



# CROYDON u3a BULLETIN

**November 2024**

**Charity number: 1029466**

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

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The recent members' lunch held at El Patio Tapas Bar in Selsdon



**Some months  
have 31 days,  
some have 30.**

**How many  
months have 28  
days?**

One of our 'silly' quiz questions at the Oct AGM. Have you worked it out?

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

**Croydon u3a  
QR Code**



**Find us at Croydon u3a**

**Bulletin stop press:** The next Bulletin will be out late December early January 2025. Copy to Linda Grigsby, Bulletin Secretary [lindagrigsby17@gmail.com](mailto:lindagrigsby17@gmail.com), cc Jenny Wilson [jennywilson63@live.co.uk](mailto:jennywilson63@live.co.uk) by 18 December..

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

## DATES FOR YOUR DIARY 2024/25



### Jenny Wilson– CHAIR

Dear u3a members,

Our 38th Annual General Meeting had a couple of challenges at the beginning but then it all went very well indeed – on leaving some members commented that it was the best AGM yet!

The challenges were that there was also a meeting for GPs at the Masonic Hall so the carpark was completely full and there were very few spaces on nearby streets. However, as many travel by public transport that wasn't too bad. The P.A. system got it all confused so when we switched the microphone on, we were looped into the GP presentation in the hall above!!!! But the turnout was very encouraging – lots of members came to support the work of the Committee and we had no problem about being quorate!

As to be expected we rose above it – well not literally – and coped just fine. The main part of the meeting went seamlessly, in our Business Secretary, Trisha's capable hands, with the Reports and voting for two new Committee Members. Then there was a quiz – a few light-hearted questions about the u3a and then some 'silly' ones which got every laughing, and all were rewarded with a Fairtrade chocolate.

If your Interest Group is planning on doing something festive or special for the run up to the Christmas & the New Year holidays, please let us know. The MOTO group have a Secret Santa planned and the Writing for Pleasure Group's December theme is a Winter's Tale – which could be wherever our imaginations take us.

In the very near future, we will be launching our new website. This is because the current contract will cease at the end of the year. We have used this as an opportunity to build a more modern looking site which is easier to navigate. You will be given full details of the new web address as soon as possible. I am very grateful to the team who are working on this for us.

Remember to keep spreading the word about what a vibrant organisation we are.

Wishing you all the best for the Christmas season and a very happy and healthy 2025.

*Jenny*

Chair, Croydon u3a & London Regional Trustee,

**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.**

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<b><u>2024</u></b>		
13 Nov at 2.15 pm	<b>Monthly Meeting</b> at Masonic Hall	Nicholas Henderson - Russian History
Mon 18 Nov at 7.30 pm	Quiz Night - Zoom	
25-27 Nov	Longleat Lights –BOOKING CLOSED	
Wed 11 Dec at 2.15 pm	<b>Monthly Meeting</b> at Masonic Hall	Christmas celebrations with the staff & students of Orpheus College for students with disabilities. <b>Please come in festive attire</b>
	The new <b>CEO of u3a Iain Cassidy</b> will be joining our meeting to meet with members	
Mon 16 Dec at 7.30pm	Quiz Night - Zoom	
<b><u>2025</u></b>		
Wed 8 Janu	<b>Monthly Meeting</b> at Masonic Hall	Andy Thomas 'Paranormal Mysteries & Cover-ups'
Wed 12 Feb	<b>Monthly Meeting</b> at Masonic Hall	Maureen Dickson on Pilots & Soldiers of the Caribbean during WW2
Wed 12 Mar	<b>Monthly Meeting</b> at Masonic Hall	John Hickman on Notable Women of Norwood
Wed 19 Mar	Members' Lunch	The Horseshoe, Warlingham
31 Mar-4 Apr	5 day/4 night break to the Cotswold & Stratford upon Avon – details in this Bulletin	
Wed 16 Apr	Day outing to Arundel Castle for the Tulip Festival – details in this Bulletin	
May	Coach outing to Godinton House & Gardens	Details will be in the January Bulletin
Thurs 12 June	Coach outing to Ramsgate	Booking forms in this Bulletin
Thurs 14 Aug	Tour of Strictly Dance Workshop	Booking forms in the January Bulletin
11 Sept	Riverboat lunch cruise to Runnymede	Details will be in the January Bulletin





**Jenny Wilson  
Chair**

[jennywilson63@live.co.uk](mailto:jennywilson63@live.co.uk)



**Joy Ellery  
Vice Chair/Venues/Archivist**  
[venuehireco-ordinator@croydonu3a.org.uk](mailto:venuehireco-ordinator@croydonu3a.org.uk)



**Paul Smith  
Treasurer/Membership//Gift  
Aid/Travel Team**  
[treasurer@croydonu3a.org.uk](mailto:treasurer@croydonu3a.org.uk)



**Cliff Brett  
Committee Member/Publicity**

## **Croydon u3a Committee & Trustees 2024/2025**



**Linda Grigsby  
Bulletin/Travel Team/ Publicity**  
[bulletinsecretary@croydonu3a.org.uk](mailto:bulletinsecretary@croydonu3a.org.uk)



**Maggie Chan  
Interest Group Co-ordinator/  
Publicity**  
[groupscordinator@croydonu3a.org.uk](mailto:groupscordinator@croydonu3a.org.uk)



**Trisha Holmes  
Business/Minutes Secretary**  
[businesssecretary@croydonu3a.org.uk](mailto:businesssecretary@croydonu3a.org.uk)



**Fenella Cardwell  
Committee Member**



**Sheree Yapp-Davis  
Inclusion/New Member Liaison**



**Karen Hook  
Committee Member**



**Steve May  
Mail Chimp Comm/Committee  
Member**

## News From the Groups

### Wear your Badge!



Our Croydon u3a Badges do turn up in the strangest of places!

Have a look at these photos of our members proudly displaying their badges in some very different settings!

But you don't have to go somewhere exotic to wear yours ... why not wear it when you are out and about - doing the shopping, on the bus, on the train ... anywhere really! It may just start a conversation with somebody who wants to know what the badge stands for – and give you a chance to sing the praises of Croydon u3a! We find that most new members have heard about us through talking to an existing member. And if your group is planning a special event or a meal out over Christmas and New Year – why not ask members to wear their badges?

**The more visible we are, the more we can spread the word about Croydon u3a.**

**Maggie Chan, Interest Groups Coordinator**



## TRACING YOUR ANCESTORS

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

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

We use the computers in the Library's IT suite and, if required, members can use my subscription to Ancestry for a nominal charge (currently £1).

Other websites are available - but please note not all of these are free to use.

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

***You never know who or what you may find!***

**Cariss Smith: 0208 668 956**



# Line Dancing Fun

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

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



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

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

On 14th October a group from **Looking At London** went to the Mayfair offices of the Kennel Club and found that they do much more than run Crufts. Whether you like dogs or not it was a very interesting visit. Canine enthusiasts, historians, art lovers and anyone interested in how man's best friend developed alongside humans would enjoy a visit. The day started with tea and coffee ahead of a short presentation on the Kennel Club.



The Kennel Club was founded in 1873 by Mr Sewallis Evelyn Shirley MP and 12 other members. It has become one of the largest organisations in the UK devoted to dog health, welfare and training. It also has a large collection of original paintings and historical artifacts on display.

Following the presentation we had a tour of the collections, gallery and library. The Kennel Club Art Gallery is a world class collection of art and artifacts about dogs. The collection includes paintings, drawings, prints, trophies, sculptures, ceramics and much more. The artefacts date from the 1<sup>st</sup> century to the present day with a special focus on 19<sup>th</sup> and 20<sup>th</sup> centuries. The oldest item is a celtic coin dating from AD8 - AD41 which is decorated with the image of a hound. One of the most well known dog paintings is entitled 'An Early Canine Meeting' dated 1855 and shows the very early beginnings of dog showing. Featured artists include: Maud Earl, Sir Edwin Landseer, Richard Ansell, George Earl, Frances Fairman, Reuben Ward Binks and Margaret Collier and many more.



Finally we were shown some of the books in the library collection and given an idea of how dogs were originally used from the 16<sup>th</sup> century onwards and how and why people use the library.

We were made to feel so welcome and all enjoyed it very much.

**Sue Jackson**

## News From the Groups

### The Focus on Africa group

The Focus on Africa group welcomed our leader, Grace Richardson's, son on a visit from Ghana. He used a series of activities and games to help us understand the traditional roles within Ghanaian families, making it a fun morning for us all.

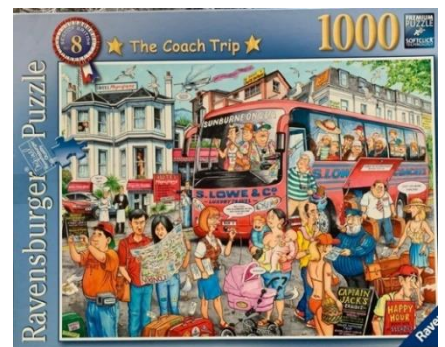
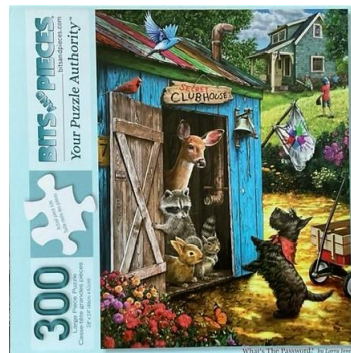
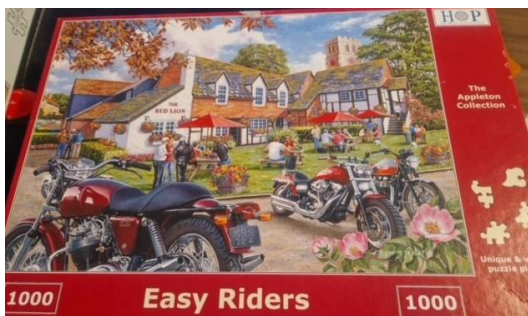
If you have an interest in Africa, the group is open to new members. We meet on the 4<sup>th</sup> Tuesday of the month at Croydon Central Library. If you would like to come along and join our discussions, please contact the leader, Grace Richardson via Maggie Chan: [groupscoordinator@croydonu3a.org.uk](mailto:groupscoordinator@croydonu3a.org.uk)



### Jigsaw Puzzle Experience

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

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



## Potential New Groups

### Leader Required For Riverside And Canal Walking **Group 5**



To meet an unprecedented and ongoing demand for places in the first four groups, we would like to start up a **5th Riverside and Canal Walking group to begin next year.**

We are on the look out for a new group leader to lead the walk **on a day to be decided and which could be a weekend day.**

The walk will follow the same format as the existing 4 groups - the aim being to enjoy leisurely two-to-three-mile strolls along rivers and canals and around reservoirs - mainly along the Thames and its tributaries, but with the possibility of exploring canal-side paths.

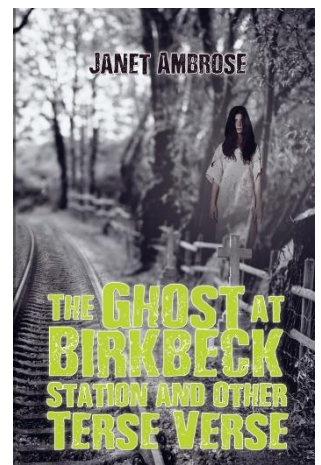
*To help the new leader, peer-mentoring and support with admin will be available.* **If you are interested in leading Group 5 please contact the Interest Groups' Coordinator, Maggie Chan, [groupsco-ordinator@croydonu3a.org.uk](mailto:groupsco-ordinator@croydonu3a.org.uk)**

## A GHOSTLY TALE

Did you catch Janet Ambrose reading her poem, ***The Ghost at Birkbeck Station*** at the **AGM**? Did you think 'I wish I could write like that?' Why not give it a try?

Janet would like to set up a group of people who will meet monthly over a cup of coffee to try their hands at writing poetry, encourage and learn from each other and enjoy sharing what they write. No experience needed.

Interested? Contact the Groups Coordinator, Maggie Chan: [groupsco-ordinator@croydonu3a.org.uk](mailto:groupsco-ordinator@croydonu3a.org.uk)



# INTERESTED IN BOTANICAL WATERCOLOUR PAINTING?



Following the success of his first course, Caje Moniz is offering a second 12-week tutored course in botanical watercolour painting.

**Meeting once a week, the course will include:**

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

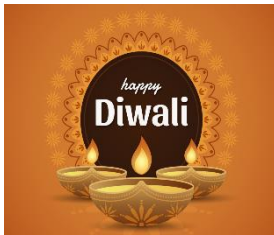
Participants will need to have their own equipment for which a detailed list of items will be provided.

To express your interest please contact Maggie Chan: [groupsco-ordinator@croydonu3a.org.uk](mailto:groupsco-ordinator@croydonu3a.org.uk)



# Festivals of Light

As **Diwali** begins this November, Croydon u3a would like to wish every member celebrating a very joyful Diwali. This **festival of light** will be celebrated by over a billion people worldwide. The message of Diwali is universal and one we can all share, of hope and positivity.



Diwali is just one of many **festivals of light** celebrated around the world. Christmas, Hannukah and Eid are some other religious festivals strongly related to the religious significance of light, which is generally considered as a rebirth of the spirit and the mind, a moment in which the good overcome the bad.

## ***Did you know.....***

- ✚ The origins of the Christmas festive tradition may date back to the Romans and Ancient Egyptians, who used evergreen plants and garlands as symbols of everlasting life.
- ✚ The 'X' in Xmas actually dates back to the 16th century. The 'X' is said to represent the Greek letter 'Chi'— the first letter in the Greek word for Christ.
- ✚ The origin of Christmas lights: dates back to a German tradition of hanging candles on evergreen trees and an English tradition of putting candles in windows. Both traditions celebrated the arrival of the Christmas season.

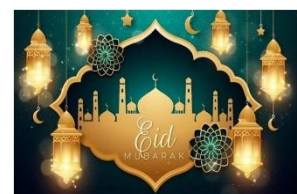


***Did you know.....*** Eid means 'festival' in Arabic, and Eid al-Fitr translates as 'the festival of breaking the fast'.

- ✚ The London Eye has been lit up green to mark the end of Ramadan and the celebration of Eid-al-Fitr. The colour green symbolizes the Muslim faith through the colours on flags, architecture, and Islamic arts

## ***Did you know.....***

- ✚ The date of Hanukkah changes because it depends on the calendar, but it will always fall in November or December.
- ✚ Hanukkah lasts for eight nights, to commemorate how long the holy light burned. After the Maccabee victory, they cleansed and rededicated the temple—as the story goes, they required a holy light to burn inside at all times, but the Jews had only enough oil for one night. Incredibly, the light burned for eight days.



## Scratching your head about **Christmas?**

Realise Christmas will soon be coming up fast, and scratching your head for what to buy your loved ones?

Instead of buying yet more for those who already have a lot, why not buy something that will benefit those who have very little? Many people on our planet not only won't be celebrating Christmas, but are lacking the basic essentials; food, water, shelter and medical facilities.

You could help.

You may have your own preferred charity, but we have put a few of our own suggestions on our Environmental Group website: <https://u3acroydon.weebly.com/christmas.html>. There are many options for spending your money to benefit those who have a great need.

On that page you can also find a link to our suggestions for a plastic-free Christmas, which some of us attempted in 2022. (One of us succeeded apart from the currants!) There are many environmentally-friendly and ethical options for buying cards, presents, wrapping paper and other Christmas goods. Don't forget that the winter holiday season brings a heavy cost to the planet.



**Margaret Derrick**

## **I'm all AGM-ed out!!!!**

First it was our AGM on 9<sup>th</sup> October, followed by the national u3a AGM in Milton Keynes on 16<sup>th</sup> October, which involved a 3-day visit, then the London Region AGM on 18<sup>th</sup> October!!!!

Anyway, all 3 were very successful events. The national AGM resolution to make changes to the governance structure was passed with a healthy majority. This means that there will be a Council consisting of 2 representatives from each of the 12 regions of the UK. I will be one of those, and a delegate from Islington will be the other one. This means that communication between individual u3as, sharing good practice and concerns will be much easier. Previously everything had to go to Board Meetings which were often over-laden with issues of compliance, financial concerns and so on.

So, I am now the London Regional Trustee, and I did stipulate that I was not leaving Croydon! We have been without a post-holder since January. It means that I will be able to visit other London u3as, help with any problems, give ideas on good practice and so on. I think I am really lucky. The other trustees all have vast geographical areas to cover, whereas the London Region is very compact with 43 local u3as all within reach using a Freedom Pass!

Wish me luck!

Best wishes,

Jenny Wilson,

Chair, Croydon u3a & London Regional Trustee



## **Croydon u3a and Crisis Croydon – Christmas packs**

We hope that Croydon u3a members will support Crisis in Croydon's annual "Christmas gift" project, and we invite you to help the homeless in our town. The Crisis Skylight Centre in Croydon works with people, who have become homeless but are moving towards finding work, accommodation and getting their lives back on track.

There isn't a budget at Crisis for the gifts, and all items (or money to purchase the items) are donated by the general public. These gifts are for the 600 homeless people in Croydon, both male and female, and are made up of small packs of toiletries and sweet treats. As all these gifts will be stored with their possessions in their rucksacks these packs must be small size toiletries, and for all sweet treats to be individually wrapped (as opened food may encourage vermin). Many Croydon u3a members have already given items and are thanked for their contributions.

Valerie Apps will co-ordinate the collection and delivery to Crisis of all the items we collect. She will happily take items at the November and December General Meetings. Otherwise, she can be contacted on 07831 220483.

### **Items we are looking for:**

#### **Toiletries**

- + Deodorants (spray and roll on)
- + Toothbrushes, and toothpaste
- + Small shower gels
- + Small shampoo
- + Small moisturiser, hand cream, lip balm, Vaseline
- + Cleansing wipes

#### **Sweet treats**

- + Small Chocolate bars (individually wrapped)
- + Cereal bars
- + Biscuit bars (e.g. Twix, Kit Kat)

#### **Sweets individually wrapped**

- + toffees
- + boiled sweets
- + mints

# HOW DOES ETHICAL CONSUMER RATE CHOCOLATE COMPANIES?



The judgements were made by scoring on:

- ✚ animal care
- ✚ people (workers especially child labour)
- ✚ environment
- ✚ politics
- ✚ product sustainability

**Cocoa farmers** are almost extremely poor. Cocoa can only be grown in tropical countries, and it is almost entirely grown by smallholders. The bulk of production is in West Africa, with **Ivory Coast** – the biggest exporter – producing **43%** of the world's supply. **Ghana** is in second place, and produces **20%**.



There are still estimated to be about **two million children** working on cocoa farms in West Africa. There is particularly profound concern about it because it is such hazardous work; cocoa pods are split with **machetes**, **toxic chemicals** are used, and the children carry extremely **heavy loads**. Injuries are extremely common.

Ethical Consumer has also rated all the companies on their cocoa sourcing policy:

- ✚ Best rating: Divine, Plamil, Moo Free, Booja Booja, Cocoa Loco, Montezuma, Traidcraft, Lindt
- ✚ Worst rating: Nestlé, Mondelez (Cadbury's), Ferrero, Mars, Hotel Chocolat, Guylian, Tesco



Divine is part-owned by Ghanaian farmers

## Croydon u3a Travel Team – 2024 Review

What a varied and enjoyable programme in 2024 we had! Now that the dark winter nights are closing in on us it is a good opportunity to look back at the trips and activities we achieved.

Our coach trips started with Beth Chatto Gardens back in April, followed in May with a trip to Osterley House and Park on a rather damp day. June saw us travelling to Whitstable to enjoy a day by the sea completed with an afternoon tea before heading back to Croydon. In July we travelled down to the Guildford area for a fascinating visit to Watts Artists Village, where we visited the house of George Frederick Watts, the famous Victorian painter and saw some of his paintings in the gallery. Then it was on to Loseley House to admire the gardens that were in full bloom. The Hollyhocks were amazing!

In August there were 5 different trips using public transport: ranging from Chelsea Hospital, the Jewish Quarter in London, a guided tour around the City of London, a visit to the repurposed Bon Marché store in Brixton, and a stroll around Morden Hall Park. These were well supported and enjoyed by our members.

September was the last coach trip of the season and this was to the RHS Wisley Garden Show. It was good to be joined by many of our u3a members who had not been to the gardens before.

In the year we organised two members Lunches, with the visit to McDermott's Fish and Chips Restaurant being a big favourite. We think we may return in 2025!

And with the short break to Longleat to see the Christmas lights taking place in November our 2024 programme comes to an end. And thanks go to the five Croydon u3a members, who make up the Travel Team, who organised the above trips.

So now we look forward to 2025. A draft programme of trips has been prepared and already we are taking bookings for the Cotswolds short break in the spring, and details of the trips to Arundel and Ramsgate are in this Bulletin. The full programme will be published in the January 2025 bulletin. You can find out more details of the above trips by visiting the Travel Team table at the Monthly Meetings.

We wish you all a Merry Christmas and a Happy New Year and we hope to see you on one, or more, of our trips in 2025.

**Averil, Cariss, David, Linda and Paul**

### Croydon u3a Travel Team - LUNCHES

**General Information and Booking terms and conditions 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. **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 Members' Lunch at The Horseshoe

Farleigh Road, Warlingham CR6 9EG

Wednesday 19 March 2025

(403 bus from Croydon stops outside)

12.30 for 1.00 pm 2 courses £27 **EITHER** Starters &  
Main **OR** Main & Dessert (tea & coffee included)

## Starters

- a) Prawn Cocktail
- b) Loaded Potato Skins (v)
- c) Soup of the Day (v)
- d) Loaded Nachos (v/vegan)

## Main

- e) Baked Salmon
- f) BBQ Ribs
- g) Baked Mushroom Wellington (vegan)
- h) Chicken, Leek & Ham Pie

## Desserts

- i) Warm chocolate brownie with vanilla pod ice cream & chocolate sauce
- j) Spiced Apple & Cinnamon Crumble
- k) Strawberry Eton Mess Sundae
- l) Biscoff Cheesecake

## Croydon u3a Lunch

The Horseshoe on Wednesday 19 March 2025 at 12.30 for 1 pm

(Please make your selection here)

Menu choice: Starters:  Main:  Desserts:

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

Name(s) ..... Membership No(s) .....  
Address: ..... Post Code.....  
Tel. No. .... E-mail .....  
I would like ..... ticket(s) Total..... (cheque payable to **Croydon u3a** and s.a.e. enclosed)

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

**Outing to Cotswold & Stratford upon Avon**

**5 days, 4 nights break  
31 March – 4 April 2025**

**£521** per person based on passengers sharing a twin or double room (+ £99 single room supplement). **£75 deposit to be paid when booking** (non-refundable unless the trip is cancelled due to lack of numbers). Deadline for this is 1 December 2024 and the balance to be paid by 20 January 2025.

Price includes coach travel, driver’s tip, 4 nights at the Stratford Manor Hotel , Warwickshire (which has a swimming pool) ([www.stratfordmanor.co.uk](http://www.stratfordmanor.co.uk)), breakfast and evening meals, and excursions mentioned below. The timings of the coach leaving Croydon is to be confirmed, and will be from the Fairfield Halls. This trip is for u3a members only. The itinerary for this trip is:

**Day 1:** Travel to the Stratford Manor Hotel

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

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

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

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

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



(Please note the order of the excursions may change)

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

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**Cotswolds & Stratford upon Avon – Booking Form**

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

Single/Double/Twin rooms

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

Address: .....

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

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

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

# u3a Outing to Arundel Castle & Gardens

Wednesday 16 April 2024

Coach leaves at 9.00am from Fairfield Halls, Park Lane, Croydon, departing between 4-4.30pm

Cost of this outing is £42 (including driver's tip): plus entry to the castle and gardens All tickets to Arundel Castle & Gardens have to be pre-booked nearer the time therefore no changes can be made once bought.

There are nearly 1,000 years of history at this great castle, situated in magnificent grounds overlooking the River Arun in West Sussex and built at the end of the 11th century by Roger de Montgomery, Earl of Arundel. The oldest feature is the motte, an artificial mound, over 100 feet high from the dry moat, and constructed in 1068: followed by the gatehouse in 1070.



The building we see now owes much to Henry, 15th Duke of Norfolk (1847-1917) and the restoration project was completed in 1900. It was one of the first English country houses to be fitted with electric light, integral fire fighting equipment, service lifts and central heating. The gravity fed domestic water supply also supplied the town. Electricity cost over £36,000 to install, but the splendidly carved chimneypiece in the Drawing Room only cost £150!

Arundel Castle Tulip Festival showcases how versatile tulips can be in any garden, keep an eye out for the deep crimson, fringed *Barbados*, it's a fantastic, slightly bizarre-looking tulip that is sure to please.



In the *Stumpery Garden* we have focused on the smaller more delicate Botanical tulips such as *sylvestris* and *Persian pearls* which look stunning in amongst the ancient tree stumps and for colour we have added the striking red *linifolia* and *little beauty* that complement the *narcissi*, *scillas* and *snakeshead fritillaries*. The *Cut Flower Garden* and *Organic Kitchen Garden* have some stunning tiered displays.

There are around 12,000 mixed tulips in shades of purple and white planted beside the thatched roundhouse in the *Wildflower Garden*.

Return the booking form below to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454, either at the Monthly Meeting in the Masonic Halls, **OR** by Bank Transfer account no. 13630003, sort code 23-05-80 (PLEASE PUT THE OUTING NAME); **OR** with a cheque (payable to Croydon u3a) together with stamped addressed envelope. Last date for applying is 16 March 2025.

## BOOKING FORM – Arundel Castle & Gardens 16 April 2025

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

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

Address .....

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

I would like ..... ticket(s). Total £..... (cheque payable to "Croydon u3a"). I have attached a stamped self-addressed envelope

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



# u3a Summer Coach Outing to Ramsgate Harbour & Tunnels

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

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

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

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

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

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

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

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

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

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

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

**Cheque payment** Cheque payable to Croydon u3a together with completed booking form and stamped self-addressed envelope to:

Paul Smith, 26 Morley Road, South Croydon CR2 0EN. Tel. 07722 295713

If you have problems on the day of outing, ring Paul 07722 295713 or Averil 07880 724057

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

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

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

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

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

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

.....

.....

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

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

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

## **CROYDON u3a TRAVEL TEAM EVENT**

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

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

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

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

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

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

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

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

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

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

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

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

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

# CROYDON u3a INTEREST GROUPS

Contact: Margaret Chan 020 8655 4343 - [clockie68@gmail.com](mailto:clockie68@gmail.com) should you be interested in any of the groups. (Oct 15 2024)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<b><u>Action Groups</u></b>			
Chair Yoga	2 & 4 Mon & 1,2,3 Fri 1 & 3 Mondays	10.00 am 10.15 am	Zoom SMC
Dance Exercise	Mondays	9.45 am	St Matthew's Church
International Folk Dance	1 & 3 Wed	10.00 am	SMC
Line Dancing	1 & 3 Fri	10.30 am	SMC
Table Tennis	Every Friday <b>FULL</b>	2 & 3 pm	St Matthew's Church
Darts & Pub Lunch 1	2 Tues <b>FULL</b>	12.00 midday	The Orchard Pub
Darts and Pub Lunch 2	4 Weds <b>FULL</b>	12.00 midday	The Orchard Pub
Tai Chi	1 & 3 Mondays	1.00-2.00 pm	SMC
<b><u>Active outdoor Groups</u></b>			
London Explorers	1 Thurs (Apr-Nov)		
Short Walks	2 & 4 Thurs	10.30 am	Varies
Friday Long Walks	1 & 3 Fri	10.30 am	Varies
Cycling	1 Weds & 3 Thurs	Varies	Varies
Historic Visits	4 Thurs	Varies	Outings
Riverside & Canal Walks	3 Weds April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(2)	4 Weds April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(3)	4 Tues April – Oct <b>FULL</b>	Varies	Varies
Riverside & Canal Walks(4)	3 Friday April – Oct <b>FULL</b>	Varies	Varies
<b><u>Gardening Groups</u></b>			
Garden Visits – April	3 Wed (Apr-Sept)	10.45 am	Various
Garden Design	Fortnightly Wed (10 sessions)	10.00-12 noon	Home, South Croydon
Wild Flowers	4 Monday (March to Sept)	10.30 am	Various
Love Gardening	1 Mon	10.30 am	Various
<b><u>Cultural Activities</u></b>			
Architecture	1 Tues	10.00 am	Various
A Taste of World Cuisines	1 Tues	Lunch time	Various
Wine Admiration	1 or 2 Fri <b>FULL</b>	2.00pm	Home – Various
Art Appreciation	4 Fri	2.00pm	SMC
China	3 Tues	10.00 am	Zoom
Croydon Memories	4 Fri	12.00 noon	The Boulevard
Into Film	Varies <b>FULL</b>	Varies	David Lean cinema
Theatre Visits	Varies	Varies	Varies
Focus on Africa	4 Tues	11.00 am	Central Library
<b><u>Arts &amp; Crafts</u></b>			
Handicrafts	1 & 3 Tues	2.00pm	Home – Selhurst
Knit & Natter	2 & 4 Tues	11.00 am	Home – Waddon
Painting & Drawing 1	Every Mon <b>FULL</b>	10.15	St John's Selsdon
Painting & Drawing 2	Every Mon	10.15 am	SMC
<b><u>Music</u></b>			
Blues & Jazz Appreciation	Varies	Varies	Various
Singing for Pleasure	2 & 4 Wed	10.30 am	St Matthews Church
Mandolin	By arrangement	By arrangement	Home, Addiscombe

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<b><u>Games of Skill</u></b>			
Rubber Bridge	Every Tues	2.00pm	Home, Addiscombe
Scrabble 1	1st & 3rd Thursday	11.30 am	Home - Selsdon
Scrabble 2	3 Thurs	10.30 am	Home – Selhurst
Quiz Nights	3 Mon	7.30 pm	Zoom
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
Jigsaw Puzzle Experience	2 Weds	1.30pm	before the MM @ Masonic Halls
<b><u>Literature</u></b>			
Exploring Fiction old and new	3 Wed	2.00pm	Home
Share a Good Read	2 Mon	2.30 pm	St Johns, Selsdon
Play Reading Croydon	1 & 3 Mon	1.30pm	Home various
Play Reading Selsdon	1 Mon	2.00pm	Home various
Poetry for Pleasure	4 Tues	2.00pm	Home – S Croydon
Books Made into Films	3 Thurs	11.00 am	Clocktower Café
Writing for Pleasure Group	1 Wed	1.45-3.45pm	SMC
	3 Wed	7.00pm	Zoom
<b><u>Languages</u></b>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 <sup>nd</sup> & 4 <sup>th</sup> Tues	2.30pm	Zoom
Italian – Conversation	1 Fri <b>FULL</b>	10.00 am	Home – Purley
Russian – Intermediate	1 & 3 Wed	10.00am	Home – Croydon
Spanish Conversation (lower/Intermediate)	Every Mon	11.00am	PUR
German Friends	Mons	10.15	Zoom
<b><u>Maths, Science &amp; IT</u></b>			
Science & Technology	2 Tues	8.00pm	Zoom
<b><u>Social Studies/History</u></b>			
Environment & Climate Crisis	3 Thurs	7.30pm	Zoom
Early Medieval History	1 Tues	2.30pm	Home – Central Croydon
Tracing Your Ancestors	4 Wed	2.00pm	THL
History – Local	3 Fri <b>FULL</b>	2.00pm	Home – Wallington + visits
History of London 1	1 & 3 Tues	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	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
17 <sup>th</sup> – 19 <sup>th</sup> Century History	1 Wed	2.30pm	Home – Central Croydon
Members on Their Own (MOTO)	Various	Various	Various

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