

Arun East U3A – Out and About Group

The Amex Stadium Tour, Brighton – 1.00pm Wednesday 30th October - £6.00

Officially called the American Express Community Stadium, it opened in 2011 with a friendly match between Brighton and Tottenham Hotspur.

It currently seats 30,500 people. The guided tour includes access to the hospitality lounges, trophy room, directors' lounge, changing rooms, press areas and dugouts. The tour lasts about 105 minutes.

Falmer Station is adjacent and Dick's Bar in the Stadium is open from 9.00am to 2.00pm for sandwiches etc.

The tour covers a large area and you will need to be comfortable walking this distance and using stairs. There are some lifts.

Viridor Waste Recycling Plant, Ford – 10.00am Wednesday 22nd January- Free

This is where recycling goods are sorted into separate materials using state of the art technology, ready for reprocessing and manufacturing into new goods and products.

This will be our fourth visit to this fascinating and popular facility.

The morning includes a short presentation in the Education Centre, and then there is an opportunity for visitors to see the technology from the Viewing Platform.

Unfortunately, the Platform is not suitable for wheelchair users or individuals reliant on a walking stick or stability aid.

Finally, there is a Q&A session for what you can and can't put in your recycling bin at home.

The Plant is a working, industrial environment. All visitors taking part in the Viewing Platform Tour will be issued with Personal Protective Equipment, including ear defenders. The MRF can be a dusty environment so dust masks are available on request.

Tangmere Military Aviation Museum – 10.30am Tuesday 25th February - £7.50

The Museum is located in a corner of the old Tangmere airfield, famed as an RAF fighter station from 1918 until Fighter Command left in 1958. In 2017 was awarded the Queen's Award for Voluntary Service. We will have the benefit of a conducted tour soon after we arrive.

The Museum has much to interest ladies as well as men.

Now one of the UK's leading aviation museums, it is home to an impressive display of historic aircraft and has a unique collection of aviation memorabilia stretching from the First World War through to the Cold War. Amongst the many attractions, there are numerous interactive displays and aircraft cockpits and simulators for visitors to experience. Light refreshments may be purchased in the Museum's acclaimed NAAFI Tea Room.

Glyndebourne Opera House Tour - 10.15am Wednesday 13th November - £17

Glyndebourne is offering a backstage tour to give an insight into the history and workings of its internationally famous opera house.

The tour takes in the theatre, including a chance to tread the Glyndebourne stage, which has played host to opera stars including Dame Kiri Te Kanawa, Alfie Boe and Danielle de Niese. It also visits the backstage area, dressing rooms, rehearsal spaces and the historic Organ Room where the very first musical performances at Glyndebourne took place in the 1930s.

During the tour, visitors will be given a brief history of Glyndebourne, learn about what's involved in staging an opera and hear anecdotes of singers forgetting their lines and an occasion when the cast of extras for one production included a number of live chickens.