

## CROYDON u3a BULLETIN

March 2026

Charity number: 1029466

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

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Information about our Interest Groups are on display at the Monthly Meetings

**Board games fun** - This group really does deliver



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.

Croydon u3a QR  
Code



Find us at Croydon u3a

**Bulletin stop press:** The next Bulletin will be out late April early May 2026. 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 Croydon u3a Member

Spring is on the way, snowdrops are popping their heads up and hopefully it won't 'rain until September'!

The membership continues to increase as more people hear about Croydon u3a and what a good deal membership offers. I am concerned however, that we do need a few more Interest Groups and Short Courses. I'm putting out a **HUGE** plea here. If you have an idea for a new group, there are many ways to take it forwards:

- ✚ a group can have a team running it (some do already)
- ✚ members of the group can take it in turns to lead a session (this happens with some groups)
- ✚ it doesn't have to be something we haven't done before, it can be parallel to an existing group which is full
- ✚ an initial meeting with interested members works well (usually at a café)
- ✚ a plan to run sessions for a limited number of sessions (4 – 6) provides a good start to test the waters without making a long term commitment
- ✚ we can help with any admin like a risk assessment
- ✚ we can provide a Start-Up grant to cover room hire, refreshments, equipment
- ✚ we can provide a buddy

So, please let your idea germinate and get in touch with Trisha Holmes (Interest Group Co-ordinator) and me.

### TOGETHER WE THRIVE

Running and joining Interest Groups and enjoying our social non-formal learning are what we do!

Very best wishes,

*Jenny*

Jenny Wilson, Chair of Croydon u3a and London Region Council Rep

Contact us :-

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

Trisha Holmes, Interest Group Co-ord & Business Secretary

E: [trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk)

## DATES FOR YOUR DIARY 2026

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<b>2026</b>	<b>MM = Monthly Meeting</b>	
Wed 11 Mar at 2.15pm	<b>MM</b> at Masonic Hall	Paul Beard – History of Barnardos Homes
18 Mar at 12.30pm	El Patio Members' Lunch	Details in this Bulletin
27 – 31 Mar	Weekend break to Wye Valley & Forest of Dean – Details in this Bulletin	
Wed 8 Apr at 2.15pm	<b>MM</b> at Masonic Hall	Paul Whittle – Darjeeling & Himalayan Railway
Wed 15 April	Coach outing to Leeds castle	FULL – waiting list
Wed 13 May at 2.15	<b>MM</b> at Masonic Hall	Louise Camby – Help our Hedgehogs
Thurs 21 May	A coach outing to Parham House & Gardens	Details in this Bulletin
Wed 10 Jun at 2.15 pm	<b>MM</b> at Masonic Hall	Ian Porter – Call the Midwife
Tues 30 June	British Summer Lunch Cruise	FULL – waiting list
Wed 8 July	<b>MM</b> at Masonic Hall	Charles Darwin in Bromley by Alister Hayes
Wed 15 July	Coach outing to Sutton Hoo	Details in this Bulletin
Thurs 6 Aug	New Old Jewish Quarter Tour	FULL- waiting list
Wed 12 Aug	<b>MM</b> at Masonic Hall	Topic tbc, speaker Andy Smith
Wed 26 Aug	Trip to the Great Stink	Details in this Bulletin
September	Outing to Preston Manor & Brighton Pavilion	Details in the May Bulletin
5-9 Oct	A few days break in Liverpool	Details in this Bulletin
21 Oct	Members' lunch tbc	Details in the May Bulletin
November	British Museum – Bayeux Tapestry	Details in the May Bulletin
Late November	A Christmas Market	Details in the May Bulletin

**If you are interested in joining the Zoom Quiz Nights contact Jenny Wilson**  
[jenny.wilson@croydonu3a.org.uk](mailto:jenny.wilson@croydonu3a.org.uk)

## **STOP PRESS: Announcing a new walking group: Green Park Strollers**

Blow away the cobwebs and sign up to Croydon u3a's new walking group: '**Green Park Strollers**'.

If you enjoy travelling to local parks and strolling around the lush green grass of home then join this new group.

We kickstart the annual programme of Green Park Strollers morning strolls on **Wednesday, 17 June 2026 at 11 am** at Coombe Wood Gardens, junction of Conduit Lane and Coombe Lane, CR0 5RQ. At the end of our stroll, approximately 1-1.5 hours, there is a lovely café (Coombe Wood café) where we can have a much needed cup of tea or coffee with light refreshments or lunch. Coombe Wood Gardens is located between Lloyd Park tram stop and Coombe Lane tram stop, with a short walk. There is limited car parking in Conduit Lane and across the road there is more parking available.



Approximately, one to one and a half hours in length, the strolls will take place on the third Wednesday of the month from April to September. Venues to be decided each month, and suggestions from members will be welcome..

The Green Park Strollers is limited to a maximum size of 15 members.

If interested, please send an email to group leader, Linda Grigsby ([lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com)) or mobile 07754 092042 with your mobile number.

### **Poetry for Pleasure**



*Image by lifeforstock on Freepik*

Poetry is similar to music in the way it brings memories and emotions to the surface; it can soothe, make you smile or even help you face sadness and find comfort in words that reach out to you. We have room for a couple of extra people in the Poetry for Pleasure group, which meets in a member's home. If you would like to spend a relaxing couple of hours re-visiting old favourites or discovering new ones in friendly company please contact me at the email address below. The poems are chosen by the members – either on a theme or on a particular poet - and the poems of Pam Ayres are as welcome and

relevant as are those by Wordsworth and all the poets in between. Each member takes a turn in reading a poem out loud – you don't need to know anything about poetry – but it is very soothing to listen to.

If you are interested please contact Trisha Holmes [trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk)

# News from the Groups

## Singing for Pleasure

The Singing Group meets on the second and fourth Wednesday of each month at St Matthew's Church, Chichester Road at 10.30 am and finishes at midday. There are now a few places to fill in all voice parts. We sing songs from the shows, folk songs, ballads both in unison and more ambitious arrangements of songs in two or three parts. Something for everyone to enjoy. You are welcome to come along and see if this is for you. You will discover a friendly group who enjoy making music together and also get together to have social gatherings. In July we met to sing special requests, the photo was taken on that occasion when the gentlemen gave a robust rendering of "If I ruled the world" from Pickwick Papers. We also met in the middle of August to enjoy an afternoon tea at one of our member's gardens which we much enjoyed and gave us the opportunity of getting to know one another. We now regularly celebrate New Year at a local restaurant in January.



For seventeen years I have directed the **Singing**

**Group** from the piano and am hoping that since the last time we tried to find an accompanist, which was several years ago, someone may have moved to Croydon who would enjoy having an opportunity to play for us, either regularly or from time to time as suited them. Please get in touch with me if this person is You. My email address is [gjibby@hotmail.com](mailto:gjibby@hotmail.com).

**Gillian Bibby**

## Help with Phones, Laptops and Tablets

If you need IT help, why not pop into the Masonic Hall before the Monthly Meetings where we offer one to one help from 1:30 to 2:15 on a first come first served basis with issues including:

- ✚ Using your laptop, mobile phone or tablet for creating and organising documents, photos and other files.
- ✚ Sending and reading emails and text messages, and keeping in touch by Zoom and WhatsApp.

*Just ask for Steve or Vanessa on the day.*

## Ballroom Dancing

Join our Ballroom dancing team where **every age is the perfect age to dance.**

Whether you are a seasoned dancer or taking your very first step, our Ballroom Dancing class is a safe welcoming space where every shuffle, sway and spin is uplifting and energising.

Our Ballroom Dancing team is very supportive with kindness and encouragement to our fellow members. **No partner needed.**

Every step on the dance floor; with the gentle guidance of our professional teachers helps us with patience, discipline, confidence and resilience. Ballroom Dancing is no pressure but pure pleasure. Each class costs £7. If you are interested please contact Karen Hook, 07799

776684 [karen.hook@hotmail.com](mailto:karen.hook@hotmail.com)



## News from the Groups

### Board Games Fun



Did you know that current research indicates that playing board games helps you to feel good? Well Croydon u3a knows this already! **Board Games Fun** welcomes anyone who wants to have fun on a Friday afternoon: there are 1,000+ games on offer so there will be something for you to try. It's a great way to meet people, have a chat and a laugh - and even discover a skill you never knew you had. Light refreshments are available in the cafe. The group meets every second Friday from 2.30 - 5.30 pm in the Ludoquist Cafe, 63-67 High Street, Croydon, just minutes from the Clocktower library complex. There is a reduced entry fee of £5 to Croydon u3a members. Come along play board games...have fun.

Contact Trisha if you are interested. [trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk)

**The Darts and Pub Lunch (DAPL) groups** meet once a month at a traditional pub near East Croydon station. There's a good bus route and it's within easy walking distance from the station. There's snacks, pub meals at a discount, a comfortable lounge and 2 dart boards and pub games on hand to play. You don't have to be an Eric Bristow or the young talented Luke Littler just have an enthusiasm to try something new.

Playing darts, meeting with other u3a members, staying active and improving your mental fitness are some of the great benefits you get when you join us. We accept that



sometimes we don't hit the Bulls eye but with practice and perseverance we get better over time, it's a rewarding experience. There is also the social aspect of sharing a simple lunch and a drink with likeminded friends and focusing on what you like and feel good about it. We don't plan to produce league players, your never too old to learn to play darts, it's highly accessible for all abilities and you'll Learn something new, Laugh a lot and Live to tell others just how much fun it can be. For more information contact the coordinator via the Information Groups link on the Croydon u3a website,

# News from the Groups

## Botanical Watercolour Painting,

Caje Moniz is now planning another 12-week course in botanical watercolour painting.

Meeting once a week, the course includes:

- ✚ observation and sketching;
- ✚ colour mixing and basic techniques;
- ✚ painting leaves, flowers, stems, branches, bark;
- ✚ painting fine detail;
- ✚ composition, background and texture.



Participants will need to have their own equipment - a detailed list of items will be provided.

To express your interest please contact **Trisha Holmes, Interest Groups Coordinator**  
[trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk)

## The Singalong Group

The Singalong Group is now fully established and more members would be welcome! We meet on the 2<sup>nd</sup> Monday of the month at Shirley Methodist Church'. 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 9 March 2026 at 10.30-12 noon and the cost is £4 including refreshments.



**Books Made Into Film** held a wide-ranging discussion on Colm Tóibín's novel *Brooklyn* and its accompanying film starring Saoirse Ronin. The group looked at key characters and scenes and then the conversation took a turn along memory lane for each of us – looking back to our 'happy place' whether this was Zanzibar or Wandsworth – eventually returning once more to the story and its sense of place. I had arrived for a visit and I left as a member – can't wait for the next one!



If you are interested in joining the group please contact Trisha Holmes  
[trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk)

# News from the Groups

## Aqua Aerobics

At CROYDON HIGH SCHOOL SPORTS CLUB

Old Farleigh Road, Selsdon CR2 8YB

Aqua Aerobics is now a regular class meeting in school holidays on the dates below:

Thursday 2 April 2026 at 1.15 pm

Tuesday 14 July at 1pm

Tuesday 21 July at 1.30pm

Tuesday 18 August at 1pm

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

The cost is £7



## Short Courses

From time to time we offer a menu of short courses which last about 6-10 sessions and offer members an introduction to a new skill or subject area. Sometimes these courses become ongoing groups, but they often just provide a taster of something different. Recent subjects have included Mandarin, Philosophy, Anglo Saxons and their Literature and Botanical Watercolour Painting. Do you have a short course you would like to run? We are always open to suggestions and can offer advice and support. New courses are advertised in the Bulletin, at the Monthly Meetings and on our website and FaceBook page. Watch out for them!



Member's photo

## OUT AND ABOUT WITH THE INTEREST GROUPS

I am very much enjoying getting out and about visiting groups and seeing what you're all up to.

Recently I spent a wonderful Monday morning at **Painting and Drawing 1** and was in awe at the range of talent on display. Examples of art work included a self portrait, an architectural drawing, a copy of an old master, a botanical watercolour and others – a wide range of styles and media. If the group decides to hold a viewing this year please come along and have a look, they can hold their own with any art gallery.

Trisha Holmes

# News from the Groups

## Architecture

The Architecture group held their planning meeting in January to decide on the programme of visits for the year ahead. Within the space of a few minutes they had a 'short' list of several years' worth of visits and no lack of volunteers to lead them! Very impressive - as was the range of architectural interests – from Brent Cross developments to Sussex churches. After some courteous verbal arm-wrestling the final programme was decided. Thank you for allowing me to eavesdrop. And forgiving me for being late with the biscuits.

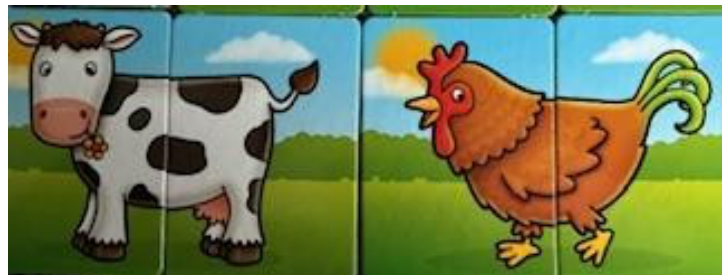
Photo by Peter Barry, Architecture Group Leader



## The January meeting of the Environment & Climate Crisis group discussed food.

How often do you eat meat? Everyday? More than once a day? A few times a week? Very rarely? Never?

Professor Paul Behrens suggested at the National Emergency Briefing (27.11.25) that we should consume less meat – beef once a fortnight and chicken once a week. The



reasons for reducing consumption are many and include concerns about future food security, animal rights where cows are kept in sheds 24/7, cows' methane burps contributing to greenhouse gas emissions and large land areas given to growing animal feed.

Research is taking place in Canada and Scotland into selective breeding (genome editing) to develop cows which produce burps with less methane. Another area of research is developing lab-grown meat – cutting out the need to raise and kill animals.

Then there are all the meat-free products which mimic meat in appearance and taste. Supermarkets have vast selections of these products, but many appear to be ultra-processed.

We are faced with many choices about what we put on our plates.

New members welcome : 3<sup>rd</sup> Thursdays 7.30pm on zoom.

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

## Table Tennis

The Table Tennis group has proved to be extremely popular and some changes have been made to ensure that everyone has a chance to play. There are now two groups (as of 20 February 2026). Group 1 will meet from 12.15 to 2.15 led by Andy Gray; Group 2 will meet 2.30 – 4.30 led by Steve May. **Please note Group 2 is FULL.** The venue and day remain the same – St Matthew's Church every Friday. If you are interested in joining Group 1 please contact Andy Gray: [andygray64@btinternet.com](mailto:andygray64@btinternet.com)

# News from the Groups

## Buddy visit to History of London 2

I am the group buddy for History of London 2, and had the pleasure of visiting them on 27<sup>th</sup> January. I was made very welcome by Averil (group leader) and the other members of the group. History of London 2 meet at St. Matthews Church Hall for talks, and to plan their London visits. During my visit I listened to an interesting presentation given by Michael Gilbert on Exploring London 1960 – 1979.

**Anne Tanner, Committee Member**



This is the opportunity to enjoy a great evening. We meet on-line on the 3<sup>rd</sup> Monday of the month at 7.30pm. The questions are set by those group members who volunteer and the variety is tremendous. There are no teams, no score sharing & no worries if you can't get a few answers!! We learn a bit along the way and have a great evening.

There is room for new members to the group and there's no charge.

Contact Jenny Wilson – [jenny.wilson@croydonu3a.org.uk](mailto:jenny.wilson@croydonu3a.org.uk)

**The following groups would like to have new members – if you are interested please contact Trisha Holmes**  
**[trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk)**

Aqua Aerobics

Online Quiz

Short Walks

Table Tennis 1

Science & Technology

Singing for Pleasure

Ballroom Dancing

Focus on Africa

Paintings Drawing 2

17-19C History

Env & Climate Crisis

China

Play Reading Selsdon

Tracing Your Ancestors

Guitar Improvers

Looking at London

Poetry for Pleasure

Singalong

## COMMUNITY OUTREACH PAGE

**It is amazing how many community projects Croydon u3a members are involved in and how we make our voices heard, locally and nationally!**

In the January Bulletin, Carol Milgate told us how the **Knit and Natter group** make charity knits, such as 'Izzy' Dolls and 'Fish and Chips' jumpers. The dolls are sent to the Izzy organisation to be distributed to children in war-torn countries. The 'Fish & Chips' jumpers are so called because newborns in poverty-stricken countries are sometimes sent home from the hospital wrapped in newspaper, much like a fish and chips meal. The jumpers are knitted in bright colours because washing facilities may be scarce, and they are donated to aid babies in need in developing countries. In the same issue of the Bulletin, Val Apps gave some feedback on the success of the *Crisis Christmas Collection*, to which so many of our members generously contributed.

Members of Croydon u3a's *Environment and Climate Crisis* group - some are pictured here at a



Rally - have links with a number of local environmental groups, including *Croydon Climate Action*. They look to develop their own learning of and awareness about relevant issues: local and global, which can lead to individual and/or group action and also to promote learning and generate awareness of and enthusiasm for these issues amongst Croydon u3a members.

In this Bulletin, Jenny Parry writes about how she and several other members of Croydon u3a joined in a campaign to save Shirley Library - and, now that it has reopened as a Community Library, how they volunteer there on a regular basis.

**Croydon u3a members have a wealth of experience, knowledge and expertise to offer to the wider community and we contribute our time to a large number of worth-while causes.**

In the latest edition of 'u3a Matters' both Allan Walmsley (Nat Chair) and Iain Cassidy (CEO) have articles asking about issues that are of concern, where the u3a voice and members' action could be involved.

Iain Cassidy writes:

'Many members already lend their time, energy and voices to campaigns and causes that matter - from protecting local services and green spaces to championing fairness, inclusion and lifelong learning. But could we as a movement do more?'

He wants our views on using our voices about a possible future campaign for the u3a movement. He asks, '**What causes or concerns do you feel deserve the collective voice of u3a? Do let us know**' and requests members to email their views to: [editor@u3a.org.uk](mailto:editor@u3a.org.uk) - with the email headed ACTIVISM.

**The Croydon u3a Committee would also be interested to hear your views on this - so please do let Jenny know!**

**Maggie Chan, Publicity and Community Outreach Coordinator**

## **NOT ANOTHER SURVEY?????**

You are invited to take part in a national u3a survey that explores what u3a means to you and how being part of u3a has impacted on your life.

This survey is open to all members so please take a moment to fill it out. It is a great opportunity to share experiences and support the u3a to thrive into the future. The feedback will be used to grow membership, demonstrate the impact of u3a and raise our profile. The link is below. There are 24 short questions, you can complete it anonymously and for the question about the size of Croydon u3a, we are in the 501 – 1000 section.

<https://www.surveymonkey.com/r/u3a-me>

To thank you for your time, you will be entered in a John Lewis £100 prize draw. The survey closes on 31 March.

Thank you in advance for your support.

## CROYDON u3a TRAVEL TEAM 2026

March sees the start of our programme for 2026, and we are pleased to say that several of the planned trips this year are already full. The article this month looks at two trips where we still have a few places available, and booking forms are in this Bulletin.

The first coach trip is in May, and we will be visiting **Parham House and Gardens**. Set within an ancient deer park below the South Downs, Parham is one of the country's finest Elizabethan houses. A well-loved family home since its foundation stone was laid in 1577.



Our next featured coach trip is in July to **Sutton Hoo** which is home to one of the greatest archaeological discoveries of all time in the UK and where tales of kings and buried treasure guarantee to hold your imagination.

Visit the Royal Burial Ground, climb to the top of the 17-metre viewing tower and discover the history and mystery of this beautiful place, where 1,400 years ago, a king or great warrior of East Anglia was laid to rest in a 90ft ship surrounded by his treasure.

You can find out more about this and what life was like for the Anglo-Saxons in the High Hall exhibition space and see replicas of the objects unearthed from Sutton Hoo over the past 80 years.

Discover what it's really like to be an archaeologist on the eve of a discovery inside Tranmer House, where you'll also find images from the 1939 excavation and find out more about Mrs Edith Pretty, the former landowner who commissioned the dig.

There's plenty to see and do outdoors, too. Spot wildlife and wildflowers on a nature walk, take in views over the River Deben, and explore the Design and Legend sculpture trail, where you can find out more about Anglo-Saxon beasts.

This Bulletin contains details of our trip to see the magnificent Victorian **Crossness Pumping Station** including a guided tour of the site. Numbers are limited.



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

# Croydon u3a Members' Lunch

## at El Patio, Selsdon CR2 8LH

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

**Wednesday 18 March 2026**

**12.30 pm for 1 pm**

**3 Tapas plus dessert including service charge) £23**

**(The menu selection is on the next page/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:** 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. Refunds will not be given if cancellation is received within 24 hours of the event

**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 18 March 2026**  
**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 THE RAFFLE**

## 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)

# WYE VALLEY & THE FOREST OF DEAN

## Friday 27 - Tuesday 31 March 2026

A 3-tier payment plan has been devised to help you, if you need it: For members sharing a room the cost is **£540** (£75 non-returnable deposit, £232.50 payable by the 15 November, and final balance of £232.50 payable by 15 January 2026. For those members having a single room **£639**: (£75 non-returnable deposit, £282 payable by the 15 November, and final balance of £282 payable by 15 January 2026

Visit the beautiful area of the Wye Valley and the Forest of Dean and stay in the Bells Hotel & Country Club, Coleford <https://bells-hotel.co.uk/> for 4 nights £540 (+ £99 single supplement).

What is included in the cost:

- ✚ 4 nights dinner, bed, breakfast and 2 nights
- ✚ Excursions include a relaxing 40 mi Wye Valley Cruises from Symonds Yat West, and
- ✚ Return train journey on Dean Forest Railway from Norchard
- ✚ Additional excursions for free time to Tintern Abbey for a photo stop, Chepstow, Hereford, Ross on Wye and Ledbury if you require them.
- ✚ Luxury coach travel throughout
- ✚ Porterage at the hotel
- ✚ Driver's tip

**1 Double Room and 1 Twin Room Available if anyone would like to share**



### WYE VALLEY & FOREST OF DEAN BOOKING FORM

If you are interested, please contact **EITHER** 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 either cash, 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 NAME OF YOUR OUTING AS THE REFERENCE**)

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

Address: .....Post Code.....

Tel. No. ....E-mail .....

I would like .....tickets for the Wye Valley trip and enclose cash/cheque (with sae) or paying BT

My contact name and telephone details in case of emergency is .....

# News from the Travel Team

## u3a Outing to Parham House & Gardens

### Thursday 21 May 2026

**Coach leaves 8:45am from Fairfield Hall, Park Lane, Croydon**

Cost of the trip is £45:00 Price includes coach travel, tea/coffee on arrival, drivers tip and entry to Parham House (with guided tour) and Gardens.

Parham is a traditional stone E-shaped Elizabethan mansion, built in 1557. Idyllically set in the heart of an ancient deer park, below the South Downs. The Elizabethan house contains an important collection of needlework, paintings and furniture. Parham has always been a well-loved family home, and only three families have lived here since its foundation stone was laid.



Complete with a Great Hall and spectacular Long Gallery which is the third longest in England, Parham's tranquillity and timeless beauty have changed little over the centuries.

The gardens include a four-acre Walled Garden with stunning herbaceous borders and Pleasure Grounds. **PLEASE NOTE:** There isn't a lift at this historic house so access to the floors is by stairs.

Our visit will arrive mid-morning and after a welcome break for tea/coffee and biscuits we will have guided tours of the house before the general public is admitted.

**We will then be free to enjoy** Parham's award-winning gardens include the beautiful Pleasure Grounds and a four-acre Walled Garden, complete with stunning herbaceous borders, a 1920s greenhouse, vegetable garden, orchard, and the charming Wendy House. Visitors can enjoy leisurely walks around the Pleasure Grounds and lake, taking in the variety of wildlife and exploring the garden's tranquil corners.

Return the booking form below to: David Apps, 13 Church Way, South Croydon, CR2 0JT. Tel. 020 8651 0347, with a **stamped addressed envelope**

If you have problems on the day of outing, ring David 07802 769047 or email: [dapps97090@aol.com](mailto:dapps97090@aol.com).

At other times please use David's landline 0208 651 0347

**Please read Travel Team's Terms and Conditions.**

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#### **BOOKING FORM – Parham House and Gardens -**

Coach leaves at 8:45 am Thursday 21 May 2026. Price: £45:00

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

Address .....Postcode.....

Mob No. ....E-mail .....

I would like.....ticket(s). Total £ ..... Cheque payable to "**Croydon u3a**" (enclose a sae) OR: by bank transfer. Acct No: 13630003. Sort Code 23-05-80. **Please put "Parham" as the reference**

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

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

# u3a Outing to Sutton Hoo

Wednesday 15 July 2026

Coach leaves at 8.30am from Fairfield Halls, Park Lane, Croydon, (please arrive by 8.15 am for registration) arriving back between 6.30 – 7.00 pm

The cost of this outing is £42 (NT members go in for free so payment is £22.90. You will need to show your card on arrival), includes entrance to Sutton Hoo, 1 hour tour at 1pm, coach and driver's tip

## About Sutton Hoo

This hauntingly beautiful 270 acre estate, with far-reaching views over the River Deben, is home to one of the greatest archaeological discoveries of all time.

A 1 hour tour has been booked for us to walk around the **Royal Burial Ground** and enjoy vistas from the 17-metre viewing tower to discover the history of the ship burial of an Anglo-Saxon king and his treasured possessions.



Find out about the archaeological work that took place here in **Tranmer House**, built in 1910, the former home of Edith Pretty, and visit the **High Hall exhibition** to see replica and original objects.

King's River Café is open every day serving a selection of hot/cold drinks, snacks and light bites.

Please note that there are uneven paths around the site.

Return the booking form below to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Email: [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com); mob: 07754092042 **OR** Karen Hook, Email [karen\\_hook@hotmail.com](mailto:karen_hook@hotmail.com); mob: 07799 776684. Either pay by **cash/ cheque (payable to Croydon u3a) together with stamped addressed envelope**; 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**);.

**BOOKING FORM – Sutton Hoo – 15 July 2026**

Leave 8.30am from Fairfield Halls, departing approximately 4-4.30pm, arriving back between 6-6.30pm.

Name(s)..... Membership No(s) .....  
Address .....  
Postcode: .....Mob No. ....E-mail .....  
I would like ..... ticket(s). Total £.....  
My contact in case of emergency is: .....

**Crossness Pumping Station and The Great Stink  
Exhibition**

**Wednesday 26<sup>th</sup> August 2026 – 10.15 am meet at East  
Croydon or 11.20 am at Abbey Wood station**

- ✚ Numbers limited to 20 people.**
- ✚ Travel by train to Abbey Wood, then taxi from station.**
- ✚ The cost of this outing is £30 which includes admission and taxi from Abbey Wood**

“The Cathedral on the Marshes”, the Crossness Pumping Station was a Victorian masterpiece. Built in 1865 at the end of the southern sewage outfall, it housed four steam-driven beam engine pumps. The building was last used in 1953 and then abandoned. The Crossness Engines Trust was founded in 1985. We are booked in for a guided tour at 1 pm, and this takes approximately 2-3 hours.



- ✚ There will be Tea, coffee and biscuits (and toilets, lots of toilets!)**
- ✚ An introductory talk on the sanitation crisis that led to the construction of the sewers.**
- ✚ A Guided tour of the Crossness Pumping Station and it’s historic engines**

More details available at [www.crossness.org.uk](http://www.crossness.org.uk)

Return the booking form below to: Andy Gray, 36 Eland Road, Croydon, CR0 4LG; Mob: 07979284343, Email: andygray64@btinternet.com **OR** Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Email: lindagrigsby17@gmail.com ; mob: 07754092042. Either pay by **cash/ cheque (payable to Croydon u3a) together with stamped addressed envelope**, at the Monthly Meeting in the Masonic Halls, **OR** by Bank Transfer account no. 13630003, sort code 23-05-80 (**Crossness as reference/outing name**)

**BOOKING FORM – Crossness and The Great Stink Exhibition – 26th August 2026**

**Meet at East Croydon station at 10.15am for 1031 Thameslink train to Farringdon or 11.20am at Abbey Wood Station. Return time in Croydon approx. 5pm (depending on trains)**

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

Address .....

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

I would like ..... ticket(s). Total £.....

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

# LIVERPOOL

## Monday 5 – Friday 9 October 2026

**A 3-tier payment plan has been devised to help you, if you need it: For members sharing a room the cost is £628 (£75 non-returnable deposit, £276.50 payable by the 15 April, and final balance of £276.50 payable by 1 August 2026. For those members having a single room £727 with £99 single supplement): (£75 non-returnable deposit, £326 payable by the 15 April, and final balance of £326 payable by 1 August 2026**

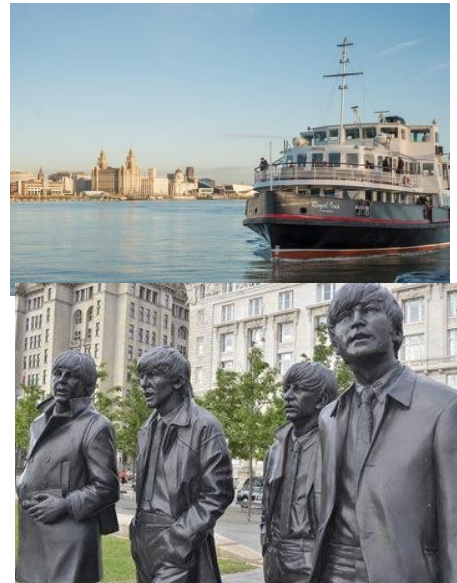
4 nights – bed and breakfast at the Hard Days Night Hotel in Liverpool <https://www.millenniumhotels.com/en/liverpool/hard-days-night-hotel-liverpool/>

What is included in the cost:

- ✚ 4 nights dinner, bed, breakfast.
- ✚ Excursion on the Wednesday for a full day in Chester
- ✚ Luxury coach travel throughout
- ✚ Porterage at the hotel
- ✚ Driver's tip

Optional trips: Several places of interest including the Beatles Story, British Music Experience and many more are within a short distance of the hotel, including:

- ✚ Liverpool 'Blue Route' – City and Beatles Tour, which lasts for 1 hour 30 minutes at a cost of £20
- ✚ 50 minute Mersey River Cruise for 50 minutes, at a cost of of £13
- ✚ A Walk Through Time: History of Liverpool Walking Tour, for 1 hour 50 minutes, which costs £17
- ✚ City Explore: Hop on Hop off Liverpool Sightseeing Bus Tour, lasting for 1 hour, at a cost of £14



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### LIVERPOOL 5-9 October 2026

Return the booking form below to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Email: [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com); mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454,. Either pay by **cash/ cheque (payable to Croydon u3a) together with stamped addressed envelope**; 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**);  
Name(s) .....Membership No(s) .....

Address: .....Post Code.....

Tel. No. ....E-mail .....

I would like .....tickets for the Liverpool.

My contact name and telephone details in case of emergency is .....

## 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. **PLEASE INCLUDE AN EMERGENCY CONTACT PHONE NUMBER, WHICH MUST BE LOCATED IN THE UK.**

**Coach Pick up and Drop off** are at Fairfield Halls concourse 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:** **EITHER** make payment online to Croydon u3a - Account No. 13630003 Sort Code 230580 **Reference** – insert the **Name of the Trip**. If you are paying for someone else insert their name and the name of the trip. **OR** alternatively, pay by cheque payable to Croydon u3a. Please send your completed Booking Form, cheque and self-addressed envelope to the address given on the Booking Form. **OR** make a payment at the Monthly Meeting at the Travel Desk.

**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, & 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, which MUST be a number in the UK. 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: Trisha Holmes 020 8777 4235 - [trisha.holmes@croydonu3a.org.uk](mailto:trisha.holmes@croydonu3a.org.uk) should you be interested in any of the groups. (February 2026)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<b><u>Action Groups</u></b>			
Ballroom Dancing	1 & 4 Tuesdays	11.00–12.00	SMC
Chair Yoga	2 & 4 Mon & 1,2,3 Fri	10.00 am	Zoom
	1 & 3 Mondays <b>FULL</b>	10.15 am	SMC
Dance Exercise	Mondays <b>FULL</b>	9.45 am	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	12.00 midday	The Orchard Pub
International Folk Dance	1 & 3 Wed	10.00 am	SMC
Line Dancing	1 & 3 Fri <b>FULL</b>	10.30 am	SMC
Table Tennis 1	Every Friday	12.15-2.15 pm	St Matthew's Church
Table Tennis 2	Every Friday <b>FULL</b>	2.30 -4.30 pm	St Matthew's Church
Tai Chi 1	1 & 3 Mondays	12.45-1.45 pm	SMC
Tai Chi 2	1 & 3 Mondays	2.00 – 3.00pm	SMC
<b><u>Active outdoor Groups</u></b>			
Cycling	1 Weds & 3 Thurs	Varies	Varies
Historic Visits	4 Thurs <b>FULL</b>	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 – Nov <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(4)	3 Friday April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(5)	4 Friday April – Oct <b>FULL</b>	Varies	Varies
Short Walks	2 & 4 Thurs	10.30 am	Varies
<b><u>Arts &amp; Crafts</u></b>			
Knit & Natter	2 & 4 Tues <b>FULL</b>	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>Cultural Activities</u></b>			
Architecture	3 Thur <b>FULL</b>	10.00 am	Various
A Taste of World Cuisines	1 Tues <b>FULL</b>	Lunch time	Various
Art Appreciation	4 Fri	2.00pm	SMC
China	3 Tues	10.00 am	Zoom
Croydon Memories	4 Fri <b>FULL</b>	12.00 noon	The Boulevard
Focus on Africa	4 Tues	10.30 am	Central Library
Into Film	Thurs Varies <b>FULL</b>	2.00 pm	David Lean cinema
South Bank	Varies	Varies	Varies
Theatre Visits	Varies	Varies	Varies
Wine Admiration	1 or 2 Fri <b>FULL</b>	2.00pm	Home – Various
<b><u>Games of Skill</u></b>			
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
Mah Jong	Varies	Varies	t.b.a
Quiz Nights	3 Mon	7.30 pm	Zoom
Rubber Bridge	Every Tues	2.00pm	Mildred Crt, Addiscombe
<b><u>Gardening Groups</u></b>			
Love Gardening	1 Mon	10.30 am	Various
Wild Flowers	4 Monday (March to Sept)	10.30 am	Various

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<b><u>Languages</u></b>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 & 4 Tues	2.30pm	Zoom
German Friends	Mons	10.15	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
<b><u>Literature</u></b>			
Book Club	3 Wed	2.00pm	Home
Books Made into Films	3 Thurs <b>members welcome</b>	11.00 am	M&S Cafe, Croydon
Play Reading Croydon	1 & 3 Mon	1.30pm	Home
Play Reading Selsdon	1 Mon	2.00pm	Home various
Poetry for Pleasure	2 Tues	2.00pm	Home Addiscombe
Share a Good Read	2 Mon <b>FULL</b>	2.30 pm	St Johns, Selsdon
Writing for Pleasure Group	1 Wed	2.00 – 4.00 pm	SMC
	3 Wed	7.00pm	Zoom
<b><u>Maths, Science &amp; IT</u></b>			
Science & Technology	2 Tues	8.00pm	Zoom
<b><u>Music</u></b>			
Blues & Jazz Appreciation	Varies	Varies	Various
Guitar Improvers	2 & 4 Tue	10.30 am	SMC
Mandolin	By arrangement	By arrangement	Home, Addiscombe
Singalong	2 Monday	10.30 am	SMC
Singing for Pleasure	2 & 4 Wed	10.30 am	St Matthews Church
<b><u>Social Studies/History</u></b>			
17 <sup>th</sup> – 19 <sup>th</sup> Century History	1 Wed	2.30pm	Home – Central Croydon
Early Medieval History	1 Tues	2.30pm	Home – Central Croydon
Environment & Climate Crisis	3 Thurs	7.30pm	Zoom
History – Local	2 Fri <b>FULL</b>	2.00pm	Home – Wallington + visits
History – Local 2	3 Weds <b>FULL</b>	2.00 pm	SMC
History of London 1	1 & 3 Tues <b>FULL</b>	10.00 am	PUR + Outings
History of London 2	2 & 4 Tues <b>FULL</b>	10.00am/2.00pm	StMC + Outings
History of London 3	1 & 3 Wed <b>FULL</b>	2.00pm/10.00am	StMC + Outings
History of London 4	3 & 4 Wed	1.30 pm varies	PUR Ch + Outings
Looking at London	1 Mon	2.00pm	StMCh + Outings
Members on Their Own (MOTO)	Various	Various	Various
Tracing Your Ancestors	4 Wed	2.00pm	THL
Transport	3 Mon <b>FULL</b>	10.30 am	CC + outings

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