

COMMITTEE MEMBERS CONTACT DETAILS

Chairman	Diane Smith		
Secretary	Dave Sutton		
Treasurer	Frances Barbour		
Membership Secretary	Margaret Routledge		
Events Organiser	Diane Smith		
Groups Coordinator	Linda Bose		
Speaker Organiser	Jeanette Parminter		

FOR ALL PHONE ENQUIRIES PLEASE RING THE ABOVE BETWEEN 9AM-6PM MONDAY TO FRIDAY ONLY. THANK YOU.

IMPORTANT INFORMATION

Your newsletters contain the private contact details of many of your fellow members and we must ask you to ensure that when you have finished with your newsletter you dispose of it thoughtfully. Where possible please shred pages containing private contact details. While these members are happy to share their details with you, they might not be so happy to receive contact from anyone who has obtained their details from a thoughtlessly discarded newsletter. Many thanks.

www.u3asites.org.uk/canvey-thameside



CANVEY THAMESIDE U3A



LOTTERY FUNDED



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CANVEY THAMESIDE U3A



APRIL

2024



u3a



THE ART OF FICTION

Paul reports on a talk by Debz Hobbs Wyatt

We welcomed back Debz Hobbs Wyatt, last with us eight years ago. She is an author/editor/publisher, who starts her day with early morning writing, has published collections of short stories, two novels, runs a Canvey writers group and can be found in Canvey library on some Friday afternoons.



She explained how every fiction story (book, tv show and film) has the same basic pattern. It starts by introducing a key character (or characters), whom we need to feel for and be involved in, whose life is changed by a situation that leads to conflict and resolving it. If you have no feeling for the key character, and don't care what he or she does, the story never gets started. The mission is to solve this conflict, the stakes get higher and get tougher as the plot unfolds.

She told us that most stories comprise 3 acts (roughly 25%,50%,25%) and the story can be shown as an arc, with highs and lows that mount to the crucial high before being resolved. In all stories, resolving the crisis is never easy. There are sub plots and stages in the main plot to increase the tension (and hopefully keep you involved). At the end of act 1, there is usually a serious plot point to take you into act 2. A mirror moment, when the character sees the extent of the situation occurs about halfway through act 2, with another further major plot point at the end of act 2. The climax is in act 3 usually with an epilogue to show all is well. An alternative (and I remember one episode of Star Trek starting like this with the Enterprise exploding) is to start in a crucial point in the action and then tell the story in flash backs until we understand the opening scene.

Debz then illustrated this story arc with Scrooge as the key character in a Christmas Carol. We are introduced to this mean character, who desperately needs to change, who believes people are unimportant and money is the only thing worth pursuing for happiness. The positive change arc through the story will take him from villain (miser) to hero (generous to anyone in need). Lesser characters in this, and all stories, don't change, but are there to help bring about change in the key character.

With Scrooge, seeing Marley's ghost is the key moment towards the end of Act 1. Then Act 2 has the 3 ghosts, where the ghost of Christmas present forces Scrooge to look at himself in the mirror and see what he is. The ghost of Christmas future then makes him finally realise the awfulness of the future unless he changes, and then he does change, and we have the happy ending, with conflict resolved and he has changed the way he is for the better.



NEW MEMBERS

Canvey Thameside U3A gives a warm welcome to the following new member:

Mrs DOREEN HOWARD

CHANGE OF PERSONAL DETAILS

I would be grateful if you could please let me know of any changes you have made to your:

**HOME ADDRESS
EMAIL ADDRESS
TELEPHONE NUMBER/S
I.C.E. CONTACT/S**

as soon as possible so that I can update our records.

Many thanks, Margaret

CERTIFICATES AND LICENCES

Details of our U3A Insurance, our PPL Licence and our MPLC Umbrella Certificate can be found on our website www.u3asites.org.uk/canvey-thameside under the 'INFO' tab.

A PPL licence is required when recorded music, including radio and TV, is played in public.

An MPLC Umbrella Certificate allows us to show films and TV shows

CROSSWORD SOLUTION

V	I	L	L	A	A	C	M	E	C	O	M	A			
A	D	I	E	U	H	O	A	X	O	R	A	L			
M	E	A	N	T	E	M	I	T	N	I	T	E			
P	A	R	D	O	N	A	B	L	E	D	O	T	E		
					P	O	D	R	E	I	N	S			
R	A	C	I	S	M	S	T	I	L	T					
A	G	O	N	Y	S	S	P	O	O	K	I	E	S	T	
Y	U	R	T	S	K	I	R	R	O	G	L	E			
S	E	D	E	N	T	A	R	Y	O	N	I	O	N		
					S	T	A	T	E	R	U	S	S	E	T
					L	A	T	H	S	O	U	T			
Y	E	T	I	H	O	D	G	E	P	O	D	G	E		
E	A	R	N	I	D	O	L	O	V	A	L	S			
A	S	I	A	N	O	N	E	S	E	D	A	N			
H	E	A	L	G	R	A	D	T	R	A	D	E			

SYLLACROSTIC SOLUTION

E	R	EMPEROR
N	I	NARCISSI
I	A	INFANTA
G	T	GASKET
M	I	MAHARANI
A	O	ALLEGRO
V	N	VOCATION
A	S	ACCRUALS
= ENIGMA VARIATIONS		

SOUNDS OF THE SIXTIES SOLUTION

A crossword grid with 24 numbered starting points for words. The words are: 1. JOURNAL, 2. BIRTH, 3. HONEY, 4. CECIL, 5. LION, 6. JOURNAL, 7. CHESS, 8. LION, 9. MILE, 10. HELEN, 11. SHEILA, 12. IAN, 13. RAIN, 14. AMELIA, 15. HENRY, 16. URBAN, 17. AXWELL, 18. MARY, 19. MARY, 20. ORGY, 21. NINE, 22. RENEE, 23. MOLLIE, 24. RUBY.

SUDOKU SOLUTION - MEDIUM

4	5	6	9	2	7	3	8	1
1	8	3	6	5	4	9	7	2
7	9	2	8	3	1	6	4	5
6	7	9	2	8	3	5	1	4
5	1	8	4	7	9	2	6	3
3	2	4	5	1	6	7	9	8
9	3	5	1	6	8	4	2	7
8	6	7	3	4	2	1	5	9
2	4	1	7	9	5	8	3	6

SUDOKU SOLUTION - HARD

5	1	2	7	4	9	3	8	6
9	6	8	5	3	2	1	4	7
3	7	4	8	6	1	5	2	9
1	3	9	6	2	4	8	7	5
2	5	7	3	1	8	6	9	4
8	4	6	9	5	7	2	1	3
7	9	3	1	8	6	4	5	2
6	2	1	4	9	5	7	3	8
4	8	5	2	7	3	9	6	1

CODEWORD SOLUTION

A codeword crossword grid with 24 numbered starting points for words. The words are: 1. JOURNAL, 2. BIRTH, 3. HONEY, 4. CECIL, 5. LION, 6. JOURNAL, 7. CHESS, 8. LION, 9. MILE, 10. HELEN, 11. SHEILA, 12. IAN, 13. RAIN, 14. AMELIA, 15. HENRY, 16. URBAN, 17. AXWELL, 18. MARY, 19. MARY, 20. ORGY, 21. NINE, 22. RENEE, 23. MOLLIE, 24. RUBY.

Incidentally, we all expect the conflict that the key characters are going through will lead to a happy ending. Think about how you feel when it doesn't. The best example that shocked me then and still does is the end of Blake's 7, when Blake has betrayed them and is killed by Avon, and then all the main characters are killed by the enemy at the end. The challenge has failed, and the heroes defeated. Another example is the last episode of the World War One Blackadder series, when they go over the top and it ends with the poppy field.

Debz then applied the story arc to her own life, with the hope, one day, of international renown as an author of fiction. She introduced her character, aged 9 at a school on Canvey, writing a story read out in assembly and winning a writing competition aged 10. The plot of becoming an author is diverted into science, studying at Liverpool University to be a vet, living a life so she has a story to tell. That was cut short by illness, the first fall back in the story arc. However, Debz stayed in Liverpool, finished a Science degree with the OU, and worked in Science, moving to North Wales, carrying on working in Science and doing a masters. Another fall back was marrying in 2003, only for her husband to die in 2005. She carried on writing, her first novel, meeting others who helped, making progress in her career story arc.

She realised you had to master short story writing before writing full novels successfully, and not long after this realisation a short story was published. She pursued an editing course and career, to pay the bills, and worked with the Born Free foundation and Virginia McKenna on a collection of short stories. 2010 saw more short stories published, 2013 the Bath short story award and a finalist at the Commonwealth short story awards....and the publication of her novel, While No One Was Watching, the story of an eye-witness to the assassination of JFK, which Debz focused on in her last visit to us in 2016. Debz returned to Canvey in 2014, found love again, with more short stories published and a new agent. As she put it, still not there yet, the Queen of Spectacular Rejections. More serious illness followed, with a recent final all clear, and a rewriting of her novel, Colour Blind, coming out this year. Proving the mantra of becoming what you want to be with belief and hard work.

She finished by reading from her short story, We Went There, a car journey to Clacton with a daughter and her ageing, confused father, talking about a memory of a visit long ago. With the daughter trying to make sense of it.

A fascinating talk, and the story arc applies to most books, tv and film, and this is why we notice deviations from it, as we believe we know what to expect in every story.

Paul.

GROUPS



ART



The Art Group hold their meetings at
The Jubilee Hall at the rear of
Waterside Farm Sports Centre on
alternate Thursdays from 10am – 12pm



CINEMA



In March some of our group members went to see “Wicked Little Letters” starring Olivia Colman and Timothy Spall. Based on a true story, this was a good, well-acted British film (with lots of bad language, but it’s all part of the story) which we enjoyed.

The group meets once a month.

New members are very welcome.

For details of future cinema visits please contact Georgia.

The Importance of Bowel Cancer Screening

At a recent U3A meeting we learned that one of our lady members is undergoing treatment for bowel cancer. This was picked up from the home testing kit that was sent to her by the NHS. She said that she thought everyone should take the test if it was sent to them - so here is some information that you may or may not know.

The NHS offer bowel cancer screening using a home testing kit to everyone in England from the age of 60. Your GP practice gives the NHS your contact details so please make sure they always have your correct name, date of birth and address. Many GPs also like to have your mobile number and email address.

Screening is offered every 2 years between the ages of 60 and 74. They are gradually extending this age range to include people from the age of 56. And if you are over 74, you can ask for a kit every 2 years by calling their free helpline on 0800 707 60 60.

How bowel cancer screening works

An invitation letter with information about bowel cancer screening is sent out. The information is to help you decide whether to take part. They then send you a faecal immunochemical test, or ‘FIT kit’ for short. The FIT kit comes with instructions and is easy to use. When you return your sample, the test can detect blood in your stool (poo) - blood you would not notice by eye. They look for blood because polyps and bowel cancers sometimes bleed. (Polyps are not cancers but may develop into cancers over time. Polyps can be easily removed, which reduces the risk of bowel cancer developing.) Finding blood does not diagnose bowel cancer but it means you need further tests (usually a bowel examination). Most people’s screening result shows they do not need any further tests.

Some people will need further tests. If this is the case for you, the NHS will offer you an appointment to talk about having a colonoscopy. Colonoscopy examines the inside of your bowel and is used to find the source of the blood.

If you notice any symptoms that make you concerned about bowel cancer, contact your GP and don’t wait for your screening test.



Birthdays
of the Month



MAY

- 3rd Irene Cuthbertson
 3rd Irene Rhind
 4th Joe O'Connor
 7th James Rhind
 9th Vera Martin
 10th Sylvie Wright
 11th Janice Smith
 11th Myra Graham
 12th Georgia Draper
 12th Christine Everette
 13th Pamela Martin
 16th Marilyn Green
 16th Joan Lawler
 18th Jackie Campbell
 19th Valerie Mingail
 24th Jacqueline Ryan
 26th Sylvia Trevellion
 26th Angeline Giles
 26th Julia Cornwell
 26th Carol Browne
 28th Mal Bhamber
 29th Colin Jackson



HAPPY
BIRTHDAY

HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

If your name is not shown here, please let Margaret know your birthday to add to our records.



THEATRE



Our first show for this year was Sister Act, on 15th April.
More news to follow in next month's newsletter.

For more information about our group and proposed theatre trips, please contact Sylvie.

U3A Theatre Convenors - Sylvie, Jan and Barbara

CROCHET & KNITTING

This group meets on 1st
and 3rd Wednesdays of
every month





CRAFT

GROUP NOW FULL



We meet every 4 weeks.
We provide everything.
The cost is £4 per session.
You take home your masterpieces!
Refreshments can be bought instore or bring
your own.

**WE MEET IN THE COMMUNITY ROOM,
MORRISONS STORE, NORTHWICK ROAD**

FROM 13.30 TO 15.30



Pictured above are the trays that the Craft group has been making over two weeks. The class is currently full, due to meeting place limitations, but Val will report any vacancies if they arise.

NEWS & INFORMATION

MONTHLY MEETINGS 2024

Here are the 2024 monthly members' meetings for your diary.

To be held at St. Nicholas' Church Hall, Long Road, Canvey
Once a month on Fridays between 9.45am – 12pm

17th MAY

GUEST SPEAKER

Richard Pusey - Medical history on the doorstep

21st JUNE * 19th JULY * 16th AUGUST

20th SEPTEMBER * 18th OCTOBER 22nd NOVEMBER *
20th DECEMBER

DOORS OPEN at 9.45

We aim to be seated by 10am ready for notices to be read, etc.
We ask that our members do not arrive at the car park until
after 9.30 please.

AGM NEWS

The Canvey Thameside AGM will take place at the August meeting. A new Chairman and a new Secretary must be appointed. Any enquiries should be directed to Dave Sutton.

CODEWORD

19	12	13	13	10	26	17	7	9		14	4	14	12	15
5		5		5		11		17		5		9		12
6	4	2	4	23		16	8	13	17	26	14	17	2	11
12		6		6		5		13		26		12		5
6	17	7	6	5	17	2		14	25	12	13	26	14	9
		3		11		5	6	4		14				12
20	16	5	1	12	23	7		8	7	5	13	14	12	23
16		8			16			21			23			14
17	3	12	13	5	2	6		8	17	24	24	5	24	24
12				2		12	11	4		12		8		
7	10	2	4	2	10	15		8	13	5	3	12	18	4
3		4		16		4		16		13		24		15
12	15	4	14	17	4	2	5	13		4	22	17	6	12
2		21		14		17		5		14		16		2
14	5	7	14	10		3	9	23	17	7	14	15	5	7

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Codewords are like crossword puzzles - but have no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle.

To start you off three letters are revealed. With these letters filled in throughout the puzzle, you'll have enough clues to start guessing words and discovering other letters.

EVENTS

The Mystery Tour in March featured a re-visit to Hever Castle, Kent. This time we had a special viewing of a major renovation at the childhood home of Anne Boleyn.



The Boleyn Apartment at Hever Castle is being re-interpreted with Tudor artefacts and furnishings to create an authentic 16th century atmosphere. The project, which was originally scheduled to be finished in late March, is now due for completion on 26 June.

A visit to Polhill Garden Centre, Sevenoaks, completed the mystery tour.

Our next coach trip “Priests, Potters and Pilgrims” takes us to Bury St. Edmunds on the 15th May. This outing will include a quiche lunch and a cream tea! The pick-up time will be confirmed on the Events page on our website.

Future events will be announced at the Canvey Thameside U3A members meetings and will be posted on the Events page on our website. We aim to arrange a trip every couple of months.

INDOOR GAMES

The Indoor Games group meets every other Wednesday at the Jubilee Hall from 1.45pm till 3.45pm.

We play a variety of games - mostly board and card games.

We are full at the moment but if you would like to start a second indoor games group please contact Linda, our Groups Co-ordinator.

Regards, Jan & Den



KEEP FIT

Our Keep Fit Group meetings are held:

EVERY TUESDAY
(2 morning sessions)

At: **THE JUBILEE HALL**

at the rear of Waterside Farm Sports Centre

The sessions are run by Karen Lawrie



SYLLACROSTIC

Fill in the answers to the 8 clues by selecting the correct syllables from the list below. Each syllable can only be used once and the number of syllables to be used is shown in brackets. When the correct words are filled in, the first and last letters reading down will reveal a musical work by a British composer.

KET, MAR, IN, AC, CA, EM, LE, CIS, CRU, TION, OR, RA, NAR,
FAN, ALS, NI, PER, GRO, SI, TA, HA, GAS, AL, VO

1. A ruler, like Augustus _____ (3)
2. Daffodil's genus (plural) _____ (3)
3. Child of Spanish monarch (fem.) _____ (3)
4. Mechanical seal, washer _____ (2)
5. "Wife of a Great King" _____ (4)
6. Lively tempo _____ (3)
7. Meaningful work, a calling _____ (3)
8. Earned, not yet paid (plural) _____ (3)



SUDOKU

Each row, column and square (9 spaces each) needs to be filled with the numbers 1-9, without repeating any numbers within the row, column or square.

Difficulty: **MEDIUM**

	5		9					
1		3				9		
7			8	3				5
			2		3		1	4
		8		7		2		
3	2		5		6			
9				6	8			7
		7				1		9
					5		3	



Difficulty: **HARD**

			7		9	3	8	
		8			2		4	
	7			6				
	3			2		8		
	5			1			9	
		6		5			1	
				8			5	
	2		4			7		
	8	5	2		3			



SOLUTIONS PAGE 22

SUNDAY GROUP

If you are at a loose end and would like company at the weekend - join the Sunday Group. We aim to meet once a month, mostly on Sunday, to have lunch, visit places of interest etc. We have 18 members, with an average of 12 who attend each time. We meet at the Paddocks and then arrange car shares. 11 members went to Izzy's in Furtherwick Road on April 7th (pic). The food and company were very good. I can thoroughly recommend!



CRIBBAGE

The crib group is full as we meet at people's houses and 8 is our maximum. Perhaps if anyone else wants to play a new group could be formed?

We aim to meet about every two weeks but this will depend on people's other commitments.

Jan





SOCIAL, FAMILY & LOCAL HISTORY

HISTORY



WE MEET AT THE CAFE/BAR IN SANDY BAY, THORNEY BAY ROAD
(The bar is left past the entrance, near the pool)

We continue with our 4-weekly meetings on Tuesdays at Sandy Bay from 10.00am.

Thanks to Graham Stevens for coming back on 5th March and telling us about some of the Canvey characters he interviewed as part of his work for the archive.

On 2nd April, Paul gave a talk on post-war prefab homes – so interesting that we include a brief summary below!

Prefabs were part of the programme of temporary housing and emergency-constructed housing after World War 2. They served as part of a solution to the consequences of bombed-out buildings, slum clearance, the boom in marriages and young families, and housing shortages for key workers.

156,623 pre-fabs were erected between 1945-48, when most were built. The Ministry of Works delivered and erected them; local authorities then allocated built prefabs to people on their housing lists.

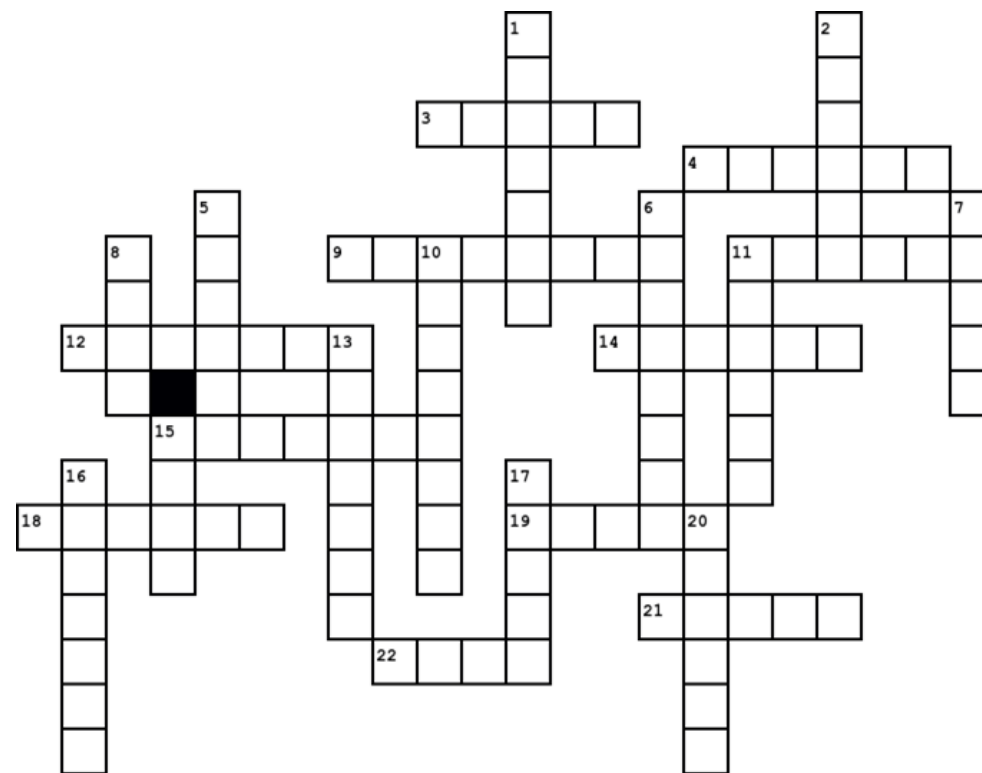
There were many types of prefab, but they had to have a minimum of 635 square feet of floor space. Standard prefabs had a fitted kitchen, indoor toilet, bath and heated towel rail, constant hot water, vented heating system and a fridge; many had small gardens. By post-war standards they were the height of luxury for their inhabitants.

This form of housing was generally replaced by mass building of council estates from the 1950s onwards. 8,000 survive, virtually all having been converted into bungalows with a proper pitched roof.

Thanks to Paul for the talk, and all the finer points of detail not included here. If you found this interesting too, why not pop along to the next meeting?

Sounds of The Sixties

Can you identify the NAMES IN POPULAR SONG LYRICS from the 1960s?



Across

Down

- | | |
|--|--|
| 3. I miss you, and I'm being good. | 1. Donovan's Jennifer. |
| 4. I love Jennifer _____. | 2. Ode to _____ Joe. |
| 9. Ma belle. | 5. She may remember Scott Walker. |
| 11. Sweet, little. You'll know her if you see her. | 6. When she stays, time goes fast. |
| 12. She's swell - listen to the turtles. | 7. Here he comes, her clown. |
| 14. Twice-named by Wayne Fontana. | 8. Pink, with efficacious compound. |
| 15. He had a hammer of grey-ish hue. | 10. Sweet. And spring became the summer. |
| 18. Hey, there! Jump down from the shelf. | 11. Gonna make this wine mine, baby. |
| 19. Just walk away. | 13. Nobody came. |
| 21. Jones - she was a singer in a band. | 15. The wind cried. |
| 22. After Monday, still I'm gonna miss you. | 16. Jones - he had a barrow. |
| | 17. The cuff links are the clue. |
| | 20. I break my heart to please.... |

FUN STUFF

CROSSWORD

ACROSS

1. Upmarket Roman house
6. Highest point
10. Deep unconsciousness
14. Farewell, monsieur!
15. Deception
16. By mouth
17. Intended
18. Send forth
19. In ad-speak, not day
20. Excusable
22. Shower with love
23. Detachable container
24. Restricts
26. Bigotry
30. Supporting column
32. Pain
33. Most skittish
37. Mongol hut
38. Scour, in musk irritant
39. Leer at
40. Inactive
42. Scallion
43. Condition
44. A reddish brown
45. Slats
47. Not in



- | | |
|------------------------|-----------------------|
| 48. Abominable Snowman | 60. Not a single one |
| 49. Miscellany | 61. 4-door car |
| 56. Acquire deservedly | 62. Make well |
| 57. False god | 63. Alumnus (abbrev.) |
| 58. Ellipses | 64. Exchange |
| 59. Largest continent | |

DOWN

- | | | |
|------------------------|----------------------------|-------------------------------------|
| 1. Seductress | 21. French for "Name" | 42. Frontier settlement |
| 2. Notion | 25. Antlered animal | 44. Regret |
| 3. Teller of untruths | 26. Beams | 45. Rental agreement |
| 4. Extend credit | 27. Chills and fever | 46. Courtyards |
| 5. Post-mortem | 28. An amount of firewood | 47. Leered |
| 6. Coming up | 29. Enteric | 48. "Sure" |
| 7. Grooming tool | 30. Steeple | 50. Smell |
| 8. Letters, etc. | 31. Conservative | 51. Spanish lady |
| 9. Outside | 33. Three-handed card game | 52. Not under |
| 10. Circumstances | 34. Auspices | 53. Early 20th-century art movement |
| 11. Heavenly hunter | 35. Blackthorn | 54. Happy |
| 12. Non-glossy photos | 36. Canvas dwelling | 55. Feudal worker in demesne |
| 13. Away from the wind | 38. Hoarding | |
| | 41. Greatest possible | |

SOLUTION PAGE 22



SOCIAL, FAMILY & LOCAL HISTORY



OUR NEXT GROUP MEETING – 30th APRIL – THE DOOMSDAY BOOK

We will look at the origins of and historical reasons for the Doomsday Book, and what it tells us about our area in 1086.

FURTHER SCHEDULED MEETINGS

28th May: Pam will do her talk on Pammie the first 10 years.

25th June: Georgia will lead this session on family history Brick Walls. The idea is that if you have got stuck doing part of your family tree, and everyone has at some stage, bring along copies of the problem and anything you think you know to the next meeting or any meetings prior to the 25th June. Members will take away what you bring (**hence a few copies will be useful**) and report back on the 25th any revelations. Also, if nothing is found by anyone, this gives you the reassurance you haven't missed anything.

Obviously, the more problems brought along, and the more people take them away to help, the more successful this session will be. So, whether you have hit a Brick Wall or would like to help someone who has, be sure to come along to the meetings leading up to and including 25th June.

Meetings follow on **23rd July, 20th August, 17th September, 15th October, 12th November** and **10th December** and every 4 weeks thereafter.

CONTRIBUTIONS/SUGGESTIONS, PLEASE

I am still looking for volunteers for July onwards and/or suggested topics that group members would like me to research and cover at future meetings.

Paul.

DINING CLUB

Nearly 30 of us had lunch at the Anchor Inn in Benfleet in March. At £16 for 2 courses + tip, it was an absolute bargain. I had Chilli Chicken with Rice and Apple & Berry Crumble with Ice Cream. Valerie Nash forced a glass of wine into my hand so I had to drink it. Luckily, I was able to stay sober enough to take some photos. Everyone seemed to enjoy themselves and we look forward to meeting up at our next trip out.



Jeanette has booked Poppy's Café in Benfleet for our lunch on Monday 22nd April at 1pm.

Poppy's Café was recently visited by a reporter from Essex Live who was intrigued that the café was always packed and wanted to know why. So one Sunday, she visited with her boyfriend. Her conclusion was "we really enjoyed our breakfast and would definitely return. It's really easy to see why just so many people go there and why there are so many repeat customers".

Jeanette will be collecting a £10 cash deposit at our meeting on Friday 19th April.

Frances.



CANASTA



Why not join our friendly group and enjoy a relaxing game of cards in great company while keeping your mind active and giving your brain a gentle work-out?

The Canasta group welcomes new members and will help members to learn the game.

The group meets on alternate Tuesdays and Wednesdays between 2pm and 5pm in the Morrison's Community room.

GROUP MEMBERSHIP STATUS

Cinema	Page 4	Open
Art	Page 4	Open
Crochet & Knitting	Page 5	Open - needs members
Theatre	Page 5	Open
Craft	Page 6	Full
Indoor Games	Page 8	Open
Keep Fit	Page 8	Open - 2nd session
Sunday Group	Page 9	Open
Cribbage	Page 9	Full
Social, Family & Local History	Page 10	Open
Dining Club	Page 12	Open
Canasta	Page 13	Open
Book Club (suggested group)*	-	New - subject to interest