

CROYDON u3a BULLETIN

March 2023

Charity number: 1029466

www.u3asites.org.uk/croydon



History of London 2 group – see inside for lots of interesting information about their visit to Victoria Station



A jolly photo of the Wednesday Darts Group

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Croydon u3a
QR Code



Find us at Croydon u3a

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

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



Jenny Wilson– CHAIR



DATES FOR YOUR DIARY 2023

Dear Member of Croydon u3a,

We are a very proactive u3a with lots going on – new Interest Groups starting up regularly, concern about the climate issues and what part we can play, learning opportunities in plentiful supply, fantastic talks, Summer Activities week, social events, outings and a holiday all on offer. Membership really has spectacular benefits for mind, body and soul.

This letter is going to be shorter than usual because I just have some big worries to share with you. In the light of my previous paragraph about Croydon u3a as a success story, please feel my pain with the latter part of this letter. Might I add that these requests are not new but crunch time is coming.....

There are soon to be some serious gaps in our ability to function.

- ✚ Quite soon we will lose our I.T. co-ordinator as he is re-locating
- ✚ Later in the year our Membership Secretary and Beacon Administrator is stepping down after 6 years of service.
- ✚ Our Web Master will be retiring when we switch from the Site Builder platform to Wordpress.

We **MUST** recruit a small team of members who can work in these areas to keep Croydon u3a on the road and in the cloud.

Please get in touch with me to discuss this further

E: jennywilson63@live.co.uk T:07 808 723 686

Very best wishes to you

Jenny

DATE	EVENT	FURTHER DETAILS/SPEAKER
2023		
Wed 8 Mar at 2.15 pm	GM at Masonic Hall 'All Things Welsh'	Various contributions
Sat 11 March 10 am – 4 pm	The Great Book Sale at Shirley Methodist Church, CR0 8SD	
Wed 15 Mar at 12.30 for 1pm	Members' lunch at Ponte Nuovo (booking form in this Bulletin)	
Mon 20 Mar at 7.30 pm	Quiz Night - Zoom	
Wed 12 Apr at 2.15 pm	GM at Masonic Hall 'Development of the London Sewers'	Lawrence Scales
Mon 17 April at 7.30 pm	Quiz Night - Zoom	
Wed 10 May at 2.15 pm	GM at Masonic Hall 'Crime writer/actor'	Linda Regan
Mon 15 May at 7.30 pm	Quiz Night - Zoom	
Wed 17 May	Coach trip to Blenheim Palace	Booking details in this Bulletin
Wed 14 June at 2.15 pm	GM at Masonic Hall 'Feeding the Nation'	Geoffrey Mead
Thurs 15 June	Coach trip to Windsor Castle	Booking details in this Bulletin
25-26 July	London Region Summer School	Contact details in this Bulletin
7-12 August	Summer Activities	Details in May Bulletin
Wed 13 Sept at 2.15 pm	GM at Masonic Hall 'Crowns & Coronation'	Nicholas Henderson
25-29 Sept	Great Yarmouth & Norfolk Broads adventure	Booking details in this Bulletin

New Committee Member

I should like to give a very warm welcome to **Tricia Holmes** who has now been co-opted on to the Committee. We are delighted when members volunteer to take part in running our u3a. Tricia's experience lies in local government as a librarian, then in project management and with the Special Needs Team. Since retiring she has served as a school governor, a WI member and as a trustee for Parents in Partnership which became Croydon Mencap. Tricia said, 'I joined Croydon u3a in 2021 and have thoroughly enjoyed the remarkable array of classes available and the friendly welcome from other u3a members.'

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

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



The Future of Croydon u3a is at Stake

Critical Request for our Survival

We desperately need a small team of members who will facilitate and oversee the I.T. side of operations. This really is a very important cry for support and help. The Committee envisages this as a supportive team who work together to enable us to function and keep the Committee informed – different roles and responsibilities can be negotiated. The situation has come about due to key personnel stepping down after long service and moving out of the area.

If you have experience of websites, uploading information, formatting pages, checking data bases are GDPR compliant, sending out email PDF information to members, helping to answer the occasional IT query when a member gets 'stuck'..... Please tell us. There will be handover time and shadowing, and buckets of gratitude. There is a national group of u3a volunteers who give practical advice and assistance on all technical matters with weekly zoom sessions and a team of webmasters to facilitate the switch from Site Builder to Wordpress. Help and guidance are guaranteed.

For more info - E: jennywilson63@live.co.uk T: 07 808 723 686

NEWS FROM CROYDON u3a COMMITTEE

We see ourselves as an innovative and forward thinking u3a and have been producing a Development Plan to guide our work every year for some time now. Your Committee has put together the most recent Plan which we hope demonstrates to our members that we are continuing with all our key objects and pledges for the coming year. This includes making sure that we maintain our push on improving our ability to use technology, recruiting and retaining members, increasing our awareness of our environment and continuously checking that we are inclusive in all we do.

Please visit the website → Management tab to view the full document.
We welcome any feedback on our Development Plan or suggestions for additions or improvements. Please address these to Joy

News From the Groups

19th Century History Goes Back in Time



The 19th Century History group is going back in time to become the **17th to 19th Centuries Group**. Originally the group began with the 17th Century, later concentrating on the 19th, when countries on the fringes of Europe, such as Britain, became superpowers and empire builders. It was an exciting time with the start of modern industry, farming, and the growth of cities like Paris and London, while countries such as Russia had millions of people in serfdom, wishing for freedom.

Knowing about the past helps us understand more. Look at what happened in the former Yugoslavia in the past 30 years. The problems of the region date back to the 19th century and beyond. One of the first acts of the then Foreign Secretary, William Hague, was to create a section devoted to history in the Foreign Office so the past could enlighten the present.

The group has always attracted people with wide-ranging interests but not necessarily prior knowledge. We have had members keen on the history of European royalty, social history, South Asia, Africa, Australasia and art history. As one member said: 'I joined the 19th century group to broaden the context of my rather specialised knowledge'.

What do members like about being in the group? One explains: 'I joined the u3a History Group nearly 20 years ago, and I have gained much pleasure from my membership. There are three great benefits.

'The first is the **pleasure in researching** some aspect of history, that you did not know much about and sorting your ideas into a coherent whole in order to pass them on to the group. The second pleasure is **learning from the research of others** with different approaches and ideas. The third pleasure is **getting to know the other group members and making new friends**. All three help to keep one happy and interested and delay many of the effects of ageing.'

A member added, 'It is the width of knowledge on so many different topics that stimulates interest. Recently we have covered several presentations on the Far East (India, Singapore and Japan), on African history (Belgium/ the Congo and South Africa), on inventions and inventors and the decorative arts, on the history of the post-civil war period in the USA as well as various topics in British and European history in the 19th century.

Another member agreed. 'I enjoyed history at school and have retained an interest ever since. Joining this friendly and supportive group encouraged me to explore new areas and I have found the presentations and discussions both informative and stimulating. 'When I retired and joined the group, I had not had the time to open a history book in years. At first I was a little daunted by the knowledge of other members of the group but I soon caught up. I dug out my old books and re-read them. It need not be difficult to get the books as online secondhand booksellers are a great source as are the specialist websites devoted to history such as *The Victorian Web* which is written by experts, in plain English.

For anyone thinking of looking at this fascinating period, the main need is the desire to enjoy learning how people lived and what they did. It does not require lots of prior knowledge but it does need a lively mind.

The group meets on the first Wednesday of the month at 2.30 p.m. Interested? Please contact me

The Chinese New Year of the Rabbit



Chinese New Year Greetings to all! *Kong Xi Fa Cai!* (Mandarin) or *Kung Hei Fat Choi!* (Cantonese). In 2023, the Chinese lunar new year of the Rabbit falls on Sunday, January 22nd. The date is a moveable feast celebrated every year between the 21st January and the 20th February, culminating this year with the Lantern Festival on 5th February, when people traditionally display colourful lanterns. This means that Chinese the world over may enjoy a 7-day holiday from work similar to the Christmas break, enabling them to travel home in a mass exodus to spend time with family and relatives. Local festivities involve colourful Dragon and Lion dancing, the gifting of 'Red Envelopes' of cash to children and the copious consumption of delicious food and liquor.

According to legend, the Rabbit is one of 12 animals invited by the Emperor in c. 2300 B.C. to compete in the Great Race. As a result, the years are named in the order they finished the race – Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat (or Ram), Monkey, Rooster, Dog and Pig. The cunning Rat won because he hitched a ride on the Ox to cross a river. The Chinese zodiac or horoscope is derived from this legend and the 12-year cycle means that you can tell people's age once you know their animal sign. Portents for this year indicate that we are less likely to see rabbits pulled from hats in extraordinary reversals of fortune (as the global economy struggles to recover) and more emphasis on astronomy rather than astrology as the Space Race between China and the US continues apace. The u3a China Group meets every 3rd Tuesday of the month to keep a keen eye on developments as they unfold and looks forward to welcoming new members.

Celebrate St David's day (Dathlu Dydd Gŵyl Dewi)



Come and join the 'Wales and Its Treasures' group for a (belated) celebration of St David's Day on March 13th at 2.00 p.m. at Shirley Methodist Church.

Learn about St. David and enjoy Welsh music, Welsh bread and cakes and daffodils too!

Numbers are limited and a charge of £2 will be payable on the day. Sign up with Maggie Chan, (Groups Coordinator)

News from the Groups

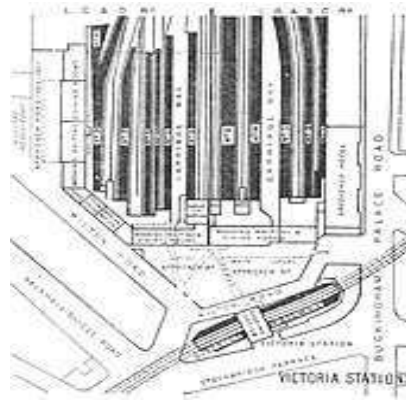
How well do you really know Victoria Railway Station?

Why would our u3a **History of London 2** group go on a trip to Victoria railway station, a walk suggested by one of our regular knowledgeable guides Stephen Benton from Footprints of London? Surely this is a place that we all know really well and have been to hundreds of times - but as we found out, we have never really looked at it, just passed through.

In the beginning in the 1860s there were three separate Victoria railway stations:

- ✚ The London Brighton & South Coast Railway (LBSCR)
- ✚ The London Chatham & Dover Railway (LCDR)
- ✚ The Metropolitan District Railway (commonly known as the District Railway after 1871).

Each company built its own station so that there were 3 separate booking offices, waiting rooms, etc. Today two of the original tiled route maps can still be found near M & S.



This is why Victoria is the only station with two war memorials. Go outside the front of the station and look at the two very different facades. The London Brighton & South Coast Railway frontage was designed by LBSCR's chief engineer Sir Charles Morgan in red brick with a large clock set in a scroll, giving it an elaborate Edwardian Baroque style. Not to be outdone, the South Eastern & Chatham Railway commissioned AW Bloomfield to design their building, set slightly in front of its neighbour and built in white Portland stone to reinforce the separation between the two companies.



It was not until 1923 that the companies joined together to become Southern Railway. This is why even today the trains to Kent go from the old LCDR terminus and the trains to Brighton and Sussex from the LBSCR one

Other fascinating facts from our talk:

- ✚ Victoria Station was first referred to as the 'Grosvenor Terminus' as it was built on the site of the old Grosvenor Canal basin.
- ✚ It was named after nearby Victoria Street, rather than Queen Victoria.
- ✚ The Pullman headquarters is on platform 2. This company leased out their dining cars and provided all the catering for the different railways. The Pullman staff would never serve coffee when they were going over the Three Bridges points as they were so rough!
- ✚ The glamour of holiday travel to Brighton and the Continent has been a feature of Victoria since the 1870s, but it was the early twentieth century that saw the heyday of travel for pleasure from the station. In the 1930s services such as the Brighton Belle and the overnight 'boat train' services to France and Belgium were introduced. This connection with international travel was rejuvenated with the opening of Gatwick Airport in 1958 and the introduction of the first rail-air terminal at Victoria, where passengers could check in to their flight prior to catching their flight at Gatwick. This developed into the Gatwick Express service, introduced in 1984.
- ✚ The station had a [news cinema](#) (later a cartoon cinema) that showed a continuous programme.
- ✚ A plaque at the entrance to platform 8 marks the arrival of the body of [The Unknown Warrior](#) at Victoria on 10 November 1920 before it was taken to Westminster Abbey.
- ✚ The section for buses was always seen as an integral part of the station.
- ✚ There is a plaque from the state of Victoria on the wall.
- ✚ There is a newly renovated Edwardian shopping arcade near the original district line station.



- ✚ Nearby there are two Art Deco buildings: the Victoria coach station and the National Audit Office. The latter was previously the Imperial Airways (now British Airways) Empire Terminal, which provided train connections to flying boats at Southampton and to the main London airport at Croydon.

Thank you to our brilliant guide Stephen Benton from Footprints of London (<https://footprintsoflondon.com/guides/stephen-benton/>) for reminding us what we might find when we take the time to look at the history that is all around us.

Lynda Dawson History of London 2

News from the Groups

Keeping fit in mind and body in 2023



Recently the media have been full of the importance of keeping active mentally and physically as we get older – and increasingly, we read that there is a spill-over between the two. Physical activity produces benefits for mind as well as body.

If the start of a new year has fired you with enthusiasm to get fitter and you feel like joining an active outdoor group, do contact the group leaders - or if you email me, I can put you in touch. As we see the welcome first signs of Spring all around us, we look forward to seasonal outdoor groups, like Garden Visits, starting up again. Other groups continue all year round – and our Walking groups and Bike Club members go out in all but the worst weather!

And, of course, research shows that interacting with others keeps us happier and more focussed, so joining in with Croydon u3a activities brings important social benefits as well!

Maggie Chan

Interest Groups Coordinator clockie68@gmail.com

What a great assortment!



Somebody said to me the other day that the groups on offer through Croydon u3a are like a variety box of chocolates ... when you take a look, you will immediately see some old favourites that you KNOW you like – but there are others you may never have tried. Maybe it's worth giving them a go this year? So, as we get into 2023, why not try some new activities from the Croydon u3a chocolate box? There are over 60 to choose from!

Maggie Chan

Garden Visits 2022

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 OR John Doran on 07754092042 if you are interested. A donation of £2.50 would be appreciated for the driver of the car you will be travelling in.

19 April 2023
(Wednesday)

Leonardslee Lakes & Gardens, Horsham, RH13 6PP

Admission price: £14.50, (GW 241 card), gift shop, refreshments, no cash payments, all card payments

17 May 2023
(Wednesday)

BLenheim PALACE, Oxfordshire

Coach travel arranged – see details above if you are interested in coming along

21 June 2023
(Wednesday)

Ightham Moat, Ivy Hatch, Sevenoaks TN15 0NT

Admission price: £11 (GW 241 card, NT); refreshments available, also gift shop

19 July 2023
(Wednesday)

Michelham Priory House & Gardens, Upper Dicker, Hailsham BN27 3QS

Admission price: £12 (GW 241 card); refreshments, gift shop available

16 Aug 2023
(Wednesday)

Wisley, Wisley Lane, Woking GU23 6QB

Admission price: £16.50 (RHS); refreshments and plant centre available

20 Sept 2023
(Wednesday)

Sheffield Park, Uckfield, East Sussex, TN22 3QX

Admission £15 (NT/GW 241 card); refreshments and shop available

The **Into Film** group

went to Coombe Lodge for our post-Xmas lunch.

The group began just as we were coming out of lockdown at the end of 2021. At that time covid vaccination passes were necessary for any visits to the David Lean, so it's great to be able to meet socially as a large group.

Together we've seen about 10 matinee films, always meeting socially beforehand.

We're looking forward to a new year of film watching!



ENVIRONMENT CORNER

LET'S TRY TO REDUCE OUR PLASTIC CONSUMPTION BECAUSE:

A rubbish truck's worth of plastic gets dumped into the ocean every single minute;

We 'eat' (inadvertently) a credit sized amount of plastic every week;

745,000 miles of cling film is used by households across Britain every year – enough to go around the circumference of the world 30 times. (There are plenty of other ways to cover food.)

Half of all plastic is designed to be used only once and then thrown away.

Plastic is fantastic for many uses but it's over-used and then chucked and it lasts soooooo long. The average household in the UK throws out 128 items of plastic per week.

Do you save & recycle your soft plastic? Many supermarkets now have Soft Plastic containers.

Information from 'Everyday Ways to Save Our Planet' by Laura Tobin FRMS, meteorologist & weather presenter.



If you are feeling more worried than normal, feeling low, frustrated or depressed get in touch with CROYDON TALKING THERAPIES about their free confidential services:

online search Croydon Talking Therapies

Phone 020 3228 4040

You can also ask your GP to refer you.



Taster Lawn Bowls Sessions

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

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

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

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

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



London Region u3as

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

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

DON'T FORGET to keep your things on offer



on the National u3a events page – there are some great

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

Clear Community Web

(Please note that this is NOT a u3a course, please see booking details below)

Contact details: WhatsApp 07523 646277 /

Email info@clearcommunityweb.co.uk



Cut your Energy Footprints in the Kitchen

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

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

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

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

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

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

Pre heat the Air Fryer 190/375F

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

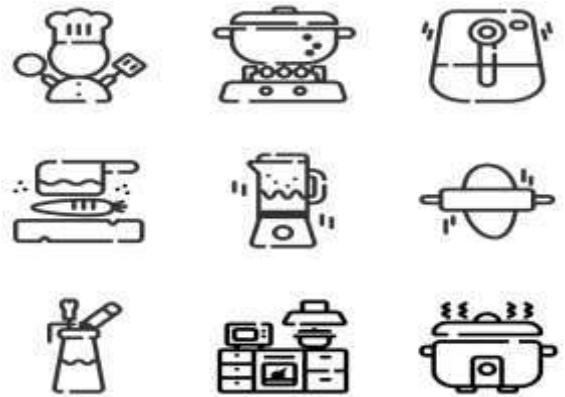
Stir in a good pinch of Salt, Mustard powder, Paprika, Curry powder, 3ozs strong Cheddar Cheese. Bind the dry mixture together with 2 to 3 tablespoons milk, try not to over mix the dough, it should not be **WET** but a **firm dough**. Squeeze gently together, **DO NOT OVER KNEAD, THE SCONES WILL BE HARD..**

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

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

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

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



FOOD WASTE ACTION WEEK 6TH – 12TH March 2023

The theme for Food Waste Action Week 2023 is **'Win. Don't Bin.'** to demonstrate how valuable food is in our lives, how it unites people and how **using up everything we buy saves money, time and the planet.**

4.5 million tonnes of edible food is thrown away each year by UK households. Shockingly, 25% of this wasted food is due to cooking, preparing or serving too much - this costs UK households £3.5 billion each year.

That is why **Love Food Hate Waste** is dedicating a whole week of action to shining a light on how simple behaviours to reduce food waste can save time and money. **This will ultimately reduce the impact of food waste on climate change.** Food waste alone produces 8-10% of all global greenhouse gas emissions which is mainly methane.

Globally, landfills and wastewater emit **67 million metric tons** of methane — that's 20% of methane emissions, according to the United Nations.(27 Oct 2021)

Methane has more than 80 times the warming power of carbon dioxide over the first 20 years after it reaches the atmosphere! <https://www.wrap.org.uk>



National u3a are running a COMPETITION 'COOK FOR THE KING'



<https://www.u3a.org.uk/events/cook-for-the-king>



The closing date for submissions is 10th April 2023.

Come on you u3a experienced cooks and chefs get your thinking caps on!

Guidelines for submitting (from National office not Croydon)

- We suggest the dish could reflect either or both of the following themes:
 - Sustainability and environmental impact. Consider agricultural and welfare best practices in your selected produce.
 - Representative of the UK's partnership with the Commonwealth, celebrating the diversity of British cuisine in 2023.
- The dish must be your own creation, an original recipe to the best of your knowledge.
- You should have made the dish yourself at least once, following your recipe.
- We recommend keeping the dish as simple as possible.
- All submissions must include at least one image of the dish; up to four images can be included.

Croydon Around the World



Croydon is a suburb of Melbourne, Victoria, Australia, 28 km east of Melbourne's Central Business District, located within the City of Maroondah local government area.

Croydon, New Hampshire, USA Croydon is a town in New Hampshire, United States. The population was census



Sullivan County, 801 at the 2020



Downtown Croydon, Pennsylvania, USA is a census-designated place located in Bristol Township, Bucks County, Pennsylvania, United States. As of the 2010 census, the CDP had a total population of 9,950.

Croydon, suburb of Kempton Park, Johannesburg, Kempton Park is a city in the East Rand region of Gauteng province, South AfricaRSA



Croydon Queensland



LB of Croydon, UK



Croydon Travel Team Report

Greetings from the Travel Team. This short piece is to update you on the plans for outings etc for 2023 following the three years of disruption due to the pandemic and the period of recovery.

Here at the Travel Team we have noticed that many members are still wary about joining coach trips and being in close proximity to other people, but with the vaccinations etc we hope that members will get more confident and join us for an interesting and fun time this Summer.

The programme for 2023 is as follows:

May: Coach trip to Blenheim Palace. Details and booking form are in this Bulletin. (Closing date for bookings is 1 May 2023)

June: Coach trip to Windsor. Details and booking form are in this Bulletin. (Closing date for bookings is 21 May 2023)

Bookings for the above two trips are already open so don't delay!

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

August: As part of the Croydon u3a Summer Activities programme we are looking at a walking tour in London using a professional guide. Details will be in the Summer Activities programme which will be in the Bulletin published at the start of July 2023.

September: Coach trip to Strawberry Hill and a boat trip on the Thames at Runnymede. Details and booking form will be in the Bulletin published at the start of July 2023. This is the trip we planned for 2020 which had to be cancelled due to the lockdown.

Later in September we will be running a short break trip to Great Yarmouth and the Norfolk Broads. Details and booking form are in this Bulletin. (Closing date for bookings is 14 August 2023)

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

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

CROYDON u3a TRAVEL TEAM LUNCHES

General Information and Booking terms and conditions

Payments and Refunds: For confirmed bookings all cheques must be cleared one week before the trip. A refund will only be payable for cancelled bookings if we are able to resell the place. Anyone taking the place of a cancelled booking must pay by bank transfer before the event or cash on the day.

Mobility Requirements: A member of the Travel Team will investigate any problems of access at the venue before bookings are opened. Members who are worried about mobility issues should contact the organiser before making the booking. Members with restricted mobility may be accompanied by a carer to any meal but a place needs to be booked. The carer does not have to be a u3a member but will be required to pay the full cost.

Your responsibilities: All attendees must carry out their own risk assessment

Croydon u3a Lunch at Ponte Nuovo

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

Wednesday, 15 March 2023 12.30 for 1.00 pm

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

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

Main Course

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

Starters

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

✂️ NO NEED TO SELECT YOUR MENU

u3a Coach Trip to Blenheim Palace

Wednesday 17 May 2023

**Coach leaves at 8.30am from Fairfield Halls, Park Lane, Croydon,
departing between 4-4.30pm**

**Prices: A. £43.50 (price includes coach, entry to the Palace, park and garden)
 B. £34.50 (price includes coach, entry to park and gardens)**

All tickets have to be pre-booked therefore no changes can be made

Blenheim Palace is a country house in Woodstock, Oxfordshire, England. It is the seat of the Dukes of Marlborough and the only non-royal, non-episcopal country house in England to hold the title of palace. The palace, one of England's largest houses, was built between 1705 and 1722, and designated a UNESCO World Heritage Site in 1987.^[2]

Following the palace's completion, it became the home of the Churchill (later Spencer-Churchill) family for the next 300 years, and various members of the family have wrought changes to the interiors, park and gardens. At the end of the 19th century, the palace was saved from ruin by funds gained from the 9th Duke of Marlborough's marriage to American railroad heiress Consuelo Vanderbilt.



The Palace State Rooms : Enter the Palace and explore the gilded State Rooms with their priceless collections of portraits, tapestries and furniture.



Our new Churchill Exhibition features a mix of historic artefacts and new technology, documenting key aspects of the adventurous life of Sir Winston Churchill



The Walled Garden. Enjoy our adventure playground and explore the gardens for special trails. Find your way out of the Walled Garden to the beautiful **Marlborough Maze**.

u3a Coach Trip to Windsor Castle

Thursday 15 June 2023

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

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

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

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



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

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

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

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

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

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

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

This trip is for u3a members only.

The trip will consist of:

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

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

CROYDON u3a TRAVEL TEAM EVENTS

General Information and Booking terms and conditions

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

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

Outings are for Croydon U3A members only. In the event of low take-up, we may take members from other U3As, and non-U3A members, on an occasional basis.

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

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

Refunds: A refund will only be payable for cancelled bookings if we are able to resell the place.

Mobility Requirements: Some, but not all, of our outings are suitable for members with manageable mobility restrictions. You must contact us before booking if you wish to bring a mobility aid so that we can discuss your needs. We will mention in our publicity and outing details any significant access or safety considerations of which we are aware. **YOU MUST BE ABLE TO GET ON AND OFF THE COACH UNAIDED.** Members with restricted mobility may be accompanied by a carer on any outing, but a place needs to be booked. The carer does not have to be a U3A member but will be required to pay the full cost. *Members are asked to think carefully about the physical demands of the outing and their own situation before submitting an application. We need to ensure that all participants are safe and that everyone enjoys the day. Ultimately the Travel Team reserve the right to decline applications in exceptional situations, regrettable as this may be.*

Your responsibilities: You are asked to pay particular attention to the scheduled departure times and when you are requested to return to the coach. If you are late, we may have to leave without you to enable us to keep to the timetable. In such an instance, you would have to arrange your own return home, and you would not be entitled to any refund for the cost of the unused portion of the day. If this should happen, we would endeavour to contact you and/or your emergency contact number. We ask members for their mobile phone numbers and for them to ensure they are switched on during the outing. Participants are responsible for themselves and their belongings.

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

General: We try to schedule comfort stops at a convenient time and place, but it is not always easy to do this for a large coach. Apart from initial departure time, most other times are approximate. We cannot predict traffic or weather, both of which may affect our arrival and final departure times.

CROYDON u3a INTEREST GROUPS

GROUP COSTS: Costs are kept as low as possible. These will depend upon the group's venue and activity and also any materials and equipment needed to undertake the group's activity. Details are available from the Group Contact. We are all volunteers and give our time for the u3a and each other voluntarily.

Don't see a group you are interested in? Now might be the time to consider finding others with the same interest and starting up a new group together. The committee can give you loads of help and support, from finding other interested members, identifying a venue, providing a start-up grant and help with the minimal admin. Don't hang around waiting - take on the challenge. Remember the u3a way - run for the members by the members!

PLEASE LET MARGARET KNOW IF THESE DETAILS NEED EDITING (Feb 21 2023)

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
ACTION GROUPS			
Chair Yoga	2 nd & 4 th Mondays and every Friday.	10.00 am	Zoom
	1 st & 3 rd Mondays	10.15 am	Shirley Methodist Church
Dance Exercise	Mondays	9.45 am	St Matthew's Church
International Folk Dance	1 st & 3 rd Wed	10.00am	Shirley Methodist Church
Line Dancing	1 st & 3 rd Friday	10.30am	Shirley Methodist Church
Table Tennis	Every Friday	2.00pm& 3pm	St Matthew's Church
Belly Dancing	1 st Thursday	11:45 - 1:15pm	Shirley Methodist Church
Darts and Pub Lunch	2 nd Tuesday 4 th Wednesday	12.00 midday	The Orchard Pub, Cherry Orchard Road CR0 6BA

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
Tai Chi	1 st & 3 rd Mondays FULL	1.00 – 2.00 pm	Shirley Methodist Church
ACTIVE OUTDOOR GROUPS			
London Explorers April-November	1 st Thursday	10.00 am	Meet at East Croydon Station
Short Walks	2 nd & 4 th Thursday	10.30 am	Varies
Friday Walks	1 st and 3 rd Fridays	10.30 am	Varies
Cycling	1 st & 3 rd Monday	varies	Varies
GARDENING GROUPS			
Garden Visits – Spring to Autumn	3 rd Wednesday	10.45 for 11.00 am	Various
Garden Design	Fortnightly Wednesday (10 sessions)	10.00 am – 12.00	Home – South Croydon
Wild Flowers	2 nd Monday- spring to September	10.00 am	Various
Love Gardening	1 st Monday	10.30 am	Various

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
CULTURAL ACTIVITIES			
Architecture	3 rd Thursday	10.00 am	Various
A Taste of World Cuisines	1 st Tuesday	Lunch Time	Various
Wine Admiration	1 st or 2 nd Friday	2.00 pm	Home – Various
Art Appreciation	4 th Friday	2.00 pm	Shirley Methodist Church
China	3 rd Tuesday	10.00 am	Home - Croydon
Croydon Memories Lunch Group	4 th Friday	12:00 noon	The Boulevard, Selsdon Road
Wales and its Treasures	2 nd Monday	2.00 pm	Shirley Methodist Church
Into Film	varies	varies	various
Theatre Visits	Varies FULL	Varies	Varies
ARTS AND CRAFTS			
Handicrafts	1 st & 3 Tuesday	2:30 – 4:30 pm	Home – Selhurst
Knit and Natter	2 nd & 4 th Tuesday	11.00 am – 1.00 pm	Home - Waddon
Painting and Drawing 1	Every Monday FULL	10.15 am – 12.15	Shirley Methodist Church

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
Painting and Drawing 2	Every Monday	10.15 am – 12.15	Shirley Methodist Church
Crafting	4 th Friday FULL	1.30 – 3.30 pm	Purley URC
MUSIC			
Blues and Jazz Appreciation	Various	Varies	various
Singing for Pleasure	2 nd & 4 th Wednesday	10.30 am	St Matthew's Church
Mandolin	By arrangement	By arrangement	Mildred Court, Bingham Road
GAMES OF SKILL			
Rubber Bridge	Every Tuesday	2.00 pm	Mildred Court, Bingham Road
Scrabble - Croydon	1 st & 3 rd Thursday TEMPORARILY SUSPENDED	11.30 am	Ruskin House, Coombe Road
Scrabble – Home	3 rd Thursday	10.30 am – 12,20pm	Home – Selhurst
Quiz Night	3 rd Monday	7.30 pm	Zoom
Board Games Fun	2 nd Friday	2.00 – 5.00pm	Ludoquist Café, 63 – 67 High St Croydon
LITERATURE			
English Novel	3 rd Wednesday	2.00 pm	Home – Zoom

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
Share a Good Read	2 nd Monday	2.30 pm	St John's Selsdon
Play Reading – Croydon	1 st and 3 rd Mondays	1.30 pm	Home - various
Play Reading - Selsdon	1 st Monday	2.00 pm	Home – various
Poetry for Pleasure	4 th Tuesday	2.00 pm	Home – S Croydon
Books Made into Films	3 rd Thursday	11.00 am	Clocktower Cafe
Writing For Pleasure Group	1 st Wednesday 3 rd Wednesday	1.45 – 3.45 pm 1.45 – 3.00 pm	Shirley Methodist Church Zoom
LANGUAGES			
French Conversation Lower Intermediate	Every Monday	10.00 am	Purley United Reform Church
Italian – Conversation.	1 st Friday	10:00 am	Home – Purley
Russian - Intermediate	1 st & 3 rd Wednesday	10.00 am	Zoom/Home – Croydon
Spanish Conversation Lower Intermediate	Every Monday	11.00 am	Purley United Reform Church
French Conversation Advanced	2 nd & 4 th Tuesday	2.30 pm	Home – Zoom
German Friends	Mondays	10.15 – 11.45 am	Zoom

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
MATHS, SCIENCE & IT			
Mathematics Group	1 st Monday	2.00 pm	Home – Coulsdon
Science & Technology	2 nd Tuesday	8.00 pm	Zoom
GCSE Maths	2 nd and 4 th Tuesday FULL	10.30 am	Home - Sanderstead
SOCIAL STUDIES/ HISTORY			
Current Affairs	2 nd Thursday TEMP SUSPENDED	2.00 pm	TBC
Environment & Climate Change	3 rd Thursday	7.30 pm	Zoom
Early Medieval History	1 st Tuesday	2.30 pm	Zoom
Family History	4 th Wednesday	2.00 pm	Thornton Heath Library
History – Local	2 nd Friday	2.00 pm	Home – Wallington and visits
History of London (1)	1 st & 3 rd Tuesday FULL	10.00 am	Purley United Reformed Church & Outings
History of London (2)	2 nd & 4 th Tuesday,	10.00 am /2.00 pm	St. Matthew’s Church & Outings
History of London (3)	1 st & 3 rd Wednesday	2.00 pm/10.00 am	St Matthew’s Church & Outings

GROUP TITLE	DAY OF MONTH	START TIME	VENUE
History of London (4)	3 rd Weds & 4 th Weds	1.30 – 3.30 pm/varies	Purley UR church & Outings
Looking at London	1 st Monday	2.00 pm	St. Matthew's Church & Outings
17 th -19 th Century History	1 st Wednesday	2.30 pm	Zoom
Historic Visits	4 th Thursday	Varies	Zoom & Outings
Members on Their Own (MOTO)	Various	Varies	Various
LGBT (Lesbian, Gay, Bi and Trans) London-wide Social and Networking Group	Various	Varies	Details available from Wandsworth u3a