

## CROYDON u3a BULLETIN

July 2023

Charity number: 1029466

[www.u3asites.org.uk/croydon](http://www.u3asites.org.uk/croydon)



The Love Gardening group's recent visit to the Cherry farm in West Sussex where the left over cherries are turned into very special fruit juice



Croydon u3a at the Centrale Community Showcase event on Friday 23 June.

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Croydon u3a  
QR Code



Find us at Croydon u3a

**Bulletin stop press:** The next Bulletin will be out late August early September 2023. Copy to Linda Grigsby, Bulletin Secretary [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com), cc Jenny Wilson [jennywilson63@live.co.uk](mailto:jennywilson63@live.co.uk) by 20 August.

**To join a Zoom event email [jennywilson63@live.co.uk](mailto:jennywilson63@live.co.uk) mob. 07808 723686**



## Jenny Wilson– CHAIR



### DATES FOR YOUR DIARY 2023

Dear Members,

I hope you are able to benefit from the warmer weather and enjoy the trees, plants and flowers. I am a fan of the uncut grass verges and the wildflowers and insects they support.

The Trees4Croydon project has made an excellent start – the volunteers clocked up over 700 miles during the first week. Grants and pledges have already been released, so that parts of the borough benefit.

If you haven't signed up for any of the sessions during Summer Activities Week, please have look at the details in the Bulletin. I don't know of any other u3a which puts on such an extensive and varied programme.

There is so much on offer to members including :-

- the London Region talks and Summer school <https://u3asites.org.uk/london-region/home>
  - the National u3a talks and opportunities <https://www.u3a.org.uk/learning/national-programmes>
  - Interest Groups On-Line – where there are lots of groups which we don't have in Croydon <https://www.u3a.org.uk/learning/interest-groups-online>
  - the National Monthly Newsletter to find out what's going on around the UK - <https://www.u3a.org.uk/news/newsletter>
  - and there's the Radio podcasts and the u3a You Tube channel,
- all available as a member of Croydon u3a.

You will be receiving mailing about renewing your membership in the near future and a little later details, about the October AGM.

I hope you have a good summer, keeping optimistic and informed, interested and enjoying life. Don't forget they now tell us an afternoon nap does you good!!

Very best wishes,

*Jenny Wilson (chair)*

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

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<b>2023</b>		
Wed 12 July at 2.15 pm	GM at Masonic Hall 'Frank Sinatra' (postponed from January)	Howard Slater
Mon 17 July	Quiz Night – Zoom at 7.30 pm	
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
Mon 18 Sept	Quiz Night – Zoom at 7.30 pm	
25-29 Sept	Great Yarmouth & Norfolk Broads adventure	Booking details in this Bulletin
Wed 11 Oct	<b>AGM</b> at Masonic Hall	Stella Morris, London Region u3a Trustee
Wed 18 Oct	Members' Lunch at the Boulevard, South Croydon	Booking details in this Bulletin
Wed 8 Nov	GM at Masonic Hall – Lord Mayor of the City of London	John Halligan
Thur 30 Nov	Winchester Christmas Market	Booking details in this Bulletin
<b>2024</b>		
28/4-1/5	Amsterdam Break	Booking details in September 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.**

# 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.*

**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

## Wildflower Group Programme 2023



Date	Venue	Meeting point, 10am
July 11 <sup>th</sup>	Farthing Downs	Car Park, Ditches Lane, Coulsdon
August 8 <sup>th</sup>	Beddington Park	Car Park, <b>London Road</b> , Wallington
Sept 12 <sup>th</sup>	Riddlesdown	Car Park, off Riddlesdown Road, Purley
October 10 <sup>th</sup>	Fungus Foray, Spring Park Wood	Kent Gate Way, first car park, closest to Croydon end.

Shirley Shephard 020 8657 3144 / [sandrshephard@hotmail.com](mailto:sandrshephard@hotmail.com) for further details.

# News From the Groups

## *The Love Gardening Group*

The other week our Croydon U3A **'Love Gardening'** group had a rather special and unusual Awayday. We rent a Cherry Tree at an orchard down in West Sussex, and it was our Blossom Weekend. We travelled down, not knowing quite what to expect, but on arrival it was very well-organised. Our tree was in Row 15 and Tree Number 59B. It was a joy to walk the orchard blossom to find it.

We decided to join the Orchard owner, Michael, on a amongst the trees, to learn how painstakingly he tends feeds them most weeks, and must prune and wire branches growing in the wrong direction. Soon he will them all – quite a task when you've got over 2,000. showed us the Bumble Bees he buys from Spain to do pollinating. These little fellas are already working hard they were far too busy to pose for photographs.



walk  
our crop. He  
down  
be netting  
Michael  
the vital  
for us – and



In July we will come back to pick the crop from our own tree. Michael said in a good year we might expect to collect 10-12 kilos per tree, and from the look at the blossom at the moment, this could be a promising year. Trees not rented are also picked, and turned into very special fruit juice as well as honey and gin. Of course it all depends on the weather, Last year the high temperatures and drought during the summer were not good for cherries, so we are all hoping for more than usual this year.

be invited to

**Nigel – Joint Leader for the Love Gardening group**

## China Group and Vacancies

We are chiefly concerned with keeping abreast of developments in China and of UK-China relations. We are also studying Chinese culture and history as a backdrop to our discussions, which are very lively and informative. We feel a need to share this important knowledge and information with a wider audience, particularly at this time of heightened tension in relations, to increase understanding. We thus invite more active participation by members in our Group and would encourage new members to join us.

Please contact the Group Leader, Barnaby Powell for further info: [Barnaby.powell@gmail.com](mailto:Barnaby.powell@gmail.com)

# News From the Groups

## Have a *smashing* time with the **Table Tennis group!**

The Table Tennis group is looking to recruit new members!

Whether your preferred style of playing is smashing, chopping or looping – or perhaps just lopping the ball gently over the net; whether you favour forehand or backhand you will be welcome at the **Table Tennis group**.

We meet every Friday afternoon between 2.00 and 4.00 at St Matthews Church Hall, Chichester Road (Park Hill).



We play on 3 tables, mostly doubles.

Members are of mixed ability - most of us have come back to Table Tennis after not having played for some years. We play for enjoyment and to keep ourselves active above all, we play for fun and try not to take it too seriously.

Sessions cost £3 to cover the hire of the hall and we reckon it's great value for the money!

Do come along and see what we are about! **Contact: David on 07756945007**



## Cycling Group

Now that summer has arrived and you've finally stowed away your thermals for a few months, there's no excuse not to get that old bike out from the back of the garage/shed, squirt a bit of WD60 ("age-adjusted oil" , also works on knees) and join us in the "Bike Club" !

There's no need to wear the full body-hugging lycra gear, not a pretty site at our age anyway, although padded shorts can improve comfort and reduce the possibility of chaffing considerably in the lower regions.

We are very much a "social bike group" , cycling where possible on quiet roads at a gentle pace for between 10 and 20 miles. Stopping for coffee, cake and a good chat is an essential element of the ride, and now that summer is here, we may also take a break for a pub lunch. E bikes are welcome, as long as they wait for the rest of us at the top of any incline we may encounter.

We presently meet once a fortnight on the first and third Wednesday of the month.

Any enquiries, questions or queries, please don't hesitate to contact myself, Andy Beaumont on [andyinandylad@tiscali.co.uk](mailto:andyinandylad@tiscali.co.uk); mobile 07910 836913



# News From the Groups

## History Of London 2

In January a group of us set off to visit the Museum of Brands, Packaging and Advertising near Ladbroke Grove underground station. Fifty years ago, Robert Opie began a collection of consumer products dating back to the Victorian age and held an Exhibition. Such was the interest that in 1984 he opened a museum to house his growing collection. In 2015 this collection relocated to the present modern site. It is a fascinating history of consumer products produced, used and discarded for the last 200 years.



Image Credit to Museum of Brands, Packaging and Advertising



Image Credit to Museum of Brands, Packaging and Advertising

Do you remember Tide, Rinso, Omo Daz ,Vim and Reckitts Blue? Your first TV with the sputnik aerial on the top? What ever happened to that Space Hopper and Buzz Lightyear that you bought for your children? That early computer game of tennis and the copies of New Musical Express, Disc and Picturegoer? Those tins of powdered potato and milk, Spangles, Sugar Smacks, Buttersnap and Caramac?

I know today we complain that the size of everything is being reduced for the same price. But it is striking how small the packets and jars and chocolate bars were years ago. Maybe it made consumables more affordable, as most people were weekly paid, and shopped more often.

Image Credit to Museum of Brands, Packaging and Advertising

Not only is this Museum a wonderful trip down memory lane, but it is of educational value. Groups of students taking courses in Marketing and Business Studies visit and see the importance of commercial art, design and advertising. Selections of items are taken into Care Homes, Day Centres and to dementia sufferers. The sight of these every day products of their younger years, aid the recall of memories. The Museum is run by a charity and sponsored by many organisations Cadbury's, Shell, Diageo, Kellogg's, Vodafone, etc. Our thanks go to the Museum for providing pictures to go with this article.



Janet Stokes

# Bowling the Way - Meet the Go Getters

As we passed through the wrought Iron gates of the clubhouse we were greeted by the sight of a wide expanse of a well maintained, lush, green lawn, in the distance men and women in clean bright whites appeared. We had arrived on a mild overcast Monday morning. Fingers and toes crossed and a spring in our knees the fun was about to begin.

We registered, got settled with cups of hot tea and coffee, a name label and a warm welcome was extended ...so important. This year's Taster sessions attracted fewer members, but nevertheless everyone who participated was keen and ready to give it a go. 80% of the group attended all the sessions.

We weren't nervous were we? Perhaps unsure as to what we were going to be asked to do. There was no delay, the session was for two hours for the next 3 Mondays, so we needed to familiarise ourselves with the order of play, how to use the equipment correctly and to understand the rules of the game. Positive and patient words of encouragement from the coaches helped to build our confidence, keep us focused and to make us laugh at our faux pas, especially when things went disastrously awry and that happened frequently at the start.



We got down to some serious coaching from competent and understanding coaches as the sessions progressed. Never a harsh word or dismissive attitude was made. So much so after three sessions we begun to look, act and play in quite a professional manner I got told. The final session ended with us playing against each other in teams of 2. A u3a member was heard to comment "I've learnt an awful lot in 3 sessions, I'm thinking of joining".



The photos are proof that there was no sashaying around or hanging back, there was such a positive attitude and this was commented on by Peter the club secretary. As well as being fun, we ultimately connected as a group, promoted Croydon u3a and maintained links with our community. Everyone was lovely and it was another great success, without a doubt everyone developed a passion for learning.

Thank you to everyone who supported this second collaborative event.

If you would like to know more about Lawn Bowls Taster sessions at BRHBC then drop me an email on [.jharr63805@aol.com](mailto:.jharr63805@aol.com)

Jacqueline Harriott - June 2023



## **Our next Annual General Meeting**

**Wednesday 11<sup>th</sup> October, 2.15pm at the Masonic Hall**

We are delighted that Stella Morris, the recently appointed London Trustee, has accepted an invitation to attend and speak to us about her 'u3a journey' and her role. She is very keen to visit as many of the 43 London u3as as she can, see what's going on and talk to members.

I am delighted to tell you that two members have come forwards to serve on the Committee and their short bios will be published in the September Bulletin.

**Jenny Wilson Chair T : 07808 723 686 E: [jennywilson63@live.co.uk](mailto:jennywilson63@live.co.uk)**

## **Contributions wanted for your u3a Magazine**

If you have a story, recipe, book review, or anything else you would like to share with fellow members, please send to Magazine Editor via the website contact page. Contributions from interest groups, with photos if possible, are always welcome.

Tess Smith Magazine Editor E: [tess.exlunne@gmail.com](mailto:tess.exlunne@gmail.com) T:07955 310 826

## **Anya Trivedi - Our New Administrative Assistant**

There are certain jobs that need doing to keep Croydon u3a functioning efficiently which the committee do not always have the time to do. One of these is part of the process of membership renewals. We have recruited Anya, who has just taken her GCSEs at Coombe Wood school, to help David Apps (our membership secretary) and Paul Smith (our treasurer) with these this summer. If there is a problem with your renewal this year Anya may contact you either by phone, e mail or post. We expect that she will be able to help us with further jobs in future if the committee are not in a position to do them. We hope that Anya will enjoy assisting the Croydon u3a.





## Croydon u3a Travel Team – July 23 Bulletin

Greetings from the Travel Team.

Both the May coach trip to Blenheim Palace, and the June coach trip to Windsor, with the tour of the Castle, went well. The planned August walking tour around the Jewish Quarter in London is now fully booked.

One of the issues the Travel Team is encountering is the high cost of hiring a coach. Pre Covid coaches were in the £500 to £600 hire range, but now prices have greatly increased with quotes being in the £800 to £900 range. A quote for a proposed outing in September was £875 so with a full coach that is a £20 cost per ticket before any further entrance fees. We estimate that a trip will now be around the £50 a ticket, and in these days of inflation and rising costs we think this will be a challenge to fill a coach. So for the rest of this year we will work to find cheaper coaches in 2024 and hopefully inflation etc will reduce in the coming months.

In September the Waverley paddle steamer is sailing into London for 3 weeks and will be offering trips along the Thames. This will be a nostalgic opportunity for many as the Waverley regularly did day trips down to Southend or Margate many years ago. The programme of trips hasn't yet been published but we are going to plan a day sailing once we know the destinations. See the separate information on this trip and you have the opportunity to register your interest and we will contact you once the Waverley publishes its programme of trips. We will make our way up to London using public transport to join the Waverley.

The September short break to Norfolk is doing well, and we are now booking for a trip to the Winchester Christmas Market at the end of the year. Looking forward we are planning a short break in April 2024 to Holland to see the bulb fields and visit the Kerkenhoff gardens (the famous park full of spring flowers) and have time in Amsterdam.

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

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

**The Waverley** is the world's last seagoing paddle steamer and is scheduled to visit London and the Thames Estuary from September 22nd to October 8th.

As some members are on the u3a Norfolk holiday, I intend to book for one of the weekday sailings from Monday 2nd to Friday 6th October.

The timetable has not been released yet but the sailings will be very popular when bookings open, so I'm asking for **early expressions of interest**.

Cost will depend on the length of our chosen cruise - at least £40 per person, probably more. It will depart from London Tower Pier and offer a range of eating and drinking options.

Don't miss the opportunity to step aboard this famous paddle steamer.

If you are interested, please contact me. [cariss.smith@gmail.com](mailto:cariss.smith@gmail.com)

## Windsor Trip –June 15<sup>th</sup> 2023

At 8.a.m. in the morning forty u3a members were waiting expectantly outside Fairfield Halls for the coach to arrive, their mood elevated by the beautiful sunny day. There was a minor panic as the coach had completed a school run before picking us up and was slightly delayed. Thankfully that was the only hiccup in the entire day. We arrived in plenty of time to see the procession for the changing of the Guard moving through the packed streets of Windsor (although a number of members preferred to sit outside one of the many coffee shops so that they could continue the conversations that had buzzed around the coach).

The staff at Windsor Castle told us that this was one of the busiest days they had experienced all year but the queues moved quickly and did nothing to dampen the mood. Once inside members found different ways to enjoy the day. Most visited the chapel (where Queen Elizabeth the second and Prince Phillip are laid to rest), Queen Mary's dolls' house and the State rooms but many people said the greatest pleasure they got was wandering around the grounds, chatting to old and new friends and enjoying the sun.

We were touched by the warmth of the members' response to the day and the gratitude shown. Even a detour away from the M25 on the way home to avoid an accident was met positively with people enjoying seeing a more scenic route than the monotony of the motorway.

An added bonus is that the tickets for the Castle can be used again if people revisit within a calendar year. Rosemary Roberts tells us that the 702 bus goes all the way from Victoria station to Windsor if you are thinking of going again.

**Paul Smith & Averil Coutinho**



## **Great Yarmouth and the Beautiful Norfolk Broads Cruise 25<sup>th</sup>-29<sup>th</sup> 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 Fairfield Halls and returning to Fairfield Halls.

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, 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 Members' Lunch at The Boulevard

Ruskin Parade, 7-8 Selsdon Road, South Croydon CR2 6PW

Wednesday 18 October 2023

12.30 for 1.00 pm

2 courses £20.80 and 3 courses £27.90 (complementary tea & coffee included for 3 course lunch only)

(Please indicate on the booking form below your menu choice)

### Starters

- a) Soup of the Day
- b) Smoked Salmon (beetroot & horseradish)
- c) Crispy Crab Claws (tartare sauce)
- d) Terrine of Duck (Melba toast, sweet & chilli sauce)

### Main

- e) Chicken Milanese
- f) Pork Medallions
- g) Penne Pasta
- h) Rainbow Trout

### Desserts

- i) Crème Brûlée
- j) Home made Tiramisu
- k) Vanilla Cheesecake
- l) Selection of Ice Cream / Selection of de Fromages with Mango Chutney

**Croydon u3a Members' Lunch**  
**The Boulevard on Wednesday 18 October 2023 at 12.30 for 1 pm**

**(Please make your selection here)**

Menu choice: Starters:

Main:

Desserts:

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.**

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 TO ENTER INTO THE RAFFLE**

## 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.

# u3a Outing to Winchester Christmas Market

**Thursday 30 November 2023**

**Coach leaves at 9 am from Fairfield Halls, Park Lane, Croydon  
returning approximately 3.30 pm**

**Price £20 (Price includes coach travel, driver's tip)**

Winchester Christmas Market has become one of the most popular Christmas markets in the UK. The location of the market is situated in the **Inner Close** of Winchester Cathedral so bear in mind that when you arrive at Cathedral Close, the Christmas market isn't immediately visible. Just follow the crowds through **Curle's Passage** to the right of the cathedral, where you will find the Inner Close and the majority of the wooden chalets. There are lots of refreshments stalls along the way and with the amazing mulled wine!

Winchester itself is a very picturesque city in Hampshire, known for its Gothic cathedral, and Winchester is also home to The Great Hall. This medieval building was once part of Winchester Castle and showcases the Round Table. It was thought to be the legendary Round Table of King Arthur although testing has revealed that it dates from the 13<sup>th</sup> century. There is a fee to enter the Cathedral



□ .....  
**BOOKING FORM – Winchester Christmas Market 30 November 2023**

Leave 9 am from Fairfield Halls, returning approximately 3.30 pm. **Price: £20.**

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

Address .....

Post code: ..... Tel. No. .... E-mail .....

I would like ..... ticket(s). Total £..... (cheque payable to “**Croydon u3a**”)

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 and stamped addressed envelope.**

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

## 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 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 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.

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 7 <sup>th</sup> August	
10.00 am-12 noon £3	<b>Beginners' French at Shirley Methodist Church in the Rear Hall.</b> 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 <b>Beginners</b> . Please bring a pen and pencil with you. Come along and give it a go.
10.00 am-12 noon - £3	<b>Painting for Pleasure Group 2 at Shirley Methodist Church in the Corner Room.</b> - 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	<b>Coffee Morning in the Clock Tower, Katharine Street</b> –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	<b>Smart Phone Drop In at The Orchard Public House, Cherry Orchard Road</b> - 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 6
2.30-3.30 pm - £3	<b>Chair Yoga : Live and Breathe Better with Jenny Wilson at Shirley Methodist Church.</b> 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 8<sup>th</sup> August

<b>10.30-12 noon - £3</b>	<b>Talk about Dementia by Melanie Cressey from the Alzheimer's Society, with general Q&amp;A, taking place at Shirley Methodist Church.</b> Melanie is available for one to one private talks if needed after the session as well as the general Qs.
<b>Meet at 10.45 – until 1.30 pm £8</b>	<b>Guided tour of Southwark Cathedral</b> 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 <b>15 minutes</b> before the tour begins please.
<b>1.45 pm £3</b>	<b>Tour of the Museum of the Mind at Bethlem Royal Hospital</b> 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 9<sup>th</sup> August

<b>10.30 am – 1pm</b>	A walk with <b>David Gough</b> from <b>Lloyd Park tramstop</b> 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 <b>Lloyd Park Tramstop</b> (on the New Addington Branch). The start time is <b>10.30am</b> . 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.
<b>11.00 am -12 noon £3</b>	<b>Come and Sing some Show Songs with the Singing for Pleasure Group" at St Matthew's Church</b> in the Choir Vestry. Music and words will be provided.

## Thursday 10<sup>th</sup> August

<b>10.00 am – 12 30 pm - £3</b>	<b>Future Life Planning Introduced by Carol Trower in the Lounge of Shirley Methodist Church.</b> 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.
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<b>Thursday 10<sup>th</sup> August</b>	
<b>Meet between 10.30 &amp; 10.45 am – 1pm; £10</b>	<b>Guided Tour of the Jewish Quarter in London</b> – 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.
<b>2.30 – 4.00 pm £3</b>	<b>Summer Quiz</b> with Paul Smith at <b>Shirley Methodist Church in the Rear Hall:</b> 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.

<b>Friday 11<sup>th</sup> August</b>	
<b>10 am – 12 noon - £5</b> (to include the bag)	<b>CRAFTY PRINTING!</b> at <b>St John the Baptist Church, Purley- WHAT:</b> 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> )
<b>10.30 – 11.30 am - £4</b>	<b>Introduction to Line Dancing Shirley Methodist Church</b> 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 hot! We do have a regular Line Dancing group and there will be our regulars there to help you.
<b>2.00-4.00 pm - £3</b>	<b>Friday 11<sup>th</sup> August : Oil, Gas &amp; the Future of Power held in the Lounge at Shirley Methodist Church.</b> 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.

<b>Saturday 12<sup>th</sup> August</b>	
<b>From 12.30 pm</b>	<b>Picnic in Lloyd Park and a gentle walk after lunch if you wish. Picnic &amp; Walk around Lloyd Park.</b> 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](mailto: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 <sup>th</sup> Aug 10.00 am	£3	
Painting & Drawing Grp 2	7 <sup>th</sup> Aug 10.00 am	£3	
Coffee Morning	7 <sup>th</sup> Aug 10.30am	No charge	
Smart Phone Drop In	7 <sup>th</sup> Aug 12.30 pm	<b>FULL</b>	
Chair Yoga	7 <sup>th</sup> Aug 2.00pm	£3	
Talk about Dementia	8 <sup>th</sup> Aug 10.30 am	£3	
Tour of Southwark Cathedral	8 <sup>th</sup> Aug 10.30 am	£8	
Tour of Museum of the Mind	8 <sup>th</sup> Aug 1.45 pm	£3	
Walk with David Gough	9 <sup>th</sup> Aug 10.30 am	No charge	
Singalong with Gillian	9 <sup>th</sup> Aug 11.00 am	£3	
Future Life Planning	10 <sup>th</sup> Aug 10.00 am	£3	
Tour of Old Jewish Quarter	10 <sup>th</sup> Aug 10.45 am	<b>FULL</b>	
Summer Quiz	10 <sup>th</sup> Aug 2.30 pm	£3	
Craft session with Barbara	11 <sup>th</sup> Aug 10.00 am	£5	
Line Dancing	11 <sup>th</sup> Aug 10.30 am	£4 pay on the day	
Oil, Gas & the Future of Power	11 <sup>th</sup> Aug 2.00pm	£3	
Picnic & walk at Lloyd Park	12 <sup>th</sup> Aug 12.30 pm	No charge	

**TOTAL PAYMENT** Cheque for £.....

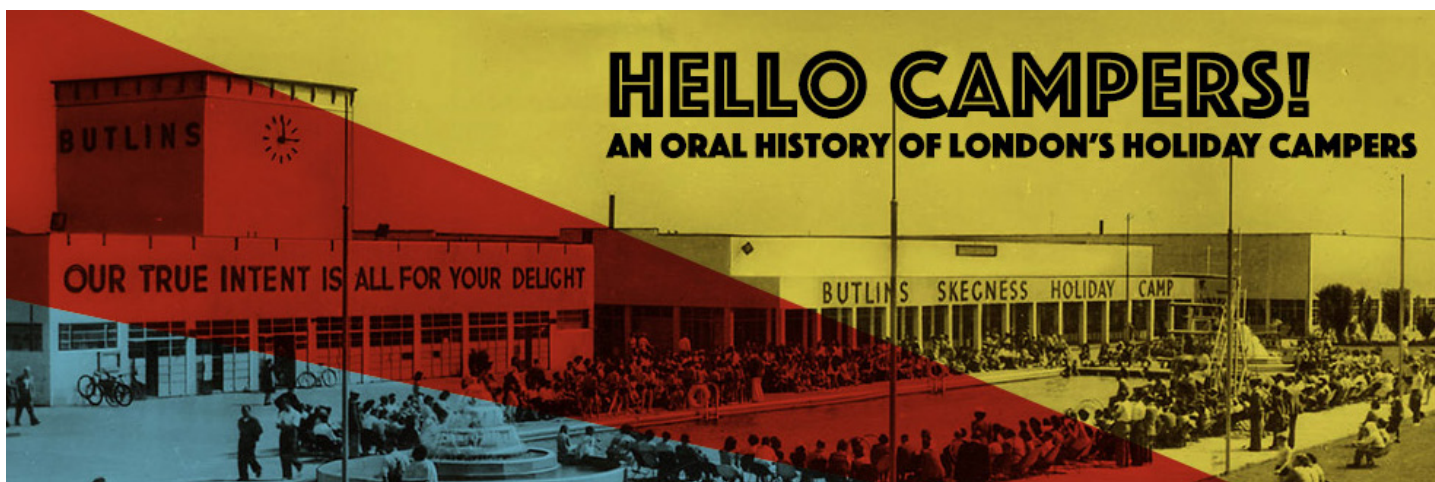
**OR**

**Bank Transfer** £.....

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

# HELLO CAMPERS!

AN ORAL HISTORY OF LONDON'S HOLIDAY CAMPERS



## Would you like to be part of a team uncovering the stories of Londoner's experiences at holiday camps?

Oral history specialists *digital-works* are working at The British Film Institute on a new project that will explore the history of Londoner's experiences at places such as Butlins and Pontins from the 1950s until now.

We are inviting people to join this fun and fascinating project as researchers and interviewers. You will receive full training in oral history techniques including interview and audio recording skills. After training you will get hands-on work experience with a team interviewing people about their experiences.

All training is free and will be at the BFI Southbank. You will need to be available on the week beginning May 22nd 2023.

### No experience needed.

Expenses paid including a day trip to Butlins, Bognor Regis. All welcome!

To find out more please contact  
Sav Kyriacou

e [sav@digital-works.co.uk](mailto:sav@digital-works.co.uk)

t 07968 006321

[www.hellocampers.org.uk](http://www.hellocampers.org.uk)

