



Crawley u3a

Lockdown News 5/21

May 2021

Dear members,

Welcome to the May edition of the Crawley u3a newsletter.

We know that many of you are keen to know when our physical meetings can resume. From May 17th 2 households can meet indoors or up to 30 people outside. Several groups are already planning to get together outside in late May/early June – weather permitting!!!

All restrictions are planned to be lifted from 21st June. However, until we have confirmation of this we are unable to confirm the actual date of restarting. It is hoped that we can restart meetings in September, but we will need to consult with our various room providers to discuss any limitations they may impose. We are holding a Group Leaders meeting later this month to discuss their plans to resume. Rest assured that as soon as any decisions are made we will let you know! In the meantime please keep in touch with each other, in small groups outside, in bigger groups from 17th May, on our Facebook page and by email and whats app. Fingers crossed we can get going properly sooner rather than later!

National u3a day

It's not long now until the Nationwide u3a celebration on Wednesday 2nd June. Our event will be in around the Bandstand in the Memorial Gardens including displays, a quiz, a guided walk and performances by the ukulele and Folk Singing groups.

We have some leaflets advertising the event. If you are able to display one eg in your local church please let me know. newsletter@crawleyu3a.org.uk.

May meeting

At our next monthly Zoom meeting on Friday 14th May, Annamaria Dall'Anese who is a Blue-badge guide of London will give a talk on **London: 2000 years in 7 buildings.**

This virtual tour will present 7 buildings in a chronological sequence stretching from the birth of London to the 21st century. We will situate these landmarks in their respective historical context and answer questions such as: why is London where it is? How long would it take to read all of the books at the British Library? Is the Shard cutting-edge or obsolete? We will also see how each of these timeless landmarks exemplifies one of the multiple facets of London that make it so attractive today. Royalty, education, religion, finance... Regardless of what you like, you will find it in London. The link will be sent next week.

Communications coordinator

My term of office on the Committee as Communications Officer comes to an end at the AGM in November. I have thoroughly enjoyed being involved in planning the direction of the u3a and sharing these plans with our membership and the wider community. And now we're looking to recruit someone to carry on promoting our great organisation.

As well as overseeing the regular newsletters and magazines, the role includes the content of the website (no technical knowledge required as we have an excellent webmaster to do that!) and all aspects of advertising.

If you would like to know more please email me: newsletter@crawleyu3a.org.uk

Click and Save

The National u3a are developing a discount scheme, where you can receive cashback when you go shopping with brands such as Sainsbury's, M&S and Costa Coffee.

The u3a has partnered with member benefits specialists, Parliament Hill Ltd, to provide members with the discount scheme called u3a Click and Save. More information will be made available once the scheme is ready to launch.

Earth Matters Group on Zoom

Our first meeting was well attended by 14 members.

Following introductions, we found that most of us were concerned about our planet and actively pursuing local projects like conscientious recycling and changing our behaviour.

We heard a few rallying words from a recorded Sir David Attenborough interview which re iterated that everything in our natural world is connected. Although local projects are very valid, we need to address the issues at an international level. You can see the whole interview at <https://www.earthoptimism.cambridgeconservation.org/stories-of-hope/hope-for-our-planet/in-conversation-with-sir-david-attenborough/>

You can also sign up for Sir David Attenborough's petition:

<https://www.earthoptimism.cambridgeconservation.org/solutions-fair/office/its-time-to-put-nature-first/>

We heard and saw a video clip from 'earth optimism' outlining the success story of Heather Koldeway and recycling fishing nets in the Philippines.

<https://www.earthoptimism.cambridgeconservation.org/stories-of-hope/choosing-sustainability/ocean-optimism-in-a-sea-of-plastic/>

Our Recycling thought for the week – Tablet blister packs can be put into red recycling bins, but asthma inhalers should be taken to a branch of Boots chemist.

What can we do?

- 1) Challenge the sustainability and recycling efforts of the companies you have dealings with. Send them an e-mail to praise or condemn.
- 2) Write to MP etc about local issues. We discussed local recycling, fly tipping and rubbish issues in Crawley and apparent disinterest by our MP Henry Smith.
- 3) Spread your recycling and sustainability stories to family and friends. Whoever you talk to let them feel your passion about the subject.

Our next meeting will be on Friday 21st May at 2.30pm via Zoom. Contact me if you wish to join us, or alternatively receive our monthly meeting write ups to get links to interesting and uplifting reports of environmental success.

See you there.

Ann Sole

A short history of Crawley u3a

A big thank you to everyone who has contributed memories of the history of our u3a. If you can expand on the detail below, please get in touch!

In 1981 Arthur Earl was Community Tutor at Thomas Bennett School and he was asked if he could organise something for his mother to do as she lived alone and was virtually housebound. Arthur thought for a while then came up with the idea of “Lily” - Learning in later life - and rallied round people who would be willing to give their services to help. These included Mary Russell and Gillian Pitt’s parents. He also asked retired teachers to get interested in his project.

At first it was a very small group. Eventually “Lily” became the Crawley University of the Third Age when it became affiliated to the Third Age Trust in March 1985 and was registered as a charity by the Charity Commission on 24th November 1993. The charitable purposes of the U3A are: ‘the advancement of education and, in particular, the education of older people and those who are retired from full time work by all means, including associated activities conducive to learning and personal development.

Arthur was the first chair and Mary Russell the vice chair. After Arthur’s death Mary became chair then President, a role she only relinquished in the last few years. The Italian Group went to Italy on an Exchange basis. In 1998 to 1999 one of the groups was ‘English as a Second Language’ and Beryl Bunter took the Embroidery Group.

A current member, Isabella, was on the committee of ‘Learning in Later Years’ representing the Pound Hill and Worth Care group, a voluntary group set up by some Crawley Health Visitors and church ministers. There were about 12 of these groups in Crawley, transporting the elderly to appointments at doctors and dentists, WRVS lunch clubs etc as well as weekly club meetings. Volunteers visited the elderly regularly and held a party for them once a year. They held regular jumble sales to raise money to run the group and did volunteer work in the Pound Hill Charity Shop. The group closed about 5 years ago. We used to hold jumble sales.

Crawley held its 30th birthday celebrations in March 2015. The minutes of 16th February 2015 recall “On 13 March 1975 Hilvary Robinson will join the officers and committee members who wish to attend for lunch at St Andrews at about 12.30.

Hilvary will present the certificate before the general meeting. Gillian (Pitt) will arrange some press coverage". The celebrations included a big Birthday Cake and tea and the mayor was in attendance.

If you are able to add any details to this history or have any photos from the early days, please get in touch. newsletter@crawlleyu3a.org.uk.

Outdoor activities

Walkers Extra and O&A7 held a number of bubble walks recently.

Our group explored Worth Park, Forge Wood and Gatwick Woods where there was a great carpet of bluebells. We fed the ducklings, laughed with the donkeys, and some people saw a deer in the woods. Everyone really enjoyed the opportunity for a chat and a catch up, especially the groups who finished with a coffee at Ridleys in Worth Park!

Further bubble walks are planned based around Tilgate and Pease Pottage.



Creative Writing Competition

The Creative Writing Competition is back. Following the popularity and success of last year's competition, the national u3a are encouraging members to get writing again. The theme for 2021 is 'Unexpected'. Please make sure to read the competition rules fully, including deadlines and information about the judging process, before submitting your entry online. You can also read last year's Winning Entries for inspiration. Find out more on the national website <https://www.u3a.org.uk/>.

Can you work out our British PMs Quiz?

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Answers on page 8

Useful Websites

[Webopedia](#) - Extremely useful site if you are struggling with computer jargon

[Age UK](#) - The UK largest charity working with older people

[Citizens Advice](#) - For a wealth of very useful information

[The Old Farmers Almanac](#) - If you love Gardening you will love this site.

[Arthritis Research UK](#) - Useful website helpful and informative

[Osteoarthritis](#) - Good informative website

[Glaucoma](#) - The international Glaucoma Association

[Stroke](#) - NHS Choices

[Tinnitus](#) - NHS Choices

[Bowel Cancer UK](#) or [NHS UK](#) - Bowel Cancer

[NHS UK Dementia Guide](#)

[Prostate Cancer](#)

[Resources for Older People](#) - Provide useful leaflets and advice.

[VirusTotal](#) - Free online service that *analyzes suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans, and all kinds of malware.

[TrueKey](#) or [LastPass](#) Sign in without passwords.

[Everplan](#) - How to handle the digital life that you'll leave behind, very informative. [Citizens Advice](#) has advice on this subject.

[World U3A](#) - connecting with members of U3As throughout the world

[U3A Online](#) delivering online learning via the Internet, from Australia

[Elder Gym](#) for those moments when you feel a bit of exercise is just what's needed!!

Book Recommendations

Novels:

And The Land Lay Still - James Robertson

Any Human Heart - William Boyd

Nora Webster - Colm Toibin

Trespass - Rose Tremain

Under the Skin - Michel Faber

Non-fiction:

Don't Think Of An Elephant - George Lakoff

On Connection - Kae Tempest

Sisters of Sinai - Janet Soskice

Answers to Prime Ministers quiz

David Cameron
Gordon Brown
Margaret Thatcher
James Callaghan
Harold Wilson
Antony Eden
Ramsay MacDonald
Theresa May
Tony Blair
Boris Johnson

Please continue to send me articles, photos, quizzes, book and film recommendations – in fact anything you feel our members may enjoy.

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