

CROYDON u3a BULLETIN

January 2026

Charity number: 1029466

www.croydonu3a.org.uk

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Chris was awarded 1st prize for his Christmas outfit complete with flashing bow tie and bobble hat.

Sir Richard Stilgoe delighted members at the December Monthly Meeting with 2 hilarious poems he had composed.



The address of the Masonic Hall is 73 Oakfield Road, Croydon CR0 2UX. Masonic Hall free car park is in Stanton Road.

Monthly Meetings: the formal part of the meeting starts at 2.15 pm. Please come earlier to enjoy tea, coffee, biscuits and a chat, or come for lunch. The Masonic Hall provides a special u3a menu at reasonable prices – order from the bar.

Croydon u3a QR
Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late February early March 2026. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jenny.wilson@croydonu3a.org.uk by 20 March.

To join a Zoom event email jenny.wilson@croydonu3a.org.uk **mob. 07808 723686**



Jenny Wilson– CHAIR

Dear Croydon u3a Member

Well, what a year! Our u3a continues to go from strength to strength and we continue to develop our exciting offer of social learning, to you and new members.

All the research out there underlines what we do – keeping as active as possible, meeting up socially, challenging ourselves to learn new things and sharing our own knowledge and expertise with others. With membership and group participation being at such an affordable rate it's a winner all the way.

I heard a very sad tale recently – two people who were interested in joining said they couldn't commit because there was TOO MUCH choice!!!!

Our December Monthly Meeting was a truly festive occasion. Representatives from Orpheus College led by the founder Sir Richard Stilgoe, entertained us with Christmas themed music. Sir Richard read two poems he had composed – so clever and very funny. He is one very talented but humble human being.

We had prizes for the three most Christmassy dressed members with Chris, Sheelagh and Annette being nominated by Sally and Cariss on the Registration Desk.

For 2026 we have excellent speakers booked and we are always ready to explore ideas for new groups and short courses.

Wishing you a very Merry Christmas wherever you. I hope that 2026 will be kind to you. All the best, as ever,

All my very best wishes for 2026,

Jenny

Jenny Wilson

Chair of Croydon u3a

E: jenny.wilson@croydonu3a.org.uk

London Regional Trustee

E: jenny.wilson@u3a.org.uk T: 07808 723 686



DATES FOR YOUR DIARY 2026

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<u>2026</u>		
Wed 14 Jan at 2.15pm	MM at Masonic Hall	Geoff Piper – A Kiwi drops in – RAF fighter pilot in WW2
Mon 19 Jan at 7.30pm	Quiz Night - Zoom	
Wed 11 Feb at 2.15pm	MM at Masonic Hall	Sheila Batchelor – City of London
Mon 16 Feb at 7.30pm	Quiz Night – Zoom	
Wed 11 Mar at 2.15pm	MM at Masonic Hall	Paul Beard – History of Barnardos Homes
18 Mar at 12.30pm	El Patio Members' Lunch	Details in this Bulletin
27 – 31 Mar	Weekend break to Wye Valley & Forest of Dean – Details in this Bulletin	
Wed 8 Apr at 2.15pm	MM at Masonic Hall	Paul Whittle – Darjeeling & Himalayan Railway
Wed 15 April	Coach outing to Leeds castle	FULL – waiting list
Wed 13 May at 2.15	MM at Masonic Hall	Louise Camby – Help our Hedgehogs
Thurs 21 May	A coach outing to Parham House & Gardens	Details in this bulletin
Wed 10 Jun at 2.15 pm	MM at Masonic Hall	Ian Porter – Call the Midwife
Tues 30 June	British Summer Lunch Cruise	Details in this bulletin
Wed 15 July	Coach outing to Sutton Hoo	Details in this Bulletin
July	London Canal Museum travel by public transport	Details in March bulletin
Thurs 6 Aug	New Old Jewish Quarter Tour	FULL- waiting list
5-9 Oct	A few days break in Liverpool	Details in this bulletin

If you are interested in joining the Zoom Quiz Nights contact Jenny Wilson
jenny.wilson@croydonu3a.org.uk

News from the Groups

Our short courses are proving very popular with Croydon u3a members - a Botanical Watercolour class is just getting started and there will be another Mandarin class in the New Year. Watch out for more information in the Bulletin, on our website and FaceBook and at Monthly Meetings.

Maggie Chan, Publicity and Social Outreach Coordinator

One of our members recently came up with this lovely endorsement of what Croydon u3a is all about:

“Croydon u3a encourages members to develop new skills and challenges them to move out of their comfort zone and have fun trying out a diverse range of different activities in a sociable and supportive environment”

We couldn't agree more - and we are always so grateful to get feedback from our members



Christmas in Australia

Christmas in Australia is a different kind of day
 The sun is up by six o'clock
 And Santa's gone away
 To visit those in northern climes
 On his supersonic sleigh
 Children in their shorts and vests
 Race down to find their gifts
 A Furby doll, a Lego set and what was on their lists.
 At 12 o'clock they set off down to Miraboo
 To join the family on the farm for an Aussie BBQ
 Oh Christmas in Australia
 Where the summer sun is hot and bright
 And people crave the coolness of a starry Christmas night
 They sit on the verandah telling tales of cheer
 And how the snowy scenes of Christmas cards
 Are a far cry from what is witnessed here.
(written by Darrielle Mayhead, Group Leader with Aussie origins)

News from the Groups

Ballroom Dancing

Join our Ballroom dancing team where **every age is the perfect age to dance.**

Whether you are a seasoned dancer or taking your very first step, our Ballroom Dancing class is a safe welcoming space where every shuffle, sway and spin is uplifting and energising.

Our Ballroom Dancing team is very supportive with kindness and encouragement to our fellow members. **No partner needed.**

Every step on the dance floor; with the gentle guidance of our professional teachers helps us with patience, discipline, confidence and resilience. Ballroom Dancing is no pressure but pure pleasure. If you are interested please contact Karen Hook, 07799 776684
karen.hook@hotmail.com



Des hāl!

If you're stumped as to what that means - it is Welcome in Anglo-Saxon!



Here you see the first session of a course about **Anglo-Saxon Literature group**, led by Trisha Holmes. Participants thoroughly enjoyed learning some background about Anglo-Saxon history and culture and starting on our study of a poem, 'The Wanderer'. In true u3a fashion, Trisha led an inter-active morning, with everyone being given the chance to join in with the discussion and share their knowledge.



China Group

China is on the cusp (or is it the precipice) of its extraordinary evolution as a world power. Come and join us in the China group – wake up and confront the future by learning about the new global context.

If you are interested please contact Barnaby Powell
barnaby.powell@gmail.com



(Image from Freepik)

News from the Groups

Singing for Pleasure

The Singing Group meets on the second and fourth Wednesday of each month at St Matthew's Church, Chichester Road at 10.30 am and finish at midday. There are now a few places to fill in all voice parts. We sing songs from the shows, folk songs, ballads both in unison and more ambitious arrangements of songs in two or three parts. Something for everyone to enjoy. You are welcome to come along and see if this is for you. You will discover a friendly group who enjoy making music together and also get together to have social gatherings. In July we met to sing special requests, the photo was taken on that occasion when the gentlemen gave a robust rendering of "If I ruled the world" from Pickwick Papers. We also met in the middle of August to enjoy an afternoon tea at one of our member's gardens which we much enjoyed and gave us the opportunity of getting to know one another. We now regularly celebrate New Year at a local restaurant in January.



For seventeen years I have directed the Singing Group from the piano and am hoping that since the last time we tried to find an accompanist, which was several years ago, someone may have moved to Croydon who would enjoy having an opportunity to play for us, either regularly or from time to time as suited them. Please get in touch with me if this person is You. My email address is gjbibby@hotmail.com.

Gillian Bibby

Ukelele for Beginners

Have you ever fancied tip-toeing through the tulips, or singing about when you were cleaning windows? Well, your opportunity is here – follow in the footsteps of Tiny Tim, George Formby and George Harrison - learn the ukulele! This little four stringed instrument is fairly easy to learn, and Croydon u3a is offering a beginners course.

You will learn about the instrument and how to tune it, as well as learning about the keys, chord shapes and strumming. By the end of the course the group will be strumming and singing along together and having fun. Release your inner Marilyn Monroe (she played the uke in Some Like it Hot) not to mention Tessie O'Shea, and sign up for ukulele lessons.

Contact trisha.holmes@croydonu3a.org.uk to register your interest.



(Image from Freepik)

News from the Groups

South Bank Group

How about making a regular visit to a place in London where you can enjoy art, literary talks, film, concerts, theatre, dance, music from all genres and much more? Sounds good?? Well, the South Bank has it all. The Festival Hall, British Film Theatre, Hayward Gallery, Queen Elizabeth Hall, National Theatre, Purcell Room, Tate Modern, The Globe. All providing an endless variety of events to enjoy and be part of.

If you would be interested in joining our new South Bank group please contact Trisha Holmes trisha.holmes@croydonu3a.org.uk



Guitar Improvers



The Guitar Improvers group meets fortnightly at Shirley Methodist church, where we play and sing a variety of pop / rock songs by Bob Dylan, REM, Oasis, The Eagles, to name but a few, on acoustic guitars. The group is not intended for complete beginners - but apart from that any level of playing is fine. Some members have in fact recently restarted the guitar after a few years away from it. Guitarists who like to sing are also very much welcomed. The group currently has room for a couple more members - so if you are interested to come along for a trial session, please contact Trisha Holmes, Interest

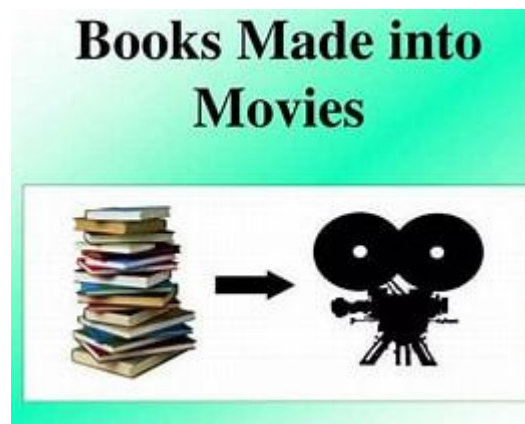
Groups Coordinator trisha.holmes@croydonu3a.org.uk

News from the Groups

Do you like watching films?
Do you like reading books?

Then why not join the **Books Made Into Film group**.

Books are a great source material for new films and tv series. Many popular books have been made into films and the BMIF group have enjoyed delving into Fantasy and Sci-Fi, Classics and Literature, Modern and Contemporary, Mystery and Thrillers and Historical and Biographical genre. The group has been running for over 4 years, and we are inspired by the option of opening a novel we have ignored and watching the movie in the comfort of our home. Not every book and its adapted movie has wowed us or met our expectations but that provides us with much opportunity for reflection, laughter and sharing our opinions when we meet on the 3rd Thursday of the month over coffee and social enjoyability.



The books and films we choose are recommended by the members and are different every month. Each member gets a chance to informally explain why they liked or disliked elements of the book and/or film. It is then open for general discussion and inevitably leads to new areas of interest and further research. This Interest group brings these treasured moments together. We have improved our communication skills, grown into a friendly supportive group which enjoys welcoming new members and gained new perspectives by discussing and watching diverse books and films.

Books can be sourced through local libraries, charity shops, Kindles and we have shared copies between us. Reading the book is an option, some of us just watch the film, no pressure. The many media platforms give us options as to where we can watch the many film versions or tv series. Smart TVs, game consoles or streaming devices like Netflix, Apple TV, Prime Video and Sky or the old-fashioned video player can get you connected. Perhaps one day I will be able to watch with the members remotely and have the chat.

If you are interested and would like to give us a try, then contact Jacqueline Harriott, Group facilitator
jharr63805@aol.com

Below is a list of some of the books and films we have enjoyed.

**New Members
Welcome**

- | | |
|---|--------------------|
| • Carol | Patricia Highsmith |
| • Water for Elephants | Sarah Gruen |
| • Where the Craw Dads Sing | Delia Owens |
| • No Country for Old Men | Cormac McCarthy |
| • Heat and Dust | Ruth Jhabvala |
| • Fences | August Wilson |
| • Memoirs of a Geisha | Arthur Golden |
| • Fried Green Tomatoes at the Whistle Stop Café | Fanny Flagg |
| • The Girl with the Pearl Earring | Tracy Chevalier |
| • Atonement | Ian McEwan |
| • Queens Gambit | Walter Tevis |
| • Remains of the Day | Kazuo Ishiguro |
| • Planet of the Apes | Pierre Boulle |
| • The Mayor of Casterbridge | Thomas Hardy |
| • Shutter Island | Dennis Lehane |

News from the Groups

Wild Flowers Group 2025

This year we have visited several locations ranging from Beddington Park to Happy Valley. It was a strange year as we were seeing flowers much earlier than we would have expected - a result of the long, hot summer we have enjoyed due to the changing climate on our planet. This meant that by September a lot of the flowers were dying back. We were still able to see them but had to search a bit harder for those that were hanging on. We saw the lovely carpet of cowslips on Kenley Common, the gypsy wort by the river in Beddington and some beautiful orchids in Happy Valley among many others.

By October very few flowers are flowering and each year we go on a fungus foray helped by one of our members who has an excellent knowledge of fungi.

Next year's programme should be available by February. We will be going to several locations all within the Croydon area though not necessary actually in Croydon. We are very lucky to have so many green spaces here.

If you are interested in joining us on our spring and summer walks please contact Shirley Shephard

sandrshephard@hotmail.com



Botanical Watercolour Painting

Following the success of his first two courses, Caje Moniz is now tutoring a third 12-week course in botanical watercolour painting.

Meeting once a week, the course includes:

- ✚ observation and sketching;
- ✚ colour mixing and basic techniques;
- ✚ painting leaves, flowers, stems, branches, bark;
- ✚ painting fine detail;
- ✚ composition, background and texture.



Participants will need to have their own equipment - a detailed list of items will be provided.

To express your interest please contact **Trisha Holmes**, Interest Groups Coordinator
trisha.holmes@croydonu3a.org.uk

News from the Groups

The Transport Group

The Transport group enjoying lunch during their recent visit to the RAF museum at Hendon. This popular group focuses on all forms of Transport - past, present and future - with a programme involving visits to places of interest and talks about transport-related topics.

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Trisha Holmes, Interest Groups Coordinator trisha.holmes@croydonu3a.org.uk

Looking for a New Year Challenge in 2026

Challenging yourself as you get older involves new and exciting possibilities. **The Darts and Pub Lunch (DAPL) group** meet once a month at a traditional pub near East Croydon station. There's a good bus route and its within easy walking distance from the station. There's snacks, pub meals at a discount, a comfortable lounge and 2 dart boards and pub games on hand to play. You don't have to be an Eric Bristow or the young talented 18yr old Luke Littler just have an enthusiasm to try something new.

Playing darts, meeting with other u3a members, staying active and improving your mental fitness are some of the great benefits you get when you join us. We accept that sometimes we don't hit the Bulls eye but with practice and perseverance we get better over time, it's a rewarding experience. There is also the social aspect of sharing a simple lunch and a drink with likeminded friends and focusing on what you like and feel good about it. We don't plan to produce league players, your never too old to learn to play darts, it's highly accessible for all abilities and you'll Learn something new, Laugh a lot and Live to tell others just how much fun it can be. For more information contact the coordinator via the Information Groups link on the Croydon u3a website,



News from the Groups

Knit & Natter Group

We meet on the 2nd & 4th Tuesday of the month, unfortunately as we meet in my home we are full up at the moment.

Some of the charity knits we make are:

- ✚ **Izzy dolls** to be sent to war torn countries- You cannot ever, in any circumstances sell an Izzy even for charity. They should be gifted to the **Izzy organisation** to be distributed to children in war torn countries as per the aims and objectives of the organisation.
- ✚ **The Fish & Chip jumpers** – they are called this because newborns in poverty overseas are sometimes sent home from the hospital wrapped in newspaper, much like a fish and chips meal. The jumpers are knitted in bright colours because washing facilities may be scarce, and they are donated to aid babies in need in developing countries.

Origin of the name:

The name "fish and chip" jumpers comes from the practice in some areas where newborn babies are wrapped in newspaper to keep them warm after they leave the hospital, as their families cannot afford clothes.

Purpose:

The jumpers are created by charities and individual knitters to provide warm clothing. We send them to **'The Gift of Warmth'**, who send all these items wherever they are needed.

Below are some of the fantastic toys that our group have knitted and sent on their way! (Photos taken by Carol Milgate)



News from the Groups

Bored Games NOT AT ALL! The BOARD GAMES FUN group is a winner.

Here's what some of the members said recently:

"It's a really nice afternoon with a fun and friendly group of members."

"The venue is excellent – plenty of Board Games (well over 1000 actually), the staff are friendly and the food and coffee are good."

"I love playing Board Games and the group are really nice people. The staff will help you learn a new game – they know them all."

Group Leader, Tine said, "I love playing Ticket to Ride (pictured) and I have enjoyed teaching it to others. Learning new games, some more successfully than others, provides good challenges for our brains and we have a laugh in the process."

Ludoquist benefits from a good location being round the corner from the Clocktower Library and café. The reduced entrance fee of £5 is good value for money.

Board Games Fun takes place on the 2nd Friday from 2.30 – 5.30. Sometimes members go out for an early dinner afterwards. If you are interested contact our Interest group co-ordinator via the website - https://www.croydonu3a.org.uk/activities-board_games_fun



News from the Groups

The Singalong Group

The Singalong Group is now fully established and more members would be welcome! We meet on the 2nd Monday of the month at Shirley Methodist Church'. If you would like to join us please contact Trish Bishop on 07711 229899, email trishbish@outlook.com, or Linda Grigsby on 07754 092042, email lindagrigsby17@gmail.com



It doesn't matter if you don't think you can sing just come along and join in the fun. Please note that IT IS NOT Karaoke! The next meeting is on Monday 5 January 2026 at 10.30-12 noon and the cost is £4 including refreshments.

Aqua Aerobics

At CROYDON HIGH SCHOOL SPORTS CLUB

Old Farleigh Road, Selsdon CR2 8YB

Aqua Aerobics is now a regular class meeting in school holidays on the dates below:

Tuesday 17 February 2026 at 1.30 pm

Tuesday 7 April 2026 at 1.30 pm

Tuesday 26 May 2026 at 1.30 pm

Contact Linda Grigsby on 07754 092042/ lindagrigsby17@gmail.com to book your place.

The cost is £7



←-----COMMUNITY OUTREACH PAGE-----→

Have your say on the future of our bus routes and safety of our roads

How often are we stuck at the bus stop with no buses in sight and wish there was somebody to complain to? Well - here is our chance!

TfL are holding a Community Consultation about issues concerning the A232 - the road between Croydon and West Wickham. There will be a Community Workshop - but, at time of writing, this appears already to be fully subscribed - and a 'Have Your Say' pinboard where residents can post comments.

Apparently this is a trial to see how they can engage local people at an early stage of the process of decisions making - and as such I feel it should be supported!

Please see the following letter and do get involved if you feel you have something to say on the issues. I would be very interested to have members' feedback on what you feel about this community initiative.



Maggie Chan: Publicity and Community Outreach Coordinator

"Community Discussion on Potential A232 Healthy Streets Scheme"

We want to ensure that buses remain an attractive way for people to move around while continuing to also ensure that those who wish to walk and cycle can do so safely and with confidence.

The A232 is a busy and important route, connecting the Bromley and Croydon with eleven bus routes operating along this corridor, including Superloop 5 (SL5). Unfortunately, we have seen bus speeds reduce in this area, which means people may be less likely to opt for using buses as their mode of transport.

We are exploring potential opportunities for improvements along the **A232 corridor between Sandilands and West Wickham** to improve bus journey times and reduce road danger. On this potential scheme we are trialling a new approach to our public engagement and consultation, where local communities will be involved in our decision-making process at an earlier stage.

The community discussion is made up of:

- A community workshop, taking place in January. We will invite 24 local people to help shape future changes for walking, cycling, and public transport in the area
- Have Your Say page with community pinboard tool. This allows all community members and stakeholders to share their suggestions and ideas about a variety of topics, including crossing the road, pavements and accessibility

More information, including the pinboard and expressing interest for the workshop is available at: <https://haveyoursay.tfl.gov.uk/a232-healthy-streets>. The page will be open for feedback until Monday 8 February 2026.

Feedback can also be shared by writing to us at:

FREEPOST TFL HAVE YOUR SAY
Transport For London
Floor 11, Palestra House
197 Blackfriars Rd
London SE1 8NJ

We would appreciate your help in making local residents aware of this community discussion, so all can have their voices heard.

If you would like any further information, or the opportunity to meet further to share your views, please let us know.

Yours faithfully,

Sienna Fill, General Management Apprentice | Local Communities & Partnerships Team Palestra, 197 Blackfriars Road | Southwark SE1 8NJ Email: SiennaFill@TfL.gov.uk

****Please note that this page will only share information about community and outreach organisations and events. We will not promote businesses, and we take no responsibility for the accuracy of the information. **** 13



The Crisis Christmas Collection 2025.

A BIG, BIG THANK YOU

Since September I have been working with many Croydon u3a members, together with my local keep fit groups, Girlguiding people and some friends, all of whom have provided the most enormous amount of clothing, toiletries, sweets and chocolate. All of this has now gone into the Crisis Starlight Centre in Croydon. It will be part of making the hundreds of rough sleepers have a better Christmas. We were able to give 85 coats, masses of sweaters and tops, shoes and gloves and hats etc.

We made 150 cellophane wrapped bags of sweets, biscuits and chocolates which will be given out to the members as they visit the office over the Christmas period. Thank you to those who helped to put the items into the bags.

The director of Crisis Croydon, Christine, and her staff were absolutely overwhelmed with what we achieved and I'd like to thank each, and every one of you who searched your wardrobes, and persuaded your friends to do the same. Some even got their husbands to contribute! We also donated over 400 large toiletries plus 230 sets of toothbrushes and toothpaste.

This project has been underway for the past three months and in Church Way we have regained our hall and dining room! If you do have other items that you meant to give in but didn't quite make it, you'd be very welcome at the **Crisis Centre in Surrey Street**, Monday to Friday. Please make your donation directly to them and you'll see how lovely they all are, and how grateful they are for our contributions.

I hope we can continue to find opportunities to support organisations like this for the rest of the year.

Val Apps

At the end of our December meeting members were invited to make a voluntary donation to the support the work of the **Orpheus College** (a charity that supports young, disabled students 18-25) if they wished. There was also college merchandise to purchase such as cards designed by the students. The retiring collection came to **£371.93 & £146** from the sale of merchandise making a grand total of **£517.93**. The college is very grateful for our support.

If you would like to know more or visit the college see details on the website –
<https://www.orpheus.org.uk/college-life/>

CROYDON u3a TRAVEL TEAM 2026

A Happy New Year to all our Croydon u3a members. We, on the Travel Team, hope you had a great time over the Christmas period and are now looking forward to enjoying what we will be offering in 2026. Hopefully we are planning some interesting and diverse trips and visits.

Wednesday March 18th sees our first event, which is a member's lunch at El Patio in Selsdon. A two-course menu for £23, and booking for this lunch is open

Friday 27th to Tuesday 31st March will be a short break to the lovely Wye Valley. Booking for this trip is open.

On Wednesday 15th April we will be running a coach trip to Leeds Castle to enjoy the spring flowers and historic building. This trip is now full and you can be added to the waiting list.

Thursday 21st May will see members enjoy a coach trip to Parham House and Gardens. Bookings open this month, and you will find the booking form in this Bulletin.

Tuesday 30th June and we will all be at sea! Well, on the river Thames to be precise. This event will be a trip along the River Thames including lunch. Booking is open.

Wednesday 15th July sees a return visit (some years ago) to Sutton Hoo. Bookings are now open for this trip.

July will feature a trip (using public transport) to the Canal Museum in London. Details will be in the March Bulletin.

Thursday 6th August has a guided trip to visit the Old Jewish Quarter in London. Again, this will use public transport and has a limited number of places. This trip is now full and you can be added to the waiting list.

September will see a coach trip to visit the newly restored Preston Manor, an Edwardian home near Brighton. We will then drive on to visit the opulent Brighton Pavilion. There will be some free time so you can walk down to the sea to have paddle! Full details will be published in the March Bulletin.

October brings another Members Lunch. Booking forms will be published in the spring. And there will also be a short break to Liverpool. Bookings for this are open for this trip.

Two possible events at the end of the year that are being researched are a group visit to the British Museum to see the Bayeux Tapestry, and a trip to a Christmas Market.

If you have ideas for trips for 2027 we would be pleased to hear from you. Contact Linda Grigsby (lindagrigsby17@gmail.com) with your ideas or visit the Travel Team desk at the monthly General Meetings.

We hope you have a great 2026.

The Croydon u3a Travel Team – Cariss, Andy, David, Karen, Linda, Paul

A Report of the Christmas at Kew outing on Wednesday 26 November 2025

38 intrepid members of the Croydon u3a set out on public transport to visit Kew Gardens. What a beautiful day it turned out to be, cold but dry. and meeting members on their way around the Trail: Here are some of the spectacular photos taken by Kim, Angie, Sue, Anne and Janet. And there's Jo on the merry go round – you're never too old to go on a merry go round! Who is that guy, keeps popping up?



Croydon u3a Members' Lunch

at El Patio, Selsdon CR2 8LH

143 Addington Road, Selsdon CR2 8LH (public transport 64, 433 buses)

Wednesday 18 March 2026

12.30 pm for 1 pm

3 Tapas plus dessert including service charge) £23

(The menu selection is on the next page/back of this poster so please indicate on the booking form below your menu choice)

General Information and Booking terms and conditions for Members' Lunches

Payments and Refunds: A refund will only be payable for cancelled bookings if we are able to resell the place. Anyone taking the place of a cancelled booking must pay by bank transfer before the event or cash on the day. Refunds will not be given if cancellation is received within 24 hours of the event

Mobility Requirements: A member of the Travel Team will investigate any problems of access at the venue before bookings are opened. Members who are worried about mobility issues should contact the organiser before making the booking. Members with restricted mobility may be accompanied by a carer to any meal but a place needs to be booked. The carer does not have to be a u3a member but will be required to pay the full cost.

Your responsibilities: All attendees must carry out their own risk assessment.

Croydon u3a Members' Lunch
El Patio Tapas on Wednesday 18 March 2026
at 12.30 for 1 pm

(Please make your selection here - Tapas:

i)

ii)

iii)

Dessert:

i)..... ii)..... iii)

Send this form to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454, with a **cheque payable to Croydon u3a and stamped addressed envelope or by Bank Transfer account no. 13630003, sort code 23-05-80 (YOU MUST PUT THE REFERENCE 'MEMBERS' LUNCH')**.

Name(s) Membership No(s)

Address: Post Code.....

Tel. No. E-mail

I would like ticket(s) Total..... (cheque payable to **Croydon u3a** and s.a.e. enclosed)

PLEASE BRING YOUR TICKET ALONG FOR ENTRY TO THE RAFFLE

Tapas

Albondigas

(Meat balls in tomato, onions and peppers sauce)

Croquetas de Pollo y Jamon

(Chicken and ham croquettes)

*May contain nuts

Pimientos Rellenos

(Stuffed peppers with mince beef and cheese)

Croquetas de Bacalao

(Cod croquettes)

Gambas Rebozadas

(Battered king prawns served with sweet and chili sauce)

Gambas al Ajillo

(Prawns in garlic, chili and white wine sauce)

Patatas de Cangrejo

(Crab claws in breadcrumbs)

Filetes de Pollo Empanado

(Chicken fillets in breadcrumbs, served with fries)

Calamares a la Romana

(Deep fried battered squid)

Pincho de Pollo

(Chicken kebab served with rice)

Chorizo Riojana

(Spanish sausage fried in Rioja Wine)

Raxo a la Gallega

(Pork fillet marinated in red wine and paprika, served with fries)

Lomo a la Parrilla

(Grilled pork fillets, potatoes and onions)

Arroz a la Española

(Rice with chicken, prawns and peas)

Higado Encebollado

(Liver in red wine and onions, served with fries)

Tortilla de Patata

(Spanish omelette with potatoes and onions)

Berenjenas

(Baked aubergines with tomato and cheese)

Espinacas con Nata

(Spinach with garlic, chili, cream and cheese)

Canelones de Espinacas

(Pancakes filled with spinach and Ricotta)

Patatas Brava

(Deep fried potatoes with tomato and chili)

Patatas Alioli

Fried potatoes with garlic

Champiñones al Ajillo

(Mushrooms in chili and garlic)

Arroz con Verduras

(Rice with mixed vegetables)

Ensalada Mixta o Verde

(Mixed or green salad)

Desserts

- i) Almond Tart
- ii) Profiteroles
- iii) Churvos (Choux pastry)

WYE VALLEY & THE FOREST OF DEAN

Friday 27 - Tuesday 31 March 2026

A 3-tier payment plan has been devised to help you, if you need it: For members sharing a room the cost is **£540** (£75 non-returnable deposit, £232.50 payable by the 15 November, and final balance of £232.50 payable by 15 January 2026. For those members having a single room **£639**: (£75 non-returnable deposit, £282 payable by the 15 November, and final balance of £282 payable by 15 January 2026)

Visit the beautiful area of the Wye Valley and the Forest of Dean and stay in the Bells Hotel & Country Club, Coleford <https://bells-hotel.co.uk/> for 4 nights £540 (+ £99 single supplement).

What is included in the cost:

- ✚ 4 nights dinner, bed, breakfast and 2 nights in the Forest of Dean
- ✚ Excursions include a relaxing 40 minute cruise on the Wye Valley Cruises from Symonds Yat West, and
- ✚ Return train journey on Dean Forest Railway from Norchard
- ✚ Additional excursions for free time in the Forest of Dean, Tintern Abbey for a photo stop, Chepstow, Hereford, Ross on Wye and Ledbury if you require them.
- ✚ Luxury coach travel throughout
- ✚ Porterage at the hotel
- ✚ Driver's tip

1 Double Room and 1 Twin Room Available if anyone would like to share



WYE VALLEY & FOREST OF DEAN BOOKING FORM

If you are interested, please contact **EITHER** Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454, with either cash, cheque payable to Croydon u3a and stamped addressed envelope, or by Bank Transfer account no. 13630003, sort code 23-05-80 **YOU MUST PUT THE NAME OF YOUR OUTING AS THE REFERENCE)**

Name(s) Membership No(s)

Address: Post Code

Tel. No. E-mail

I would like tickets for the Wye Valley trip and enclose cash/cheque (with sae) or paying BT

My contact name and telephone details in case of emergency is

u3a Outing to Parham House & Gardens

Thursday 21 May 2026

Coach leaves 8:45am from Fairfield Hall, Park Lane, Croydon

Cost of the trip is £45:00 Price includes coach travel, tea/coffee on arrival, drivers tip and entry to Parham House (with guided tour) and Gardens.

Parham is a traditional stone E-shaped Elizabethan mansion, built in 1557. Idyllically set in the heart of an ancient deer park, below the South Downs. The Elizabethan house contains an important collection of needlework, paintings and furniture. Parham has always been a well-loved family home, and only three families have lived here since its foundation stone was laid.



Complete with a Great Hall and spectacular Long Gallery which is the third longest in England, Parham's tranquillity and timeless beauty have changed little over the centuries. The gardens include a four-acre Walled Garden with stunning herbaceous borders and Pleasure Grounds. **PLEASE NOTE:** There isn't a lift at this historic house so access to the floors is by stairs.

Return the booking form below to: David Apps, 13 Church Way, South Croydon, CR2 0JT. Tel. 020 8651 0347, with a **stamped addressed envelope**

If you have problems on the day of outing, ring David 07802 769047 or email:

dapps97090@aol.com. At other times please use David's landline 0208 651 0347

Please read Travel Team's Terms and Conditions.

BOOKING FORM – Parham House and Gardens

Coach leaves at 8:45 am Thursday 21 May 2026. Price: £45:00

u3a Member/s - Name(s)Membership No(s)

AddressPostcode.....

Mob No.E-mail

I would like ticket(s). Total £ Cheque payable to “**Croydon u3a**” (enclose a sae) OR: by bank transfer. Acct No: 13630003. Sort Code 23-05-80. **Please put “Parham” as the reference**

My contact in case of emergency is (not someone who is also on the coach trip):

Name.....Tel. No.....

u3a Outing to Maidenhead for a Typical British Summer Lunch Cruise

Tuesday 30 June 2026

Coach leaves at 8.30am from Fairfield Halls, Park Lane, Croydon, (please arrive by 8.15 am for registration) arriving back between 5.30-6pm

Cost of this outing is £53 (including driver's tip): and includes a 2 course NEW menu, see below.

This typically British cruise is a great way to spend the time than with a groups of like minded people. We think you will enjoy cruising down the river with a lovely meal and a sing-song or two in a typically British fashion.

This 3 hour cruise includes a lunch of **chicken & leek pie, with mashed potatoes, vegetables and gravy, and a dessert of apple & berry crumble with custard. The vegetarian option is hasselback butternut squash with roasted Mediterranean vegetables, new potatoes & and a roast tomato sauce.** Enjoy the live running commentary packed with local facts about the Thames and the surrounding area. There will also be classical songs gently playing in the background to enjoy or sing along.

The Georgian (pictured) was built in 1996 and at this time accessibility was not at the top of the agenda and there is little scope for modernisation. The Georgian is equipped with modern toilets, more importantly open spaces for those sunny days. There are around 12 steps down to the water and further two on to the vessel.



The Georgian (pictured) was built in 1996 and at this time accessibility was not at the top of the agenda and there is very little scope for modernisation. However we do our best to help. The Georgian is equipped with modern toilets and central heating for those chilly days, however, more importantly, open spaces for those sunny ones too. Unfortunately, the boat is not equipped for wheelchairs. Once inside the boat there are 4 steps down into the saloon where the food is served, and 7 steps up to the top deck

Return the booking form below to: Karen Hook, Email karen_hook@hotmail.com; mob: 07799 776684, **OR** Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Email: lindagrigsby17@gmail.com ; mob: 07754092042. Either pay by **cash/ cheque (payable to Croydon u3a) together with stamped addressed envelope** at the Monthly Meeting in the Masonic Halls, **OR** by Bank Transfer account no. 13630003, sort code 23-05-80 (**PLEASE PUT THE OUTING NAME**);

BOOKING FORM – Maidenhead British Lunch Cruise 30 June 2026

Leave 8.30am from Fairfield Halls, departing approximately 4-4.30pm, arriving back between 5.30-6pm.

Name(s)..... Membership No(s)

Address

Postcode:Mob No.E-mail

I would like ticket(s). Total £..... (cheque payable to "**Croydon u3a**") **together with stamped addressed envelope** to. **OR** by Bank Transfer account no. 13630003, sort code 23-05-80 (**PLEASE PUT THE OUTING NAME**);

My contact in case of emergency is: Name.....Tel. No.

u3a Outing to Sutton Hoo

Wednesday 15 July 2026

Coach leaves at 8.30am from Fairfield Halls, Park Lane, Croydon, (please arrive by 8.15 am for registration) arriving back between 6.30 – 7.00 pm

The cost of this outing is £42 (NT members go in for free so payment is £22.90. You will need to show your card on arrival), includes entrance to Sutton Hoo, 1 hour tour at 1pm, coach and driver's tip

About Sutton Hoo

This hauntingly beautiful 270 acre estate, with far-reaching views over the River Deben, is home to one of the greatest archaeological discoveries of all time.



A 1 hour tour has been booked for us to walk around the **Royal Burial Ground** and enjoy vistas from the 17-metre viewing tower to discover the history of the ship burial of an Anglo-Saxon king and his treasured possessions.



Find out about the archaeological work that took place here in **Tranmer House**, built in 1910, the former home of Edith Pretty, and visit the **High Hall exhibition** to see replica and original objects.

King's River Café is open every day serving a selection of hot/cold drinks, snacks and light bites.

Please note that there are uneven paths around the site.

Return the booking form below to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Email: lindagrigsby17@gmail.com; mob: 07754092042 **OR** Karen Hook, Email karen_hook@hotmail.com; mob: 07799 776684. Either pay by **cash/ cheque (payable to Croydon u3a) together with stamped addressed envelope**; at the Monthly Meeting in the Masonic Halls, **OR** by Bank Transfer account no. 13630003, sort code 23-05-80 (**PLEASE PUT THE OUTING NAME**);.

BOOKING FORM – Sutton Hoo – 15 July 2026

Leave 8.30am from Fairfield Halls, departing approximately 4-4.30pm, arriving back between 6-6.30pm.

Name(s)..... Membership No(s)
Address
Postcode: Mob No. E-mail
I would like ticket(s). Total £.....

My contact in case of emergency is: Name

Tel. No.

LIVERPOOL

EXPRESSION OF INTEREST

Monday 5 – Friday 9 October 2026

A 3-tier payment plan has been devised to help you, if you need it: For members sharing a room the cost is **£628** (£75 non-returnable deposit, £276.50 payable by the 15 April, and final balance of £276.50 payable by 1 August 2026. For those members having a single room **£727** with £99 single supplement): (£75 non-returnable deposit, £326 payable by the 15 April, and final balance of £326 payable by 1 August 2026

4 nights – bed and breakfast at the Hard Days Night Hotel in

Liverpool <https://www.millenniumhotels.com/en/liverpool/hard-days-night-hotel-liverpool/>

What is included in the cost:

- ✚ 4 nights dinner, bed, breakfast.
- ✚ Excursion on the Wednesday for a full day in Chester
- ✚ Luxury coach travel throughout
- ✚ Porterage at the hotel
- ✚ Driver's tip



Optional trips: Several places of interest including the Beatles Story, British Music Experience and many more are within a short distance of the hotel, including:

- ✚ Liverpool 'Blue Route' – City and Beatles Tour, which lasts for 1 hour 30 minutes at a cost of £20
- ✚ 50 minute Mersey River Cruise for 50 minutes, at a cost of £13
- ✚ A Walk Through Time: History of Liverpool Walking Tour, for 1 hour 50 minutes, which costs £17
- ✚ City Explore: Hop on Hop off Liverpool Sightseeing Bus Tour, lasting for 1 hour, at a cost of £14



EXPRESSION OF INTEREST: LIVERPOOL 5-9 October 2026

If you are interested, please contact **EITHER** Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454

Name(s) Membership No(s)

Address: Post Code.....

Tel. No. E-mail

I would like tickets for the Liverpool.

My contact name and telephone details in case of emergency is

CROYDON u3a TRAVEL TEAM EVENT

General Information and Booking terms and conditions

Please carefully read these **Booking Terms and Conditions**, as submission of a Booking Form will be taken as your acceptance of them. **PLEASE INCLUDE AN EMERGENCY CONTACT PHONE NUMBER, WHICH MUST BE LOCATED IN THE UK.**

Coach Pick up and Drop off are at Fairfield Halls concourse See cover page of poster for times. On the day of an outing, if you have any problems joining the trip, please ring the Trip Organisers (mobile numbers on cover page of poster or on the ticket) by 7:00am. Outings are for Croydon u3a members only. In the event of low take-up, we may take members from other u3as and non-u3a members on an occasional basis.

Booking Forms: Booking forms for each outing are dealt with individually. When booking for multiple trips, a **separate booking form and stamped addressed envelope** are required for each one. Your booking may be jeopardised if this is not done. If you request more than one place, we must have the first name and surname and u3a number of each person.

Payment: **EITHER** make payment online to Croydon u3a - Account No. 13630003 Sort Code 230580 **Reference** – insert the **Name of the Trip**. If you are paying for someone else insert their name and the name of the trip. **OR** alternatively, pay by cheque. Please send your completed Booking Form, cheque and self-addressed envelope to the address given on the Booking Form. **OR** make a payment at the Monthly Meeting at the Travel Desk.

Reduced admission: We can only offer the reductions which are advertised by the venue itself at the time we book it. We cannot deal with any special offers or discounts you may personally have.

Refunds: Refunds are generally non-refundable unless we are able to resell the place.

Mobility Requirements: Some, but not all, of our outings are suitable for members with manageable mobility restrictions. You must contact the named Travel Team Trip Organiser member on the poster cover page before booking if you wish to bring a mobility aid so that we can discuss your needs.

We will mention in our publicity and outing details any significant access or safety considerations of which we are aware. **YOU MUST BE ABLE TO GET ON AND OFF THE COACH UNAIDED.**

Restricted mobility: Members with restricted mobility may be accompanied by a carer on any outing, but a place needs to be booked. The carer does not have to be a U3A member but will be required to pay the full cost. Members are asked to think carefully about the physical demands of the outing and their own situation before submitting an application. We need to ensure that all participants are safe and that everyone enjoys the day. Ultimately the Travel Team reserves the right to decline applications in exceptional situations, regrettable as this may be.

Your responsibilities: You are asked to pay particular attention to the scheduled **Arrival & Registration, & Departure** times and assemble at the designated meeting point. If you are late, we may have to leave without you to enable us to keep to the time-table. In such an instance, you would have to arrange your own return home, and you would not be entitled to any refund for the cost of the unused portion of the day. If this should happen, we would endeavour to contact you and/or your emergency name contact number, which MUST be a number in the UK. We ask members for their mobile phone numbers and for them to ensure they are **switched on** during the outing. Participants are responsible for themselves and their belongings.

Data protection: The details you give us on the booking form will be held by the organisers until the outing has taken place and will be used only for the purpose of the outing. When it has taken place, they will be destroyed. We keep a record of your mobile numbers to save you giving us those details on every outing. Participants are responsible for themselves and their belongings.

General: We try to schedule comfort stops at a convenient time and place, but it is not always easy to do this for a large coach. Apart from the initial outbound departure time, most other times are approximate. We cannot predict traffic hold-ups or bad weather, both of which may affect our arrival and final departure times.

CROYDON u3a INTEREST GROUPS

Contact: Trisha Holmes 020 8777 4235 - trisha.holmes@croydonu3a.org.uk should you be interested in any of the groups. (December 2025)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Action Groups</u>			
Ballroom Dancing	1 & 4 Tuesdays	11.00–12.00	SMC
Chair Yoga	2 & 4 Mon & 1,2,3 Fri	10.00 am	Zoom
	1 & 3 Mondays	10.15 am	SMC
Dance Exercise	Mondays	9.45 am	St Matthew's Church
Darts & Pub Lunch 1	2 Tues FULL	12.00 midday	The Orchard Pub
Darts and Pub Lunch 2	4 Weds FULL	12.00 midday	The Orchard Pub
International Folk Dance	1 & 3 Wed	10.00 am	SMC
Line Dancing	1 & 3 Fri	10.30 am	SMC
Table Tennis	Every Friday	1.30-4.30pm	St Matthew's Church
Tai Chi 1	1 & 3 Mondays	12.45-1.45 pm	SMC
Tai Chi 2	1 & 3 Mondays	2.00 – 3.00pm	SMC
<u>Active outdoor Groups</u>			
Cycling	1 Weds & 3 Thurs	Varies	Varies
Historic Visits	4 Thurs FULL	Varies	Outings
Riverside & Canal Walks	3 Weds April – Oct FULL	Varies	Varies
Riverside & Canal Walks(2)	4 Weds April – Oct FULL	Varies	Varies
Riverside & Canal Walks(3)	3 Tues Jan - Nov	Varies	Varies
Riverside & Canal Walks(4)	3 Friday April – Oct FULL	Varies	Varies
Riverside & Canal Walks(5)	4 Friday April – Oct FULL	Varies	Varies
Short Walks	2 & 4 Thurs	10.30 am	Varies
<u>Arts & Crafts</u>			
Knit & Natter	2 & 4 Tues	11.00 am	Home – Waddon
Painting & Drawing 1	Every Mon FULL	10.15	St John's Selsdon
Painting & Drawing 2	Every Mon	10.15 am	SMC
<u>Cultural Activities</u>			
Architecture	3 Thur FULL	10.00 am	Various
A Taste of World Cuisines	1 Tues FULL	Lunch time	Various
Art Appreciation	4 Fri	2.00pm	SMC
China	3 Tues	10.00 am	Zoom
Croydon Memories	4 Fri	12.00 noon	The Boulevard
Focus on Africa	4 Tues	10.30 am	Central Library
Into Film	Varies FULL	Varies	David Lean cinema
Theatre Visits	Varies	Varies	Varies
Wine Admiration	1 or 2 Fri FULL	2.00pm	Home – Various
<u>Games of Skill</u>			
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
Mah Jong	Varies	Varies	t.b.a
Quiz Nights	3 Mon	7.30 pm	Zoom
Rubber Bridge	Every Tues	2.00pm	Mildred Crt, Addiscombe
Scrabble	3 Thurs	10.30 am	Home - Selhurst
<u>Gardening Groups</u>			
Love Gardening	1 Mon	10.30 am	Various
Wild Flowers	4 Monday (March to Sept)	10.30 am	Various

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Languages</u>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 & 4 Tues	2.30pm	Zoom
German Friends	Mons	10.15	Zoom
Italian – Conversation	1 Fri FULL	10.00 am	Home – Purley
Russian – Intermediate	1 & 3 Wed	10.00am	Home – Croydon
Spanish Conversation (lower/Intermediate)	Every Mon	11.00am	PUR
<u>Literature</u>			
Book Club	3 Wed	2.00pm	Home
Books Made into Films	3 Thurs members welcome	11.00 am	M&S Cafe, Croydon
Play Reading Croydon	1 & 3 Mon	1.30pm	Home
Play Reading Selsdon	1 Mon	2.00pm	Home various
Poetry for Pleasure	2 Tues	2.00pm	Home Addiscombe
Share a Good Read	2 Mon FULL	2.30 pm	St Johns, Selsdon
Writing for Pleasure Group	1 Wed	2.00 – 4.00 pm	SMC
	3 Wed	7.00pm	Zoom
<u>Maths, Science & IT</u>			
Science & Technology	2 Tues	8.00pm	Zoom
<u>Music</u>			
Blues & Jazz Appreciation	Varies	Varies	Various
Guitar Improvers	2 & 4 Tue	10.30 am	SMC
Mandolin	By arrangement	By arrangement	Home, Addiscombe
Singalong	2 Monday	10.30 am	SMC
Singing for Pleasure	2 & 4 Wed	10.30 am	St Matthews Church
<u>Social Studies/History</u>			
17 th – 19 th Century History	1 Wed	2.30pm	Home – Central Croydon
Early Medieval History	1 Tues	2.30pm	Home – Central Croydon
Environment & Climate Crisis	3 Thurs	7.30pm	Zoom
History – Local	2 Fri FULL	2.00pm	Home – Wallington + visits
History – Local 2	3 Weds	2.00 pm	SMC
History of London 1	1 & 3 Tues FULL	10.00 am	PUR + Outings
History of London 2	2 & 4 Tues FULL	10.00am/2.00pm	StMC + Outings
History of London 3	1 & 3 Wed	2.00pm/10.00am	StMC + Outings
History of London 4	3 & 4 Wed	1.30 pm varies	PUR Ch + Outings
Looking at London	1 Mon	2.00pm	StMCh + Outings
Members on Their Own (MOTO)	Various	Various	Various
Tracing Your Ancestors	4 Wed	2.00pm	THL
Transport	3 Mon	10.30 am	CC + outings

Abbreviations for Venues – The Boulevard, Selsdon Road: - **CC** – Christ Church Purley: - **Orchard Pub**, Cherry Orchard Road: - **PURCh** - Purley United Reform Church: - **St John the Baptist Church Hall**, Dale Rd, Purley CR8 2EF: - **SMC** – Shirley Methodist Church: - **StMC** - St Matthew's Church: - **THL** - Thornton Heath Library.