



Crawley u3a

Monthly Newsletter: April 2024



Where was I?

Monthly (and other) meetings

Dates for your diaries below. All meetings start at 2.30pm, with the exception of the coffee mornings and the annual fees meeting, and are held at the Friary Hall, Haslett Avenue:

- **Friday 12th April** – Martin Lloyd, *Becoming a Famous Author* (for more details, please see page 3)
- **Friday 10th May** – Andy Smith, *Prosthetic Perils*
- **Friday 14th June** – Derrick Hughes, *More Heads and Tails*
- **Monday 1st July** – Coffee morning at 10.30am
- **Friday 12th July** – Neil Sadler '*(Almost) Death in Paradise: The Caribbean, Pirates and Rum*'
- **Tuesday 23rd July** – Annual Fees Meeting at 11.00am (provisional)
- **Friday 13th September** – Open Afternoon
- **Friday 11th October** – Dr Janet Pennington, *Sussex Inn Signs*
- **Friday 25th October** – Coffee morning at 10.30am
- **Friday 8th November** – Annual General Meeting
- **Friday 13th December** – Christmas Party

Crawley u3a Spring Outing 2024
Weald and Downland Museum at Singleton
Wednesday 15th May 2024

WH Coach departs at 9.20am from the Hawth
(please do not arrive before the car park opens at 9.00am)
and departs at 9.30am from Crawley Bus Station Stand E

On arrival at the Museum, we will split into two groups for a private tour by the Curator of the Gridshell workshop and artefacts store.

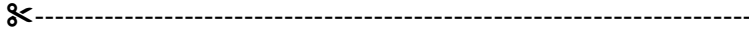
You will have free time to enjoy refreshments in the Cafe at your own expense or bring a picnic. The Museum does not provide a walking guided tour so you can wander at your own leisure. There are many uneven paths and narrow staircases in the historic buildings and your walk will be mainly outdoors so please wear appropriate clothing and footwear.

The coach will leave the Museum at 3.00pm and the approximate time of return to Crawley will be 4.30pm.

The cost of £30 includes coach travel and tip, Museum entrance and Gridshell entrance.

Please use the booking form on page 3, or write the details on a separate piece of paper, and send it with your cheque payable to Crawley u3a with your membership number and date of the outing on the back of the cheque to Liz Tennant, 1 Woodcot, High Street, Partridge Green, RH13 8HX **by Wednesday 10th April 2024**. There is no need to send a stamped addressed envelope. Bookings will be allocated on a first received, first confirmed basis and confirmations will be sent by email or phone.

Bookings are non-refundable. [Liz Tennant](mailto:Liz.Tennant@u3a.org.uk) 01403 711468 or 07394 653430.



BOOKING REQUEST FORM

Weald & Downland Museum 15th May 2024

Name and Membership Number:

Email Address:

Your Landline Number:

Your Mobile Number:

Emergency Contact Name and Number:

Monthly Meeting on 12th April: details of talk

This month's speaker is Martin Lloyd, a writer and speaker. The full title of his talk is *Becoming a Famous Author: how I got my first book published*. Martin's talk will give us the truth about writers, publishers and bookshops. In a step by step expose we will learn what he had to do to get his first book published.

South East u3a Forum Summer School 2024

This year's South East u3a Forum Summer School will be held from Monday 2nd – Thursday 5th September at the University of Chichester. This is primarily a 4-day residential Summer School held at the University of Chichester, although participants do have the option to be non-residential.

Many new subjects, such as Art & Mythology, Photography, Crochet, Living History, Patchwork, Philosophy, Latin Remembered, Bridge, Politics, Illuminated Manuscripts and Science have been added to the agenda. There will also be a few old favourites such as Cycling, Mah Jong and Mathematics.

Booking will open at 10.00am on Thursday 11th April when access to the booking information and booking form will be available.

If you would like to know more then follow this link:

[u3a: South East U3A Forum: Summer School \(u3asites.org.uk\)](https://u3asites.org.uk)

Voters need ID to vote

Did you know that voters in England now need to show photo ID to vote at polling stations?

For members with access to the internet, follow this link to find a full list of accepted forms of ID: [Accepted forms of photo ID | Electoral Commission](#)

For members without access to the internet, you will need to show an official photo of yourself, such as:

- Your Passport, even if it is out of date, as long as they can see it is you
- Your Driving Licence, even if it is out of date, as long as it looks like you
- Bus Pass for over 60s
- Disability Bus Pass

If you have none of the above then you will need to apply for a free voter authority certificate either via

[Applying for a Voter Authority Certificate | Electoral Commission](#)

or you will need to take a photo of yourself and take/send it along with your full official name, date of birth, address and National Insurance number (if possible) to Crawley Borough Council, Electoral Registration Officer, Town Hall, The Boulevard, Crawley, RH10 1UZ

Unique opportunity to play indoor Pickleball

Wondering what Pickleball is? It is a racquet sport played indoors or outdoors on a court the same size as a badminton court, played over a tennis sized net, with a flat wooden paddle about three times the size of a table tennis bat and a plastic aerated ball.

It is mixture of Tennis, Badminton and Table Tennis, requiring more skill and accuracy than pace and power.

Type 'Pickleball' in the search engine on YouTube to find out more.

It is the fastest growing racquet sport in the world, which can be quickly learned and enjoyed.

Crawley u3a, in partnership with Crawley Lawn Tennis Club, has set up the opportunity to play Pickleball once a week on the domed covered courts at the Tennis Club, at Hazelwick Avenue in Three Bridges.

The sessions will be weekly on a **Tuesday between 11.30am and 1.30pm**, with coffee and cake afterwards.

The sessions are being run by Crawley Lawn Tennis Club and are only open to members of either the Tennis Club or Crawley u3a.

The sessions start from **Tuesday 16th April**. If you are interested, then please come along, BUT please bring your u3a Membership Card with you.

The first session on 16th April will be free, after that the cost of each session, per person, will be £5. (Payable by contactless card or cash).

To help us gauge potential numbers, if you are intending to come along then please let our treasurer **Graham Friday** know, either by sending him an email to treasurer@crawleyu3a.org.uk, or call or message him on 07982424533.

As these sessions are being run by the Tennis Club, then the normal rules regarding u3a group activities will not apply, especially in respect of taster/trial sessions.

Afternoon Exercise Group

From **Monday 8th April** the Group is returning to the Friary, following the completion of the Friary's maintenance work. There are still places within the group, which meets on a Monday afternoon between 3pm and 4pm, so why not come along and give it a go?

The sessions vary each week to provide a mix of exercising experience, this includes a mix of dynamic stretching, steady paced aerobics plus gentle balance, strength, and mobility exercises, mixed in with a spot of yoga. The exercises can be undertaken from a chair, or a mat.

There is no need to pre-book nor do you have to attend on a weekly basis, just come along when you feel like it. However, to ensure the health and wellbeing of everyone, you will need to complete a separate group membership form and sign up to a set of rules which are designed to ensure that members get the best out of the session without endangering their own health in any way.

If you are interested and would like more information, then please contact the Group Leader **Graham Friday** on 07982424533 or email him at treasurer@crowleyu3a.org.uk

The cost will be £3.50 per session, payable on the day by cash or cheque.

Out and About 8 Group

Just a reminder that this new group, the latest in the line of Out & About groups, still has vacancies.

The Group is planning a full programme of outings and events, which will include a separate programme of '**Give it a go**' events, things to try at least once, or get off your Bucket list.

The only rule for this group is that every member of the Group will contribute to help organise at least one outing or event each year; each outing or event being organised by between 2 to 4 people, so it will be an opportunity to meet and collaborate with new friends.

Anyone interested in joining should contact the Group Leader, **Graham Friday** on 07982424533 or email him at treasurer@crowleyu3a.org.uk

Air Rifles Group's meeting on 13th March

The Air Rifles Group's monthly shooting competition began last month. It was a closely fought contest, with all of the shooters doing well. The final scores had **Terence McGinn** and **Steve Welch** both tying on 47/50, which meant that, following a play off, the trophy went to Terence, shown below with Group Leader, **Craig Edwards**.

Thanks to Craig for the report and photo.



Air Rifles Group: afternoon sessions

I am delighted to announce that our Air Rifles Group is now offering afternoon sessions, in addition to the morning ones. The afternoon sessions run from 2.00-4.00pm. If you would like to know more about the group follow this link: [Crawley u3a: Air Rifles \(u3asites.org.uk\)](http://Crawley u3a: Air Rifles (u3asites.org.uk)). There are still some places left for the afternoon session. Expressions of interest to peter.beckley@yahoo.co.uk

Bridge for Fun 1 and 2

A reminder that we have two Bridge Groups: Bridge for Fun 1 which meet every Thursday morning from 9.30am to 12.30pm and Bridge for Fun 2 which meet every Tuesday afternoon from 1.00 to 4.00pm. Both groups meet at Three Bridges Cricket Club.

The first session is free but if you decide to join the group then the cost for each session is £3 per person plus 30p for refreshments. There is no need to bring a playing partner as there are plenty of people to play with. The emphasis is on fun and the groups do not take themselves too seriously. Beginners are welcome.

For people who have not played Bridge before, the group is offering Bridge for Beginners sessions at their Tuesday afternoon meeting.

If you are interested in joining one of the groups or going along for a taster, then please contact **John Wynter**, the leader of both groups, on 01293 546667 or via email: johnwynter24@gmail.com for more information.

Goffs Park Tree Trail

Worth Park already has a Tree Trail but I thought that members might be interested to know that later this month Goffs Park will also have one. The tree trail will be launched on **Saturday 20th April** with a guided tour of the trail. The tour will set off from the car park by the level crossing on Horsham Road at 11.00am. A tree trail leaflet will also be available which will help people to identify the many trees and hedgerows in this lovely park.

Amblers' Shoreham walk on 1st March

Thanks to **Phil Light** for sending me this photograph of the Amblers' walk in Shoreham. Thankfully the weather remained dry but I suspect that it was a bracing walk. When the walk was over they headed to The Longshore for lunch.



Crawley u3a Facebook page

No newsletter would be complete without a plug for our Facebook page. If you are not already a member, why not join us by following this link:

[Crawley u3a | Facebook](#)

Out & About 7's visit to Wings Aviation Museum on 12th March

Thanks to [Jackie Hoey](#) for sending me this photo from O&A7's visit to the Wings Aviation Museum.



Walkers One walk on 15th March

Thanks to **Phil Light** for sending me this photograph of Walkers One (Sally's group) standing in front of Lingfield Community Library, which is housed in the 15th century Guest House of the College for Secular Chaplains.



Live Music Group: report by Peter Beckley

The newly formed Live Music group has got off to a flying start with three visits in March. Our first trip was on 15th March , when seven of us went to St Mary's Church Horsham to enjoy a string quartet playing Beatles songs by candlelight. On 19th March, two of us took the half hour train to see the Sean Webster Band (blues rock) at the award winning Tuesday Night Music Club in Coulsdon. On 20th March, four John Martyn fans went to the Komedia in Brighton to see six multi-talented musicians paying tribute to a very talented Folk Guitarist. Understandably all three were sold-out performances. Three totally different musical experiences, but all thoroughly enjoyable.

The group cover all tastes in music. If you would like to be included on their mailing list, please contact **Peter Beckley** on peter.beckley@yahoo.co.uk

Discounts offered by individual companies

I have been asked to make you aware that it may be possible for u3a members to get discounts as listed below. However, I cannot guarantee that all of these perks/schemes are still valid.

Cotswold Outdoor – 10% discount for u3a members on full price items

Fred Olsen Cruises – 10% membership discount (on top of any other offers) on your first sailing with them; 5% in addition to 5% Loyalty Club discount for existing customers

Revitalise Respite Holidays – 10% discount for u3a (use code 3A182)

Riviera Travel – 10% of the final holiday cost will be donated to your local u3a. Please nominate your u3a when you phone Riviera to book

Viking Cruises – 5% extra discount for u3a members, friends and family, on all Viking Cruises booked via Northumbria Travel

Roger Baker's Memorial Service: 20th April

A Memorial Service for Roger Baker will be held on **Saturday 20th April at 2.00 for a 2.30pm start.**

The venue is St Mary's Church, Wakehurst Drive, Southgate, Crawley, RH10 6EH. Off-street parking is being provided at Southgate Primary School, which is opposite, about 100 metres away. Please note that the parking is accessed from outside the church, not from Barrington Road which is the postal address of the school. The parking will be available from 1.45pm.

The Service is expected to last from 2.30 till 4.00pm. It is hoped that a caterer will be able to provide teas/coffees and a few cakes between 4.00-5.00pm. The car park will be available until 5.15pm. There is a pub opposite the church if anyone needs a drink afterwards.

Malcolm Baker, Roger's nephew, has a number of speakers already lined up but is hoping that someone from Crawley u3a could say a few words.

Contributions should take account of the following notes from Malcolm:

- Whilst Roger's death is a sad event in our lives, Roger would wish this day to be joyous, and a celebration. Please bear this in mind in composing your contribution, and maybe include a humorous anecdote, or two, amongst your more serious thoughts
- Please plan your contribution to be no more than 4 minutes maximum, as there are many other contributors, and we do not want the service to last too long

Offer of a Listed Home tour in Ifield

A reminder that I have received an offer of a tour from member **Peter Temple-Smithson**, who is a life member of Crawley Museums, and has been helping Ted Henbery MBE and others save a derelict Water Mill, at the same time working on Caxtons in Worth and Michaelmas in Ifield Green. If members are interested, Peter would be happy to show small groups around his current Listed Home in Ifield. If anyone would like to take up this generous offer then please contact Peter directly on his mobile 07503 886241 or via his mobile number on WhatsApp.

Welcome to new members

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

David Alfrey, Mavis Bloomfield, Fiona & Michael Harris, Diana Head,
Edith Javed, Jean Lloyd, Jennifer Russell, Joan Wallis

u3a Online Learning Events

Please find below details of a couple of the u3a Online Learning Events in April.

From Pleasure Gardens to Theme Parks, which will be held on Friday 5th April from 2.00-3.00pm, sounds interesting. If this appeals to you, follow this link: [From Pleasure Gardens to Theme Parks Tickets, Fri, Apr 5, 2024 at 2:00 PM | Eventbrite](#)

For keen cooks, how about a Live Cookery Demonstration of spring recipes on Thursday 11th April from 10.30-11.30am? For those who might be interested, follow this link: [Live Cookery Demonstration - spring recipes Tickets, Thu, Apr 11, 2024 at 10:30 AM | Eventbrite](#)

For details of other events, which for reasons of space cannot be listed here, follow this link: [u3a - Online Learning Events](#)

Front page photo: where was I?

Congratulations to those who guessed that I was at the top of Crawley High Street when I took the front page photograph last summer.

The May newsletter will be emailed to members on Monday 6th May and posted or hand delivered to those without email shortly thereafter.

Sue Parker

Newsletter Editor

Crawley u3a