



Crawley u3a Monthly Newsletter: April 2023



Monthly (and other) meetings

Dates for your diaries below. All meetings start at 2.30pm (with the exception of the Coffee Mornings) at the Friary Hall, Haslett Avenue:

- **Friday 14th April** – Frances Hurd, *Secrets and Lies*
- **Friday 12th May** – Choir & Ko
- **Tuesday 30th May** – Coffee Morning, 11.00am
- **Friday 9th June** – Kathryn Ferry, *The History of the British Seaside*
- **Friday 23rd June** – Midsummer's Eve Celebration, Bandstand, Memorial Gardens (details on page 16)
- **Friday 30th June** – All members meeting on 2023/24 fee, 10.30am
- **Friday 14th July** – To be advised
- **Friday 8th September** – Open Afternoon
- **Friday 13th October** – William Avenell, *I never knew Geography would be so relevant, why didn't I concentrate more at school?*
- **Monday 30th October** – Coffee Morning, 11.00am
- **Friday 10th November** – Annual General Meeting
- **Friday 8th December** – Christmas Party

From the Chair: Committee Programme of Activity for 2023 and Progress over the first three months

The Crawley u3a Committee is always active, if at times it doesn't show! While the leaders of the various pursuits are striving to present and manage their individual programmes, the committee engages in some degree of necessary oversight and planning to ensure the resilience and continued success of our organisation. There is, of course, the seemingly routine, but vital, work of maintaining financial discipline, orderly membership, clear communications, and legal compliance, which proceeds continually, but there is also a necessary look to the future, and I thought I ought to share some of the objectives the committee is planning to tackle during 2023 and beyond, and to describe progress made so far.

Growth

We will aim to increase our total **membership**, including associates, to 600 **by 31 March 2024** (current level 562, up from 543 in December 2022). We will also continue to encourage the development of new interest groups.

Organisation

Once all committee roles are filled, we will continue the development of the new sub-committee organisational structure and establish/document essential procedures for (i) Membership (ii) Main committee procedures ways of operating and (iii) Reporting of sub-committees to main committee.

Increase number of members volunteering for Committee, support, and sub-Committee roles to be commensurate with the number required by the new structure.

We are also trying to make better use of the Beacon system and IT generally to improve our service to members and Group Leaders.

Governance and Compliance

We are updating the full set of prescribed policies and instigating a system whereby each policy is assigned to a Trustee who ensures it is embedded as far as possible across all Crawley u3a activities and reviewed by the Committee at least every two years. We have, for the first time, adopted an Equality, Diversity and Inclusion (EDI) and Accessibility policies and are currently reviewing our compliance with the GDPR (General Data Protection Regulation) legislation.

Activity Groups

Increase the number of volunteers helping to organise and run activity groups, through developing a recruitment and succession planning approach. The methodology laid out in the Third Age Trust Recruitment and Retention toolkit should prove pertinent.

We will support Groups to review the nature and content of their activities and to enhance the learning component. This is an important objective but there is a need to restrict it to only some of the groups (Poetry, Earth Matters, Painting & Drawing etc but not Amblers, Bridge, Tennis etc where you are learning through practice). We should aim to trial this with, say, three groups.

We have also recently set up an Out and About (O&A) Working Group to look at ways to resolve the current shortage of Group Leaders for the O&A Groups.

Communications

Complete the redesign of the web and establish procedures so that all pages are kept up to date. Increase the use of the Crawley u3a Facebook account to display our activities. Finalise the Communications Strategy.

Local Profile

We will develop a strategy designed to raise awareness of our existence in the locality and so stimulate recruitment.

The Midsummer's Eve Celebration event (see page 16) is to form part of this, together with a publicity campaign, for which a new Crawley u3a leaflet will be available soon.

Links with Larger u3a Movement

Develop stronger links with neighbouring u3as, especially Horley. Participate in the Sussex networks and engage fully with the Third Age Trust.

Financial

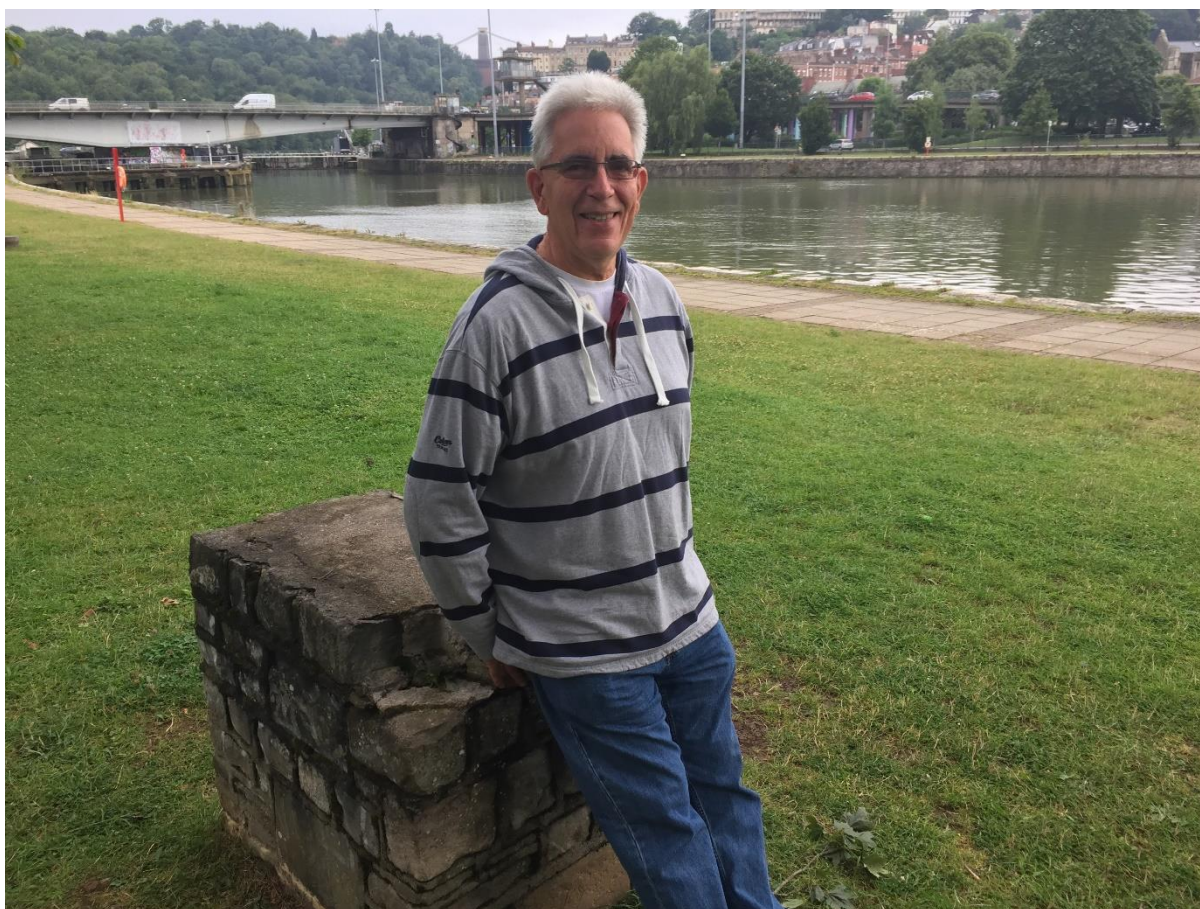
To seek to be fully financially self-sustainable. This is a longer-term aim. The Treasurer already has a clear set of programmed activity.

Jim McGough, Chair Crawley u3a

It would be a pleasure to receive comments on this programme and your suggestions on how we might continue to develop. Please email me on

Chair@crawleyu3a.org.uk

Meet the Committee: Graham Friday, Treasurer



Graham is a born and bred Londoner, with his family roots in the Wandsworth/Wimbledon area. He was a keen sportsman in his early years, playing many sports; his heart was set on becoming a professional Tennis player. He did not have the necessary skills to do so, so became a Tennis coach instead. One of his fondest memories is playing on the grass courts at the All England Club.

Graham put his racquets away and focused on becoming a Chartered Accountant when he met his wife and moved to Crawley in 1982. Graham had a forty-year career working in the public sector, primarily within Local Government, with his last job being Finance Director at Bristol City Council, before doing a short period in consultancy and retiring in 2018.

Though working in different parts of the country, he and his family have always maintained a base in the Gossops Green area, where his wife ran the local Playgroup/Nursery and the local Brownies/Guide group for many years.

Graham also has had stints as a School Governor at three local schools, as well as being a parent helper with the Gossops Green Scouts group.

Graham came to the u3a after the death of his wife in 2020, and immediately stepped into the Treasurer's role.

Graham is keen on expanding the opportunities for Members to keep physically active and is working on developing two new activity groups for Members over the next year. The first will be a combined afternoon of yoga, Pilates and chair exercising at either St Paul's or The Friary. The second is a multi-sport evening at one of the local secondary schools. This will provide Members with an opportunity to try out and participate in a number of sports including: walking football, walking cricket, badminton, pickleball, walking netball/basketball and others that Members might want to suggest.

If either of these two groups would be of interest to yourself then watch out for further information over the coming months.

Benefits for u3a – Riviera Travel

Riviera Travel operate an "Affinity" Charity Scheme with the Third Age Trust that can benefit all u3as. Riviera Travel will donate 10% of the total basic cost of holidays booked by members as a charitable donation back to the u3a. Any holiday booked by a member with Riviera Travel is eligible.

How it works:

- Make a booking by contacting Riviera Travel directly, simply mention you are a member of u3a and want to claim Affinity Commission for your u3a
- At the end of your holiday, Riviera Travel make a payment to the Third Age Trust. After deducting a handling fee, the Third Age Trust will pass the donation on to the relevant u3a

If booking online, use www.u3ariviera.co.uk, it 'tags' u3a in general to the booking and then they will be prompted to check which local u3a is to benefit.

Scamwatch

Fraudsters are impersonating HMRC and sending phoney tax refund emails. The emails include a link to 'claim' your refund. If you click on the link, you will be taken to a website that puts you at risk of giving away your personal details to a scammer. HMRC will never send specific tax information (such as how much you owe or any rebates due to you) by email, so if you receive this email you can be certain that it is a scam. If you receive one, forward the email to phishing@hmrc.gov.uk then delete it.

WhatsApp scam?

Criminals are targeting WhatsApp users by posing as a friend and asking for a security code. Action Fraud has received over 60 reports relating to this scam. The scam begins when a criminal gets access to another WhatsApp account which has you listed as a contact.

The criminal, posing as your friend or someone that's a member of a WhatsApp group you're in, will then send you seemingly normal messages to try and start a conversation with you. However, around the same time you will receive a text message from WhatsApp with a six-digit code. This is because the criminal has been trying to login to WhatsApp using your mobile number. The criminal will claim that they sent you their code by accident and ask you to help them by sending it to them. Once the criminal has this code, they can login to your WhatsApp account and lock you out. The criminal will then use the same tactic with your WhatsApp contacts in an effort to steal more accounts and use them to perpetrate fraud.

- Set up two-step verification to give an extra layer of protection to your account: Tap Settings > Account > Two-step verification > Enable.
- THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- Never share your account's activation code (that's the 6 digit code you receive via SMS)
- You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you have been a victim of fraud or cyber-crime, report it to [Action Fraud](#) or 0300 123 2040.

Quiz: Twenty Questions

Questions	Answers
1. Who beat Andre Agassi in his final singles game at Wimbledon?	
2. What sort of car did Avenger Emma Peel drive?	
3. What would you do with a burrito?	
4. Where is Frasier based?	
5. Who played Ally McBeal?	
6. Who found fame as Jerry Leadbetter?	
7. In which city is the Goose Fair held?	
8. Where in the body is the ulna?	
9. Which rock is chiefly made from calcium carbonate?	
10. Which Japanese word means 'divine wind'?	
11. What are your phalanges?	
12. What does the angstrom unit measure?	
13. In computing, what does the P in CPU stand for?	
14. Who wrote <i>The Day of the Jackal</i> ?	
15. Who wrote <i>The Female Eunuch</i> ?	
16. Which word describes the brightness of stars?	
17. Which country was first to win football's World Cup four times?	
18. Which are there most of – birds, fish or insects?	
19. What is the highest number of the Richter scale?	
20. What shape is a swallow's tail?	

Answers can be found on page 18

Newsletter Editor's Report on 10th March Monthly Meeting



James Dickinson's talk on Chichester with a slide showing the City's Coat of Arms

In a talk lavishly illustrated with photographs, James Dickinson took us on a tour of Chichester, dividing the city into four quarters, beginning in the North East quarter, moving South East, North West, and concluding in the South West quarter.

During the course of our tour, James discussed the many historic buildings to be found there, giving us a brief history of each one.

The Market Cross, the starting point for our tour, was built from 1477 to 1503 by Edward Story, Bishop of Chichester, and is the most famous landmark in Chichester after the Cathedral.

Chichester Cathedral is unusual, not only because it is the only cathedral visible from the sea, but also because it is the only English cathedral with a surviving detached medieval Bell Tower (or 'campanile'), which dates back to the 15th century and is positioned some distance from the Cathedral, due to subsidence. In 1861 the Tower and Spire of Chichester Cathedral collapsed. A programme of rebuilding, which took over five years, was overseen by Sir George Gilbert Scott at a cost estimated to be in the region of £53,000.

I knew very little about Chichester, but thanks to James's excellent virtual tour I came away much wiser and keen to revisit this historical city.

Folk Dancing Group

Thanks to [Bob Weddell](#) for this photograph of the Folk Dancing Group in action. Meetings are held on the 2nd and 4th Thursdays at 10.00am at St Pauls.



New Craft Group

If you enjoy crafting then you will be interested to hear that Yvonne Light has started up a new craft group. The group meet at Yvonne's home in Pound Hill on the first and third Tuesday of the month from 2.00-4.00pm. This is a general crafts group and members are encouraged to bring their own ideas for a variety of crafts to be introduced to the group. If you are interested in joining please contact Yvonne on 01293 458480. With thanks to [Phil Light](#) for the photo.



Visit to Painting and Drawing Group

I recently paid a visit to our talented Painting and Drawing Group to take some photographs for our soon to be updated leaflet. They made me welcome and kindly let me prowl around the room taking photos. The photo below is the one which will feature in our new leaflet. Next month's newsletter will include a photo of an artwork produced by the Group.

The Group meet every Tuesday from 1.30-3.30pm at Holy Trinity Church, Tilgate.



Visit to Short Mat Bowls Group

I also paid a visit to our Short Mat Bowls Group, who made me similarly welcome. The photograph below of group members in action will also be featured in our new leaflet.

The group meet on the first and third Wednesdays and the second and fourth Mondays of each month from 12.30-3.00pm in the Main Hall at St Pauls, Northgate.



Amblers Extra walk on 3rd March

On a chilly morning, Amblers Extra enjoyed the Treasure Trail in Tilgate Park.



Storytelling Group

Do you enjoy telling or writing stories? Then why not consider joining our Storytelling Group? At the end of each session they choose a theme for next month's meeting then prepare a story or account based on that theme. It does not matter if a member does not have an idea for a story, as part of the meeting is about listening to what others have to say and the subsequent discussion which everyone can contribute to. If you are interested, the group meet from 2.00-4.00pm in a private home on the fourth Thursday of the month. Jo Slack is the Group Leader and can be contacted via the email link on the Storytelling Group page on our website (link to Storytelling Group page below).

[Crawley u3a: Story Telling \(u3asites.org.uk\)](http://u3asites.org.uk)

Amblers walk on 3rd March

On the same chilly morning, Amblers were also on the trail, but this time they were pursuing the cunning Reigate Riddler who was on the loose again after Out & About 7 successfully tracked him down a few weeks ago. I am delighted to report that the Riddler is back behind bars where he belongs! Sleuthing is thirsty work so we adjourned to The Beehive for lunch. Thanks to [Isabella Chatterjee](#) for the photograph.



Looking for a clue in Priory Park, Reigate

Petanque & Picnic

You may remember that I mentioned in a newsletter last year that we had been given a few sets of boules. Several members expressed an interest in playing. We are hoping, weather permitting, to start up a petanque group in mid-May, and play in West Green Park where they have a petanque court, as well as enjoy a picnic together. If you are interested, please email peter.beckley@yahoo.co.uk. More details to follow in the May newsletter.

Walkers 1 walk on 17th March

Walkers 1 braved the rain on a walk around Ardingly followed by lunch at the highly recommended Bent Arms at Lindfield. Thanks to [Phil Light](#) for the photograph.



The rain did not dampen Walkers 1's spirits!

Welcome to new members

I would like to extend a warm welcome to our new members:

Geraldine Jones, Julie & Tony Neale

Walkers Extra London walk on 23rd March

Walkers Extra enjoying a brief rest on our 4.5 mile walk from Paddington Basin to Kings Cross via Little Venice and Camden Lock where we enjoyed lunch in Wetherspoons' Ice Wharf. Thanks to [Jan Morris](#) for the panoramic photo.



Midsummer's Eve Celebration: 23rd June

At last I can bring you news of our Midsummer's Eve Celebration, which will be held on Friday 23rd June from 11.00am-2.00pm at the Bandstand in Memorial Gardens. Entertainment will be provided by our Ukulele, Folk Singing and Singing for Fun Groups. There will also be a local history walk led by Graham Crozier from our History Group and a photographic display by our Smartphone Photographic Group. I will share more details in next month's newsletter.

Needles Group

I promised to feature an item produced by Pat Roberts' Needles Group. The photo below shows a lovely embroidered bag produced by a group member.



Quiz: answers

1. Rafael Nadal
2. Lotus Elan
3. Eat it
4. Seattle
5. Calista Flockhart
6. Paul Eddington
7. Nottingham
8. Lower arm
9. Limestone
10. Kamikaze
11. Toes and fingers
12. Wavelengths of light
13. Processing
14. Frederick Forsyth
15. Germaine Greer
16. Magnitude
17. Brazil
18. Insects
19. Nine
20. Forked

The May newsletter will be emailed to members on Monday 1st May and posted or hand delivered to those without email shortly thereafter.

I would like to take this opportunity to thank the people who help me distribute the newsletter by kindly giving up their time to deliver it to members without email in their neighbourhood, thus reducing our postage costs.

Sue Parker

Newsletter Editor

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