

CROYDON u3a BULLETIN

July 2024

Charity number: 1029466

www.u3asites.org.uk/croydon



Celebrating one of our fabulous volunteers who is there at the Monthly Meetings come rain or shine to run the raffle. Thank you Margaret.

A fantastic day was had on the u3a Whitstable trip on 20 June, and here is most of the group in the grounds of Whitstable castle

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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 2024. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jennywilson63@live.co.uk by 20 August.

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



Jenny Wilson– CHAIR



DATES FOR YOUR DIARY

Dear u3a members,

Apparently, it's a record year for slugs apart from other things! Marigolds are the answer – the plants not the yellow gloves to pick them up with!

I hope you enjoyed reading my article in the recent u3a matters, about the success of the visit from the two Dutch students, Sherida and Tess. It was certainly very successful and enjoyable on our side. Let's hope they do well with their final assessments at Utrecht University.

As I write this, I am preparing for a high-powered delegation from Taiwan to investigate what the u3a is all about. The eight visitors – professors and heads of departments – wish to know more about self-directed learning, where there is no syllabus and members drive the sessions themselves, and active ageing. I have devised a special day to enable them to gain as much insight as possible, by visiting three very different groups, and meeting a good range of members.

The Trust is exploring the idea of running a national campaign which will be focused on improving lives and using the full weight of the u3a voice to gather support. Over the next few months focus groups will put together suggestions for a possible initiative later in 2025.

In July we will start the Membership Renewal process to cover 1/8/24 until 31/7/25. Taking the Treasurer's advice the Committee has agreed to keep the annual fees at the same rates - £22 for individual email membership and £35 for an individual postal fee. Joint membership will also remain the same. You have to agree that this is extremely good value for money.

Enjoy the summer – the lighter evenings and the green and pleasant land which we are so fortunate to have on our doorsteps.

Very Best wishes,

Jenny

2024

DATE	EVENT	FURTHER DETAILS/ SPEAKER
2024		
Wed 10 July at 2.15 pm	Monthly Meeting at Masonic Hall	Howard Slater on Sammy Davis Jnr
Mon 15 July at 7.30pm	Quiz Night - Zoom	
Tues 16 th July	Outing to Watt's Artists' Village, and Loseley House Gardens - Booking details in this Bulletin	
Wed 24 July 10-12 noon	First Aid Basic Awareness Training - FULL	
August	AUGUST DAY TRIPS BY PUBLIC TRANSPORT – BOOKINGS CLOSED	
Wed 14 Aug at 2.15 pm	Monthly Meeting at Masonic Hall	Michelle Ernoultt on Around the Beehive.
Mon 19 Aug at 7.30 pm	Quiz Night - Zoom	
Wed 4 Sept	Outing to RHS Wisley Gardens	Booking details in this Bulletin
Wed 11 Sept at 2.15 pm	Monthly Meeting at Masonic Hall	Bernard Lockett – Gilbert & Sullivan
Mon 16 Sept at 7.30 pm	Quiz Night - Zoom	
21-28 Sept	.u3a week	
Wed 9 Oct at 2.15 pm	AGM at Masonic Hall	tbc
Wed 16 Oct	Members' Lunch at El Patio, Selsdon	Booking details in this Bulletin
Thurs 17 Oct at 7.30 pm	Zoom presentation by Tim Mason, Bristol u3a, about judging Local Authority performance. All welcome	
Mon 21 Oct at 7.30 pm	Quiz Night - Zoom	
13 Nov at 2.15 pm	Monthly Meeting at Masonic Hall	Nicholas Henderson - Russian History & Provenance P
25-27 Nov	Longleat Lights – 3 days/2 night break – details in this Bulletin. NEW DETAILS	
Wed 11 Dec at 2.15 pm	Monthly Meeting at Masonic Hall	Christmas celebrations with Orpheus College
2025		
31 Mar-4 Apr	5 day/4 night break to the Cotswold & Stratford upon Avon – details in September Bulletin	

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

News From the Groups

As reported in the last Bulletin, our new Riverside and Canal Walking Groups have proved extraordinarily popular and the first 3 groups filled up as soon as they were advertised. We now have a 4th group and this is also attracting members very fast. So – if you would like to join this group, please contact me (Maggie Chan) as soon as possible and I will put you in touch with the Leader.

- ✚ We have another new group that has just got going – the ‘Jigsaw Experience’ group, where members get together to swap jigsaw puzzles and have a chat over a cup of coffee or tea. The group has a ‘Swaps Table’ at Monthly Meetings – so watch out for them there.
- ✚ Thanks to all our members who have been sending photos of their groups’ activities to me, Linda Grigsby and Margaret Derrick to use for publicity purposes. These appear on our FaceBook page, in the Bulletin and in publicity articles and flyers - and they are so important both for spreading the word about Croydon u3a and also to keep our members informed about what’s on offer! We are proud of the variety of activities and interests we cater for, here at Croydon u3a, and we really do want people to know about us. And please remember that Tess Smith, our Magazine Editor, would also like to have news about what the groups are doing.
- ✚ The Monthly Meetings are a great way for members to learn about what groups are on offer – every group has a poster on our Display Boards, with a brief summary of what it does and with contact details for the Leader. If you want to find out more about a particular group – I am usually at the Monthly Meetings and am happy to give you further information – as are members of the Welcome Team. We all wear badges, so we can be easily found.
- ✚ Do you have an idea for a new group – or a skill or an interest you would like to share? If so, do come and talk to me and maybe we can take your idea forward! The whole idea behind the u3a is that members learn from each other and share their knowledge and their enthusiasms. We believe in **Lifelong Learning** – it is never too late to try something new, take up a new interest or learn a new skill!

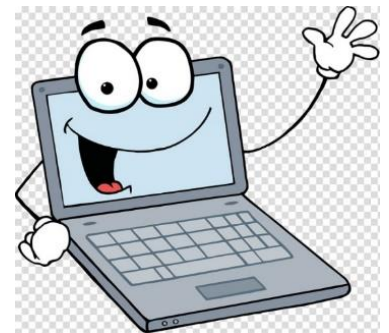


Members of the Riverside and Canal Walking group 2 outside the ‘Prospect of Whitby’ pub at the end of their second walk

Maggie Chan, Interest Groups Coordinator

Do you need help with a laptop, mobile phone or tablet?

Drop in for support and advice every **second Wednesday from 1 pm** before the Monthly Meeting in the main hall at Croydon and District Masonic Hall, 73 Oakfield Rd, Croydon CR0 2UX.



News From the Groups



Garden Visits 2024



This is an Open Group so any members welcome. All outings (except where noted) will meet on the 3rd Wednesday of the month, at Forestdale Centre Car Park for 10.45 am, for a 11.00 am get away, returning approximately 5.00 pm to Forestdale Centre Car Park. Contact either Linda Grigsby on 07754 092042 OR Karen Hook on 07799 776684 if you are interested. A donation of £2.50 towards petrol, would be appreciated for the driver of the car you will be travelling in.

19 June 2024
(Wednesday)

HEVER CASTLE & GARDENS, Edenbridge, TN8 7NG

Admission price: Group rate: Gardens only - £12.30/£14.55 Castle & Gardens (GW 241 card, NT); refreshments available, also gift shop

17 July 2024
(Wednesday)

SCOTNEY CASTLE, Lamberhurst, Kent TN19 7DS

Admission price: Group rate £16.15 (GW 241 card/NT), refreshments, gift shop available

21 Aug 2024
(Wednesday)

ELTHAM PALACE, Greenwich, SE9 5NP

Admission price: £14.50 (EH, GW 241 card); refreshments and gift shop available

18 Sept 2024
(Wednesday)

RIVERHILL HIMALAYAN GARDENS, Sevenoaks, TN15 0RR

Admission £12 (RHS/GW 241 card); refreshments and shop available

LOOKING AHEAD with the **Garden Design Group**

The roses have been lovely this year but how is the rest of your garden doing? Does it only look good in the summer? A well-designed garden should be interesting throughout the year.



The Garden Design Group meets fortnightly from 10 – 12 on Wednesday mornings at my home. It is for people who have an interest in finding out how to make their garden, whatever size, more attractive.

The next course will start in September and is run by myself, a retired garden designer. If you would like to join (there are 3 places available) or want further information, please contact: Betty Whateley, 48 Glossop Rd, South Croydon, CR2 0PU. Tel: 020 8651 0226

Email: elizwhateley@gmail.com

News From the Groups

Wildflower Group Programme 2024



4th Monday of the month



Date	Venue	Meeting point, 10am
June 24 th	Roundshaw Down (<i>Geoff to lead</i>)	Plough Lane, far end
July 22 nd	Riddlesdown	Eskdale Gardens
Aug 26 th	South Norwood Country Park	Car Park off Albert Road
Sept 23 rd	Hutchinson's Bank	Farley Dene Crescent
Oct 28 th	Fungus Foray, Bramley Bank and Heathfield	Far end of Croham Valley Road

Contact: Shirley Shephard, 0208 657 3144, email sandrshephard@hotmail.com

Please bring the completed tear-off slip with you as I am required by u3a to have these details.

*Name: U3A Membership No:
 *Tel No:: *Emergency Tel No::
 Email address:

TRACING YOUR ANCESTORS

This small friendly group (previously called Family History) is looking to recruit extra members.

We meet on the 4th Wednesday each month from 2.00 -3.30pm at Thornton Heath library in Brigstock Road. Local buses from Croydon stop right outside the library or Thornton Heath station is less than a 10-minute walk away.

We use the computers in the Library's IT suite and, if required, members can use my subscription to Ancestry for a nominal charge (currently £1). Other websites are available - but please note not all of these are free to use.



If you are interested in joining the group to learn a bit more about your ancestors, please contact me ...

You never know who or what you may find!

Cariss Smith: 0208 668 956

News From the Groups

The Local History Group investigate Blue Plaques



The Blue Plaque in Tirlmont Road



Dame Peggy in *A Passage to India*

Some of you may have spotted the fact that a Blue Plaque has recently been unveiled at the home in South Croydon where Dame Peggy Ashcroft was born in 1907. One of Britain's most famous actresses, Dame Peggy always spoke affectionately about Croydon and her memories of her happy childhood. The Ashcroft Theatre in the Fairfield Halls is named after her.

This news item was of special interest to the Local History group as our focus this year is to discover the stories of the lives of some of those notable residents of Croydon and the surrounding area who are remembered on Blue Plaques. Some of the people we are researching are: Revd William Wilkes; Peter Cushing; William Stanley; DH Lawrence; Elias Davy; John Horniman; The Match Girls; Alfred Russell Wallace and Ira Aldridge.

In the Local History group we do our own research – sometimes helped by the staff at the Croydon Archives. We then enjoy sharing our findings with the other members of our group. We follow a collaborative learning model, with everyone adding their own knowledge of Croydon's history and their own memories of Croydon in years past. Our discussions are lively and enjoyable – and always informative. As well as researching and presenting our findings, we also make some trips out to visit places relevant to our topics.

As we meet at the home of one of our members, we are, sadly, limited in the number of members we can accommodate and we have a Waiting List! **If anyone would like to set up a second Local History group, please do contact me and I would be very happy to advise them.**

There are other groups which also follow this pattern of members researching their topics and sharing what they've discovered – for example, the **Early Medieval History and 17th - 19th Century History groups**. This sort of learning and passing on of knowledge is one part of what Croydon u3a is about. But of course, there are so many different types of groups – indoor and outdoor active groups, social groups, hobby-based groups, creative groups, groups that make visits – and so much more ... there really is 'something for everyone'!

Maggie Chan, Group Leader, Local History group

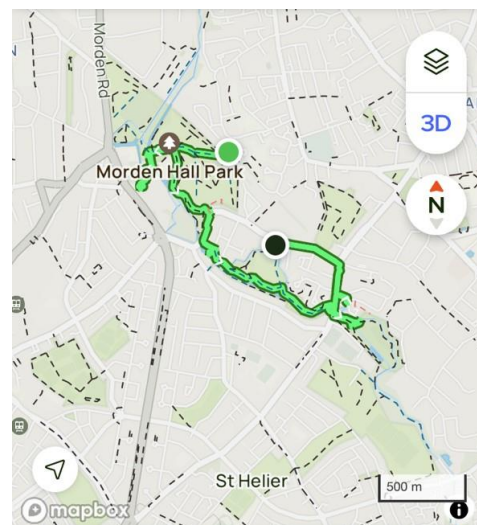
News From the Groups

Riverside & Canals Group 1

Riverside & Canals Group 1 walked along the Wandle in glorious sunshine in the company of John Sheridan, an experienced River Wandle guide from the Wandle Industrial Museum.

We paused to take in the historic snuff mills and Morden Hall, walked through Morden Hall Park and past the Rose Garden and Morden Cottage. We had a vantage view of the 18th century statues of Neptune and Venus the Goddess of Love with her child Cupid carved from Portland stone by an unnamed sculptor.

We emerged by the Surrey Arms and crossed over into Ravensbury Park, where a former tobacco and snuff mill has been developed leaving aside the remains of a textile printing works and an old manor house. Crossing over Bishopsford Bridge (Mitcham Bridge), we ventured into Watermeads Nature Reserve, one of the first sites acquired by National Trust following a campaign of fundraising by Octavia Hill in 1913. The Reserve was hidden behind locked gates for 100 years and opened to the public in 2015.



Line Dancing Fun

Our Line Dancing Group is an enthusiastic group of beginners and intermediates who enjoy getting together on Friday mornings for a session at Shirley Methodist Church.

Line dancing is good for your physical mobility as well as making sure you concentrate on the steps but above all it's great fun and there are a lot of laughs. Don't worry about getting it wrong, we all do that! Line dancing is no longer about cowboy hats and boots, although we may use some of the same steps, we now dance to a variety of popular music.

We dance on the first and third Friday of every month at Shirley Methodist Church. We have to cover the cost of our instructor's time as well as the hire of the hall so at the moment each member pays £5 for each session so that we are able to cover our costs with an opportunity to dance for an extra half hour if you are a slightly more advanced line dancer.

If you would be interested in joining the group, do contact me on joyellery@btinternet.com or leave a message on 07710 244601.



News From the Groups

A group of us from **Looking at London Group** managed to have a lovely warm day for our trip to Strawberry Hill House – the home of Horace Walpole.

Horace Walpole was the third son of Robert Walpole who was a politician and First Lord of the Treasury, Chancellor of the Exchequer and Leader of the House of Commons, who is now generally regarded as our first Prime Minister. He bought Strawberry Hill House in 1747 when it was just a pair of semi-detached cottages, called Chopp'd Straw Hall, on a plot of land leading down to the banks of the River Thames at Twickenham. He was greatly inspired by the gothic cathedrals he saw on the grand tour and went about transforming the cottages into his vision of the Gothic castle that we see today.

He built it as a summer house to house all the artifacts that he acquired during his life, but most notably the things he purchased when he did the Grand Tour around Europe. He extended the house a room at a time and as each room was completed, he hired an artist to make an accurate record of the room as it looked with everything in it.



The house soon gained a lot of local interest, so Walpole allowed four visitors a day to be given guided tours by his housekeeper. Walpole also loved entertaining notable people at Strawberry Hill House, such as ambassadors, royalty and English aristocracy (several of whom were his neighbours).

The Gallery at Strawberry Hill



Walpole never married and had no offspring, so when he died in 1797 the house passed to his cousin's daughter, Anne Seymour Damer, a sculptor of some repute. In 1811 it passed to Walpole's great niece, Elizabeth Waldegrave, and then to her grandson John Waldegrave. He died prematurely and the house went to his brother George, the Seventh Earl of Waldegrave. George was a wastrel who had been imprisoned for 'riotous behaviour'. He didn't care about the house or its history and vowed to let it fall into ruin. In 1842 he held what was named the 'Great Sale' where almost all of Walpole's collection was sold off in the course of a week.

Horace Walpole not only had the foresight to have every room recorded by an artist, but he also left a document entitled 'A Description of the Villa of Horace Walpole'. On top of this, he described it in numerous letters. When planning began for the restoration in 2004 all these sources proved invaluable. The actual restoration began two years later with the aim of getting the appearance of all 25 show rooms back to how they were in the 1790s.

Strawberry Hill House and Garden was opened to the public in October 2010 and in 2011 won the Georgian Group Award for the best restoration of an 18th century Country House and the Europa Nostra Award in 2013.

Pauline Bartholomew

News From the Groups

The ***Focus on Africa*** group were delighted recently to listen to a podcast by our Group Leader, Grace Richardson's, daughter Efua speaking on the BBC World Service recently. Efua is a Science teacher in South Africa and was talking about the difficulty of encouraging girls to study Science. To listen to the podcast go to: [BBC World Service - Africa Daily, Is Africa doing enough to get women involved in science?](#) The *Focus on Africa* group is planning a zoom meeting soon with Efua to continue the discussion. If you are interested in finding out more about the countries of the continent of Africa – contact the Interest groups coordinator via the Croydon u3a website.



Before Nature Now Rally



Environment & Climate Crisis Group - 5 Members of Croydon u3a (Teresa missing here) at the Restore Nature Now Rally on Saturday 22nd June

Around 300 organisations were represented to draw attention to the dire plight of nature



u3a members with Bella the Umbrella

- Apart from Croydon members, I met up with 3 from Paddock Wood, and others Bristol, N Wales and Notts



Croydon Climate Action were there – we took part in their action to increase tree cover in Croydon with the Move for Trees

Potential New Groups

Riverside & Canal Walks (4)

To meet an unprecedented and ongoing demand for places in the first three groups, we have now started a 4th Riverside and Canal Walking group.

Starting in July, the group will meet on the 3rd Friday of the month and will follow the same format as the existing 3 groups - to enjoy leisurely two-to-three-mile strolls along rivers and canals and around reservoirs - mainly along the Thames and its tributaries, but with the possibility of exploring canal-side paths.



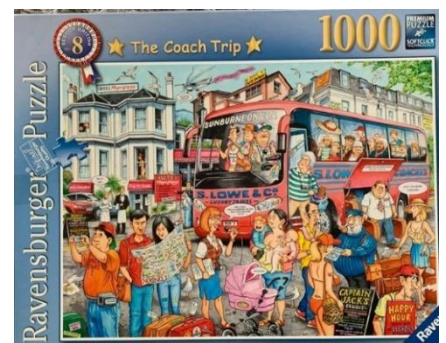
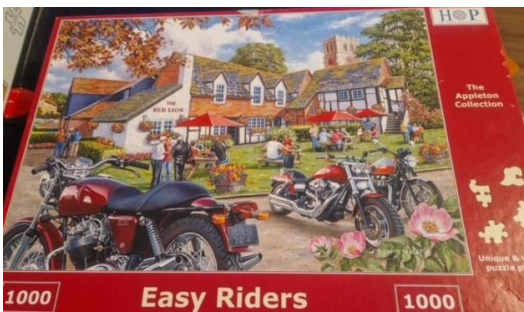
If you are interested in joining this new group, please contact the Interest Groups' Coordinator, Maggie Chan : clockie68@gmail.com

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Jigsaw Puzzle Experience

Anyone interested in doing jigsaw puzzles or is a jigsaw fanatic? We are starting a new group whereby jigsaw puzzles can be exchanged or borrowed. We have a selection of 1,000, 500, 350 (large pieces) puzzles, which could suit anyone. Come along on the 2nd Wednesday of the month at the u3a Monthly Meeting held at the Masonic Halls from 1.30 pm, and have a look at the various puzzles available, and, if you want, bring along any that you would like to exchange too (must be complete), and also enjoy a cup of tea or coffee and biscuits, and a chat.

Contact Linda Grigsby on 07754 092042, or Trish Bishop on 07711 229899



Benefits of Belonging to the u3a

u3a FRIENDS EXTRA

Why u3a friends?

I have always known about the benefits of belonging to the u3a – the social involvement, the mental stimulation, the physical activities, the bulletin and magazine to name but a few but now there is also the opportunity to join u3a Friends and take advantage of DISCOUNTS!

What does u3a friends offer?

u3a Friends gives you regular and special issues of the online national u3a Friends Newsletter, which is full of fantastic offers as well as access to learning activities via Interest Groups Online.

There are exclusive offers and discounts across a range of areas such as health and wellbeing, shopping savings on major brands and retail discounts, travel and holiday discounts and leisure offers such as days out and cinema and theatre tickets. There are also insurance offers and access to a legal helpline or to financial advice.

Anyone can join u3a Friends via the form at :

<https://www.u3a.org.uk/get-involved/u3a-friends>

And there is also a tutorial on the same page as the form on how to use the Friends Extra website.

I have signed up myself but haven't had time to take advantage of any discounts yet. Do let me know if you have or better still, write an article for the next Bulletin and let us all know of your experiences!

Joy Ellery

joyellery@btinternet.com

07710 244601



THIS PAGE CARRIES A HEALTH WARNING – THE INFORMATION IS SHOCKING. PLEASE READ WHILE SEATED

Q1 About how many plastic bottles are sold worldwide each year?

- A 100 billion B 250 billion C 480 billion?

The answer is C - 480 billion, approximately 20,000 every second. Stretched end to end, they would circle the globe more than 24 times and that's just ONE household item.

Q2 The Great Pacific Garbage Patch (the gyre that collects much plastic dumped in the ocean) is –

- A The size of France B Twice the size of France C Three times the size?

It's C – currently three times the size of France with an estimated 11 million tons of plastic dumped in the oceans every year.

Q3 What is Ghazipur and where is it?

- A Mountain in India B Island in the Indian Ocean C Dump in India?

Yes, you've guessed it – it's C. Ghazipur is a mountain of landfill – 14m tonnes of it, piled 65 m high, covering 28 hectares, and is the largest of the three mega landfills that ring Delhi. Locals call it Mt. Everest. Many people pick over the recent drops in search of anything they can salvage to sell. Globally there are as many as 20 million people who make a 'living' as waste pickers. The **Apex Regional landfill site in Las Vegas** is the largest landfill site in world by area, and every day more than 10,000 tons of waste is dumped there.



Birds and landfills – in India there are kites and vultures; in N America it's starlings; in Spain some white storks have become so reliant on the free, year-round supply of food from the landfills that they have abandoned their seasonal migration; in Australia the sacred ibis can be seen rooting through the rubbish; here in Britain it's the gull

A mountain of discarded clothes in the Atacama Desert of northern Chile has reached such huge proportions that **it can be seen from space**. Last month, the [satellite](#) imagery app SkyFi revealed views from orbit of the pile of clothes that is created as a result of the fast fashion industry, which produces an estimated [92 million tons of waste a year](#). Included in the clothing mountain are some unusual items, such as ski boots and unwanted Christmas sweaters. The mountain of discarded clothes is still growing by 39,000 tons a year. The clothing can't be sent to municipal landfills because it is not biodegradable and contains chemical products.



Ref: Wasteland by Oliver Franklin-Wallis & Space.com

Environment and Climate Crisis Group : jennywislon63@live.cu.uk

IF YOU WOULD LIKE TO JOIN THIS INTEREST GROUP PLEASE SEE OUR WEB PAGES :-

<https://u3asites.org.uk/croydon/page/110723>

<https://u3acroydon.weebly.com/>

Sharing Social Media Skills

Jo-Ann from Islington u3a explains about how she first started volunteering with her u3a, leading on their social media platforms - with the invaluable help of Margaret, Croydon u3a.

I joined Islington u3a because of the walking group, which has been one of the best decisions of my life. Being new to London, I researched online and found Islington u3a - I therefore realised the importance of an effective online profile.

In February 2021, I agreed to take over our Facebook page. The then-Chair of my u3a, Derek, put me in touch with Margaret from Croydon u3a, who was already making regular Facebook posts. She kindly agreed to a Zoom meeting. Margaret was full of enthusiasm. She was, and still is, a very supportive and positive person. Even though I have never met her in person, we have become friends.

On a personal level I had been a regular Facebook user for many years. A Facebook presence for an organisation is different. Margaret explained the differences, such as the advantages of having several administrators, how important that posts are to “like” or comment on and the difference between a page and a private “group page”.

Making Facebook posts on behalf of my u3a was initially intimidating, but I very quickly overcame that and enjoy the challenge to be creative and effective. Even though I work alone, I have developed “rules”, which includes posting twice a week. Although I’m a busy person, it’s been a surprisingly enjoyable and rewarding task and gratifying to develop the page and witness the growth and interest of Facebook users in the page.

Margaret is my keenest supporter, she regularly “likes” my posts and writes a comment. I’m very grateful to her ongoing support. It has been invaluable.


Spread the Word

Have you seen the new publicity packs which are available at Monthly Meetings? These contain some of our publicity materials – such as bookmarks, flyers and Croydon u3a ‘business cards’ – and are for members to take away and use to spread the word about Croydon u3a!


Although we run Publicity Stalls at Neighbourhood Fairs, get articles into Residents’ Association newsletters and appear on Boom Radio – there is really nothing like word-of-mouth to let people know about Croydon u3a and what we have to offer. Maybe you are chatting to somebody who has recently moved into the neighbourhood and wants to get to know people locally, or maybe the subject of hobbies and activities comes up in conversation with friends – these are ideal opportunities to tell them about Croydon u3a and if you have a flyer or a business card handy – then you can give them the information they need if they want to find out more!

Spread the Word – the Croydon u3a experience is too good not to share!

Maggie Chan, Publicity Coordina



**A LIFE LESS
ORDINARY**




**WITH CROYDON
U3A, LIFE CAN BE
EXTRAORDINARY**

Choose from more
than 60 different
activities – you will be
spoilt for choice...

And maybe you will
find something new
that you would never
have thought of trying

””



**PUT SOME PIZZAZ INTO
YOUR LIFE!**


**FOR A HOST OF
ACTIVITIES IN A FRIENDLY
AND SOCIAL
ATMOSPHERE**

**CONTACT
CROYDON u3a**

FIND US ONLINE:

www.u3asites.org.uk/croydon

OR ON FACEBOOK





21st – 29th September 2024

u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members' lived experience.

We hope some Interest Groups and members will plan something a bit special to celebrate our organisation. Please let Maggie know so she can use the information for publicity purposes to spread the word. Thank you, Jenny Wilson

Maggie Chan (Interest Group Co-ordinator & Publicity) clockie68@gmail.com

A Life Less Ordinary



Have you seen our new flyer? We've called it 'A Life Less Ordinary' because we feel that joining Croydon u3a makes our lives EXTRAORDINARY - we do hope that you agree!

Our flyers are handed out when we have a Publicity Stall at Fairs or when a member of the Committee is asked to speak to groups about Croydon u3a. They are posted on Notice Boards in places like Doctors' Waiting Rooms, Libraries and Community Halls - and they are also included in the Publicity Packs available at Monthly Meetings for members to take away and give out to friends and acquaintances who may not know about us.

This new flyer contains quotations from some of our members who say just how being a member has enhanced their lives. If you have something to share about membership of Croydon u3a, which you feel we could use to advertise our wonderful organisation – please do get in touch with me – there is nothing like recommendations from our members to encourage others to join us.

Maggie Chan

Greetings from the Travel Team.

A Croydon u3a coach trip to Osterley House took place in May on a rather miserable day (most days were miserable in May!). It was interesting to see this Robert Adams designed house that used the structure of the original Tudor house as its frame. This house was designed for the Child's family (their wealth coming from their banking business) as their summer residence due to central London being extremely smelly in the summer months! Now under the National Trust umbrella their room guides were a wealth of knowledge, and it was fun to see rooms in the House and its exterior used in scenes in the latest Bridgerton series.

By the time this is published the June coach trip to Whitstable will have taken place, and I am pleased to report that the full coach of members had a glorious sunny day to be beside the sea and enjoy their afternoon tea.

Bookings are now closed for the July visit to Watts Artists Village and Loseley Gardens.

The bookings for the various walks being held during August have had a good response and most are full. Bookings have closed for this activity.

September sees the coach trip to Wisley to enjoy both the glorious gardens and the annual Flower Show. The booking form is included in the Bulletin. This will be your last opportunity to join this trip as bookings will close at the end of July.

October 2024 sees another Members' Lunch on the 16th at El Patio in Selsdon, and bookings for this are going well. Again, the booking form is in this Bulletin.

November 2024 sees a short break that includes a visit to Longleat House to see their delightful Festival of Lights. Information in this Bulletin.

If you go on to the Croydon u3a Website and look under the Outings and Holidays section you will find a link to an outings booking form. This is for members to use if they prefer to fill out a booking form for an outing or holiday instead of using the usual form on the page detailing the actual outing/holiday. It is a Word document so it can downloaded, and completed, using your computer etc.

With the second half of the year now with us the Travel Team are starting to look at places to visit in 2025 and put together an outings/holidays programme. You can get more information and details on any of the above trips at the **Monthly Meeting** on the 2nd Wednesday of the month, by visiting the Travel Team table.

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

STOP PRESS!!

An exciting new trip is being finalised as we speak for the 31 March 2025. It's a 5 day 4 night break to the Cotswolds and Stratford Upon Avon, with a new coach company. Final details will be in the September Bulletin.

Linda Grigsby

Wonderful Whitstable Weather – Thursday 20 June 2024

What a perfect day for the sun to shine for the first time this month. On arriving in Whitstable members had choices to explore the harbour, the quaint fishing village, the independent shops along the high street, and many tea rooms and pubs. The Community Museum was also available to visit as was sitting on the beach relaxing and watching the world go by.

After lunch we visited Whitstable Castle and enjoyed a very informative, fascinating tour of the 'mansion' and the gardens; and then (too many) the best part of the day a cream tea with scones, strawberry jam and clotted cream and of course a cup of tea. According to Glenys Sibley and a few others "they were the best scones we have ever tasted"!

Averil and I were overwhelmed with the good nature of the group and the positivity throughout the day. I was delighted that even my terrible jokes were met with mostly laughter (and admittedly a few groans).

Thank you to everyone who came along and full marks for always arriving to the meeting places on time; and to Catherine Marquet for using the occasion to learn how to use her brand new light weight wheelchair.

Paul Smith



u3a Outing to RHS Wisley Gardens & Flower Show

Wednesday September 4th 2024

Coach leaves 9:00am from Fairfield Hall, Park Lane, Croydon

Cost of the trip is £34 or £20 for RHS Members. Price includes coach travel, driver's tip and entry to Wisley. RHS members can use their card (and take a guest) to get free entry.

Remember to bring your RHS card with you if booking the lower rate.



Enjoy a day at RHS Wisley Gardens at the time of their Flower Show. Browse top-quality plants and get expert advice from specialist nurseries. Enjoy exploring the colourful stands. Alongside the nurseries, trade stands provide fantastic shopping opportunities for any garden or plant lover. A wide range can be found, from pruning tools to garden art. Plus enjoy the Wisley Garden Glasshouses, Rose Garden, World Food Garden, RHS Hilltop etc. RHS Members will benefit from being able to use their membership cards (and take a guest) to gain free admission, so this trip will be £20 for

RHS members (plus their guest) and £34 for non-members.

Return the booking form below to: David Apps, 13 Church Way, South Croydon, CR2 0JT. Tel. 020 8651 0347, with a **cheque and stamped addressed envelope**. If you have problems on the day of outing, ring David 07802 769047 or email: dapps97090@aol.com. At other times please use David's landline. **Please read the Travel Team's Terms and Conditions, on the reverse of this poster OR in the Bulletin.**



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BOOKING FORM – Wisley Gardens and Flower Show 2024

Coach leaves at 9:00 am Wednesday 4th September 2024. Price: £34 or £20 (RHS)

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

Address Postcode..... Tel/Mob No.

..... E-mail I would like £34

ticket(s) or ... £20 (RHS Member) tickets. Cheque payable to **“Croydon u3a”**(enclose a sae)

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

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

BRING YOUR ROYAL HORTICULTURAL SOCIETY MEMBERSHIP CARD ON THE DAY

Croydon u3a Members' Lunch

at El Patio, Selsdon CR2 8LH

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

Wednesday 16 October 2024

12.30 pm for 1 pm

2 Courses (3 Tapas plus dessert including service charge) £21

1 Course (3 Tapas including service charge) £15

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

General Information and Booking terms and conditions for Members' Lunches

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

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Croydon u3a Members' Lunch El Patio Tapas on Wednesday 16 October 2024 at 12.30 for 1 pm

(Please make your selection here - Tapas: i)
ii)
iii)
Dessert : i) ii) iii)

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

Name(s) Membership No(s)

Address: Post Code.....

Tel. No. E-mail

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

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

Tapas

Albondigas

(Meat balls in tomato, onions and peppers sauce)

Croquetas de Pollo y Jamon

(Chicken and ham croquettes)

*May contain nuts

Pimientos Rellenos

(Stuffed peppers with mince beef and cheese)

Croquetas de Bacalao

(Cod croquettes)

Gambas Rebozadas

(Battered king prawns served with sweet and chili sauce)

Gambas al Ajillo

(Prawns in garlic, chili and white wine sauce)

Patatas de Cangrejo

(Crab claws in breadcrumbs)

Filetes de Pollo Empanado

(Chicken fillets in breadcrumbs, served with fries)

Calamares a la Romana

(Deep fried battered squid)

Pincho de Pollo

(Chicken kebab served with rice)

Chorizo Riojana

(Spanish sausage fried in Rioja Wine)

Raxo a la Gallega

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

Lomo a la Parrilla

(Grilled pork fillets, potatoes and onions)

Arroz a la Española

(Rice with chicken, prawns and peas)

Higado Encebollado

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

Tortilla de Patata

(Spanish omelette with potatoes and onions)

Berenjenas

(Baked aubergines with tomato and cheese)

Espinacas con Nata

(Spinach with garlic, chili, cream and cheese)

Canelones de Espinacas

(Pancakes filled with spinach and Ricotta)

Patatas Brava

(Deep fried potatoes with tomato and chili)

Patatas Alioli

Fried potatoes with garlic

Champiñones al Ajillo

(Mushrooms in chili and garlic)

Arroz con Verduras

(Rice with mixed vegetables)

Ensalada Mixta o Verde

(Mixed or green salad)

Desserts

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

**Outing to Longleat Festival of Light – 3 days, 2 nights break
25th-27th November 2024**

£340 per person based on passengers sharing a twin or double room (+ £49 single room supplement). £75 deposit to be paid when booking (non-refundable unless the trip is cancelled due to lack of numbers). Deadline for this is 1 September 2024 and the balance to be paid by 1 October 2024.

(Price includes coach travel, driver’s tip, 2 nights at the Doubletree, Hilton, Swinton (tbc), entrance to Longleat Safari Park and to Longleat Festival of Lights, breakfast and evening meals). The timings of the coach leaving Croydon is to be confirmed, and will be from the Fairfield Halls. This trip is for u3a members only.

The itinerary for this trip is:

Day 1: Travel to the Doubletree, Hilton, Swinton

Day 2: Today travel to Longleat around lunchtime and enjoy a safari tour, taking about 2 hours, enjoying what



Longleat has to offer including the Festival of Lights. There’s so much to see and do here, and we’ll make sure there’s time to get lost in the famous maze and admire the stunning parkland around the stately home. Immerse yourself in the magic of Christmas as the Festival of Light returns, with more life-size lanterns than ever before and an iconic Winter Safari. Leave Longleat at 6-6.30 and travel back to the hotel for dinner and relax in the bar or venture outside the hotel.



Day 3: 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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[Longleat Festival of Light – Booking Form](#)

Return this form (indicating your room preference) to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Tel. Mob: 07754092042, email lindagrigsby17@gmail.com, OR Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Tel: 0208 668 9562/Mob: 07904 163454, with a cheque payable to Croydon u3a together with a stamped addressed envelope, for £75 OR payment may be made by Bank Transfer account no... 13630003, sort code 23-05-80 (YOU MUST PUT THE REFERENCE ‘LONGLEAT LIGHTS’)

Name(s)Membership No(s)

Address:

Tel. No.E-mail

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

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 Form will be taken as your acceptance of them. We also request that you carry your Croydon u3a membership card showing both your emergency number on the back and any significant medical conditions.

Coach Pick up and Drop off are at Fairfield Halls. See cover page of poster for times. On the day of an outing, if you have any problems joining the trip, please ring the Trip Organisers (mobile numbers on cover page of poster or on the ticket) by 9am. Outings are for Croydon U3A members only. In the event of low take-up, we may take members from other U3As and non-U3A members on an occasional basis.

Booking Forms: Booking forms for each outing are dealt with individually. When booking for multiple trips, a **separate booking form and stamped addressed envelope** are required for each one. Your booking may be jeopardised if this is not done. If you request more than one place, we must have the first name and surname and U3A number of each person.

Payment: Make payment online to Croydon u3a Business Account No. 13630003 Sort Code 230580 **Reference** – insert your **Surname**. Alternatively, pay by cheque. Cheques may be dated for any time between Booking Form submission date and **two months** before the outing / event date. Please send your completed Booking Form, cheque and self-addressed envelope 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: Refunds are generally non-refundable unless we are to resell the place.

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

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

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

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

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

General: We try to schedule comfort stops at a convenient time and place, but it is not always easy to do this for a large coach. Apart from the initial outbound departure time, most other times are approximate.