

CROYDON u3a BULLETIN

January 2023

Charity number: 1029466

www.u3asites.org.uk/croydon



Members had a very joyful time at the December General Meeting. 8 members entertained us and everyone was involved with voting for a Room 101 sketch and singing along to a u3a version of the 12 days of Christmas.



In the Room 101 sketch Nisha wanted to get rid of companies which tried to promote Christmas starting far too early. She had quite a bit of support when members voted. DO YOU AGREE?

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Croydon u3a
QR Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late February early March 2023. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jennywilson63@live.co.uk by Monday 20 February.

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



Jenny Wilson– CHAIR



Dear Member of Croydon u3a,

We have had a very successful autumn with lots going in within all aspects of our u3a. Many Interest Groups have enjoyed Christmassy get-togethers and our recent December General Meeting was a roaring success. The format of the Members' Medley - sharing talents, insights and laughter has proved popular for the last few years. I feel so honoured to be part of this organisation.

Many u3as have experienced significant technical problems in the last two months when our website platform was discontinued by the external provider. This was no-one's fault just massively inconvenient and a huge headache. Due to the dedication of a number of volunteers the rescue was mainly successful. Some documents and photos are having to be uploaded individually to restore all the information. I should like to register my undying gratitude to Mary Randell our website editor, who has worked tirelessly to restore our on-line presence. I cannot express this loudly enough – Mary where would we be without you? In these times an organisation just cannot exist, let alone thrive, without a functioning website. Apart from being an introduction for people considering joining, it gives dates of meetings, documents, policies, information about how to join with BACS payments and a flavour of what we are about.

So Mary, from us all THANK YOU.

We have some possible new groups planning to launch in 2023 and others looking to boost their membership. Please see my notice about needing support for the Committee – the Interest Groups, talks, lunches, outings and holiday are the public face of Croydon u3a but the back room planning and organisation are essential to make things happen and keep the wheels oiled.

I hope you are able to keep as warm as possible in the coming months and join me in looking forward to spring.

With every good wish for 2023,

Jenny

Jenny Wilson, Chair of u3a jennywilson63@live.co.uk

T: 07808 723686

DATES FOR YOUR DIARY 2023

DATE	EVENT	FURTHER DETAILS/SPEAKER
<u>2023</u>		
Wed 11 Jan at 2.15 pm	GM at Masonic Halls. John Keats: his life and poetry	Geoff Pick
Mon 16 Jan at 7.30 pm	Quiz Night - Zoom	
Wed 8 Feb at 2.15 pm	GM at Masonic Halls. Grace Darling & National Lifeboat Institute	James Taylor:
Mon 20 Feb at 7.30 pm	Quiz Night - Zoom	
Wed 8 Mar at 2.15 pm	GM at Masonic Halls	tbc
Wed 15 Mar at 12.30 for 1pm	Members' lunch at Ponte Nuovo (booking form in this Bulletin)	
Mon 20 Mar at 7.30 pm	Quiz Night - Zoom	
Thurs 15 June	Outing to Windsor Castle	Booking details in this Bulletin
25-29 Sept	Great Yarmouth & Norfolk Broads adventure	Booking details in this Bulletin

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.

GETTING INVOLVED

The u3a Movement is encouraging members to use their time to influence decision making especially when it affects our cohort.

1. Getting involved in medical research



Researcher Rebecca Garnett spoke to members at the December General meeting about the research she is conducting. Her research aims to improve the patient experience by developing strategies that facilitate shared decision-making in medical appointments. In other words, it's about 'patient voice'. Many members took away copies of her questionnaire and she confirmed that if anyone wants information about her study, they are very welcome to email her, whether at the GM or not.

Rebecca Garnett MPhil BA

DPHil Researcher in Primary Health Care
University of Oxford

Nuffield Department of Primary Care
Health Sciences

E: rebecca.garnett@phc.ox.ac.uk

www.phc.ox.ac.uk/team/becky-garnett

2. Getting involved with packaging design

2000 u3a members completed a survey about frustrating aspects of life and **problems with packaging** came out highly.

The Design Age Institute have created a petition to Government to enforce minimum inclusive standards for product packaging, similar to those used for building regulations.

Visit the national website to support this petition :

<https://www.u3a.org.uk/our-impact/pushback-ageism>





CAN YOU SUPPORT CROYDON u3a?

We need a small team to assist with the technical side of things, without which the u3a cannot function.

- have you got experience with websites?
- social media especially Instagram?
- could you join the Beacon team which runs the data base?
- in October there will be a need for new committee members (we have one vacancy currently)

THIS IS AN URGENT REQUEST.

IF YOU CAN HELP, PLEASE DON'T DELAY GETTING IN TOUCH.

E: jennywilson63@live.co.uk T: 07808 723 686



News from the Groups

GARDEN DESIGN GROUP

Garden Design is run fortnightly on Wednesday mornings from 10 – 12 and takes place at my home in Sanderstead, South Croydon. It is for people who have an interest in finding out how to make their garden (or a section of it) more attractive. The next course (this consists of about 9 sessions) will start at the beginning of February. There are 3 places left. Please contact me (details below) if you would like to join or want further information.

A land surveyor friend of mine employs CAD to make a plan of your property, using local maps. You will then be able to start the course with a 'to-scale' outline of your house & garden and use it as a basis for revising the existing layout.

A 'film show' each session will help you understand how good design works. The aim is to enable you to draw up a plan of how you want to change your garden. Don't worry if you're not an expert drawer – artist standard is not required.

Subsequently, with the assistance of illustrations, you will be able to create a planting scheme for your re-designed garden.

If interested in joining a group, you would need the following

- ✚ 1 x 2B pencil,
- ✚ 1 x H or HB pencil,
- ✚ an eraser,
- ✚ photo/s of your garden or the area/s you would like to change.
- ✚ You will eventually need a disposable drawing pen which I will provide for approximately £3.00.

There will be a small cost (about £15) at the end of the course for tracing paper, printing hand-outs & plans, tea/coffee.



Betty Whateley ((A previous member of the Society of Garden Designers for many years & co-author of 'Creative Connections', a book for students.).

Trust u3a / Interest Groups Online

Trust u3a was set up at the start of the pandemic so that members who were online could still participate in activities when their local groups had been put on hold. Recently Trust u3a changed its name to Interest Groups Online and for u3a members it is only £5 for the annual subscription. There are about 100 groups.

As with other website problems Trust u3a suffered but it is now confirmed that the website is now back up and running. <https://u3asites.org.uk/trustu3a/home>

We are aware that it still says Trust u3a on the site, however this is unchangeable at present. Many of the photos and images have been lost and are in the process of being replaced.

News from the Groups

Striding into the Future!

Croydon u3a is a forward-looking organisation, with eyes firmly on the future. But before we, like the Short Walks group pictured above, put our best feet forward and stride into 2023, it seems a suitable time to review 2022!

It has been another great year for our Interest Groups and on behalf of the Croydon u3a Committee, I would like to say a huge thank you to all our hard-working and dedicated Group Leaders/Coordinators for their enthusiasm and hard work. The groups are the heart of our u3a and they are the ones who keep that heart beating!



My role as Groups' Coordinator means that I get an overview of what all the groups are doing – and I continue to be amazed at the range and diversity of the interests we cater for. It is so good to have news from the groups and please do continue to send in information about what your group is up to so that we can publish it in the Bulletin, on the website and on Face Book. It is by publicising the variety of groups we offer that we can attract new members – AND continue to please our current ones!

I would also like to flag up my enormous gratitude to the team who give me so much help with various aspects of the Groups' Coordinator role. In particular, Linda Grigsby, who sorts out technical problems which defeat me and also takes on much of the printing and laminating, Jenny Parry, who has just come on board as an Off Committee member and is assisting with supporting and promoting new groups and Averil Coutinho, who helps regularly with displaying the posters on our boards.

We have had several new groups starting up over the last year and I would like particularly to mention the most recent of these: the Bike Club which is providing healthy, outdoor exercise in a fun and friendly way; the new (Parallel) Art group which is proving very popular and very productive; our amazing Darts (and pub lunch) group, which offers a chance to develop or hone your darts skills while enjoying laughter, lunch and perhaps a companionable drink - and the now launched Crafting group. The Crafting group has proved so very popular that it is, sadly, now full – though it does have a waiting list.

Congratulations also to our Art Group on holding a very successful exhibition at the Clocktower Café in November.

This brings me to the topic of starting new or parallel groups! We have been so fortunate that, in recent months, so many people have come forward to start these. There are currently 2 more potential groups in the pipeline: a *Focus on Africa* group and a *Theatre visits* group. There are more details about these elsewhere in the Bulletin. We are always keen to support members who wish to investigate starting a new group – there is plenty of help available from Jenny Parry and me and indeed from the whole of the Committee. Please do get in touch if you would like to discuss an idea.

With my best wishes to you all for Christmas and the New Year.

Maggie Chan, Interest Groups Coordinator

News from the Groups

Unleash your inner Impressionist



Whether you're a budding Michelangelo or an absolute beginner, our painting and drawing group is ideal for you.

Just bring along something to inspire you, perhaps a photograph you want to copy or a still life you want to paint, plus your own art materials and paper. You supply the enthusiasm, we supply the room.

Email Jan Thorne to find out more about u3a Painting & Drawing 2 and discover your inner artist.

u3a Painting & Drawing 2

meet at Shirley Methodist Church every Monday
10.15 to 12.15.

News from the Groups

Croydon's Plastic Commitment.



Here's
the tree
MOTO members
decorated to display at
Shirley Methodist Church. Only
the old re-used tree is plastic. All the
decorations are eco-friendly as is the gift
wrapping paper. The minister praised our
sustainability theme in his address at the
Carol
Service

The labels give information about Croydon u3a and our
Commitment to sustainability.

Season of goodwill or one great big Plastic-fest?

Did you join in with our "Plastic Free and Environmentally Conscious Christmas Challenge"?

I'm writing this the day after our December General Meeting, so Christmas isn't yet over, but here's how I've fared so far. I've managed to totally avoid plastic in cards, wrapping paper, Christmas tree and decorations. All were either re-used or plastic-free.

Presents:- just one with plastic. The rest were either bought with care to exclude plastic, or weren't physical presents (subscriptions, gift cards, charity initiatives, etc.)

Food was the area where I conceded some things are not possible currently. Coincidentally, currants were one of them! I searched far and wide for them, and actually located a refill shop which should have had them, but didn't. Other unavoidable items were: Christmas pudding, chopped peel, glacé cherries, marzipan and icing. All other food bought specially for Christmas came without plastic - much of it delivered by a company who do organic boxes.

Margaret Derrick Environment and Climate Change Group

Potential New Groups

FOCUS ON AFRICA

A new Interest Group focusing on the continent of Africa – its different countries, languages, cultures and traditions, history and current events.

Meetings will give members opportunities to share their own knowledge and experience, listen to speakers, watch slideshows, visit Africa-themed exhibitions at museums and art galleries – and much more!

If you would be interested in joining this new group, please contact Maggie Chan (Interest Groups Coordinator) .



Theatre Visits group



Are you interested in the theatre?

One of our members is hoping to start a new Croydon u3a group which will make visits to theatre and concert productions and would like to hear from anyone interested in joining.

She is open to suggestions and so, if you would like to get together over coffee to discuss forming such a group, Jenny Parry and I will arrange a mutually agreeable time, place and date for an initial meeting.

Please bring your ideas about:

Whether you would prefer:

- Local or West End theatre productions – or a mixture of both?
- Theatre or concerts – or both?
- Matinee or evening?
- Travel by coach or public transport (if show is in London)?

Please contact me in the first place and Jenny Parry and I will take it forward.

Maggie Chan

Potential New Groups Chewing the rag



Would you be interested in a new Discussion Group where a variety of topics can be ‘chewed over’ in a friendly, non-confrontational way over a cup of tea or coffee?

Topics could be local or global, serious or light-hearted, current or timeless ... The group members will decide on what to discuss.

If this would suit you, please contact the Groups’ Coordinator, Maggie Chan and she or Jenny Parry will arrange an initial meeting of those interested.

u3a London Region of Online Talks January –March 2023 17.30-18.30 (Log on from 17.00) on Zoom

January Monday 16th 17.30-18.30 Log on from 17.00	Hilary Stone: London’s Waste – Past, Present and Future
February Monday 20th 17.30-18.30 Log on from 17.00	Hazel Beale: Cézanne
March Monday 20th 17.30-18.30 Log on from 17.00	Jo Livingston: Changing London

Further information: Talks.lru3a@gmail.com

Croydon u3a Lunch at Ponte Nuovo

86-88 High Street, Croydon, London CR0 1NA

Wednesday, 15 March 2023

12.30 for 1.00 pm

2 course set menu only £31.85 (incl 10% service charge)

(Tea and coffee included in set menu, other drinks to be paid for & includes 10% service charge)

Main Course

- Pollo Ponte (breast of chicken stuffed with spinach, wrapped in parma ham, served mushroom sauce)
- Salmone Al Gamberi (Oven baked salmon steak in white wine, lemon, parsley, baby prawns & butter sauce)
- Bistecca Al Pepe Verde (Grilled sirloin steak in a green peppercorn sauce)
- Ravioli Vellutati (pasta filled with spinach & ricotta, in a mascarpone & tomato sauce)
- Pizza Vegetariana (tomato, mozzarella & grilled vegetables)

Starters

- Soup of the Day (V)
- Bruschetta Al Pomodoro (V) (Toasted ciabatta topped with fresh tomatoes, garlic & olive oil)
- Prawn cocktail
- Pasta tubes with garlic, chilli & tomato sauce
- Tomato, mozzarella & avocado salad in a basil dressing

Desserts

- Tiramisu
- Profiteroles
- Panna Cotta

✂️ **NO NEED TO SELECT YOUR MENU**

**Croydon u3a Lunch
Ponte Nuovo on Wednesday 15 March 2023 at 12.30 for 1 pm**

2 course meal only £31.85 (includes 10% service charge)

Send this form to: Linda Grigsby OR Cariss Smith with a **cheque (payable to Croydon u3a Travel Team) and stamped addressed envelope.**

Name(s)Membership No(s)

Address:Post Code.....

Tel. No.E-mail

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

PLEASE BRING YOUR TICKET ALONG FOR ENTRY TO RAFFLE FOR A FREE MEAL

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

CROYDON u3a TRAVEL TEAM LUNCHES

General Information and Booking terms and conditions

Payments and Refunds: For confirmed bookings all cheques must be cleared one week before the trip. 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.

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 Travel Team 2023 Report

With a New Year starting our thoughts look to the future, and to those warm days we can get out and about again. The recent years with their Covid issues resulted in the Travel Team having to suspend their trips, and the one trip to Windsor we planned for 2022 had to be cancelled due to the Queen's death and the Castle being closed for a period of time.

With a New Year comes plans to restart day trips etc. With this Bulletin you will find details of the short break being planned for September to East Anglia. Also, we plan to run the Windsor trip again in June.

But other coach day trips are in the final stages of planning, with the first being late April. There will be a mixture of places we will visit during 2023 including historical houses, gardens, a river trip, and a visit to the seaside. Details of the April and May trips, with the booking forms, will be published in the March Bulletin, along with the travel programme for the rest of 2023.

See you in 2023

The Travel Team (Cariss, Linda, Averil, Paul and David)

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.

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BOOKING FORM – Great Yarmouth and the Beautiful Norfolk Broads Cruise

Return this form (indicating your room preference) to: Linda Grigsby OR Cariss Smith 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

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WINTER WARMER : THE HOT WATER BOTTLE

Do you love a hot water bottle? Do you hug it, put it behind your back or on your feet? Did you know they are designed to last up to three years? They degrade over time and they can split.

Here's how to check the age of your bottle -

On the funnel of your hot water bottle, there should be a small flower motif embedded on to one side. This daisy sign will have a number in the middle signifying the year that it was made.

Around the number are 12 petals, one for each month of the year and inside those petals will be some dots. The dots, which can have up to four in each petal, are to demonstrate the week of the month that it was made.

So, if your hot water only has one dot in the first petal, then that shows it was made in the first week of January. If it has 13 dots in four petals, then it means the first week of April.



Manufactured during the 1st week of June 2018



Manufactured during the 4th week of March 2022



Sylvia had 2 tables laden with her knitted blankets, shawls, baby items including lovely mini cardigans and some cute toys like the 3 shown here, at the December General Meeting.

Almost £100 was raised for **The Salvation Army's Homeless project.**

This is a brilliant initiative. Thank you Sylvia.

If you need extra help here are some organisations taken from the latest Age UK Newsletter

We provide advice and information for people in later life through our Age UK Advice line, publications and website.

Age UK Advice: 0800 169 65 65

Lines are open seven days a week from 8am to 7pm.

Charis Grants

Fund administrator that directs people to grants to clear utility debts owed to certain energy providers.

Tel: 01733 421 021

Cinnamon Trust

Charity for older people and their pets. It has volunteers who may be able to walk your dog for you in icy conditions.

Tel: 01736 757 900

Citizens Advice Consumer Service

Consumer advice and complaints service. Tel: 0808 223 1133

Energy Networks Association

Contact them to find out who your network operator is. Tel: 020 7706 5100

Floodline

Free 24-hour service that provides flood warnings by phone, text or email.

Tel: 0345 988 1188 [flood-warning-information.service.gov.uk/warnings](https://www.flood-warning-information.service.gov.uk/warnings)

LOST PROPERTY

Lovely thermal hat left behind after the General Meeting on 14th December at the Masonic Hall.

Tel 07 808 723 686

to claim.

