of the same name.

Lindsay Whitehouse

Former Prison Governor and Deputy Police and Crime Commissioner for Essex.

Analyst and commentator for BBC on custodial matters **Email:**
ljwhitehouse@mail.com

MY LIFE IN PRISON

Lindsay talks about life as a prison governor, working in a number of different prisons. He sets his audience the task of thinking and acting like prisoners to see if they can find a way of beating the system

PRISON LINE OF DUTY

Lindsay highlights the influence of criminal gangs engaging with corrupt staff then sets up an operation to track down the gang leaders. He sets the audience the task, at each stage, of deciding on the next course of action to be taken. Based on the format of the BBC programme Line of Duty

The Secret History of the Essex County Gaol

How and why the prison was built. Lindsay shines a light on those stories you never knew, involving executions, scandals, corruption, and famous prisoners, and reveals some very surprising links to national treasures, celebrities, and sportsmen.

Porridge Revisited

Lindsay shows clips from the TV comedy starring Ronnie Barker. It reacquaints the audience with the programme and its main characters and revisits some of their adventures. It looks at some of the practices shown in Porridge that were later copied by the Prison Service for real. You will see why Porridge is just as relevant today as when it was first shown on TV.

John Richard

John has been performing magic professionally since 1976. His career has spanned the whole spectrum of magic entertainment from childrens' shows, cabaret in the West End of London to appearances on National Television. As a long-standing member of 'The Magic Circle' he has entertained numerous well known personalities including Michael Jackson and Kylie Minogue. He has also been a Toastmaster & Master of Ceremonies since 2006 working at Weddings and Corporate Events.

Contact: 07710 585414 e-mail:
john@themagiccircle.co.uk

My Life in Magic

How John's love of magic went from a childhood hobby to appearances all over the UK. The talk is followed by a demonstration of magic which involves audience participation. At the end, questions are welcomed from the audience (except on how the tricks work!)

Tammy Blest

Fraud Prevention Coordinator for Essex Police. Tammy covers North Essex providing Fraud / Scam Prevention Talks 7 days a week, preferably during the day but can accommodate some evenings.

Contact Tammy via email: 79913@essex.police.uk

Or tel: 07967 348087

FRAUD PREVENTION TALK

A 40 minute fraud/scam prevention & awareness talk advising attendees of latest scams in the area and how to keep yourself safe. The *Little Book of Big Scams* is also provided free of charge to attendees. The talk is provided in the areas of North Essex; Braintree, Uttlesford, Chelmsford, Maldon, Colchester, Tendring and the villages within these Districts.

Joanne Larner

"An osteopath based in Rayleigh with an eclectic mix of interests." Please contact Joanne for details of other talks that she offers.

Email: jrlarner@aol.com Phone or text: 07956

524679

www.publicspeakerscorner.co.uk/joanne-larner/

HANDWRITING ANALYSIS FOR FUN

Handwriting can tell you everything you need to know about a person. This talk is meant as a light-hearted introduction to handwriting analysis and is excellent fun. There is some audience participation and it's very popular.

RICHARD III: SAINT OR SINNER

Interest in Richard III has skyrocketed since his remains were found in a Leicester car park. Was he the ruthless tyrant of Shakespeare? Did he murder the 'Princes in the Tower'? Joanne will address these and any other questions you have.

THE WONDER OF NORWAY

This talk will tell you about the people, the landscape, the customs and idiosyncrasies of the Land of the Fjords. There will be funny stories about quaint Norwegian pastimes, stunning photos of Norwegian scenery and much more.

HOW TO DRAW PEOPLE AND ANIMALS

Do you struggle to draw? Joanne, herself an accomplished artist, will offer you tips and advice so that (almost!) everyone will leave with an improved ability to draw. This includes tools and examples to illustrate techniques.

Kay Ball

Qualified Beautician

Contact Kay at Ukc701692589@btconnect.com

SKINCARE

The bad news is that Kay doesn't have a miracle cure for wrinkles. The good news though is that she can let you in on how to make the most of your skin whatever your age.

MAKEUP

Beautiful makeup doesn't have to take hours to apply when you know some of the quick and easy techniques that professional Beauticians like Kay use.

Daniel Bridge

Professional Photographer

Contact Daniel at speaker@danielbridge.co.uk or on 01277 554321

TEN TOP TIPS

Want to get a bit more out of your camera and take photos that are just, well that little bit better. Even if you only remember a few on Daniel's Ten Top Tips he is sure you'll see an improvement in your photography.

MY FAVOURITE IMAGES

Over the years as a professional photographer Daniel must have taken thousands of images but during this illustrated he shows you his 'best of the best.'.

WATER

Sounds so simple doesn't it, taking photographs of water. But how do you portray it's impact on the environment and wildlife? Dan is about to let you know.

Judith Hood

Contact Judith at: jdthburl@gmail.com or 07715 167752

DISCOVERING MY GIFT AS A MEDIUM

Many years ago, Judith had it pointed out that all her "spooky" occurrences were not as normal as she had assumed. She was asked to attempt to speak to the spirits and managed it. The talk centres around her journey from there; how it affects her, what she sees and hears and some of her more interesting experiences.

Alan Goldsmith

'Last of the 60's Rock & Roll show' promoter. 60 years of promoting rock shows, air shows etc. Author of 6 books and creator of 'Mountfitchet Castle'.

Contact Alan via Lauren Jackson at: info@mountfitchetcastle.com.

01279 813237

GROWING UP IN THE FORTIES

Alan promoted all the famous rock stars, as well as air shows, and stunt shows. Let him tell you more.

MOUNTFITCHET CASTLE AND GORILLA ADVERTISING

How Alan created 'Mountfitchet Castle' and the 'House on the Hill Toy Museum' and 'Gorilla Advertising'.

Gary J Jones CBE

Retired Emergency Nurse who has influenced emergency and paramedic care in the UK and beyond

Contact Gary at garyjonesbooks@gmail.com

FROM TEENAGE YEARS TO RETIREMENT

Gary's career in emergency nursing and how he influenced emergency nursing in the UK, including the role of the lead character in BBC Casualty. Content for talk taken from his book *It's Not All Blood and Guts: My Amazing Life as an A&E Nurse*.

THE HISTORY OF ORSETT HOSPITAL AND IT'S A&E DEPARTMENT

From 1669 to the present day, Gary explores the history of Orsett Hospital from a workhouse to a 500-bed acute hospital. He describes how the A&E department influenced nursing and paramedic development in the UK.

A COLLAGE OF PATIENT STORIES

A number of patient events including trauma victims, the body that came back to life, the tug that sank in the Thames and the lorry driver who survived over 6 hours trapped in his lorry due to the skills of ambulance crew, nurses and doctors.

THE HISTORY AND EARLY DEVELOPMENTS IN EMERGENCY NURSING

From the days before Casualty through to A&E and Emergency departments, the talk explores how the 35-year period 1972-2007 changed the way emergency nursing developed in the UK.

Jordon Cox

Britain's 'Coupon Kid'

Contact Jordan on Jordon@jordoncox.com

COUPONING 101

Learn how to cut costs in the supermarket and beyond with Britain's Couponing Kid. You'll come away with practical tips that mean you will never pay full price again and have a giggle at some of Jordan's past couponing mishaps.

DON'T SWEAT THE SMALL STUFF

We all get upset and angry about the small things in life, but unless we put that into perspective, we can spend a lot of our lives in sadness. Learn how to focus on the right things and block out the bad.

Andrew Babicz

Horticultural Lecturer

Contact Andrew on 01277 200588 or at www.babicz.com

Please contact Andrew for details of other talks that he offers.

GREAT BRITISH GARDENS

What makes a garden 'Great?' Is it the imposing house, the landscape or the plants? With the help of photographs from Sissinghurst, Kew and other stunning gardens Andrew will tell you what he thinks makes them 'Great.'

RHS WISLEY GARDENS

Take a virtual tour with Andrew of the flagship garden of the RHS, Wisley. Meander through the planted borders, luscious rose gardens and state of the art Glasshouse. You can almost feel the sun on your back.....

Pamela Holmes

Contact Pamela via Pamela.holmes00@gmail.com *Pamela does Zoom talks.*

HUNTINGFIELD'S HEROINE AND SUFFOLKS MOST BEAUTIFUL HIDDEN SECRET

Victorian Vicar's wife Mildred Holland spent six years painting golden angels on a church ceiling. But what drove her up that ladder? In an illustrated talk author Pamela Holmes reveals the fascinating life of a woman forgotten by history.

Peggy Griffin

Contact Peggy at PeggyGriffinAuthor@gmail.com or 07808 041825 *Peggy does NOT do Zoom talks.*

A HISTORY OF NURSERY RHYMES

Was Humpty Dumpty really an egg that sat on a wall? Who was the real Jack Horner? What is the story behind 'Oranges and Lemons'? Find out the stories behind these popular children's rhymes...

A HISTORY OF NURSERY RHYMES (*Talk 2*)

Who was the "Lady who rode to Banbury Cross"? What is the story behind "Georgie Porgy" and why did he make the girls cry? Why did "The Weasel Go Pop". Find out the stories behind these and other popular children's rhymes.

4 DIFFERENT TALKS ON RECORDS BANNED BY THE BBC 1931 TO 1957

No one can deny the importance of the BBC to our cultural life. However, in earlier years, did the BBC go too far in its condemnation of some very popular songs? Listen to a few songs which were banned and guess the reasons why. **Microphone required.**

THE FIRST ESSEX WITCH TRIALS

Over 700 people were accused of witchcraft, in Essex, between 1560 and 1675. More than any other county. Why? A woman could easily be accused of the dark arts merely by owning a cat. Peggy makes this serious subject both interesting and humorous.

POLYDACTYL CATS AND INTERESTING FACTS

Whilst researching multi clawed cats, after rehoming one, Peggy discovered some fascinating facts about Anne Boleyn, Essex Witches, Marie Antoinette and much more.

ON LOCATION WALKING TALKS

Peggy offers 3 talks that are 'on location' in and around Bowers Gifford, North Benfleet and Page Woods. They are perfect for Local History Groups and sturdy shoes are a must.

Claire Matthews

Colour and Image Consultant

Contact Claire at claire.mathews@houseofcolour.co.uk

COLOUR ANALYSIS

This talk is a wonderful introduction to the 'world of colour,' how it makes us look and feel.....when we wear it correctly of course!

PERSONAL STYLE

We all love to wear clothes that make us feel good but what are those clothes really saying about us? How does the 'language of clothes' impact on the impressions others have of us? And is that how we really want to be seen?

Ken Lodge

Contact Ken at klodge309@aol.com or
on 07830 286376

AN ACTORS LIFE FOR ME

A fun interactive, anecdotal look at an Actor's life which includes readings and time for questions

COMMUNICATING THROUGH BODY LANGUAGE

A lot of what we communicate is done nonverbally, and we don't even realise that we are doing it. Our expressions and body movements give the real truth away, if we know what to look for. Ken is going to give you a few pointers during his talk so you may never look at people in quite the same way again.

YOU'RE BETTER THAN YOU THINK

Does your group need a bit of a boost? Are there things that some of your members would secretly love to be doing but don't have the confidence? Are some ready to take on the world but need help with that first step? Then this is the talk you need to be booking.

WALK A MILE IN OTHER PEOPLES' SHOES

A fun look at a variety of communication styles so that you can get the inside scoop on how to communicate better day to day.

Phil Lyons

A retired History teacher and experienced singer /guitarist of British folk music
Contact Phil at philyons50@hotmail.com or 01206 868654

A SAILOR'S LIFE

A talk with powerpoint about the lives of the sailors from Colchester and elsewhere who manned (and womanned!) Nelson's navy. Discover the pleasure and the pain, the discomfort and debauchery of life at sea in the 19th C.

A SAILOR'S LIFE (IS A MERRY LIFE?)

A lively presentation of contemporary folk ballads and songs accompanied by guitar illustrating some fascinating facts on the lives of British sailors of the 19thC.

THE WILD WEST COMES EAST

A lively talk with powerpoint on Buffalo Bill and his Wild West Show tours of East Anglia and the world. Find out why William Cody was more renowned than the American President in 1900. Did he visit your town?

COLCHESTER'S CANNIBALS

The story of the loss of the racing yacht, Mignonette, and its dramatic impact on the 19th century world of sailing and the law that endures to this day.

Saffron Summerfield

Guitarist/Singer/Songwriter

Contact Saffron on 07941 932543 or saffron@motherearthmusic.co.uk

MILTON KEYNES TO MISSISSIPPI

A live music talk as Saffron takes you through a musical career that has, so far, taken her from Milton Keynes to Mississippi.

WHEN BIRDS SING

The beauty of birdsong comes to life as Saffron plays some of her own natural recordings, along with some new music of her own.

Helen Reynolds

Contact Helen at: bricklockisland@gmail.com or 07816 101098

LIFE ON AN ISLAND. LIVING & GROWING WITH A THREE ACRE SMALLHOLDING

Helen's talks about setting up and running her smallholding on an island off the River Stort, bringing locally grown fresh produce to the nearby village of Roydon.

Marion Pettet

**Contact Marion on 01277 372056 or marionpettet@btopenworld.com
www.myballettalks.co.uk *Marion does Zoom talks.***

A PEEK BEHIND THE SCENES

Having worked with an Amateur Ballet company which always instils professional standards, Marion is better placed than most to bring you a glimpse behind the curtain of a major stage production. She brings with her 16 years of experience and anecdotes.

A VIEW FROM THE STALLS

Ballet is as an art form which rarely gets the recognition it deserves. Here Marion sets out to redress that balance by sharing her own experiences of this ethereal world of grace and beauty.

IT WON'T SHOW ON STAGE

Costumes.... they make all the difference. But what goes into the creation of a costume, especially one that needs to allow a dancer to perform, a ballet dancer at that!

Jade Hamnett

Fused Glass Artist.

Contact Jade at sparkle@sparklyplace.co.uk, www.sparklyplace.co.uk or www.facebook.com/SparklyPlace

THE JOY OF KILN FUSED GLASS

After a dark period in her life where Jade's health took an unexpected turn, she discovered fused glass and creativity. Find out all about the art that is fused glass and what kind of pieces can be made, as well as consider what creativity actually means. This is a very hands-on talk with lots of interesting items to look at and feel.

Danielle Barnett

A signed singer songwriter with five top 10 chart hits to date, as well as managing two worldwide top 10 chart bands! Danielle's experience comes from both sides of the stage. Danielle has ten talks into total – all can be delivered via Zoom if necessary - we're listing just three of them here.

Contact Danielle at: Danielle@publicspeaker.expert or www.publicspeaker.expert

QUEEN – FREDDIE'S KIND OF MAGIC

This multimedia talk runs through the simple beginnings of when Queen started - Danielle talks about the members of the band and where they started out, then goes on to focus mainly on Freddie; Freddie's life, his romances, the hit singles and albums that Queen released, and finally his tragic HIV related death.

WHITNEY – LIFE, LOVE AND LOSS

This talk begins with Whitney as a humble gospel singer and ends with her tragic death alongside the tragic death of her daughter. Danielle uses a mixture of photographs and videos, to detail her hit albums, then talks about her turbulent marriage that broke down so majorly with Bobby Brown, the lavish house that she went on to own and the countless lives that she touched.

FROM SIMON COWELL TO DRAGONS DEN

Just what does it take to make it in the music industry? And how did I get the chance to appear (and be successful) on Dragons Den?

My life has been a rollercoaster ride of which I have been signed to Simon Cowell, managed top ten chart acts and invented a new patented technology, taking it through to market. I was also the lead singer for Urban Cookie Collective – who had a number 1 hit with "The Key The Secret" for 23 years - and I'm now the lead singer of the incredible 90s act The Tamperer who had a number 1 chart hit worldwide in 1998 with Feel It. I tour the world to this day, singing in front of hundreds of thousands of people! I will tell you my life story

Mark Butterworth

Fiction and non-fiction author, once a Lloyd's underwriter, pilot and university lecturer. Happy to do Zoom talks.

mark@markbutterworthauthor.co.uk

www.markbutterworthauthor.co.uk

MAKE THE BOLD MOVE - WRITE THAT BOOK!

Appealing to readers and aspiring writers alike, this "how to" talk helps you to get into the creative mode and write that novel, memoir, family history or book of poetry. Mark features his first novel, *The Pearl River*, and discusses how the characters and plot were developed and how to write the "twist in the tale". The challenges of finding an editor, literary agent and publisher are shared with the hopeful authors!

Lestyn Edwards

Olivier Award winning, Guildhall trained opera singer, international cabaret headliner, after dinner speaker and author of My Tutu Went AWOL! Contact

Lestyn at: ide65@hotmail.co.uk

MY TUTU WENT AWOL!

With interaction, song and dance, Lestyn recounts tales from his misguided tour as Madame Galina Ballet Star Galactica, raising morale on the military bases in Iraq and Afghanistan. On only his first night he was hoicked offstage by 42 Commando and put on the Naughty Tank. *'Our eyes and ears in those war-zones. Spreads a bow wave of happiness and silliness. A unique and fabulous diva with the voice of an angel.'* Dame Joanna Lumley

Roger Hance

Contact Roger via www.rogerhancefrps.com *Roger does Zoom talks.*

NATURE THROUGH THE SEASONS

Take a trip round the British Isles and the natural beauty that can be found in its variety of birds, insects, plants and fungi.

WILD FLOWERS OF THE BRITISH COUNTRYSIDE

A slideshow that paints a beautiful picture of the unseen flowers that we pass by every day. Meadows, roadside verges, woodland and riversides contain so many beautiful plants and a surprising number of orchids!

THE SECRET LIFE OF A WOOD

Walking through a broad leaf wood you might spot a few birds and squirrels, but Roger will show you slides of all the other forms of wildlife that are hiding right under your nose.

BIRDS OF THE BRITISH ISLES

A slideshow of British garden birds, seabirds, birds of prey, birds of the marshes, wetlands, rivers and streams.

John Ray Trust

A Braintree based charity commemorating the achievements of Essex's father of natural history John Ray and supporting the study of the natural world today

email: johnraytrust@outlook.com website:

www.johnraytrust.com

www.facebook.com/johnraytrust

The John Ray Trust are happy to do online talks.

JOHN RAY – FATHER OF NATURAL HISTORY

Essex science hero John Ray founded the scientific study of the natural world in the 1600s. In a talk which combines history and nature, discover Ray's story and his amazing list of 'firsts' in the field of natural history, from creating the first scientific definition of a species to studying the full life cycle of the butterfly.

Deb Hart

A willow artist with a background in horticulture

Website: www.debhart.co.uk

Email: debs.hartwillow@gmail.com

Tel: 07909 521511 or 01376 324360

ALL ABOUT WILLOW

A PowerPoint presentation covering the history, uses and production of willow, as well as various artists work.

Sheila Gunson

Contact Sheila at sgunsonis@btinternet.com or telephone 01621 816084

THE BAG LADY

Stories about a variety of bags made from all sorts of things – an inspiring talk to get you crafting.

Tricia

Therapist

Contact Tricia at ainb.co.uk

THE ALEXANDER TECHNIQUE

Ever struggled to get out of your chair? Felt a little pain or tension after an activity? Then the Alexander Technique could help. Tricia will talk you through the concept and offer the chance to have a go yourself.

Mike Fogg FCIPS

Award Winning Photographer and local historian

Contact Mike on 07973 294820 or at mikefogg@btinternet.com

THE HISTORY OF MOOT HALL IN MALDON

Working with Penney McAvoy, this presentation uses photographs and the knowledge of a trained guide to give delegates a virtual tour from the ground floor to the roof of the 15th Century Moot Hall in Maldon. All without the need to climb up and down the stairs!

SAILING BACK – THE DAY THEY REPLACED THE SAILS ON RAYLEIGH WINDMILL

In of 2017 the sails of Rayleigh Windmill were removed for restoration. In April 2018 the sails were replaced. Using unique photographs this presentation steps viewers through the day the sails were replaced. Also includes images of the history of Rayleigh Windmill.

DODGY SCALES AND DELIVERING THE MAILS

In the 19th Century Woodham Ferrers was like a frontier village. Shopkeepers and publicans frequently used light weights. This entertaining talk examines the retailers, their customers and the evolution of postal services in the village using true stories that are stranger than fiction.

TAKING BETTER PHOTOGRAPHS

Based upon Mike's training and experience, this presentation uses good and bad images to highlight a number of ways to compose better images with your camera. Delegates will leave with a number of ideas of how to improve their photographs.

Kayla Conley

Contact Kayla at kayla@kaylaconley.com or better still; 07813 325056

MY STORY SO FAR – MENTORING EX OFFENDERS

Kayla came to the UK with very few resources and credits her ability to overcome the obstacles she faced to the incredible mentors that she met along the way. She is now a mentor herself, working with ex-offenders who want a fresh start.

THE HIDDEN MESSAGES IN DREAMS

Are dreams just a little entertainment whilst we sleep or do they have much deeper meanings. Kayla believes they do and hopes to unlock some of the hidden messages that you may be getting in your dreams if you only knew how to spot them.

Jenny Mallin

Self published author of a cookbook memoir based on her British Raj Family

Contact: jennymallin@yahoo.com

MY BRITISH RAJ ANCESTORS: THE EARLY DAYS

We discover three of my ancestors who joined the British Army & East India Company Army in the 1700s fought in India for the next 24 years and all three of them decide to settle down in India after being discharged.

MY BRITISH RAJ ANCESTORS AND THEIR PROFESSIONS

An illustrative talk of British India's infrastructure seen through the eyes of a granddaughter, Jenny who had family who worked on the Indian railways, medicine, telegraph, and a headmaster of one of the first English medium schools.

THE MEMSAHIBS & THEIR SERVANTS

We learn of the challenges that lay ahead in those early days for the memsahibs, English ladies who soon had to learn the running a household and the obstacles and considerations they had to bear in mind when hiring their servants.

FULL STEAM AHEAD

With ancestors whose professions on the railway were held in high esteem by the railway companies themselves, we learn how life was for my grandfather who grew up on a railway colony, ending with a light-hearted look at railway journeys now.

Karen Lawrie

Fitness Teacher

Contact Karen at KarenL57@outlook.com

KEEPING ACTIVE IN LATER LIFE

You won't be sitting down for long when Karen visits your group! Her interactive session is full of music and gentle exercises, some seated and

others using a chair for support. It's certainly not going to be your typical talk!

Helen Beard

Retired Teacher/Therapist. Living in Braintree with canine companions Sapphire and Steele. Other talks available.

Contact Helen at wrenswick@gmail.com or 07778 385164

REFLEXOLOGY-A BRIEF HISTORY OF THE ART AND SCIENCE

The background of this ancient therapy, how it works and its modern application. An opportunity to ask questions from an experienced therapist

SHIATSU-DO

Not what you say when someone sneezes! An explanation of this ancient oriental therapy.

YOUR FACE IS YOUR FORTUNE

You never get a second chance to make a first impression! A lighthearted look at how your facial features may disclose your health and personality traits.

PETS AS THERAPY

The value of animals in therapeutic environments. A P.A.T. dog may attend.

Ray Clark

Radio Presenter and Author

Contact Ray at rayradio100@btinternet.com

STAY TUNED, I COULD SAY SOMETHING INTERESTING AT ANY MOMENT

Ray tells the story, with anecdotes and photographs of his 30+ year radio career... and how it came about. Includes stories from his time on pirate, commercial, U.S and BBC radio

RADIO CAROLINE – THE TRUE STORY OF THE BOAT THAT ROCKED

Ray tells the amazing story of the history of the world's most famous 'offshore' radio station Ray is a current Radio Caroline presenter and also spent time with the radio station during its days at sea and is author of the history of the station

TIME OF YOUR LIFE

Were you lucky enough to grow up during the 60's and 70's? Ray will remind you of the fun. excitement and magic of living through these wonderful times

THE GREAT BRITISH WOODSTOCK

The story of the amazing Weeley Festival. Held in 1971 to replace their usual donkey derby, the Clacton Round Table were overwhelmed as 150,000 young people spent a long weekend enjoying amazing music from T Rex, Rod Stewart and more....

Mark Lewis

Mark is a practising artist and designer and former university academic, and he still gives talks on many aspects of art and craft history. However, he has also had a lifelong fascination with lighthouses and is an active member of the Association of Lighthouse Keepers, currently holding the post of Education Officer.

Email: mlewis342@gmail.com

SENTINELS OF THE SEA – THE AMAZING HISTORY OF LIGHTHOUSES

A general introduction to “pharology” - the study of lighthouses and other navigational aids, giving an outline from the prototype - the Pharos of Alexandria, through the evolving history of their construction, methods of illumination, operation and maintenance, lives of the keepers, including the extraordinary heroic stories associated with them.

LIGHTHOUSES AND THE PARANORMAL

Lighthouses have always had a long association with the supernatural. This talk discusses and attempts to interpret, the accounts of ghosts, poltergeists, phantom lights, and other paranormal phenomena that have been reported in many world lighthouses. Also includes stories of strange disappearances, superstitions, suicides, and other inexplicable tales.

THE LIGHTHOUSES AND LIGHTVESSELS OF THE ESSEX COAST

Exploring the history, people, events and human stories associated with the church lights, daymarks, the screwpile lighthouses at Gunfleet, Maplin Sands and Canvey Island, the lights of Harwich and the many light vessels that guarded the entrance to the River Thames. The important depots at Harwich and Trinity Buoy Wharf in Blackwall, London, where light vessels were maintained and lighthouse keepers were trained, are also explored.

THE GIRL WITH THE WINDSWEPT HAIR – THE GRACE DARLING STORY

A critical account of the famous Northumbrian heroine who quickly became a Victorian superstar. The talk explores her life, the courageous rescue at Longstone Lighthouse and her enduring legacy.

Graham Short

The world's number one micro-artist – known as ‘The Hands of Genius’ **Contact**

Andrew via his website: www.handsofgenius.com

graham.short@freeuk.com

Tel. 07812 083 911

MY LIFE AS A MICRO-ARTIST

The most amazing PowerPoint presentation ever! The man who started life as a mouse catcher in a Birmingham factory, went on to become the most talented artist in the world. His amusing stories of the rich and famous he has met and worked with will astound you.

Roy Tyzack B.E.M.

Retired Police murder squad officer, now Emergency care medic and Qualified instructor. I have several more talks and more are being added. Contact Roy via 01277 372285 / 07775 128672 roy.tyzack@btinternet.com:

THE AMUSING SIDE OF POLICING EAST LONDON IN THE 1970'S

A romp through the goings on in Whitechapel CID in the 1970's. The highs, the lows and the ridiculous. A cross between 'Life on Mars' and 'The Keystone Kops'

A STORY ON EVERY STREET CORNER

A virtual, illustrated, walk from Stratford to Aldgate visiting all of the historic sites en-route. Everything from Kray Twin sites and home to the home of Captain Cook, the Battle of Cable Street and the Match factory strike + lots more!

INVESTIGATING MURDER

What it is like to investigate a murder from discovery of the body, through the investigation to the ultimate court case. From a man who has done it for real!

THE POLICE FORENSIC OFFICER

From the invention of the fingerprint database and DNA to blood spatter patterns, fibres and firearm traces, we look at them all in detail.

Stephanie Disch

*Supporter Relations Officer at Dogs Trust Basildon. Talks are **free of charge**, and Stephanie is able to come out to you during the day or in the evening, and can bring own equipment if required (Laptop, projector, screen)*

**Contact Stephanie at stephanie.disch@dogstrust.org.uk
01268 535053**

ALL ABOUT DOGS TRUST Topics

covered:

- Brief history of Dogs Trust
 - A little about our Basildon Rehoming Centre
 - Projects we do & services offered, which people often aren't aware of
 - How people can support us as a charity
 - Successful dog adoption stories from the past year
- Happy to answer any questions people may have at the end of the talk.

Andrew Mowbray

Andrew is a retired Local Government Senior Manager who now gives talks in person or online. He is also a CTGA Qualified Colchester Tour Guide.

Contact Andrew via his website:

<https://www.colchesterwalksandtalks.com/>

VIRTUALLY COLCHESTER

A tour of the historic city centre of Colchester without the need to actually go there. Hear tales of Celts, Romans, Saxons, Vikings, Normans, the Wool trade, the Civil War, the Georgians, the Victorians, the last century and right up to the present. See the places where they lived, were entertained, fought, and worshiped over the last 2000 years.

A GUIDE TO STRANGE THINGS IN THE SKY

This talk which includes a lot of audience interaction, goes through many strange phenomena that can appear in the sky, both natural and artificial, and explains how they may be mistaken for something apparently inexplicable. Please note this talk is NOT about flying saucers, plates, soup bowls or any other form of airborne crockery!

DID THEY GO? MOON LANDING HOAX "EVIDENCE" DEBUNKED

In an age of rampant conspiracy theories, this talk discusses the "evidence" that is often put forward that the Moon landings were fake and how they can be debunked.

A HISTORY OF PLACE NAMES

Place names are seen and used every day and are rarely given a second thought. However, if they are, it will soon be realised that they largely make no sense. This talk goes through their origins and meanings as well as the fascinating history behind them.

David Evans

I am a published author of 7 books in two crime series with one being shortlisted for the Crime Writers Association Debut Dagger others achieving International Best Seller status.

Contact: david.evans4474@gmail.com

INFLUENCES ON MY CRIME WRITING

David will be talking about what has influenced his crime writing – from the first books he read, through his experiences living in the north of England during the hunt for the Yorkshire Ripper, to other writers he has met over the years. .

Jennifer Haley

*Semi-retired Jennifer has spent the last 40 years as a dancer, singer, actress, choreographer, director, and finally 'producing management' (with her husband). She has three one-hour talks. **Jennifer only delivers her talks via Zoom.***

Contact Jennifer at: jenniferhaleytoadhall@gmail.com

02089898364 or 07956432404

MY LIFE IN THE THEATRE THERE'S NO BUSINESS LIKE SHOW BUSINESS

The trials and tribulations of being in management.

REMEMBERED WITH GREAT PLEASURE

About my song writer father-in-law and the 40's dance band era and Jack Hylton and the Crazy Gang.

Steve Scruton

Freelance radio presenter / producer who spent 22 years on the Afternoon Show on BBC Essex

Contact via Facebook page at <https://facebook.com/scrutonwyattmedia>

Email: scrutonwyattmedia@gmail.com MOB: 07970 633959.

MY LIFE IN RADIO

Steve tells the story of how listening to and loving offshore radio in the 1960s led to him working for BBC Essex and presenting the Afternoon Show for over 20 years - with stories of the highs and lows and most memorable moments.

DREAMS CAN COME TRUE

Disappointed he was too young to join the pirate radio ships off the Essex coast in the 60s, Steve tells the story of how, against the odds, he recreated those watery wireless days and got to work with some of the original radio legends.

MUSIC AND MEMORIES: THE SONGS THAT SHAPED OUR LIVES

Steve, alongside fellow radio presenter Ian Wyatt, play extracts of songs that have meant so much to them over the years and reveal the stories behind them. They invite audience members to share their own special songs and will play some of them to bring back those memories.

STEVE & IAN'S FUN QUIZ

If you fancy something different, maybe for a special meeting or social event, let Steve Scruton & Ian Wyatt host their fun quiz for you and your group. Music, pictures and video bring to life the questions and answers.

Lindsey Barrell

Refreshingly funny and a little bit quirky Lindsey Barrell has a wealth of knowledge to share from her varied experience of teaching Burlesque to the WI and from her work in sensory and wellbeing. Lindsey is a confident and humorous speaker who has been described as 'speaking from the heart' and 'the best speaker we have ever had!'

Contact via Lindsey.barrell@aol.co.uk 07901 650217

BURLESQUE, ME AND THE WI

A fabulously funny and heart-warming talk that covers how she discovered burlesque, and then the WI, and brought the two worlds together. From empty nest to huge success, Lindsey will take you on a journey that a lot of us can relate to.

DOES MY HRT PATCH LOOK BIG IN THS CORSET?

Fabulously funny follow up to 'Burlesque, Me and the WI'. The story of a middleaged woman navigating the menopause whilst being a busy burlesque performer and speaker. Just where **does** one stick the HRT patch when wearing a corset?

AN INTRODUCTION TO BRITISH SIGN LANGUAGE (BSL)

With a wide range of experience of working within a Sensory world Lindsey will take you through the BSL alphabet, some BSL 'etiquette' and history, some basic greetings and questions signs. This is a fascinating and interactive session.

MARVELLOUS MINDFULNESS

Qualified and experienced in both adults and children's Mindfulness, Lindsey will discuss both informal and formal Mindfulness, the benefits of Mindfulness, handy hints and tips for everyday Mindfulness and will end with a relaxing and calming guided meditation.

Sam Roome

Sober coach, life coach and self-diagnosed former “middle lane drinker” Sam brings to her speeches an abundance of positive energy Talks also available on zoom.

sam@samantharoome.co.uk www.samantharoome.co.uk

WAVING THE MAGIC WAND

A talk about the unexpected benefits of removing alcohol from your life. From the obvious physical benefits to the lesser understood opportunity to rewrite your life map, it really is like waving a magic wand. It's a wholly positive conversation.

THE MIDDLE LANE DRINKER.

This talk gives a personal account of Sam's life as a “middle lane drinker”, as a mum to 3 children, one with a rare chromosome disorder and the daughter of 2 alcoholic parents. She moves into how the choice to drink became lost to an unwanted habit.

LET'S NORMALISE THE CONVERSATION.

Habit, addiction, alcoholic – does it matter what term we use. Consuming alcohol is an unwanted pastime for so many. By normalising the conversation, we can turn the tide. I teach about the mind and brain and introduce the truths.

POSITIVE ENERGY – RAISING THE WELLBEING BAR.

Positive psychology techniques, minimalism and a sprinkling of stoicism this is a talk that injects positive energy and teaches how to raise the wellbeing bar. With positive energy comes a new perspective on life.

Gordon Brown

Chair of Earls Colne Heritage Museum, retired Army officer & businessman
Tel: 07979 531695 chair@echm.org.uk

EARLS COLNE IN WW2

The Airfield, the Secret Headquarters and the railway. Detailed content of the USAAF use of the airfield

FIFTEEN REMEMBERED

The tragic loss of the crews of 2 Lancasters by mid-air collision above Earls Colne; the worldwide research to locate their relatives, the correcting of an 80-year mistake and the unveiling of a memorial. Ideal for an after-lunch talk.

THE SAS IN ESSEX IN WW2

Spies, jeeps and gliders. Recent research to document the history of the The SAS Brigade, under the leadership of famed Brigadier “Mad Mike” Calvert which was based in the area for 1944/5 and conducted many operations behind enemy lines towards the end of the.

HOW EARLS COLNE WAS NEARLY THE BIRTHPLACE OF THE WORLD’S FIRST HELICOPTER.

In the early 1900’s the “race for the air” had begun. Earls Colne was home to Hamish Valentine whose invention made a first – but short – flight of a “gyrocopter” from Earls Colne. A fascinating story of an eccentric inventor and the family’s legacy to Earls Colne.

DR ARUNA MENE

A fabric artist, creating vibrant Art from fabric waste & old textiles. I am passionate about sustainability. Recipient of British Empire Medal in 2023 for Fabric Art, Sustainability and Charity. I’m a retired hospital consultant.

Contact: arunamene@gmail.com www.Arunamene.com

Around the World in Fifty Fabric Collages

Unusual travelogue around the world through uplifting, exotic fabric collages, importance of textile sustainability and therapeutic importance

Floral & Botanical fabric collages

A power point presentation of exotic floral & botanical fabric collages with emphasis on textile sustainability.

Beauty under the Microscope

As a Consultant Histopathologist, this talk delves into the world of microscopy through the medium of fabric art.

From Rags to Riches

A power point presentation about creating things of beauty from fabric waste & recycled textiles, emphasising the importance of textile sustainability.

Sylvia Kettle

South Events Coordinator for Essex Therapy Dogs, a Not-for-Profit group whose volunteers take their dogs to visit a wide variety of places.

Contact Sylvia at events@essextherapydogs.co.uk 07765 407602

EVERYBODY LOVES OUR PAWS

If you think that therapy dogs are all Labradors and only visit care homes, think again. Sylvia will surprise you with which breeds belong to our group, amaze you with the range of the places we visit and bring tears to your eyes with tales of the magical effect of our dogs. Yes, a dog can accompany her.

Lindsay Hurrell

Lindsay has worked in the third sector for 19 years and is a known speaker during her time at various charities.

Contact lindsay@tombowdidgefoundation.org

Changing the lives of Teenagers and Young Adults with cancer.

The Tom Bowdidge Youth Cancer Foundation offers engaging and informative talks about teenage and young adult cancer, early detection, and the impact of our work. Whilst our talks maybe a little emotional and sensitive it's important for us to raise awareness so we can help those that need us today.

Emma Chapman

Toastmaster and public speaker on a diverse range of subjects. Former Police Officer and Qualified Nurse. Trans and sat on a Parliamentary Forum Group.

CONTACT: Mobile 07304044348 Motivate2Celebrate.com

CEREMONIAL OFFICER AT THE KING'S CORONATION

Learn firsthand what it was like to be chosen and be part of King Charles III and Queen Camilla's Coronation, the preparation, the evening before, the big day itself and the debrief.

TRANS AND THE NHS

Emma changed gender whilst working as a professionally qualified nurse, the attitudes she faced and how barriers were brought down.

TRANS AND THE POLICE

One of the first trans Police Officers, learn how Emma changed gender and broke down barriers, how she developed national policy and sat on a Parliamentary Forum Group.

EMMA THE TOASTMASTER

Learn what's involved in being a Toastmaster, the history, the uniform, the spectacular events and various religions catered for.

Mary & Graham Brace

We are avid wildlife photographers and conservationists who sate our passion by travelling to so-called exotic places. We give illustrated talks covering various countries in Asia, Africa and South America. **Contact** 01376 348531
grahambrace1946@gmail.com

A Walk On The Wild Side – Brazil

An illustrated talk with over 100 digital images, all taken by us, lasting 45 to 50 minutes, with time for questions afterwards.

A Walk On The Wild Side – Ethiopia & Chile

An illustrated talk with over 100 digital images, all taken by us, lasting 45 to 50 minutes, with time for questions afterwards.

A Walk On The Wild Side – English & European

An illustrated talk with over 100 digital images, all taken by us, lasting 45 to 50 minutes, with time for questions afterwards.

A Walk On The Wild Side – India

An illustrated talk with over 100 digital images, all taken by us, lasting 45 to 50 minutes, with time for questions afterwards.

Claire Sherman

I am an Ayurvedic Health Advisor, working in my local community. I live in Hockley and would be happy to offer talks / educational sessions. I am happy to tailor talks to the needs of an audience. I am not looking to make money, I just want to share this wonderful ancient wisdom.

claire@innernourishment.co.uk

[Claire Sherman \(@inner_nourishment\)](#)
www.innernourishment.co.uk

Introduction to Ayurveda *learn about simple & effective changes to enhance wellbeing & how Ayurveda optimise your health.*

Establishing an Ayurvedic routine

- *understand the benefits of having a daily wellness routine & how aligning with nature can enhance health and wellbeing.*

Simon Waterfield

Researcher, writer and performer of historical stories

simon@historicalinterpretation.co.uk

<https://www.historicalinterpretation.co.uk/historical-stories/>

The Kilted Tommy

The dramatized monologue is the story of an ordinary Englishman who joined a Highland Regiment, the Seaforth Highlanders, and, surprisingly joined thousands of other Englishmen who fought in kilts for their country in WW1

Juno Beach

Jeff Kay joined the Royal Marines at 18. Meet him and hear his tales about his initial training, and the preparations leading up to D-Day, his embarkation as commander of a Centaur tank, the landings on D-Day and the winning of the Military Medal

The Agincourt Archer

A fifteenth Century Archer tells his story. Hear him talk about his joining the army hundreds of miles from where he lived, his voyage across the Channel, his time in France, including his part in the famous battle. Hear how he returned to his family a rich but changed man.

An Audience with Mr Charles Dickens

Meet Mr Dickens and listen to the story of his childhood. Hear about his family, his childhood in Kent, his experiences of school, and of factory work aged 12, and of his family's stay in the Marshalsea Prison. Find out how he got inspiration for his stories and his characters.

Caroline Platt

Mindfulness and Resilience Coach, Remedial and Holistic Massage therapist
Email: caroline.platt12@gmail.com
Mob: 07726 213293

How to develop Resilience so you can thrive and not just survive

What is resilience and how do we cultivate it. How resilience benefits both our mental and physical health. The tools we can use that help us handle life's challenges.

Mindfulness practises to enhance health and wellbeing.

What is Mindfulness? The benefits of Mindfulness to our health and well-being
Mindfulness practices we can incorporate daily .

Stress and healthy ways to manage stressors

Stress – an overview and the main types. Understanding stress and identifying the symptoms. Stress management techniques that work.

Massage therapy and wellness

What is massage therapy – an overview .The different massage modalities and their benefits. Common muscular problems and ways to alleviate them

Andy Schooler

Chairman of The Harwich Society. A very varied career in public service but now fully retired and living in Harwich. Originally from Scotland. Pub poet and regular speaker at Burns Suppers and other Burns events.

andyschooler49@gmail.com

Tel: 07974 692473

“A Nice Cup of Tea and a Sit Down – A Light-Hearted History of Tea and Tea Drinking”

An entertaining and amusing history of tea through the centuries which includes some sound recordings

“A Scottish Childhood”

Amusing reminiscences of a childhood in the 1950s and 1960 with some musical accompaniment.

Christopher Jones

The Mayflower and the Pilgrim Journey to the New World in 1620.

A Prospect of Harwich

A virtual walk around historic Old Harwich. Crammed with history, there are over 200 listed buildings within a very small area. This talk is often given as a prelude to an organised visit to Harwich.

Derek Adams

Professional photographer and poet, author of Exposure: Snapshots from the life of Lee Miller.

derek@derek-adams.co.uk

'Lee Miller: 20th Century Woman.'

An illustrated talk about the model, photographer, WW2 correspondent and gourmet cook, Lee Miller (1907 – 1977). (45mins plus 15 mins Q&A)

Martin Hoskins

Fun and professional legal advice on how to protect your property & business for your family. martin@lpas4you.co.uk

How to Protect your Home & Business

Martin is a likable professional with years of experience helping people protect their home and business for their family using POAs, Wills and trusts. He makes it interesting and easy to understand, using humour and plain English.

Lasting Powers of Attorney – Do I need them?

A light hearted but professional look at Lasting Powers of Attorney and how they work for you and your family. Martin has 15 years' experience of providing these important legal documents, and personal experience of using them for his family

What is Inheritance Tax (IHT) and how do I manage this?

No one wants to pay excess IHT, but many families have to because they didn't get the right advice. Martin explains, in plain English, what the allowances are and how to manage them by having the correct Wills and Trusts in place early.

Remarriage after the 1st death – How can the Home be protected?

If a surviving partner remarries after the 1st death, many families lose their inheritance because it goes to the new husband / wife. This CAN be avoided in most cases. Martin explains how, in plain English with no jargon.