

CROYDON u3a BULLETIN

May 2023

Charity number: 1029466

www.u3asites.org.uk/croydon

Members of the Environment & Climate Group had a spectacular and inspiring visit to the Camley Street garden and regenerated area around Kings Cross



Contents

Pages

1. Front Page
2. Chair's Letter & Diary Page
3. Cook for the King
4. Trees4Croydon
6. Summer Activities
12. News from the Groups
15. Coronation Through the Ages
16. Free Taster of Lawn Bowls
17. News from the Travel Team
21. Cut Your Energy Footprint
22. Photos/Screen Time/LR
23. Little Manhattan Project
24. Croydon Happy Valley
25. Interest Groups

Croydon u3a
QR Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late June early July 2023. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jennywilson63@live.co.uk by 19 June.

To join a Zoom event email jennywilson63@live.co.uk mob. 07808 723686



Jenny Wilson– CHAIR



DATES FOR YOUR DIARY 2023

Dear Members,

I must say I like the lighter evenings. I would find life difficult in somewhere that's dark practically all day, in the winter months.

I hope you have received the latest issue of Third Age Matters. Did you know when this magazine was being developed some nitwit suggested calling it The Last Post!!!! Fortunately, that idea died a death! (pardon the pun)

Anyway, back on the topic of TAM, please look at pages 17 – 18 by Professor Sir Muir Gray. He is an excellent speaker and right on the money with this piece.

'Learning is the real elixir of life'. How very true, and Sir Muir adds *'that a degree of physical fitness is relevant for body, brain, and mind'*. I think with the mind he means a person's psychological wellbeing – their mood and zest for life. He has spoken passionately about people needing a purpose and sadly when some retire, they lose their mojo. If you know someone like this, drag them into the u3a. Help save and enhance their future.

The national u3a office has an initiative called Future Lives which hosts talks and events. To find out more go to :- <https://www.u3a.org.uk/our-impact/future-lives> and <https://www.u3a.org.uk/our-impact/pushback-ageism>

We have made some progress with safeguarding the technical aspects of Croydon u3a. A new member has stepped up to be webmaster and another couple of members have expressed their willingness to help. However, don't be shy, don't hold your light under the proverbial bushel! We do need more members to come forward.

Please look at the Summer Activities booklet and sign up – there's a great selection. I am also promoting Get Moving For Trees – see the relevant 2 pages and come with me on this journey. Please.

Best wishes,

Jenny Wilson (chair)

DATE	EVENT	FURTHER DETAILS/SPEAKER
2023		
Wed 10 May at 2.15 pm	GM at Masonic Hall 'Crime writer/actor'	Linda Regan
Mon 15 May at 7.30 pm	Quiz Night - Zoom	
Wed 17 May	Coach trip to Blenheim Palace	Coach is full
Wed 14 June at 2.15 pm	GM at Masonic Hall 'Feeding the Nation'	Geoffrey Mead
Thurs 15 June	Coach trip to Windsor Castle	Booking details in this Bulletin
Mon 19 June at 7.30 pm	Quiz Night - Zoom	
Wed 11 July at 2.15 pm	GM at Masonic Hall 'Frank Sinatra' (postponed from January)	Howard Slater
Mon 17 July at 7.30 pm	Quiz Night - Zoom	
25-26 July	London Region Summer School	Contact details in this Bulletin
7-12 August	Summer Activities	Booking details in this Bulletin
Wed 9 Aug	GM at Masonic Hall – the Orpheus College'	Ann Lovelace
Wed 13 Sept at 2.15 pm	GM at Masonic Hall 'Crowns & Coronation'	Nicholas Henderson
25-29 Sept	Great Yarmouth & Norfolk Broads adventure	Booking details in this Bulletin
Wed 18 Oct	Members' Lunch at the Boulevard, South Croydon	Booking details in the next Bulletin
Thur 30 Nov	Winchester Christmas Market	Booking details to follow

General 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.

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



Cook for the King

The National u3a office has been running a recipe competition – hopefully you have seen details in our last Bulletin, on the national website and in the national E Newsletter. Jacqueline, Committee Member, Group Leader and Food Expert was asked to be one of the two judges. Jacqueline provided suggestions for the judging criteria, as well as recipes and photos of dishes she has made, to stimulate the promotion. Jacqueline and Beverley Jarvis who contributes recipes to Third Age Matters, will decide on the winning entry and two runners up. The recipes will be sent to Buckingham Palace. Watch out for press releases and follow up information.

<https://www.facebook.com/Specsavers/videos/669878357414369/>



Jacqueline was involved in the Spec Savers Promotion for Generation Wow when she was filmed making her special version of Toad in the Hole.

Well done Jacqueline, on all counts for everything you do to promote the u3a.



TREES4CROYDON

Croydon Climate Action is running a Trees4Croydon campaign to increase tree cover in Croydon especially in areas of green space deprivation!

GET MOVING FOR TREES

This is an ambitious and exciting project to 'green up' parts of the borough.

Benefits from tree planting include:

- More equitable access to trees/ green spaces in the borough;
- Enhanced biodiversity;
- Greater carbon sequestration; and
- Cooler neighbourhoods.

A great deal of planning has already taken place and pledged funding is being secured from Croydon businesses, donations and grants. People are being asked to move – walk, run, cycle or in a wheelchair – during the 5 weeks from 10th June to 15th July. You DO NOT HAVE TO SPONSOR YOURSELF OR ANYONE ELSE (although there is that option). The ask is that you move and record how many miles you cover each day or week. The miles covered will release corporate and business sponsorship as third-party funding. A number of families have already registered their **Moving For Trees** team and so far some of the following organisations include – Purley Cubs, Croydon Cyclists, Sanderstead Cricket Club, Downsview Primary School, Coversure Croydon, Oxted Walkers, Sustainable Thornton Heath, St Peter's Primary, Barclays, Croydon Voluntary Action and Croydon Vision.



**GET MOVING
4 TREES**

WHAT'S NEXT?

**I REALLY WANT CROYDON u3a TO BE PART OF
THIS INITIATIVE TO 'GREEN UP' PARTS OF CROYDON
AND I HOPE YOU WILL SUPPORT ME.**

This might involve racking up your regular walk to the shops or with the dog, a special walk in the park with friends, a cycle ride, ramble or stroll in the woods, taking the grandkids to the park, walking for your wellbeing (and swimming can be included).

1. I will Register Croydon u3a team with numbers TBC.
2. Tell me you want to be on the **Croydon u3a Get Moving 4 Trees Team** – email jennywilson63@live.co.uk OR Tel or text 07686 723 686
3. I will record how many members make up our team and get the 'app'.
4. During the 5 weeks from 10th June to 15th July you let me know how much ground you have covered (roughly) in miles and I will upload our team's total.
5. Our total mileage will be added to the total for Croydon residents, their family & friends (people don't have to live in the borough).
6. Businesses supporting **Trees4Croydon** will provide funding according to their pledges which will then be matched by Trees for Cities which is a UK charity. Since 1993, the organisation has planted over 1,200,000 trees in parks, streets, woodlands, schools, hospitals and housing estates.
7. Once the money is realised, plans for the siting and planting of the trees will be actioned. It is expected that planting will take place during the spring of 2024.

Please visit <https://www.croydonclimateaction.com/trees4croydon>

where you will find more detail information about the planning processes, registered charity involvement, future responsibilities and further opportunities with the planting.

**PLEASE HELP ME PUT CROYDON u3a
out there as an active and future focused organisation**

Jenny Wilson (Chair)

The following pages contain the **PROGRAMME** with details, venue information, costs and **booking arrangements**.

PLEASE NOTE THAT **ADVANCE BOOKING IS NECESSARY** FOR ALL THE ACTIVITIES AND PARTICIPANTS MUST BE **u3a MEMBERS**, who have assessed their own risks in taking part. We ask you to exercise common sense regarding your own personal health and circumstances, and to respect others. Please do not attend if you or others in your household have a transmissible infection. Please note that we do not provide transport.

We will obviously limit numbers for each of the activities in line with the guidelines.

PROGRAMME

MONDAY 7th August	
10.00 am-12 noon £3	Beginners' French at Shirley Methodist Church in the Rear Hall. This session will introduce you to the French language. Some new structures and vocabulary to do with: French sounds; Introductions; Numbers up to 10; Useful phrases and language to do with The Family and What you Like to Eat will be covered. Different learning styles will be offered so that everyone should make some progress and have fun. The session will be delivered by Madame Sabareau a native speaker and teacher. No previous knowledge of French is required as this session is for Beginners . Please bring a pen and pencil with you. Come along and give it a go.
10.00 am-12 noon - £3	Painting for Pleasure Group 2 at Shirley Methodist Church in the Corner Room. - Did you love Art at school but never had the chance to take it further? Would you like a new skill challenge? Or would you benefit from some art therapy? Whatever your motivation, come along to join in a session with the Painting & Drawing Group 2. Some materials can be provided. We suggest you have a think about what you might like to paint or draw – maybe bring something to copy – a photograph, famous painting, greetings card or something for a still life composition. There will be no formal tuition but plenty of encouragement and advice on offer, and some friendly company.
10.30 am	Coffee Morning in the Clock Tower, Katharine Street –This is an opportunity to meet others for a chat and is NOT restricted to MOTO members. The Croydon Clocktower café is a regular venue for a number of u3a groups, being easy to get to and with a convivial atmosphere. There is no charge but you will be expected to purchase some refreshment at the café.
12.30-2.00 pm	Smart Phone Drop In at The Orchard Public House, Cherry Orchard Road - Are you having trouble getting the most out of your smart phone? We are running another workshop for novice smart phone users during our Summer Activities. Some of you may have come to our last drop in and will have learnt about calls, messaging and using the internet on your phones. We hope to move on to make sure our members can add Apps to their phones. This will be particularly useful for example, if you are trying to park in car parks that use RingGo, want to listen to BBC Sounds or find your health data on the NHS App. Please make sure you bring your smart phone whether it is an iPhone or Android and that it is fully charged. There is no charge but expectations will be to buy refreshments

MONDAY 7th August

2.30-3.30 pm - £3	Chair Yoga : Live and Breathe Better with Jenny Wilson at Shirley Methodist Church. This session will focus on breathing better, building confidence when moving, learning how to increase muscle strength and improving flexibility. There will be no competitive element, with all participants encouraged to stretch and flex at whatever rate is comfortable for them. The session will incorporate some standing poses, but these can be accessed from the chair, if that is preferred. Please wear loose, comfortable clothing and have a bottle of water. Members participate at their own risk. Please bring a yoga mat if you have one.
-------------------	---

Tuesday 8th August

10.30-12 noon - £3	Talk about Dementia by Melanie Cressey from the Alzheimer's Society, with general Q&A, taking place at Shirley Methodist Church. Melanie is available for one to one private talks if needed after the session as well as the general Qs.
Meet at 10.45 – until 1.30 pm £8	Guided tour of Southwark Cathedral situated in the heart of a changing and thriving South Bank Community. 10 minutes walk from London Bridge Railway Station. Join this 60 minute guided tour which will uncover the long and varied history of the Priory, Church and Cathedral which stood on this site. Borough Market is close by. There is a wide variety of food and drink stalls with taste good items for lunch. You will have time to wander around at your own leisure and sample the Artisan foods on sale. Please wear comfortable shoes as there will be quite a lot of walking on flat ground. Make your own way to the Cathedral Main entrance 15 minutes before the tour begins please.
1.45 pm £3	Tour of the Museum of the Mind at Bethlem Royal Hospital Meet Sally by the steps of the Museum at 1.45 pm on Tuesday 8 August. Parking is available in the hospital grounds or in nearby roads. Buses - 119 and 198. After a short talk on the history of the hospital you are free to explore the Museum and the extensive hospital grounds. The meadows and woodland are open to the public; walking maps are available to borrow and it is a photography free site and a small canteen near the Museum. A fee of £3 per member will cover a donation to the Bethlem.

Wednesday 9th August

10.30 am – 1pm	A walk with David Gough from Lloyd Park tramstop to Heathfield and back via Littleheath Woods and Addington Hills. The full walk is just over 4 miles, with no significant inclines, and there is a drop-off point (Coombe Lane tramstop) after 3 miles. The walk will cross one main road (A212 Coombe Road/Coombe Lane) twice, this will be done at pedestrian lights. The start and finish point is Lloyd Park Tramstop (on the New Addington Branch). The start time is 10.30am . There is a café just behind the tramstop. I shall be in there from 10am. There are toilets at the café but no toilets en route until very near the end. The walk will finish by 1pm.
11.00 am -12 noon £3	Come and Sing some Show Songs with the Singing for Pleasure Group" at St Matthew's Church in the Choir Vestry. Music and words will be provided.

Wednesday 9th August

2.15 pm	General Meeting at the Masonic Hall – A talk about the work of The Orpheus College in Godstone: an independent specialist performing arts college for young disabled adults and registered charity. Ann Lovelace will be speaking about the college's origin and development, and we will be entertained by one of the students.
---------	---

Thursday 10th August

10.00 am – 12 30 pm - £3	Future Life Planning Introduced by Carol Trower in the Lounge of Shirley Methodist Church. How important is your peace of mind? Is it worth a couple of hours of your time to consider if you have all the pieces in place for life in the future, so you can fully enjoy life today. What are the key barriers or key opportunities, in getting organized today, that will save you time and stress in the future. This short course will give you the chance to find out about what to consider when writing a Will, the importance of Power of Attorneys, Co-ordinate My Care, your Digital Legacy, planning your Future Care and Support etc. A knowledgeable member, Carol Trower and her Team, will be on hand to answer your questions as well as time for wider discussion with light refreshments. Do come along to this session which will be interactive, informative and helpful. Future Planning is so important for us all and it is never too late to start thinking about it.
Meet between 10.30 & 10.45 am – 1pm; £10	Guided Tour of the Jewish Quarter in London – A 2 hr 15 minute tour meeting and starting at the main entrance Aldgate underground station, including a talk about the Bevis Marks Synagogue (unfortunately not open to the public), and the Jewish Soup Kitchen, and lots of interesting stories along the way. Plenty of stops. During the tour the guide will point out the colourful Spitalfields Market, which is near the finishing point and where numerous restaurants/cafés are available.
2.30 – 4.00 pm £3	Summer Quiz with Paul Smith at Shirley Methodist Church in the Rear Hall: There will be the usual selection of questions set by Paul Smith to ensure a fun and educational afternoon. Members can come as a team or join up with others on arrival.

Friday 11th August

10 am – 12 noon - £5 (to include the bag)	CRAFTY PRINTING! at St John the Baptist Church, Purley- WHAT: Learn the techniques of Indian block printing and decorate a fabric Tote Bag to take away with you. (<i>Please bring an old t-shirt/shirt or apron to ensure you don't get paint on your clothes.</i>)
10.30 – 11.30 am - £4	Introduction to Line Dancing Shirley Methodist Church Introduction to Line Dancing for those who would like to try a fun, active session. We start at 10.30 am in the main hall at Shirley Methodist Church and will dance for one hour when you will be able to learn the basic steps and join in with some of the dances. Please make sure you wear loose clothing and flat shoes that allow you to move and turn. Also, bring some water with you (although you can fill and refill your bottles from the kitchen) as you can get

Friday 11th August

hot! We do have a regular Line Dancing group and there will be our regulars there to help you.

2.00-4.00 pm - £3

Friday 11th August : Oil, Gas & the Future of Power held in the Lounge at Shirley Methodist Church. This session aims to help us understand more about how the oil and gas industries have developed and the low-carbon future. You do not need a scientific background to engage with this session – more a desire to know a bit more about the past and the future of energy. The terminology will be explained ; we will find out how much oil and gas is left on UKCS (UK Continental Shelf) and hear more about transitioning to a low-carbon future. There will be the opportunity to ask questions on any level and for a group discussion focussing on what part we can play. Handouts and refreshments will be provided. The session will be led by David Gough.

Saturday 12th August

From 12.30 pm

Picnic in Lloyd Park and a gentle walk after lunch if you wish. Picnic & Walk around Lloyd Park. You are invited to join other members for a picnic and a walk, led by Paul Smith. You can skip the walk and just picnic and chat, or you can arrive about 1.30 if you just want to walk. We will set up a pitch fairly near the café by the carpark. Please bring your own food, drink, blanket or seat. Somebody will be there to mind your belongings if you join the walk.

VENUES:

PLEASE NOTE THAT NO TRANSPORT IS PROVIDED AND YOU MUST CARRY OUT YOUR OWN PERSONAL, PRIVATE RISK ASSESSMENT.

Shirley Methodist Church, 2 Eldon Avenue, Shirley, CR0 8SD (There is a carpark and adjacent, free street parking. Accessible entrance & disabled facilities.)

St. Matthews Church, St Matthew's Church Chichester Road CR0 5NQ 020

Croydon Clocktower Café, 9 Katharine Street, Croydon CR9 1ET

The Orchard Pub, 112 Cherry Orchard Road, Croydon CR0 6BA

Bethlem Royal Hospital Museum of the Mind, Monks Orchard Road, Beckenham, BR3 3BX

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

Lloyd Park, Coombe Road, CR0 5RA. Meet by the café for the picnic/walk or by the tram stop for Wednesday's walk

St John the Baptist Church Hall, Dale Road, Purley CR8 2EF. The 407 bus from Croydon stops at the top of the road (stop is called Sunnysdene Road). Purley train station is a 5 minute walk away (come out of the back entrance of the railway station). Large free car park besides the Church. (Please arrive 10 minutes early to register).

WHAT NEXT? – WAYS TO BOOK AND HOW TO PAY

Postal booking & paying by cheque

1. Complete the booking form if you have a paper copy or make copy by hand. Add up the cost of your total booking requests.
2. Make a cheque out to CROYDON u3a.
3. Post the **booking form, cheque** and a **SAE** to Linda Grigsby, 37 Albatross Gardens, South Croydon, CR2 8QW. The receipt will be posted back in your sae.

Email booking and bank transfer

1. Scan and complete the booking form OR copy & paste OR type up your choices with the necessary details & Email to -lindagrigsby17@gmail.com
2. Transfer the total amount to the u3a account – sort code 23 05 80 a/c number 13630003 Make sure you include the reference – **Surname, Initial, SA**
3. Once I have received your choices, I will check availability and confirm by email, when your payment has been received.

Combination Method

1. Fill in the form.
2. Pay by Bank Transfer (as above)
4. Send the form & sae to Linda Grigsby, 37 Albatross Gardens, South Croydon, CR2 8QW
5. Any Problems – email lindagrigsby17@gmail.com or phone 07754 092042

Please note refunds will only be given if the event is cancelled

BOOKING FORM

Your Name M'ship No

Address

Tel Email.....

Please book me a place for the activities booked below, subject to availability.

I acknowledge that I will undertake my own private risk assessment for all activities.

Activity	Date / time	Cost	Tick
Beginners' French	7 th Aug 10.00 am	£3	
Painting & Drawing Grp 2	7 th Aug 10.00 am	£3	
Coffee Morning	7 th Aug 10.30am	No charge	
Smart Phone Drop In	7 th Aug 12.30 pm	No charge	
Chair Yoga	7 th Aug 2.00pm	£3	
Talk about Dementia	8 th Aug 10.30 am	£3	
Tour of Southwark Cathedral	8 th Aug 10.30 am	£8	
Tour of Museum of the Mind	8 th Aug 1.45 pm	£3	
Walk with David Gough	9 th Aug 10.30 am	No charge	
Singalong with Gillian	9 th Aug 11.00 am	£3	
General Meeting at the Masonic Hall – Talk about The Orpheus College	9 th Aug 2.15pm	No charge	
Future Life Planning	10 th Aug 10.00 am	£3	
Tour of Old Jewish Quarter	10 th Aug 10.45 am	£10	
Summer Quiz	10 th Aug 2.30 pm	£3	
Craft session with Barbara	11 th Aug 10.00 am	£5	
Line Dancing	11 th Aug 10.30 am	£4 pay on the day	
Oil, Gas & the Future of Power	11 th Aug 2.00pm	£3	
Picnic & walk at Lloyd Park	11 th Aug 12.30 pm	No charge	

TOTAL PAYMENT Cheque for £.....

OR

Bank Transfer £.....

See the previous page with details of how to pay and where to send your form

News From the Groups

Garden Visits 2023

This is an Open Group so any members welcome. All outings (except where noted) will meet at Forestdale Car Park for 10.45 am, for a 11.00 am get away, returning approximately 5.00 pm to Forestdale Car Park. Contact either [Linda Grigsby](mailto:Linda.Grigsby@bt.com) on 07754092042 OR [Karen Hook](mailto:Karen.Hook@bt.com) on 07799 776684 if you are interested. A donation of £2.50 would be appreciated for the driver of the car you will be travelling in.

17 May 2023
(Wednesday) **BLENHEIM PALACE, Oxfordshire**
Coach travel arranged – **THIS IS NOW FULL**

21 June 2023
(Wednesday) **Ightham Moat, Ivy Hatch, Sevenoaks TN15 0NT**
Admission price: £11 (GW 241 card, NT); refreshments available, also gift shop

19 July 2023
(Wednesday) **Michelham Priory House & Gardens, Upper Dicker, Hailsham BN27 3QS**
Admission price: £12 (GW 241 card); refreshments, gift shop available

16 Aug 2023
(Wednesday) **Wisley, Wisley Lane, Woking GU23 6QB**
Admission price: £16.50 (**RHS**); refreshments and plant centre available

20 Sept 2023
(Wednesday) **Sheffield Park, Uckfield, East Sussex, TN22 3QX**
Admission £15 (NT/GW 241 card); refreshments and shop available

Do you need help with using your laptop?



**Are you struggling with using your laptop?
Could you do with some advice and support?**

Help is at hand!

We are setting up monthly help sessions for basic computer (laptop) issues, to be held at 1.00pm in the Masonic Hall before the General Meetings.

If you have a problem you would like help with, please contact Steve May to book a place: stevejmay@yahoo.co.uk

There will be **FOUR places available at each session and you must bring your laptop with you**

Wildflower Group Programme 2023



Date	Venue	Meeting point, 10am
May 9 th	Kenley Common	The far end of Golf Road, Kenley, (off Hayes Lane)
June 13 th	Hutchinson's Bank	Farleigh Dene Crescent, Addington, Near junction with Featherbed Lane
July 11 th	Farthing Downs	Car Park, Ditches Lane, Coulsdon
August 8 th	Beddington Park	Car Park, London Road , Wallington
Sept 12 th	Riddlesdown	Car Park, off Riddlesdown Road, Purley
October 10 th	Fungus Foray, Spring Park Wood	Kent Gate Way, first car park, closest to Croydon end.



Name: *u3a Membership Number:

Telephone Number: *Mobile Number:

Emergency Telephone Number:

Email address:

Please bring up-to-date tear-off slip with you **if your details have changed** as I am required by the u3a to have this information.

Beginners Belly Dancing



- Fun for the complete beginner and those with a little experience. We will learn the basics in this informal and encouraging class.
- Belly dancing will give you good muscle control and dance technique
- It gives you brilliant mind-body connection Suitable for all shapes, sizes and activity levels.
- You'll burn some serious calories in the exercises and basic techniques



Details: We meet on the first Thursday of the month at 11.45am – 1.15pm.

Venue : Shirley Methodist Church, Eldon Ave, Croydon CR08SD in the Corner Room

Contact Jacqueline jharr63805@aol.com (mob) /07837734635

**There will be a few
spaces available from
May 2023**

**New Members
Welcome**

The Coronation through the Ages

u3a members are among the few to remember the Coronation in 1953 and for me, as a four-year-old it was boring! We watched on our neighbor's new tv set and it seemed to go on for a lifetime. This time I should enjoy it more. It is to be hoped that spectators in the Mall are better behaved this time. A journalist who had served in the Guards told me he stood at the side of the route and could feel spectators cutting the buttons from his uniform and could do nothing about it.

Elements of the Coronation service go back to Biblical times such as the anointing with holy oil which was specified in Exodus Chapter 30 'And thou shalt speak unto the children of Israel, saying: This shall be a holy anointing oil unto Me throughout your generations'. The tradition was carried on by the Visigoths in post-Roman Spain while it was King Edgar in 973 who made the anointing by oil the crucial part of the Anglo-Saxon Coronation service. The symbols that will be presented to King Charles and Queen Camilla are reminiscent of those used to denote authority in the Roman empire.

The 17th to 19th century history group is currently looking at King Charles II and his mother Henrietta Maria. After the Restoration Charles II had to order replacement crowns and symbols as most had been melted down to pay for the Civil War. Until I started re-reading about him, I always thought of Charles II as a really-good monarch. There are numerous websites devoted to listing favourite monarchs and this claim on *thetoptens.com* sums up the school book appeal he has: *Charles II What a legend! My favorite monarch. Was on the run from Cromwell, slept in a tree (wow we love that) he was disguised as Lady Jane Lane's servant to flee to the Dorset coast. He helped put out the great fire of London hands on alongside the people. An all-round nice guy- threw great parties and had adorable dogs. Best monarch.* Just a pity his chaotic foreign policy and immoral lifestyle counter this rose-tinted view.

The group will now mix face-to-face at home with Zoom (as members travel a lot) and have at least one annual outing. For the next meeting we have a short presentation on how the craze for coffee took off in the mid 17th century and within 20 years there were 3,000 coffee houses (and not a Starbucks in sight). We will then partake of coffee and have a good chinwag. So who is your favourite king or queen – or are you like Cromwell, a republican?

Thinking of joining us to study this fascinating period? richardoffer@yahoo.co.uk or 07597974130.



Charles II (1660-1685)

Introduction to Coronation – Westminster Abbey



Queen Elizabeth II in 1953



TASTER LAWN BOWLS SESSIONS



Lawn Bowls is a perfect slow sport which does not require super fitness. If you have never played bowls or want to go back to basics why not give it a try and sign up for our Taster session.

The sessions will be held on Monday June 5th, 12th and 19th at **Bethlem Royal Hospital Bowls Club in Beckenham** and will last up to **2½ hour each week, from 9.45 - 12.30pm**. There will be a cost of £3 per session.

Experienced players and coaches from the Club will be on hand to introduce us to the basic skills of play. Light refreshments will be offered.

No previous experience is necessary just a willingness to have a go and to show enthusiasm.

For more information and to get your name on the list asap, please contact Jacqueline - email me at

jharr63805@aol.com or

Mobile :07837734635

Croydon Travel Team Report

Greetings from the Travel Team as we look forward to Spring sunshine and the warm days of Summer.

At present the programme for 2023 includes:

17 May: Coach trip to **Blenheim Palace**. All tickets have been sold.

15 June: Coach trip to **Windsor Castle**. Spaces are still available for this trip.

July: The planned trip to National Trust properties has been moved due to no coach operator in Croydon having any coaches available for the first two weeks of July. It appears that all the schools have booked them for outings ahead of their summer break. So this trip now moves to September.

10 August: As part of the Croydon u3a Summer Activities programme we are doing a walking tour in London around the **old Jewish Quarter** using a professional guide. Details are in the Summer Activities programme which is in this Bulletin.

September: Coach Trip to National Trust properties. Those who are National Trust members can use their cards and will get a reduction on the coach outing cost. The details and booking form will be in the next Bulletin published at the start of July 2023.

Later in September we will be running a short break trip to **Great Yarmouth and the Norfolk Broads**. We have the minimum numbers required for this trip so the trip is going ahead.

November We are looking at running a coach to the **Winchester Christmas Market** late November and booking details will be in the next Bulletin.

You can find out more details of the above trips by visiting the Travel Team table at the General Meetings

We are already looking at potential trips in 2024 and we hope you can join us on one of our 2023 trips.

Averil, Cariss, David, Linda and Paul
Croydon u3a Travel Team

Membership Stop Press.....

Have you got friends who are thinking about joining Croydon u3a? At present we have an offer for anyone joining of a 50% reduction of the membership fee for the remaining months of the membership year. Details are on the Croydon u3a website along with the application form which you can download.

David – Membership Secretary

u3a Coach Trip to Windsor Castle

Thursday 15 June 2023

Coach leaves at 8.15am from Fairfield Halls, Park Lane, Croydon

Price £45 (Price includes coach travel, driver's tip, entry to Windsor Castle)

Windsor Castle is the oldest and largest occupied castle in the world. Founded by William the Conqueror in the 11th century, it has since been the home of 40 monarchs. Once at the castle, you can visit:

- The State Apartments – Ceremonial Rooms, Historic Rooms, Semi-State Rooms
- Queen Mary's Dolls House
- St George's Chapel
- The Moat Room
- Treasures of the Castle
- Edward III's Medieval Undercroft café beneath St George's Hall
- Changing the Guard - a colourful spectacle of British pageantry



The RCT website <https://www.rct.uk/visit/windsor-castle> provides further detail on:

- The highlights and top things to see and do
- Short film about visiting the Castle
- Who lived at the Castle, who built the Castle, the timeline and fire at the Castle

Arrival and Registration is at 8:00am at Fairfield Hall's bus stop KA on Park Lane. We leave at 8:15am, have a 15-minute comfort stop enroute and aim to arrive in Windsor coach park around 10:15am to give us 15 minutes to **walk uphill** to the Castle, go through security checks and in time to watch the 10:55am Changing the Guard. Please assemble in the coach park at 3:15pm for departure at 3:30pm for the return journey to Croydon.

Please send completed booking form below, cheque and stamped self-addressed envelope to:
Paul Smith, 26 Morley Road, South Croydon CR2 0EN. Tel. 07722 295713

If you have problems on the day of outing, ring Paul 07722 295713 or Averil 07880 724057

Please note the terrain from the coach park to the castle is hilly. Please ensure that we are aware of any mobility problems you may have, and you must tell us if you are bringing a wheelchair or mobility aid. You must also be able to get on and off the coach unaided.

.....

BOOKING FORM – Windsor Castle 15 June 2023

Leave 8:15 am from Fairfield Halls. Price: £45. No other discounts/vouchers/concessions are valid

Name(s) Membership No(s)

Address

Post code:Tel. No.E-mail

I would like ticket(s). Total £..... (cheque payable to "Croydon u3a")

I have attached a stamped self-addressed envelope

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

Great Yarmouth and the Beautiful Norfolk Broads Cruise 25th-29th September 2023

£450 per person based on passengers sharing a twin or double room (+ £69 single room supplement). £75 deposit to be paid when booking (non-refundable unless the trip is cancelled due to lack of numbers). Balance to be paid by 1 August 2023.

(Price includes coach travel, driver's tip, 4 nights at the Comfort Hotel, Great Yarmouth with English breakfast, evening meals, portorage at the hotel).

The timings of the coach leaving Croydon is to be confirmed, and will be from the KA bus stop in Park Lane, Croydon (nr College Road) and returning to KC bus stop opposite side of the road outside the Nestlé building.

This trip is for u3a members only.

The trip will consist of:

- Day 1: Travel to the Comfort Hotel, Great Yarmouth
- Day 2: Today we visit the historical cathedral city of Norwich
- Day 3: Today we go on the Bure Valley Railway for a 9-mile trip to Aylsham, for lunch and back to Wroxham
- Day 4: Today we enjoy a cruise aboard the Southern Comfort Mississippi Paddle Boat
- Day 5: Today we'll be returning home

Please ensure that we are aware of any mobility problems you may have, and you must tell us if you are bringing a wheelchair or mobility aid. You must also be able to get on and off the coach unaided.

.....
.....

BOOKING FORM – Great Yarmouth and the Beautiful Norfolk Broads Cruise

Return this form (indicating your room preference) to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Tel. 0208 651 3667/Mob: 07754092042 OR Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Tel: 0208 668 9562/Mob: 07904 163454, with a cheque for £75 (payable to Croydon u3a together with sae).

Name(s)Membership No(s)

Address:

Tel. No.E-mail

Please provide name & contact number of person NOT on this trip, in case of emergency

.....

CROYDON u3a TRAVEL TEAM EVENTS

General Information and Booking terms and conditions

Please carefully read these Booking Terms and Conditions, as submission of a booking will be taken as your acceptance of them. We also request that you carry your u3a membership card showing both your emergency number on the back and any significant medical conditions.

Coach outings leave from the corner of Park Lane and College Road (by Croydon College) unless we tell you otherwise, or unless the coach is unable to stop there, when it will stop nearby. On the day of an outing, if you have any problems joining the trip, please ring the organisers of the trip (mobile nos. at top of booking form or on the ticket).

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.

Applications: Applications for each outing are dealt with individually. When booking for multiple trips a separate booking slip and stamped addressed envelope is required for **each one**. Bookings may be jeopardised if this is not done. If you request more than one place, we must have the name and U3A number of each person. Cheques may be dated for any time between applying and one month before the date of the event. Please send your application to the address given on the booking form. Applications for outings are held for two weeks after publication of the booking forms in order to assess demand. If demand exceeds supply, tickets will be allocated on a random basis.

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: A refund will only be payable for cancelled bookings if 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 us 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.** 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 reserve 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 departure times and when you are requested to return to the coach. If you are late, we may have to leave without you to enable us to keep to the timetable. 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 contact number. 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 initial departure time, most other times are approximate. We cannot predict traffic or weather, both of which may affect our arrival and final departure times.

Cut your Energy Footprints in the Kitchen

Someone recently asked me if I had an Air Fryer and how I found using it. I have resisted buying one for over a year but last year for my birthday I was bought one by my son. "I won't put pressure on you Mum but we can't live without ours and you'll never use your oven again" I enjoy cooking and have time for it but I wasn't ready to buy an Air Fryer, what would I use it for?

Air Fryers are not like an oven, Infra-Red grill or a microwave; they have been around for ten years. It has heating elements positioned on the top accompanied by a very powerful fan that evenly cooks, browns, gives a crisps coating and juicy flavour to the food. They are more popular than ever now and offer us the benefits of a Deep fat fryer and Convection oven combined, a bit like a Hybrid car. They come in all sizes and the one I have is great for a single person.

The thing I like about it is that I don't need extra fat for roast potatoes, butter or cooking oil to fry a steak, chicken breast, sausages, eggs, beef or fish burgers and vegetables etc to create satiety value. Cooking with an Air Fryer the same results are achieved in half the time using less energy, decreasing fat consumption. There's minimal cleaning and the running costs can be less. Are they healthy? – Any food exposed to heat changes its chemical composition, appearance and texture, but because the amount of oil absorbed is reduced fewer calories are consumed reducing the risk of weight gain, obesity and more.

I do love my Air Fryer; most kitchens are filled to the brim with appliances so anything new, versatile and efficient is great for me. It can become your go to on counter appliance of choice; it will produce nicely cooked omelettes, bacon, sausages, cheese or avocado on toast. Your lunch and dinner main dishes can be popped inside and let it do all the work, Cooking a whole chicken works well too. Don't forget desserts, it cooks a great Apple pie, biscuits and cakes. Have something which needs reheating then pop it in your Air Fryer.

I recently experimented making Light Cheesey Scones using my Air Fryer to cook them. They took half the time. Don't cook all of them at once, 3 or 4 works better I found

An 8oz mixture will give you 4-6 decent size scones. What you don't eat freeze.

Pre heat the Air Fryer 190/375F

8ozs SR flour, 1 **level** tsp Baking Powder sieve together, 2ozs **COLD** margarine cut into small pieces. Rub fat into flour and BP, should look like breadcrumbs. **DON'T OVER RUB.**

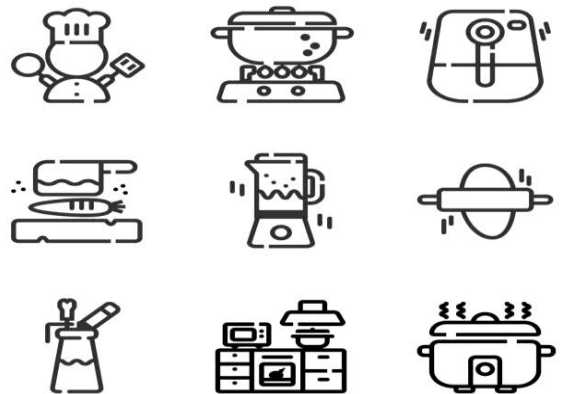
Stir in a good pinch of Salt, Mustard powder, Paprika, Curry powder, 3ozs strong Cheddar Cheese. Bind the dry mixture together with 2 to 3 tablespoons milk, try not to over mix the dough, it should not be **WET** but a **firm dough**. Squeeze gently together, **DO NOT OVER KNEAD, THE SCONES WILL BE HARD..**

Roll out or pat flat with your hand on a floured surface to 1" thickness I like, cut out round shapes using a cutter or a glass. Place onto the Air fryer basket ensure they are not touching, brush gently with milk or beaten egg.

Air fry for 4 minutes each side or until golden brown and firm to the touch

They scones will be golden brown outside, inside will be goey and cheesy. Allow to cool.

Try adding other flavours, 1oz of blueberries, sugar, glace cherries, coconut, a few drops of vanilla or almond essence.



Your Photos Required



We don't expect professional photos but some taken on your phone at a group meeting or visit, would be much appreciated.

No lines of members please, but shots of small groups of happy people talking, laughing, looking at something, in discussion.....with their permission, of course!

Please send to Margaret Derrick derrickmargaret@btinternet.com and Maggie Chan clockie68@gmail.com for publicity & promotion purposes).

Please note this is a recurring request!



Do you struggle to read all that text on the screen sometimes?

Type into your search engine =

'How to get my computer to read documents to me' and you will find plenty of help.

London Region u3as

London Region Summer School Events will take place on Tuesday 25th & Wednesday 26th July. See page 23 of your latest edition of Third Age Matters for details. Join the mailing list by emailing

Mailchimpadvisor.lru3a@gmail.com and visit the LR website page : u3asites.org.uk/london-region/events

DON'T FORGET to keep your



on the National u3a events page – there are some great things on offer

<https://www.u3a.org.uk/events/educational-events>



The Little Manhattan Project

Croydon u3a members have been asked if they would like to help with a project recording memories of the regeneration of Croydon between the 1950s and 1970s – when our town became known as ‘Little Manhattan’.

With a grant from the National Lottery and supported by project partners the Museum of Croydon and the Library and Archive Services, Digital Drama will run a year-long series of community activities and events, starting in April 2023, to record local residents’ memories of the redevelopment of Croydon and preserve them with other oral histories in Croydon’s Archives.

In addition, the project will create a free audio trail, produce a new short film using little-seen archive footage of the area and create an artistic representation of Croydon’s skyline made by families and young people in a series of community craft workshops over the year.

We are invited to get involved in this fascinating project in various ways:

1. If you have a memory or story to share about the rebuilding of Croydon, please contact Digital Drama via email info@digitaldrama.org
2. If you would like to volunteer to help with the project, assistance is needed with:
 - Interviewing and recording older people who have memories of the regeneration of Croydon for an audio trail
 - Helping to run reminiscence sessions in local libraries in the borough
 - Assisting with family craft workshops to create the Croydon Skyline Installation to be displayed at the Museum of Croydon in 2024

What you will get as a volunteer:

- Full training on how to interview for oral history recording and how to assist running reminiscence and family craft sessions
- Travel expenses and refreshments
- £50 supermarket voucher to thank you for volunteering
- Invitations to all Little Manhattan events and celebrations through the year.

For more information about becoming a Little Manhattan Volunteer visit:

www.digitaldrama.org/project/little-manhattan

or contact Alison from Digital Drama on 07525 205148 alison@digitaldrama.org

Maggie Chan, Croydon u3a Local History group

Get behind the campaign to designate Croydon's Happy Valley as London's first Area of Outstanding Natural Beauty (AONB)



Natural England is currently consulting residents living in areas bordering Surrey Hills about where the boundary should lie should an extension of 19 lands within the Surrey Hills Area of Outstanding Natural Beauty, of which Happy Valley is one, be approved by Defra.

We know that many of our members live within a bus or train ride or stone's throw of Happy Valley besides other areas that border Surrey Hills, for example, Woldingham Valleys, Goldstone Hills, Limpsfield, Chipstead and Caterham Woods.

Having the AONB designation will ensure that conserving the landscape will fall within the remit of the AONB Management Team of professionals who have the necessary skills and resources.

Croydon u3a and its many interest groups of walkers have an interest in these areas and care about their future. Croydon would also like the accolade of being the first London Borough to have its natural resource designated as an ANOB.

We are therefore encouraging our members to use the opportunity of the consultation to let your views known by the deadline of **13 June 2023** by:

- + participating in a drop-in session on Saturday 20 May 2023 between 10:00am and 3:00pm at Soper Hall, Harestone Valley Road, Caterham CR3 6HY
- + completing the online survey at
- + <https://consult.defra.gov.uk/ne-landscape-heritage-and-geodiversity-team/surrey-hills-boundary-variation/consultation/intro/>
- + contacting SurreyHills@surreycc.gov.uk or phoning 01372 220 653
- + writing to Meg Johannessen, Natural England, 5th Floor, Northgate House, 21 – 23 Valpy Street, Reading RG1 1AF