

CROYDON u3a BULLETIN

September 2024

Charity number: 1029466

www.u3asites.org.uk/croydon

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Our first tour for the August Day Trips by Public Transport was the Old Jewish Quarter tour in Whitechapel on the 1 August. A group of 14 met Stephen Burstin, our tour guide, at Whitechapel Underground station for a very interesting tour



In the previous issue our very own Raffle Queen Margaret featured. Here is Sharon who stands in when Margaret is unavailable and is always ready to take on anything to help set up the meetings.

Croydon u3a
QR Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late October early November 2024. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jennywilson63@live.co.uk by 20 October.

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



Jenny Wilson– CHAIR



DATES FOR YOUR DIARY 2024

Dear u3a members,

Now we have reached the end of the Croydon u3a financial and membership year which runs from 1st August to 31st July, I have been reflecting back and thinking ahead to the Annual General Meeting which will be on Wednesday 9th October.

There's so much to celebrate and be proud of. We have hosted visitors from The Netherlands and Taiwan wanting to know more about 'how we tick' and the benefits of membership. We took part in the 100 Faces of Croydon initiative, the Restore Nature Now Rally and hedge and tree planting in different parts of Croydon. The First Aid workshop was a great success and there will be a follow-up. The Table Tennis group is due to take part in the London Region competition and we have enjoyed a wide range of successful outings and visits. We have been featured in u3a matters and the national E:newsletter. New groups continue to increase the diversity of our programme and attract more new members.

A small group of members is working hard to develop our new website which will go 'live' before the end of the calendar year. The aim is to have a website which is fresh, easier to navigate, appealing to anyone searching for their local u3a and still hold all the information members are looking for. After the National u3a AGM we will have a new national Chair and a new CEO. I have included brief bios for you to read. If you haven't already renewed your membership, please do this asap. It will be best £22 (email) or £35 (postal) you will spend this year. For comprehensive information of everything membership offers please see my page in the Bulletin itemising these details.

Please spread the word – the benefits and full range of activities and events – to your friends, family and neighbours, who might enjoy becoming a member.

Very best wishes, as ever,

Jenny

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<u>2024</u>		
Wed 11 Sept at 2.15 pm	Monthly Meeting at Masonic Hall	Bernard Lockett – Gilbert & Sullivan
Mon 16 Sept at 7.30 pm	Quiz Night - Zoom	
21-28 Sept	.u3a week	Table tennis group are taking part
Wed 9 Oct at 2.15 pm	AGM at Masonic Hall	This will be a FUN & interesting AGM!
Wed 16 Oct	Members' Lunch at El Patio, Selsdon	Booking details in this Bulletin
Thurs 17 Oct at 7.30 pm	Zoom presentation by Tim Mason, Bristol u3a, about judging Local Authority performance. All welcome	
Mon 21 Oct at 7.30 pm	Quiz Night - Zoom	
13 Nov at 10-11.30 am	First Aid Workshop Follow up	Shirley Methodist Church – details in this Bulletin
13 Nov at 2.15 pm	Monthly Meeting at Masonic Hall	Nicholas Henderson - Russian History
Mon 18 Nov at 7.30 pm	Quiz Night - Zoom	
Sat 23 Nov 10.30-3.30	Christmas Workshop at SMC – Details in this Bulletin	
25-27 Nov	Longleat Lights – 3 days/2 night break – details in this Bulletin. NEW DETAILS	
Wed 11 Dec at 2.15 pm	Monthly Meeting at Masonic Hall	Christmas celebrations with Orpheus College
Mon 16 Dec at 7.30pm	Quiz Night - Zoom	
<u>2025</u>		
Wed 19 Mar	Members' Lunch	Venue to be confirmed in November bulletin
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 the November bulletin	

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

THE ANNUAL GENERAL MEETING 2024

- When?** Wednesday 9th October, 2024 at 2.15pm
- Where?** The Masonic Hall, Oakfield Road, CR0 2UX
- Why?** It is a constitutional requirement of the Charity Commissioners as specified in our Constitution Section 13.
- What?** You will receive an AGM pack – electronically or by post, containing the Agenda, Minutes for last year's AGM, Chair's Report, Treasurer's Report and a Committee Nomination Form.
- How?** The formal business will seek to approve the reports and vote for members standing for election.

The Committee: The maximum size of Croydon's Committee is specified as 12 members.

Nine committee members are still serving within their terms of office:

Jenny Wilson, Joy Ellery, Paul Smith, Trisha Holmes, Maggie Chan, Steve May, Linda Grigsby, Cliff Brett and Sheree Yapp-Davis.

We have 3 vacancies. Nomination forms will be included in the AGM pack. If you are interested to know more please get in touch : businesssecretary@croydonu3a.org.uk

All the members putting themselves forward for election are required to complete a Nomination Form which includes a proposer and seconder for their application.

Only fully paid -up members are eligible to vote at the AGM.

At the following Committee meeting a new Development Plan will be drafted to guide our direction and progress through the next year. If you have suggestions please share them with us by speaking to or emailing a Committee member or popping your idea in the Suggestion Box.

u3a News



We are delighted to announce the appointment of Iain Cassidy as the new CEO of the Third Age Trust.

Iain joins the Trust from a role as CEO of Open Age, a London based charity that champions an active life for older adults. With a background in fundraising, and experience of leading charitable organisations through times of change, Iain is motivated by the deeply held belief that everyone should be afforded the same opportunities in life.

TWO NEW u3a LEADERS WHO WILL TAKE OFFICE AFTER THE NATIONAL AGM IN OCTOBER – WE WISH THEM WELL IN THEIR NEW ROLES

We are pleased to announce that Allan Walmsley has been elected as the new Chair of the Board of Trustees of the Third Age Trust.



In his supporting statement for the role of Chair Allan referenced the benefits of joining the u3a movement. “u3a gave me an opportunity to make friends, get back into my local community, and discover almost unlimited opportunities to learn. It is a movement that could add so much to so many.”

He continued, “u3as and individual members can impact the lives of others. It can show that the movement is stronger than the sum of its individual parts”

August Day Trips Around London



The Old Jewish Quarter Tour in Whitechapel



Historic City of London Walk by our own u3a member blue badge member, Sheila

**Croydon u3a
August Day Trips
by Public
Transport**



A visit to the Royal Chelsea Hospital



Finding out the history of the Bon Marche Department Store in Brixton



An August Ramble along by the river Wandle and in Morden Hall Park

The British Red Cross First Aid Awareness Training was First Class



Here's Andy demonstrating how to help when you are not able to get down on your knees to administer CPR (Cardiopulmonary Resuscitation) in the usual way to keep the blood circulating to the brain & vital organs

We had instruction about using an AED (automated external defibrillator). The pads have to be placed on the skin, on the chest – kits come with a razor in case of a very hairy chest, which would impede the connection

News From the Groups

New opportunities

A couple of possibilities which could offer some different opportunities to our members:

Firstly, a new **Poetry writing group** for anyone who would like to try their hand at writing verse. See the advert in this Bulletin

Or perhaps you have always thought you might like to be a group leader but are not sure just what this involves? In which case you might be interested in leading a **5th Riverside and Canal Walks** group, which has peer mentoring and help with admin? Again – there are further details about this in the Bulletin.



Some time ago, I was approached by one of our members about whether we could start a '**Wood turning**' group. I wonder whether anyone would care to start a sort of 'Men in Sheds' group (which could of course include women!) to focus on practising and learning woodwork skills? Please contact me if you feel you would like to get involved in this sort of group.

Without wanting to appear sexist – we do need some more men willing to start or lead groups - men are under-represented in Croydon u3a and in the national u3a. Could we start some groups which are more attractive to men? Something relating to Railways/Transport could be a possibility. Another possible group, which we have long wished to start, would be Photography. Any ideas would be welcome.

Maggie Chan, Interest Groups Coordinator



Garden Visits 2024



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

18 Sept 2024
(Wednesday)

RIVERHILL HIMALAYAN GARDENS, Sevenoaks, TN15 0RR
Admission £12 (RHS/GW 241 card); refreshments and shop available

News From the Groups

LOOKING AHEAD with the **Garden Design Group**

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



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

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

Email: elizwhateley@gmail.com

Wildflower Group Programme 2024



4th Monday of the month



Date	Venue	Meeting point, 10am
Sept 23 rd	Hutchinson's Bank	Farley Dene Crescent
Oct 28 th	Fungus Foray, Bramley Bank and Heathfield	Far end of Croham Valley Road

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

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

*Name: u3a Membership No:
 *Tel No:: *Emergency Tel No::
 Email address:

News From the Groups

TRACING YOUR ANCESTORS

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

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

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

If you are interested in joining the group to learn a bit more about your ancestors, please contact me ...
You never know who or what you may find!

Cariss Smith: 0208 668 956



Looking at London Group

. Mad dogs and 'a u3a group' go out in 88 degrees F (31C)'. First, we visited Hand and Lock, Worlds Heritage Bespoke Embroiderers, in Margaret Street. They produce military, ceremonial and coronation hand and machine embroidery, including Queen Camilla's shoes, embroidered for the Coronation.



We then went to Fitzrovia chapel, a Grade 2 chapel of the former Middlesex Hospital from 19th C. so called because London at that time was part of the County of Middlesex. The chapel took 25 years to build and includes 17 types of marble. The first service was held in the chapel on Christmas day in 1891 and a £2 million restoration was completed in 2015.

We proceeded to All Saints in Margaret Street, built in 1850 with pillars of red Aberdeen granite on black marble bases and a spire which is 227 feet tall. On the north wall is a tile picture from 1875 as a memorial to the first vicar. The High Altar has painted panels, although not the originals but copies from 1909 . Above the Altar is the Tabernacle in which Blessed Sacrament is held for communion of the sick.



These are hidden gems of London and all within a stone's throw of Oxford Circus underground, and between them all in Wells Street is a lovely pub, The Champions. It made for a perfect day out.

Fiona Bowles

News From the Groups

Line Dancing Fun

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

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

We dance on the first and third Friday of every month at Shirley Methodist Church.

We have to cover the cost of our instructor's

time as well as the hire of the hall so at the moment each member pays £5 for each session so that we are able to cover our costs with an opportunity to dance for an extra half hour if you are a slightly more advanced line dancer.

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



Local History Group visit to the *Museum of the Home* in Hoxton

On a perfect, sunny August day, members of the Local History group enjoyed a visit to the Museum of the Home. Located in Hoxton – conveniently just across from the Overground station – the museum is housed in almshouses built in 1714.

The museum does not shy away from explaining that the founder of the original almshouses was Sir Robert Geffrye (1613–1704), who made part of his money from his investment in transatlantic slavery. He is not, however, connected to the Museum or its collections.

A series of furnished rooms explores how ways of living, furniture, textiles and decor have changed through the ages, from the 1630s to today – with one room showing a vision of a home of the future.

Different displays explore how people have spent time in their homes down through the centuries – engaging in both leisure and work activities. The story of the lives of those who have laboured to keep our homes clean and well run – whether slaves or servants – are explored. Outside, a series of beautifully planted areas illustrate the history of gardens, from Tudor knot gardens to present day.

We ended our visit with lunch in the Museum's café, *Molly's Bar*, which was originally a 19th century pub, the *Marquis of Lansdowne*.

All round - very interesting and enjoyable day! **Maggie Chan**



News From the Groups

Visit to The Department Store

Many of us will remember the **Bon Marché** Department store in Brixton – perhaps recalling shopping there - maybe even working there.

A Brixton landmark from its foundation in 1876. The main store was in the Brixton Road, with an adjacent annexe, built in 1906, in Ferndale Road. **Bon Marché** continued trading until 1975. Happily, the beautiful buildings were not demolished – but were used in a variety of ways – as offices – even latterly as a squat – until in 2015, they were acquired by a firm of architects, Squire & Partners, with the Ferndale Road annexe repurposed as their main office.



In August, a group of us were fortunate enough to be given a guided tour of the building, now called the Department Store, by a member of Squire and Partners PR team. She told us that they had been delighted to discover that many of the original features had not been destroyed – they had merely been covered over. They reimagined the space creatively, allowing the preserved features and the layers of history which they uncovered to inform the new design. For the downstairs parts that are visible to the public, they commissioned furniture and fittings whose design reflected that of furnishings which would have been sold in the Bon **Marché** store.

This innovative and sympathetic approach acknowledges the beauty of the original Edwardian building and its importance to the surrounding community, while also providing the firm with a suite of creative workspaces for its different departments. It continues to be a significant feature of the Brixton townscape and parts of the building are also made available for community events.

For anyone who would like to visit this beautiful building, it will be open during this year's Open House event: [Calendar \(openhouse.org.uk\)](http://calendar.openhouse.org.uk) Many thanks to Averil Coutinho for arranging this visit for us.

Maggie Chan



The Riverside & Canal Walking Group (2) at Brentford Union Canal Lock

News From the Groups

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

Horace Walpole was the third son of Robert Walpole who was a politician and First Lord of the Treasury, Chancellor of the Exchequer and Leader of the House of Commons, who is now generally regarded as our first Prime Minister.

Horace Walpole bought Strawberry Hill House in 1747 when it was just a pair of semi-detached cottages, called Chopp'd Straw Hall, on a plot of land leading down to the banks of the River Thames at Twickenham. He was greatly inspired by the gothic cathedrals he saw on the grand tour and went about transforming the cottages into his vision of the Gothic castle that we see today.

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



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

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

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



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

Pauline Bartholomew

The Gallery at Strawberry Hill House

Wickham Park Tennis Club advert

<https://clubspark.lta.org.uk/WickhamParkTennisClub/Coaching/Summary/0e2e5161-be73-4023-83df-2ca1c64bc287>

The club runs weekly sessions for Walking Tennis at £4 with instruction given.

Mondays 11.30am – 12.30pm. & Wednesdays 8.00am – 9.00am

Please click the link if you are interested. This is NOT a u3a event or u3a group

News From the Groups

The Focus on Africa group visit Horniman's Museum



Members of the group made a trip to the Horniman's Museum recently to view the Africa galleries.

If you have an interest in Africa, the group is open to new members.

We meet on the 4th 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: clockie68@gmail.com

And a reminder: October is Black History Month!

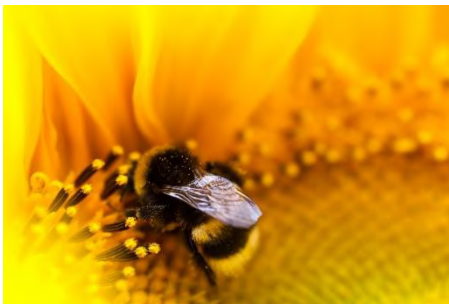


Environment & Climate Crisis Group Activities



Members Sheila & Pete here supporting a rally outside the Town Hall calling on members of the Council to 'shape up quick'

Jenny at the u3a Festival in York with other climate campaigners



If you haven't already done so please sign the save the bees petition <https://www.greenpeace.org.uk/news/bee-killing-pesticides-comeback-george-eustice/>

Bees are essential for our survival. They pollinate much of what we eat and play a critical role in sustaining ecosystems around the world. But the last decade has been devastating for insect populations, and bees have been hit hard - with populations shrinking by a third in the UK

Is your garden insect friendly?



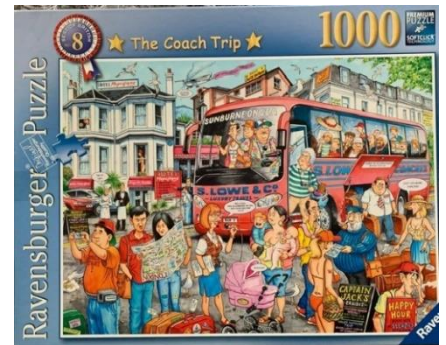
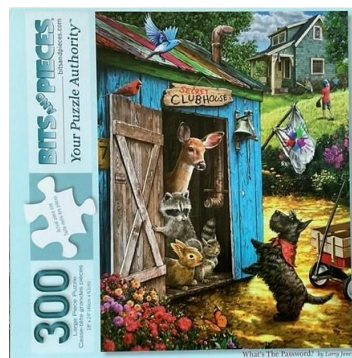
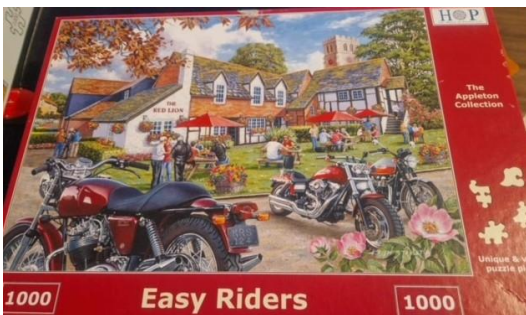
If you are interested in joining this group please email jennywilson63@live.co.uk

Potential New Groups

Jigsaw Puzzle Experience

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

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



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 in September**

We are on the look out for a new group leader to lead the walk **on either the fourth Thursday or fourth Friday of the month**

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 please contact the Interest Groups' Coordinator, Maggie Chan, via the website www.u3asites.org.uk/croydon



You're A Poet ... And You Don't Know It!



Have you always wanted to write verse?

Janet Ambrose – who has herself published a book of comic poems – 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 – just a willingness to try

Interested? Contact the Groups Coordinator, Maggie Chan:

groupsco-ordinator@croydonu3a.org.uk

Learn Mandarin Chinese

Would you like to learn Mandarin Chinese?

One of our members is offering a taster session of 10 twice monthly classes – with the possibility of these leading into a regular, on-going group.

Chinese is written differently from European languages as it doesn't use an alphabet but instead uses 'characters' - a pictorial form of writing. You will be helped to read and write characters and then to string them together into sentences.



Learning something new can be fun! If you are up for the challenge, contact Maggie Chan:
clockie68@gmail.com

FIRST AID BASIC AWARENESS TRAINING-
2nd session
Topic: Choking and Bleeding



We are delighted to be able to offer a follow-up session provided by **The British Red Cross**. This workshop will focus on choking and head injuries. There will be step-by-step guidance on how to assess a situation, prioritise care and effectively communicate with emergency services. By the end of the workshop, attendees will feel more confident in their ability to respond to medical emergencies and provide crucial assistance until professional help arrives.



- When:** Wednesday 13th November 2024 from 10 – 11.30 am
Where: Shirley Methodist Church, 2 Eldon Avenue, Shirley, CR0 8SD. (Limited numbers so if you are interested submit your application immediately)
Cost: £5 (places must be booked & paid in advance; we are not able to offer refunds)
How to apply:
1. Complete the form below & post to P. Smith, 26 Morley Road, Croydon CR2 0EN with **an sae and your cheque payable to Croydon u3a**.
 2. **OR** Pay by bank transfer: sort code 23-05-80 a/c 13630003 **with your surname, initial / First Aid and post the application form with an sae**.

Please do not assume you have a place until this is confirmed. If the course is oversubscribed your bank transfer / cheque will be returned and we will request the Red Cross offer another session.

.....
First Aid Training Application Form

Name M'ship number

Email address Phone number:.....

Postal address

.....
 Tick which applies -

*I have completed a bank transfer for £5 **OR**

I enclose a cheque for £5

Please give your bank details in case a refund is necessary – **this is the same information we would have if you paid by cheque –**

a/c name /sort codea/c number

Signed

Send this form to P. Smith, 26 Morley Road, CR2 0EN with an sae and cheque if that method of payment is preferred.



**March for Clean Water,
Sat 26th of October 2024,
Parliament Square
London.**

A coalition of the concerned including Surfers Against Sewage, River Action, Greenpeace, RSPB, Clean Water Sports Alliance and the WI and more are calling on everyone in the country angry at the state of water to join them on a march to demand that the government takes urgent action to address the UK's alarming and dangerous water pollution crisis in Central London on Saturday 26th October!

"We urge everyone who cares about clean water to unite and march through central London to Parliament Square on Saturday 26th October. The march is inclusive, accessible, step free and everyone is welcome to join. Marchers are encouraged to wear blue to symbolise clean water; to let their creativity run free and bring noise, placards, puppets, posters, banners, costumes, marching bands and musical instruments.

See more @ <https://marchforcleanwater.org>

I will be so pleased if you decide to join me?
We could meet up before hand and go as a u3a group.








Christmas Workshop

Saturday 23rd November 2024 10.30 – 3.30

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







Cost : £25 per member

You will take home =

-  a decorated Christmas cake
-  a Christmas wreath
-  ideas for cards and decorations

Please bring = an apron; a rolling pin; any cutters & moulds you have; a tin or plastic box to take your cake home, a carrier bag for your wreath, a packed lunch and a mug.

What will be provided? =

-  a Christmas cake covered in almond paste ready to ice and decorate
-  icing, food colours, moulds & cutters
-  a 'bare' wreath with items to use to decorate (e.g. pinecones, ribbon etc)
-  paper, card and ideas for decorations
-  tea & coffee
-  lots of good company

If you have anything to contribute to cake decorating, the wreaths, paper ideas PLEASE bring to share.

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



Name M'ship No

Address

Email Phone

Please indicate which method of payment - I enclose payment of **£25** –

cheque payable to **Croydon u3a** / **OR Bank Transfer** 23-05-80 / 13630003 **Ref Christmas Activity / Surname & Initial**

******* please check availability before transferring money – limited places******

Send to Jenny Wilson, 3 Loxwood Close, Orpington, BR5 4PQ / jennywilson63@live.co.uk

A Risk Assessment will be available and members are reminded that participation is at their own risk.

London Region u3a News

Message from David Fergusson about Researching Family History

I'm a member of the Northumberland and Durham Family History Society and we have a local London Branch that meets three times a year at the Lower Meeting Room at Wesley's Chapel. Even though it's free to NDFHS members and we've had some excellent speakers. Some u3a members with North Eastern roots who might wish to join. Are you interested in attending?

London Branch of the Northumberland and Durham Family History Society. Our next Branch meeting will be on **November 9th** when David Butler will speak on 'The Building of the Durham Viaduct.'

We meet at Wesley's Chapel and Leysian Mission (Kwanglim Room), 49, City Road, London, EC1Y 1AU. The Chapel is just a short walk from Old Street Underground Station, or a short bus ride from outside London Bridge railway station. Room opens at 1 pm for informal chat with talk beginning at 1.15 pm. Meetings close at 3.45pm.

Free to NDFHS members (just £2.00 towards tea or coffee and biscuits). If you live in, or within easy travelling distance of London, why not join us? Important: Places are limited, so please apply by email to londonbranch@ndfhs.org.uk

The NDFHS, founded in 1975, promotes interest in family history amongst its members and the general public and their membership is £15 annually. <https://www.ndfhs.org.uk/>

Are you interested in being involved with London Region u3a?

<https://u3asites.org.uk/london-region/home>

London Region u3a's AGM and Continuing Existence

The approach of LRU3A's AGM on 18th October highlights it's time for Trustee elections.

Some good news first, Jenny Wilson is going to stand as our London Region trustee. (I'm not leaving Croydon u3a, just taking on another 'job'!) We had filled this post, briefly, by Stella Morris, but after she stood down we have returned to a position of no representation at the national level.

The bad news is that Jenny, and myself, have served our time as Vice Chairs for LRU3A in accordance with our Constitution. So now we have no Chair and no Vice Chair(s) standing at the AGM for next year.

Therefore unless we find new blood the network is at risk of closure. If you are interested in helping to save the network please contact either of us below. Thanks

Jenny Wilson VChairS.londonregionu3a@gmail.com

Derek Harwood VChairN.londonregionu3a@gmail.com

London Region Of U3as Autumn Programme 2024 – Save The Dates!

Following a successful series of Summer Walks and Visits, we look forward to a few more in September celebrating London's cultural diversity:

Mon 9TH September - Three historic Jewish quarters in London

Mon 30TH September - Spitalfields: a melting pot for many immigrants including:

- ✚ French Huguenots,
- ✚ Germans,
- ✚ Jews,
- ✚ Bengalis and beyond

Thurs 17TH October - London's Black history will be marked as follows:

- ✚ Walk: Tyrants, Colonialism and Slavery
- ✚ Visit: Black Presence in the National Gallery

In addition, there will be 3 events hosted specially for u3a members at different venues:

Wed 9th October: A Wellness Day in the dance studio at Islington Lift. Enjoy talks and practical taster sessions led by qualified instructors in Yoga, Pranayama, Tai Chi, Qi Gong and Pilates.

Tues 12th November: Treasures of the Wallace Collection: hosted by this prestigious national art gallery especially for u3a members, the day includes talks by experts on different topics and includes an opportunity to visit the collection.

Mon 9th December: Christmas Concert with the Brandenburg Camino Singers. Hosted by the popular Brandenburg choral group, especially for u3a Members, at St. Margaret Pattens Church, Eastcheap. Mulled wine and mince pies included!

Bookings for Sept-October events via the Events page of the London Region website <https://u3asites.org.uk/london-region/events>

Summary from Tess & Sherida, students from The Netherlands



'It was an absolute pleasure to do our research with Croydon u3a, and to spend time with all the lovely members. A special thanks to you for welcoming us with open arms.'

Tess & Sherida, students from Utrecht University, The Netherlands, at a Monthly Meeting with Jenny (Chair)

Extracts from the summary:

Ten weeks of fieldwork and researching the support offered by u3a in alleviating social isolation, resulted in the publication of our thesis *The Power of Connection: u3a's Innovative Activities against Social Isolation in the UK*.

Through participating in the Interest Groups Online (zoom) and local activities with Croydon u3a, visiting Croydon's Monthly Meetings, attending a London Region u3a Chairs' Networking Day, conducting over forty interviews as well as engaging in many casual conversations, we discovered that **the benefits of being a u3a member seem to be endless** as frequently stated by the members we spoke to.

We specifically looked into the benefits related to decreased feelings of social isolation, the **creation** of social connections, and the individual wellbeing of u3a members (both physically and mentally).

Members identified the social contacts with u3a members and **belonging** in that community as determinants to **alleviate social isolation**. A second way of support was revealed: namely that u3a activities also assist in members' **wellbeing and overall quality of life**. With participating in u3a activities, the social contacts alleviate social isolation and the participation itself gives **structure to retired life**, enabling general or physical **exercise**, providing **cognitive stimulation**, and fostering feelings of **enjoyment and happiness**, either through the contacts or activities which u3a offers. The online platform (zoom) allows members to participate who are e.g. housebound or combine u3a activities with other responsibilities.

u3a was often described by its members as a '**lifeline**', '**godsend**' or members '**would not know where they would be without it**'.

Thank you for reminding us to dream big and that the world is ours.

A full copy of the thesis can be made available – email jennywilson63@live.co.uk

(Bold text created by Jenny Wilson)

News from Taiwan



MINISTRY OF EDUCATION, REPUBLIC OF CHINA (TAIWAN)

24/06/2024

Thank you! Croydon u3a

ACTIVE AGEING LEARNING FROM TAIWAN



Chair Yoga



Chatting



Painting



Writing

Putting **Croydon u3a** on the map again

First Dutch students, then delegates from Taiwan

We wonder who will be next to visit us to find out more about the u3a, how it works and how we all benefit in different ways.



BOTTOM-UP V TOP-DOWN

We recently hosted 8 high-ranking delegates from the National Chung Cheng University in Taiwan, based in the Aging & Education Research Center (US spellings) for the day. The delegates wanted to know about active ageing and self-directed learning in the u3a movement, as they WORK within a government financed and directed set-up. There are comparisons, such as encouraging activity, lifelong learning and friendships. The Taiwanese model seeks to reduce 'the Care Burden Through Educational Prevention'. The Ministry of Education provides 'Active Aging Learning Centers', Universities implement active life-long learning and train 'Elderly Autonomy Leaders'. It is all very prescribed and far from the u3a model. The delegates were shocked to learn that we are all volunteers and there are no formal courses or syllabi. They went away with a very good understanding of what we do and who we are, having seen 3 Interest Groups in action and spoken with 46 members from all parts of our u3a. For us in Croydon, we hugely benefitted for welcoming the visitors, sharing ideas and learning about what happens elsewhere. For us Bottom-Up rocks every time.

No Travel Team report this time as we've been busy planning the outings for next year. There will be a full report in the November Bulletin.
Averil, Cariss, David, Linda and Paul. Croydon u3a Travel Team

Croydon u3a Members' Lunch at El Patio, Selsdon CR2 8LH

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

Wednesday 16 October 2024

12.30 pm for 1 pm

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

1 Course (3 Tapas including service charge) £15

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

General Information and Booking terms and conditions for Members' Lunches

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

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

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

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

(Please make your selection here - Tapas:

- i)
- ii)
- iii)

Dessert : i) ii) iii)

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

Name(s)Membership No(s)

Address:Post Code.....

Tel. No.E-mail

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

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

Tapas

Albondigas

(Meat balls in tomato, onions and peppers sauce)

Croquetas de Pollo y Jamon

(Chicken and ham croquettes)

*May contain nuts

Pimientos Rellenos

(Stuffed peppers with mince beef and cheese)

Croquetas de Bacalao

(Cod croquettes)

Gambas Rebozadas

(Battered king prawns served with sweet and chili sauce)

Gambas al Ajillo

(Prawns in garlic, chili and white wine sauce)

Patatas de Cangrejo

(Crab claws in breadcrumbs)

Filetes de Pollo Empanado

(Chicken fillets in breadcrumbs, served with fries)

Calamares a la Romana

(Deep fried battered squid)

Pincho de Pollo

(Chicken kebab served with rice)

Chorizo Riojana

(Spanish sausage fried in Rioja Wine)

Raxo a la Gallega

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

Lomo a la Parrilla

(Grilled pork fillets, potatoes and onions)

Arroz a la Española

(Rice with chicken, prawns and peas)

Higado Encebollado

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

Tortilla de Patata

(Spanish omelette with potatoes and onions)

Berenjenas

(Baked aubergines with tomato and cheese)

Espinacas con Nata

(Spinach with garlic, chili, cream and cheese)

Canelones de Espinacas

(Pancakes filled with spinach and Ricotta)

Patatas Brava

(Deep fried potatoes with tomato and chili)

Patatas Alioli

Fried potatoes with garlic

Champiñones al Ajillo

(Mushrooms in chili and garlic)

Arroz con Verduras

(Rice with mixed vegetables)

Ensalada Mixta o Verde

(Mixed or green salad)

Desserts

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

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

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

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

The itinerary for this trip is:

Day 1: Travel to the Doubletree, Hilton, Swinton

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



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



Day 3: Today we’ll be returning home

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

.....

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

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

Name(s)Membership No(s)

Address:

Tel. No.E-mail

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

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

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), breakfast and evening meals, and excursions mentioned below. The timings of the coach leaving Croydon is to be confirmed, and will be from the Fairfield Halls. This trip is for u3a members only. The itinerary for this trip is:

Day 1: Travel to the Stratford Manor Hotel

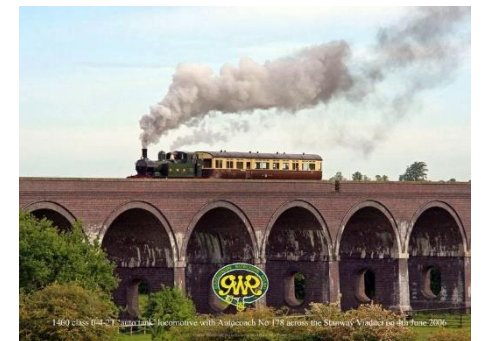
Day 2: Today travel a short distance to the town of Stratford upon Avon for some free time. The morning is yours to explore the marvellous eateries, many activities on offer and boutique shops, before you continue on for a guided tour and tasting at Shakespeare Distillery. This artisan, carbon neutral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

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

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

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

Day 5: Today we make our way home



(Please note the order of the excursions may change)

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

.....

Cotswolds & Stratford upon Avon – Booking Form

Return this form (indicating your room preference) to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Tel. Mob: 07754092042, email lindagrigsby17@gmail.com, 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.....

CROYDON u3a TRAVEL TEAM EVENTS

General Information and Booking terms and conditions

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

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

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

Payment: Make payment online to Croydon u3a Business Account No. 13630003 Sort Code 230580 **Reference** – insert your **Surname**. Alternatively, pay by cheque. Cheques may be dated for any time between Booking Form submission date and **two months** before the outing / event date. Please send your completed Booking Form, cheque and self-addressed envelope to the address given on the Booking Form. Applications for outings are held for two weeks after publication of the Booking Forms in order to assess demand. If demand exceeds supply, tickets will be allocated on a random basis.

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

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

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

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

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

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

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

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

CROYDON u3a INTEREST GROUPS

Contact: Margaret Chan 020 8655 4343 - clockie68@gmail.com should you be interested in any of the groups. (August 14 2024)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Action Groups</u>			
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	2 & 3 pm	St Matthew's Church
Darts & Pub Lunch 1	2 Tues FULL	12.00 midday	The Orchard Pub
Darts and Pub Lunch 2	4 Weds FULL	12.00 midday	The Orchard Pub
Tai Chi	1 & 3 Mondays	1.00-2.00 pm	SMC
<u>Active outdoor Groups</u>			
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 {1}	3 Weds April – Oct FULL	Varies	Varies
Riverside & Canal Walks(2)	4 Weds April – Oct FULL	Varies	Varies
Riverside & Canal Walks(3)	4 Tues April – Oct FULL	Varies	Varies
Riverside & Canal Walks(4)	3 Friday April – Oct FULL	Varies	Varies
<u>Gardening Groups</u>			
Garden Visits I	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
<u>Cultural Activities</u>			
Architecture	1 Tues	10.00 am	Various
A Taste of World Cuisines	1 Tues	Lunch time	Various
Wine Admiration	1 or 2 Fri FULL	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 FULL	Varies	Various
Theatre Visits	Varies	Varies	Varies
Focus on Africa	4 Tues	11.00 am	Central Library
<u>Arts & Crafts</u>			
Handicrafts	1 & 3 Tues	2.00pm	Home – Selhurst
Knit & Natter	2 & 4 Tues	11.00 am	Home – Waddon
Painting & Drawing 1	Every Mon FULL	10.15	St John's Selsdon
Painting & Drawing 2	Every Mon	10.15 am	SMC
Exploring Crafts	4 Fri	1.30 pm	St John Baptist Church
<u>Music</u>			
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>
<u>Games of Skill</u>			
Rubber Bridge	Every Tues	2.00pm	Home, Addiscombe
Scrabble	3 Thurs	10.30 am	Home – Selhurst
Quiz Nights	3 Mon	7.30 pm	Zoom
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
Jigsaw Puzzle Experience	2 Weds	1.30pm before the MM	at Masonic Halls
<u>Literature</u>			
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 SUSPENDED	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
<u>Languages</u>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 nd & 4 th Tues	2.30pm	Zoom
Italian – Conversation	1 Fri FULL	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
<u>Maths, Science & IT</u>			
Science & Technology	2 Tues	8.00pm	Zoom
<u>Social Studies/History</u>			
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 FULL	2.00pm	Home – Wallington + visits
History of London 1	1 & 3 Tues	10.00 am	PUR + Outings
History of London 2	2 & 4 Tues FULL	10.00am/2.00pm	StMC + Outings
History of London 3	1 & 3 Wed FULL	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 th – 19 th 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 +