

## CROYDON u3a BULLETIN

March 2025

Charity number: 1029466

[www.croydonu3a.org.uk](http://www.croydonu3a.org.uk)



Forgive us for blowing our own trumpet but see page 3 – Promoting the u3a



The Love Gardening Group on a winter outing

### Contents

#### Pages

1. Front Page
2. Chair's Letter & Diary Page
3. Promoting the u3a
4. New Interest Group Co-ordinator
5. Equality, Diversity & Inclusion Workshop
6. Spring Craft Day
7. News from the Groups
14. News from the Travel Team
20. Interest Groups

Croydon u3a QR  
Code



Find us at Croydon u3a

**Bulletin stop press:** The next Bulletin will be out late April early May 2025. Copy to Linda Grigsby, Bulletin Secretary [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com), cc Jenny Wilson [jenny.wilson@croydonu3a.org.uk](mailto:jenny.wilson@croydonu3a.org.uk) by 20 April.

To join a Zoom event email [jenny.wilson@croydonu3a.org.uk](mailto:jenny.wilson@croydonu3a.org.uk) mob. 07808 723686



## Jenny Wilson– CHAIR



Dear u3a Member,

In typical British fashion I must mention the weather! One day it's freezing to be followed by a day of early summer temperatures – the poor plants and wildlife must be confused. And don't get me started on world events.....

Anyway, here in Croydon our u3a is blossoming beautifully. I am so proud of all the members who give so much towards making this voluntary organisation 'WORK'. We have fantastic Group Leaders, Committee members and a Committee Support Team and you the members continue to spread the word. At every Monthly Meeting there are guest visitors wanting to join and I get many emails from people enquiring via the website - have you looked at it recently? Our new site is developing very nicely. [www.croydonu3a.org.uk](http://www.croydonu3a.org.uk)

Sally, our Speaker Secretary continues to book a superb range of speakers and talks for us. We have Steam Trains, Morris Dancing, Russia Part 2 and Mary's Meals coming up. If you haven't heard of Mary's Meals before, this is not some recommended recipes from you know who - MaryB! And it's not a new delivery service. Mary's Meals serves nutritious meals to children living in some of the world's poorest countries, to attract them into the classroom, giving them energy to learn and hope for a better future. Well worth knowing a bit more about this, especially as 'learning' is the main driver in our Constitution.

The photography session was a great success, and the national office was (always) very appreciative of our assistance with their projects and promotions. Many thanks to those of you who were involved.

Very best wishes,

*Jenny*

Jenny Wilson

Chair of Croydon u3a

E: [jenny.wilson@croydonu3a.org.uk](mailto:jenny.wilson@croydonu3a.org.uk)

London Regional Trustee

E: [jenny.wilson@u3a.org.uk](mailto:jenny.wilson@u3a.org.uk)

T: 07808 723 686

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

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

## DATES FOR YOUR DIARY 2025

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<b>2025</b>		
Wed 12 Mar at 2.15pm	<b>MM</b> at Masonic Hall	John Hickman on Notable Women of Norwood
Mon 17 Mar at 7.30pm	Quiz Night – Zoom **	
Wed 19 Mar	Members' Lunch at The Horseshoe	<b>FULL</b>
Sat 29 Mar at 10.30am	Spring Craft Day	Details in this Bulletin – 2 places left
31 Mar-4 Apr	5 day/4 night break to the Cotswolds – Booking form in this Bulletin	
Wed 9 Apr at 2.15pm	<b>MM</b> at Masonic Hall	Paul Whittle on Steam Trains
Sat 12 Apr 10.30-12.30pm	Equality, Diversity & Inclusion Workshop	Details in this Bulletin
Wed 16 Apr	Day outing to Arundel Castle for the Tulip Festival – <b>FULL</b>	
Mon 21 Apr at 7.30 pm	Quiz Night – Zoom	
Tues 13 May	Coach outing to Godinton House & Gardens <b>FULL</b>	
Wed 14 May	<b>MM</b> at Masonic Hall	Phil Butlin on East Surrey Morris Dancers
Mon 19 May at 7.30 pm	Quiz Night – Zoom	
Wed 11 June	<b>MM</b> at Masonic Hall	Nicholas Henderson on Russia (part 2)
Thur 12 June	Coach outing to Ramsgate	Booking form in this Bulletin
Wed 9 July	<b>MM</b> at Masonic Hall	Roy Peachey on Mary's Meals
Wed 13 Aug	<b>MM</b> at Masonic Hall	Philip Waite on Retired RAF Sergeant
Thur 14 Aug	Tour of Strictly Workshop	<b>Only 6 places left</b>
Wed 10 Sept	<b>MM</b> at Masonic Hall	John Cookson on London Bridges
Thur 11 Sept	Runnymede riverboat lunch cruise	<b>Details in this Bulletin</b>
Wed 8 Oct at 2.15 pm	<b>MM</b> at Masonic Hall	<b>AGM</b>
Thur 16 Oct	<b>Members' Lunch at McDermotts Fish &amp; Chips Restaurant- details in May Bulletin</b>	

## **CROYDON u3a helping promote the organisation**

Here's a recent message from the u3a National Office -

*'We're currently working on a **new film showcasing Croydon u3a's Tai Chi group**. This film will be the final in our Share Something Brilliant Today series. Tai Chi group members Paulette & Chris were also filmed having a conversation about the benefits of membership.*

*We also visited Croydon u3a last week to help with a photoshoot where we staged **photos of activity which we will be using in our annual report** and adding to our image library. A huge thanks to Jenny Wilson for helping us with this.'*

**In a recent entry for the on-line sources magazine our member Judith writes about her experiences of the u3a in New Zealand.** Judith concludes her article with 'Luckily, I am still able to keep in contact with Croydon u3a (while in NZ) by monthly MOTO and quiz nights on Zoom, although of course they are all drinking wine while I'm still in bed with my first cup of tea!' Read the full article & see Judith's photos here

<https://sources.u3a.org.uk /u3a-down-under>

Member, **Chris** wrote a report about the **environmental claims of the cruise company Hurtigruten**, which advertises in u3a matters after his trip. This has been taken up by the National Office and will feature on-line in the near future.



Chris & Paulette being filmed



Pic from NZ



Image from Hurtigruten's publicity

**We are very proud to have Croydon u3a at the 'chalk face'.**

# Croydon u3a needs a new Interest Groups Co-ordinator ... Could this be you?



Later this year, Maggie Chan will be giving up the role of Interest Groups Coordinator and will be moving to join the Committee Support Team - managing our publicity. So we are looking for a volunteer to take over from her.

Maggie is very willing to help induct someone into the Interest Groups Coordinator role and to work alongside them until they feel established. She is also very happy to continue making posters and flyers for new groups and when group details change.

Fenella and Vanessa will continue in their current roles of helping to coordinate the Committee's support for the Interest Groups.

## **So, you would NOT be alone!**

The Interest Groups are often referred to as the 'life blood' of u3as and provide members with so many opportunities and social contacts.

If you think you could support Croydon u3a in this way and are interested to know more about what's involved, please contact Maggie in the first instance.



**PLEASE get in touch. E: [clockie68@gmail.com](mailto:clockie68@gmail.com)**

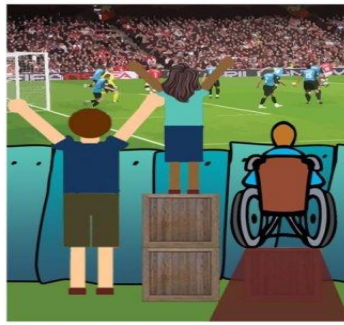
### **Apology**

In the January Bulletin, I misattributed the lovely Christmas display at St Matthew's church which promoted Croydon u3a in such an imaginative way. I should have said that it was Ursula Dyke who made all the lovely snowflakes and the 'branch out' sign for the display. Thank you so much, Ursula, for promoting Croydon u3a in this very creative way.

## Equity vs. Equality



Same Treatment



Equitable Treatment



The systemic barrier has been removed.  
This is Equality.



[www.canadianequality.ca](http://www.canadianequality.ca)

## IMPORTANT WORKSHOP EXPLORING THE LAW AND ISSUES RELATING TO EQUALITY, DIVERSITY AND INCLUSION

We all have a responsibility to uphold the law, treat others fairly and we expect to be treated well in return. The workshop will cover the legal responsibilities, the positives and the barriers, and we will discuss possible scenarios and solutions.

This workshop will be the first in a series, to help as many members as possible know more about this and share their experiences with others.

There will be no charge. Light refreshments will be provided.

When: Saturday 12<sup>th</sup> April 10.30 – 12.30

Where : Shirley Methodist Church, Eldon Avenue, Shirley, CR0 8SD

How to apply for a place –

Email : [jenny.wilson@croydonu3a.org.uk](mailto:jenny.wilson@croydonu3a.org.uk)

# SPRING CRAFT DAY

Saturday 29<sup>th</sup> March 2025, 10.30-3.30 Fee: £25

@ Shirley Methodist Church, 2 Eldon Avenue, Shirley, CR0 8SD

What will be covered:-

- ✚ Creating your own original greetings card
- ✚ Making sugar paste flowers
- ✚ Icing & decorating a sponge cake
- ✚ Fun with buttercream piping and toppings on cupcakes
- ✚ Creating paper flowers

A list of items to bring with you, including a packed lunch, will be provided nearer the time.

Tea, coffee & cake will be provided along with all materials & ingredients including one sponge cake and 6 cupcakes.

**No previous experience is required. Full instruction & help will be given.**

To secure a place please:

1. Contact Jenny Wilson –

E: [jennywilson63@live.co.uk](mailto:jennywilson63@live.co.uk) / T: 07808 723686

2. Transfer £25 by **BACS** account details: Metro a/c Croydon u3a 23-05-80 / 13630003 / Ref Craft Day

OR send a **cheque** for £25 payable to Croydon u3a with your initial, surname & Craft Day on the reverse to

u3a Treasurer, 26 Morley Road, Croydon CR2 0EN

OR give £25 cash to Jenny –a receipt will be given.

3. \*\*\*\*\* Please **check availability** before transferring the fee. \*\*\*\*\*

# News from the Groups

We now have almost 70 groups on offer for our members and people are regularly approaching me with new ideas for groups. As I have said before – launching new groups is probably the aspect of my role as Interest Groups Coordinator that I most enjoy! Seeing an idea develop from concept to fully fledged group gives such a feeling of satisfaction.

New and potential groups are advertised in the Bulletin, at the Monthly Meetings and often on our Facebook page – so please do watch out for news about what may be in the pipeline!

Since Christmas, we have seen the successful launch of the new **Singalong** group – there is more information about this elsewhere in the Bulletin. They still have a few spaces – so do come along and give it a try!

## *The new Singalong group*



We also had a very enjoyable Taster Session for **Ballroom Dancing**, tutored by 2 very experienced coaches who kindly gave their time for free for this introductory session. You can see some of the group here, learning the steps of the waltz.

Many thanks to Tom and Harley for their generosity if you would like to find out more about them, have a look at them on Instagram: [Thomas Purdy \(@thomas.purdy\)](#) • [Instagram photos and videos](#) and [\(@harleynelsonn\)](#) • [Instagram photos and videos](#)

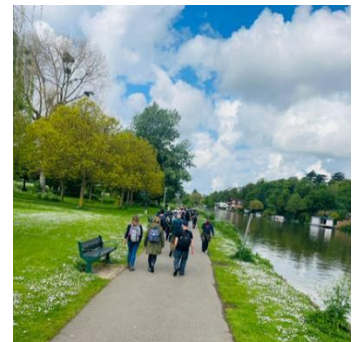


**This group is now meeting as a twice monthly regular event – so please see the information elsewhere in this Bulletin and get in touch with me if you would like to join.**



Also, now up and running is our new **Mahjong** group. If you would be interested to play and/or learn this fascinating game, do contact me. Learning a new game is really good for the 'Little Gray Cells' (as Hercule Poirot would say!)

Once again, ALL our **Riverside and Canal Walking groups** are FULL!! We now have 5 of these, all following the same format of relaxed and sociable walking alongside rivers and canals and it seems as though – no sooner do we set up and advertise a new group - than it is filled up! We would now dearly love to find a leader for a 6<sup>th</sup> group. Support and mentoring are available for anyone who feels that they could offer to lead this group - please get in touch if you would like to learn more.



Also hoping to get started are a **Concert-going course** and a **Rock Band** – please see the information about these later in the Bulletin.

It seems that the idea of learning something from scratch is becoming very popular with our members and we are pleased to be able to meet this demand by offering short courses and one-off taster sessions.

Currently we are offering a short course in **Botanical Watercolour Painting**, which will be starting in late April/May. There are just a few spaces for this course – so get in touch promptly if you are interested.



Also well underway is our **Mandarin Chinese course**, which offers the opportunity to learn to write and speak the language and find out about the culture and traditions of China.

There are 2 other short courses under discussion – one on **learning to draw** and one focussing on **Anglo-Saxon literature** - watch out for more information on these soon.

And if **Aqua aerobics** is your thing – please see the item later in this Bulletin about a chance to take part in this.

Maggie Chan, Interest Groups Coordinator: [clockie68@gmail.com](mailto:clockie68@gmail.com)

## Tracing Your Ancestors

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

We meet on the 4<sup>th</sup> 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

## Singing for pleasure – a plea for more men to join

Although this popular group is now full, they are keen to find 2 or 3 more men who would like to join, so as to provide a better balance of voices.

The group sings with piano accompaniment a wide variety of different types of music:



arrangements of folk songs; old favourites and some lesser-known ones; American Spirituals; popular melodies and show songs by people like Frank Sinatra and other entertainers. You don't have to read music, just enjoy singing in a mixed group – there are enough members with a good understanding to help carry you along. The group sings in three parts, the female voices singing the upper two lines of music and the male voices singing the lower one. The lower voices often carry the melody, while the others harmonise in two parts, sometimes three, which is very satisfying.

Any men interested in joining the group, please contact Maggie Chan [clockie68@gmail.com](mailto:clockie68@gmail.com)

## The New Singalong Group

The Singalong Group opened its doors on Monday 10 February at Shirley Methodist Church to 14 wannabe 'singers'. A very good time was had by everyone. If you would like to join us please contact Trish Bishop on 07711 229899, email [trishbish@outlook.com](mailto:trishbish@outlook.com), or Linda Grigsby on 07754 092042, email [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com)

It doesn't matter if you don't think you can sing just come along and join in the fun. Please note that IT IS NOT Karaoke! The next meeting is on Monday 10 March at 10.30-12 noon and the cost is £3 including refreshments.



# Concert Group

## Calling all concert- goers

Would you be interested in joining a new group to go to concerts of different genres?

We would go to venues both in London and locally and would attend either matinee or evening performances - decisions will be made in discussion with those interested. Responsibility for booking tickets to be shared across the group.

If you are interested, please contact the Groups Coordinator, Maggie Chan at:  
[groupscoordinator@croydonu3a.org.uk](mailto:groupscoordinator@croydonu3a.org.uk)



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## Welcome to the Focus on Africa Group!\*\*



Hello and warm greetings! Our group is open to everyone, regardless of where you're from. If you've ever experienced Africa - whether you were born there, grew up there, studied, worked, visited, or even just vacationed or indeed if you've never been there at all - come join us! We want to hear your stories and ideas!

Africa is a continent bursting with beauty, culture, and history that many only began to discover in the late 19th century. Our mission is to learn and share as much as we can about this incredible place! We explore its rich history, diverse traditions, educational systems, stunning music, vibrant arts, captivating literature, and even delve into its geography and religions. Plus, we have quizzes and discussions that make learning fun!



What's more, our meetings are relaxed and informal—think of it as a gathering of friends, not just a group. Everyone is encouraged to share their experiences and insights. We also enjoy outings together, visiting fascinating museums and sampling delicious African cuisine at various restaurants. Trust us; the food is absolutely delightful!

We pride ourselves on being a friendly and inclusive community. So, come on in and enrich your understanding of Africa with us! Let's embark on this exciting journey together and expand our knowledge of the world's second-largest continent. We can't wait to welcome you!

Grace Adjoa Richardson, Group Leader

*If you would like to know more about this friendly group, please contact Grace via the Interest Groups Coordinator.*

## News from the Groups

### Fancy a whirl around the dance floor???

Whether you are an experienced Ballroom Dancer or would just like to give it a try – why not join us for our new Ballroom Dancing group, led by professional coaches?

We can't guarantee you will reach 'Strictly' levels – but we CAN guarantee it will be fun!

*You do NOT need to come with a partner.*

**Starting on 1<sup>st</sup> April**

Meeting on the 1st and 4th Tuesdays of the month at Shirley Methodist Church from 11.00 am - 12.00 midday, starting 1st and 22 April 2025. Cost £5 per person.

Contact **Maggie Chan: [clockie68@gmail.com](mailto:clockie68@gmail.com)**



## TASTER AQUA AEROBICS

**At CROYDON HIGH SCHOOL SPORTS CLUB**

**Old Farleigh Road, South Croydon CR2 8YB**

**On TUESDAY 27 MAY 2025 AT 1.30 PM**

**Contact Linda Grigsby on 07754 092042/ [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com) to book your place.**

**The cost is £7**





## Garden Visits 2025

*This is an Open Group so all 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. **Please NOTE the different time for 16 July at 11.30.** Contact either Linda Grigsby on 07754 092042 OR Karen Hook 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.*

**16 April 2025**  
**(Wednesday)**

**ARUNDEL CASTLE & GARDENS, Arundel, BN18 9AB**

**Tulip Festival** - Group admission price: £26, card), gift shop, refreshments, no cash payments, all card payments

**28 May 2025**  
**(4<sup>th</sup> Wednesday)**

**DOWN HOUSE, Downe, Kent BR6 7JT (Was home of Charles Darwin),**

Admission price: £12.70, (GW 241 card, EH), gift shop, refreshments, no cash payments, all card payments

**18 June 2025**  
**(Wednesday)**

**EMMETTS GARDEN, Ide Hill, Sevenoaks, Kent, TN14 6BA**

Admission price: £14.00 (NT free); refreshments available, also gift shop

**16 July 2025**  
**(Wednesday -**  
**Meet at 11.30)**

**TITSEY PLACE & GARDENS, Pilgrims Lane, Oxted**

Admission price £10 for House & Garden. Tour has been booked for 3.30 for those who wish to go. Refreshments, gift shop available

**20 Aug 2025**  
**(Wednesday)**

**PASHLEY MANOR, Wadhurst, TN5 7HE**

Admission price: £15 (GW 241 card); refreshments and gift shop available

**17 Sept 2025**  
**(Wednesday)**

**CHARTWELL, Westerham, Kent, TN16 1PS**

Admission £14 house & garden (NT/GW 241 card); refreshments and shop available

## Let's get rocked!

If Def Leppard can still do it – so can we!

We are hoping to set up a new guitar-based musical group to play acoustic pop/rock and are looking for guitarists, singers, bass players - possibly other instrumentalists

If you would be interested in joining us, contact the Groups Coordinator, Maggie Chan at: [groupscoordinator@croydonu3a.org.uk](mailto:groupscoordinator@croydonu3a.org.uk)



# News from the Groups

## Dickensian Adventure

Seven members of the **Looking at London group** had a pleasurable day out at the Dickens House Museum in Bloomsbury. Dickens moved there with his wife and first child in 1837, arriving as a little-known writer, and leaving the house three years later as probably the world's first international superstar. It was here that he finished the Pickwick Papers, wrote Oliver Twist and Nicholas Nickleby, and began Barnaby Rudge.

This year the house celebrates one hundred years as a Dickens museum. The house next door is also part of the museum, and this incorporates the café, shop and exhibition space, allowing the rooms of the original house to appear as they may have done in Dicken's day. The rooms in this house are beautifully furnished in period style from the attic to the basement. As well as Dicken's desk, chair, and many other of his belongings, fresh reproductions of the wallpapers, curtains and carpets of the time help it look as if the family were still living there. It is a great view of Victorian middle class life, as well as a tribute to Dickens.



The special exhibition covers the international appeal of Dickens's work, and included the copy of David Copperfield, stained with seal grease, that was read aloud every evening by Captain Scott and his party when they were stranded in an ice cave in Antarctica. There were also manuscripts of his books, and many foreign language first editions, showing how far his fame had spread, including A Tale of Two Cities in Arabic.

After our visit we had a good lunch at a nearby Victorian pub, and made our way back to Croydon, with a few diversions due to road works, which catapulted us firmly back into the 21<sup>st</sup> Century!

**Michelle Reeve**

Please don't pull or spray the  
spring DANDELIONS, they are  
one of the first sources of food  
for BEES.



## Croydon u3a Travel Team – 2025 Plans

Update on this years plans.

Hello. After a chilly winter it's great that spring is just around the corner and with that we start our programme for the coming months. In this Bulletin are the booking forms for the various announced events where we still have spaces. This year's trips have been heavily booked (thank you to all our members) so in most cases we have none or just a few tickets available.

- ✚ March 19<sup>th</sup>. Our ever-popular Members' Lunch is being held; this time, at The Horseshoe, Warlingham with 40 booked. **FULLY BOOKED**
- ✚ March 31st/April 4<sup>th</sup>. Short break to the Cotswolds – final booking, with just three spaces remaining.
- ✚ April 16<sup>th</sup>. Trip to Arundel Castle to see the display of tulips – **FULLY BOOKED**
- ✚ May 13<sup>th</sup>. Visit that includes a private guided tour of Godinton House and time to enjoy its lovely Garden – **FULLY BOOKED**
- ✚ June 12<sup>th</sup>. Visit to the seaside town of Ramsgate and visit the famous Tunnels – last few seats available.
- ✚ August 14<sup>th</sup>. Visit to the Strictly Come Dancing Costume Makers – now booking with the last spaces available.
- ✚ September 11<sup>th</sup>. Travel to Runnymede and pick up our boat for a scenic cruise along the Thames through Windsor. Enjoy a ploughman's lunch in the comfortable saloon – a few spaces available
- ✚ October. Members' Lunch and a return to McDermotts Fish and Chip restaurant. Details in the May Bulletin

We are still working on some trips for the last months of the year and details will be given in the May/June Bulletin.

If you have ideas for trips in 2026 we would be pleased to hear from you. Contact Linda Grigsby ([lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com)) with your ideas.

We hope you have a great 2025.

**The Croydon u3a Travel Team – Averil, Cariss, David, Karen, Linda, Paul.**

### BIRD CAPTIONS RECEIVED:

- ✚ I've told you before Claud if you hide my hair gel again you and I will be looking for separate twigs
- ✚ There's no point in sulking – if you want more colour in your life, join Croydon u3a!!
- ✚ "Come back to my place and have some birds nest soup."
- ✚ "Let's have a bird bath together to save water."
- ✚ "Marry me, I'm no fly-by-night."
- ✚ "I've got fly away hair."
- ✚ "Look at me when I'm squawking to you."
- ✚ "I formed a fledgling religious group named birds of a feather, but critics said it was on a wing and a prayer."
- ✚ "I'm due before the beak for GBH." (Grievous Birdily Harm).



# Outing to Cotswold & Stratford upon Avon

## 5 days, 4 nights break

### 31 March – 4 April 2025

**£521** per person based on passengers sharing a twin or double room (+ £99 single room supplement). **£75 deposit to be paid when booking** (non-refundable unless the trip is cancelled due to lack of numbers).

Price includes coach travel, driver's tip, 4 nights at the Stratford Manor Hotel, Warwickshire (which has a swimming pool) ([www.stratfordmanor.co.uk](http://www.stratfordmanor.co.uk)), breakfast and evening meals, and excursions mentioned below. 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 Stratford Manor Hotel

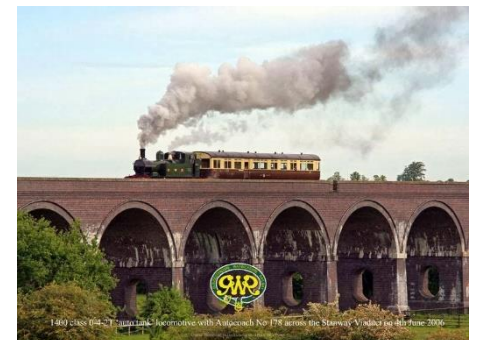
**Day 2:** Today travel a short distance to the town of Stratford upon Avon for some free time. The morning is yours to explore the marvellous eateries, many activities on offer and boutique shops, before you continue on for a guided tour and tasting at Shakespeare Distillery. This artisan, carbon neutral spirit producer has been inspired by the Tudor period and take time, attention and passion to create carefully handcraft spirits in small batches.

**Day 3:** Today our first stop of the day is to the small village of Broadway to board the Gloucestershire and Warwickshire Steam Railway for a single journey to Cheltenham

Racecourse. Your driver will meet you here and convey you into the heart of Cheltenham where the remainder of the day is free for you to spend exploring this town at leisure.

**Day 4:** Today we journey through parts of the scenic Cotswolds, making stops in some of the beautiful towns and villages including Moreton-in-Marsh, Bourton-on-the-Water and Cirencester.

**Day 5:** Today we make our way home



(Please note the order of the excursions may change)

Please also 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.

.....

### Cotswolds & Stratford upon Avon – 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](mailto: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 'COTSWOLDS & STRATFORD upon AVON)

Single/Double/Twin rooms

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.....

# u3a Summer Coach Outing to Ramsgate Harbour & Tunnels

**Thursday 12 June 2025 - £34pp (incl. travel, driver's tip, tour of tunnels)**

Our 2025 summer outing is to Ramsgate, a seaside town in East Kent and includes a guided tour of Ramsgate's Hidden Wartime History in the Tunnels. Visit the beach and see the boats and yachts in marina. The town is a Cinque Port and the only Royal Heritage Harbour in the country. For further detail, look up: <https://www.visitthanet.co.uk/see-and-do/ramsgate/>

**Arrival & Registration 7:45am:** At Fairfield Hall's bus stop KA. Depart by coach at 8:00am, have a 15 minutes comfort break enroute and aim to arrive around 10:15am at **Ramsgate Esplanade**.

**On arrival:** take in the views and have a cuppa or lunch at a range of cafes, restaurants and ice cream parlours. Marvel at the architecture of Wetherspoon's Royal Pavilion, built as a concert hall and assembly rooms. Breakfast muffin deal at £3.99. For further detail, look up:



<https://api.jdwetherspoon.com/pubs/all-pubs/england/kent/the-royal-victoria-pavilion-ramsgate>

**Ramsgate Tunnell 1 ½ hour Guided Tours:** Groups 1 and 2 will be announced on the coach. **Please ensure you advise us of mobility problems you may have before booking, certainly latest by 31 May, especially if you are bringing a wheelchair or mobility aid. You must also be able to get on and off the coach unaided. Using a mobility aid provides access only to the Ramsgate Tunnel museum, NOT the tunnel because the terrain is uneven.**

**Group 1:** Assemble at Tunnels at 11:25am for a pre-tour visit to the museum. Tour at 12 noon.

**Group 2:** Assemble at Tunnels at 1:25pm for a pre-tour visit to the museum. Tour at 2:00pm

**Registration & Departure 4pm:** Depart by coach to arrive at Fairfield Halls at around 6:30pm.



**Online payment of £34** to Croydon u3a Business Account No. 13630003 Sort Code 230580

Reference – insert your **Surname**. Remember to post your booking form and stamped self-addressed envelope to Paul Smith, 26 Morley Road, South Croydon CR2 0EN. Tel. 07722 295713

**Cheque payment** Cheque payable to Croydon u3a together with completed booking form and stamped self-addressed envelope to: Paul Smith, 26 Morley Road, South Croydon CR2 0EN. Tel. 07722 295713 If you have problems on the day of outing, ring Paul 07722 295713 or Averil 07880 724057

□ .....

## **BOOKING FORM – Ramsgate Thursday 12 June 2025**

Leave 8:00am from Fairfield Halls. Price: £34. No other discounts/vouchers/concessions are valid

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

Postcode: ..... Mobile Tel. No. .... E-mail .....

I would like ..... ticket(s). Total: £..... (Payment to "Croydon u3a")

For the guided tour, I would like to be in the same group as my friends whose names are:

I have attached a stamped self-addressed envelope together with my cheque payment

I will pay £..... by bank transfer and will post Paul Smith a stamped, self-addressed enveloped

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



# Behind the Seams of the Strictly Dancing Wardrobes

Looking for a truly unique fashion tour in London then look no further than a 2 hour tour taking place on **Thursday 14 August at 11 am**. The cost is **£30**. Meet at 10.45 at DSI, Unit 13, Progress Business Park, Progress Way, Croydon CR0 4XD. Plenty of car parking, and the Wimbledon tram gets you to Waddon Marsh. If you fancy meeting up after the tour for a coffee there is a Starbucks nearby.

**There are some staircases within the building, and it is advised that this tour may not be suitable for visitors with limited mobility.**

Your experience begins with a champagne reception followed by an engaging talk in the dedicated showroom. You'll also gain insights into the production process behind each show-stopping creation. Next, you'll embark on a behind-the-scenes walkthrough of the vibrant production facilities, where the magic happens. Visit the stockroom—a kaleidoscope of bright, shimmering fabrics sure to inspire. Throughout the tour, the team is on hand to answer your questions, share anecdotes, and delve deeper into any topic that sparks your interest. To wrap up the experience, you might even get the chance to try on one of our original dresses and feel the magic of a spin and whirl.

**SIX PLACES LEFT**

Please contact Linda Grigsby on 07754 092042, or email [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com) to express your interest



## BOOKING FORM

### BEHIND THE SEAMS – STRICTLY WARDROBES 14 August 2025

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

Postcode: ..... Mobile Tel. No. .... E-mail .....

- I would like ..... ticket(s). Total: £..... (Payment to “**Croydon u3a**”)
- I have attached a stamped self-addressed envelope together with my cheque payment
- I will pay £..... by bank transfer 13630003 Sort Code 230580 Reference – name of outing

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

# u3a Outing to Runnymede for Lunch Cruise & a Visit to Windsor

**Thursday 11 September 2025**

**Coach leaves at 9.00am from Fairfield Halls, Park Lane, Croydon, arriving back between 5.30-6pm**

**Cost of this outing is £50 (including driver’s tip): and includes a Ploughmans Lunch + tea and coffee. The tour is from 11 am to 1 pm, with a trip into Windsor after.**



We pick up the boat at Runnymede. This is an ideal trip for those with restricted mobility. A cruise through the “back garden” of Windsor Castle with views of the Castle, Royal Farm and Queen Adelaide’s Cottage. The boat will pass through Old Windsor Lock and the village of



Datchet, and then turns at Romney Lock. Enjoy views from the upper deck before moving to the comfortable saloon, where you are served your Ploughman’s lunch.. There is a bar on board serving alcoholic and soft drinks. Please note that it is **CASH ONLY** at the bar.

Return the booking form below 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, either at the Monthly Meeting in the Masonic Halls, **OR** by Bank Transfer account no. 13630003, sort code 23-05-80 (**PLEASE PUT THE OUTING NAME**); **OR** with a **cheque (payable to Croydon u3a)** together with stamped addressed envelope. Last date for applying is 10 August 2025.

**BOOKING FORM – Runnymede Lunch Cruise 11 September 2025**

**Leave 9.00 am from Fairfield Halls, departing approximately 4-4.30pm, arriving back between 5.30-6pm.**

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

Address .....

Postcode: .....Mob No. ....E-mail .....

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

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

## **CROYDON u3a TRAVEL TEAM EVENT**

### **General Information and Booking terms and conditions**

Please carefully read these **Booking Terms and Conditions**, as submission of a Booking Form will be taken as your acceptance of them. We also request that you carry Identity details with your name. Please also carry a card with your contact in case of emergency, Tel. number and any significant medical conditions.

**Coach Pick up and Drop off** are at Fairfield Halls Bus stop KA. See cover page of poster for times. On the day of an outing, if you have any problems joining the trip, please ring the Trip Organisers (mobile numbers on cover page of poster or on the ticket) by 7:00am. Outings are for Croydon U3A members only. In the event of low take-up, we may take members from other U3As and non-U3A members on an occasional basis.

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

**Payment:** 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.

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

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

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

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

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

**Your responsibilities:** You are asked to pay particular attention to the scheduled **Arrival & Registration, Visits** 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. We cannot predict traffic hold-ups or bad weather, both of which may affect our arrival and final departure times.

# CROYDON u3a INTEREST GROUPS

Contact: Margaret Chan 020 8655 4343 - [clockie68@gmail.com](mailto:clockie68@gmail.com) should you be interested in any of the groups. (Feb 18 2025)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<b><u>Action Groups</u></b>			
Chair Yoga	2 & 4 Mon & 1,2,3 Fri 1 & 3 Mondays	10.00 am 10.15 am	Zoom SMC
Dance Exercise	Mondays	9.45 am	St Matthew's Church
International Folk Dance	1 & 3 Wed	10.00 am	SMC
Line Dancing	1 & 3 Fri	10.30 am	SMC
Table Tennis	Every Friday	1.30 pm – 4.30 pm	St Matthew's Church
Darts & Pub Lunch 1	2 Tues <b>FULL</b>	12.00 midday	The Orchard Pub
Darts and Pub Lunch 2	4 Weds <b>FULL</b>	12.00 midday	The Orchard Pub
Tai Chi	1 & 3 Mondays	1.00-2.00 pm	SMC
Ballroom Dancing	1 & 4 Tuesdays	11.00 – 12.00	SMC
<b><u>Active outdoor Groups</u></b>			
Short Walks	2 & 4 Thurs	10.30 am	Varies
Cycling	1 Weds & 3 Thurs	Varies	Varies
Historic Visits	4 Thurs	Varies	Outings
Riverside & Canal Walks	3 Weds April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(2)	4 Weds April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(3)	3 Tues Jan	Varies	Varies
Riverside & Canal Walks(4)	3 Friday April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(5)	4 Friday April – Oct	Varies	Varies
<b><u>Gardening Groups</u></b>			
Garden Visits – April	3 Wed (Apr-Sept)	10.45 am	Various
Wild Flowers	4 Monday (March to Sept)	10.30 am	Various
Love Gardening	1 Mon	10.30 am	Various
<b><u>Cultural Activities</u></b>			
Architecture	1 Tues	10.00 am	Various
A Taste of World Cuisines	1 Tues	Lunch time	Various
Wine Admiration	1 or 2 Fri <b>FULL</b>	2.00pm	Home – Various
Art Appreciation	4 Fri	2.00pm	SMC
China	3 Tues	10.00 am	Zoom
Croydon Memories	4 Fri	12.00 noon	The Boulevard
Into Film	Varies <b>FULL</b>	Varies	David Lean cinema
Theatre Visits	Varies	Varies	Varies
Focus on Africa	4 Tues	11.00 am	Central Library
<b><u>Arts &amp; Crafts</u></b>			
Knit & Natter	2 & 4 Tues	11.00 am	Home – Waddon
Painting & Drawing 1	Every Mon <b>FULL</b>	10.15	St John's Selsdon
Painting & Drawing 2	Every Mon	10.15 am	SMC
<b><u>Music</u></b>			
Blues & Jazz Appreciation	Varies	Varies	Various
Singing for Pleasure	2 & 4 Wed <b>FULL</b>	10.30 am	St Matthews Church
Mandolin	By arrangement	By arrangement	Home, Addiscombe
Singalong	2 Monday	10.30 am	SMC

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<b><u>Games of Skill</u></b>			
Rubber Bridge	Every Tues	2.00pm	Mildred Court Addiscombe
Scrabble	3 Thurs	10.30 am	Home – Selhurst
Quiz Nights	3 Mon	7.30 pm	Zoom
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
Mah Jong	varies	varies	t.b.a
<b><u>Literature</u></b>			
Book Club	3 Wed	2.00pm	Home
Share a Good Read	2 Mon	2.30 pm	St Johns, Selsdon
Play Reading Croydon	1 & 3 Mon	1.30pm	Home various
Play Reading Selsdon	1 Mon	2.00pm	Home various
Poetry for Pleasure	4 Tues	2.00pm	Home – S Croydon
Books Made into Films	3 Thurs	11.00 am	Clocktower Café
Writing for Pleasure Group	1 Wed	1.45-3.45pm	SMC
	3 Wed	7.00pm	Zoom
<b><u>Languages</u></b>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 <sup>nd</sup> & 4 <sup>th</sup> Tues	2.30pm	Zoom
Italian – Conversation	1 Fri <b>FULL</b>	10.00 am	Home – Purley
Russian – Intermediate	1 & 3 Wed	10.00am	Home – Croydon
Spanish Conversation (lower/Intermediate)	Every Mon	11.00am	PUR
German Friends	Mons	10.15	Zoom
<b><u>Maths, Science &amp; IT</u></b>			
Science & Technology	2 Tues	8.00pm	Zoom
<b><u>Social Studies/History</u></b>			
Environment & Climate Crisis	3 Thurs	7.30pm	Zoom
Early Medieval History	1 Tues	2.30pm	Home – Central Croydon
Tracing Your Ancestors	4 Wed	2.00pm	THL
History – Local	2 Fri <b>FULL</b>	2.00pm	Home – Wallington + visits
History of London <b>1</b>	1 & 3 Tues	10.00 am	PUR + Outings
History of London <b>2</b>	2 & 4 Tues <b>FULL</b>	10.00am/2.00pm	StMC + Outings
History of London <b>3</b>	1 & 3 Wed	2.00pm/10.00am	StMC + Outings
History of London <b>4</b>	3 & 4 Wed	1.30 pm varies	PUR Ch + Outings
Looking at London	1 Mon	2.00pm	StMCh + Outings
17 <sup>th</sup> – 19 <sup>th</sup> Century History	1 Wed	2.30pm	Home – Central Croydon
Members on Their Own (MOTO)	Various	Various	Various

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