



Crawley u3a

## Monthly Newsletter: January 2024



*Where was I in the Crawley area when I took this photo? (answer on page 12)*

### Monthly (and other) meetings

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

- **Friday 12<sup>th</sup> January** – Sarah Slater, *Royal Jubilees* (for more details see page 12)
- **Friday 9<sup>th</sup> February** – Tony Harris as *Henry VIII*
- **Tuesday 20<sup>th</sup> February** – Coffee morning at **11.00am**
- **Friday 8<sup>th</sup> March** – Graham Crozier, *Mark Lemon and His Circle*
- **Friday 12<sup>th</sup> April** – Martin Lloyd, *Becoming a Famous Author*
- **Friday 10<sup>th</sup> May** – Andy Smith, *Prosthetic Perils*
- **Friday 14<sup>th</sup> June** – Derrick Hughes, *More Heads and Tails*
- **Friday 12<sup>th</sup> July** – Neil Sadler (title to be confirmed) '*(Almost) Death in Paradise, Pirates and Rum*'
- **Friday 11<sup>th</sup> October** – Dr Janet Pennington, *Sussex Inn Signs*
- **Friday 8<sup>th</sup> November** – Annual General Meeting
- **Friday 13<sup>th</sup> December** – Christmas Party

## New Weekly Afternoon Exercise Group

The new Weekly Afternoon Exercise Group will commence on Monday 15<sup>th</sup> January and continue weekly thereafter (apart from Bank Holidays). Sessions will be held at the Friary Hall, Haslett Avenue, and start at 3.15pm. Participants should arrive at 3.00pm to allow time for registration and setting up. Sessions will finish at 4.00pm.

Cost will be £3.50 per session, payable on the day, on a pay as you attend basis (the first session on Monday 15<sup>th</sup> January will be free); payment by cash or cheque.

### What you need to bring:

- an exercise mat (if you want to do the exercises standing or floor based)
- a resistance band (belt, tie, scarf, etc.)
- an optional cushion (for those who will want to do the exercises using a chair)
- fluid to maintain hydration

### Activities

The objective of this group is to help members improve their health and wellbeing through regular exercise, as well as the opportunity to have a social catch up.

Please note that due to space limitations, anyone interested in joining the Group will need to contact the Group Leader, **Graham Friday**, first. Please do not turn up on the day without notifying Graham beforehand. His contact details are:

**Phone No:** 07982 424533

**Email:** [graham@fridayclan.co.uk](mailto:graham@fridayclan.co.uk)

For more details of what you need to know before the session and what will happen during the session, follow this link to the Group web page:

[Crawley u3a: Afternoon Exercise Group \(u3asites.org.uk\)](http://u3asites.org.uk)

## New Exploring Local History Group

**Graham Crozier's** Exploring Local History Group will hold its first meeting on Friday 12<sup>th</sup> January from 11.00am-1.00pm at Crawley Museum. The group will initially run for two terms on the second Friday morning of the month as follows:

First term: Friday 12<sup>th</sup> January, Friday 9<sup>th</sup> February, Friday 8<sup>th</sup> March

Second term: Friday 12<sup>th</sup> April, Friday 10<sup>th</sup> May, Friday 14<sup>th</sup> June, Friday 12<sup>th</sup> July

The cost will be £2.00 per session.

### Activities

Group members will be given the opportunity to:

- Access and examine a range of objects and materials (artefacts) from the Museum collections
- Explore the nature and scope of local history, and how local history can help with the understanding of wider national events
- Undertake their own research into aspects of local history, and present their findings in a number of ways
- Group leader input, group discussion and small group work, group presentations, exploring the Museum collections

**Content:** The exact content of the sessions will be open to discussion to meet group interests, but will cover areas such as:

- What is 'local' history?
- How to research local history, using primary and secondary sources
- The use of artefacts such as photographs, documents, diaries and memoirs, using oral history, examining buildings and wider environment

Spaces are filling up rapidly but it is not too late to register an expression of interest via [peter.beckley@yahoo.co.uk](mailto:peter.beckley@yahoo.co.uk)

## New Live Music Group

Note from Group Leader **Peter Beckley**

Do you enjoy watching a live band? Would you be interested in joining an exciting new group for people who enjoy live music? The group would be run on a similar basis to the Pétanque group, i.e., there are no group fees, and you take part if and when you want to.

Members would exchange ideas on local venues and gigs, including the Hawth, the Tuesday Night Music Club in Coulsdon, REC Rooms or the Capitol in Horsham, or somewhere in Brighton or London. Everyone in the group would receive an email saying “(xxx band) are playing at (xxx venue) on (xxx date & time), tickets are (£xxx), would you be interested in going”. If you are not familiar with the artist, you can look on You Tube to see if it is to your taste.

As group leader, I would then contact those who are interested with details of the booking office tel. nos. and suggested travel times, transport etc. Members would be responsible for making their own bookings, although help will be available for anyone who does not have internet access.

I would anticipate the group starting up in February 2024.

If this is possibly of interest to you, please contact **Peter Beckley** on:

[peter.beckley@yahoo.co.uk](mailto:peter.beckley@yahoo.co.uk) - Tel 01293 446415

## u3a's Interest Groups Online: Science & Technology Group

I would like to thank **Jean Elmer** for sharing with me information about the u3a's Science & Technology Online Interest Group of which she is a member. The group meet on the first Monday of the month via Zoom from 2.30-4.30pm. To find out more follow this link: [u3a - Science and Technology](#)

If you would like to join the above group then you first need to subscribe to Interest Groups Online. This can be done via the above link, which takes you to the Beacon Members Portal.

## Christmas Party on 8<sup>th</sup> December

We had a full turnout for the annual Christmas Party, an excellent spread was provided, members enjoyed a hotly contested quiz, Christmas music and there was a raffle to round off proceedings.

Thanks must go to **Jacqui Mercer, Sue Mearns, Carol Allen** and **Carol Palmer** for all their hard work in making this such an entertaining afternoon for everyone. I apologise in advance if I have left anyone's name off the above list.

My thanks to **Margaret Lloyd** for sending me a photograph of some of our members enjoying themselves at the party.



## Welcome to new members

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

Jackie & Russell Bateman

### **Amblers walk on 1<sup>st</sup> December**

Amblers kept it local for their December walk, enjoying a cold but dry three mile(ish) walk around Tilgate Park, before heading to The Holmbush Inn at Faygate for a most welcome hot meal.



### Quiz Group 1's Christmas Lunch on 5<sup>th</sup> December

Quiz Group 1 enjoyed a Christmas Lunch at Heathy Farm followed by a quiz set by **Jan Morris**. Congratulations to **Marie O'Donnell** and **Ann and Stewart Sole** who were the winners. Thanks to **George Redgrave** for sending me the photo.



### Art Appreciation 3

One group I would love to join if I had more time is Art Appreciation 3. **Pat Gedge**, the Group Leader, tells me that they watch DVDs and then have a discussion afterwards. The group cover all periods of art history. If you would like to learn more about this fascinating subject then why not join them? The Group meet on the first and third Wednesdays of the month from 10.15am-12.00 in Room 6 at St Paul's, Northgate. If you are interested in joining then please contact [peter.beckley@yahoo.co.uk](mailto:peter.beckley@yahoo.co.uk)

### Bus/Strollers Group

Membership of the Bus/Strollers Group is growing. However, it is not too late to join. We intend to hold a planning meeting in a town centre coffee shop in January. If you would like to be a member of this group then please contact me via [sueparker5@yahoo.co.uk](mailto:sueparker5@yahoo.co.uk)

### Table Tennis Group Christmas lunch on Wednesday 6<sup>th</sup> December

The Table Tennis Group enjoyed their Christmas lunch, as well as sitting in Santa's Sleigh, at The Coaching Halt in Maidenbower. Thanks to [Dave Rawlings](#) for sending me [Syndie Worth's](#) excellent photos.



### Out & About 7's Christmas Lunch on 12<sup>th</sup> December

Out & About 7 enjoyed a tasty Christmas lunch at Ifield Golf Club on 12<sup>th</sup> December.

Sadly, there is not enough space for me to reproduce all of my photos here but if you would like to see more then head over to our Facebook page:

[Crawley u3a | Facebook](#)



### Smartphone Photographic Group's Competition Winners

My thanks to [Monique Tovey-Mansfield](#) for sending me her photo of three of the four Smartphone Photographic Group's Competition winners. From left to right, [Isabel Baker](#) (joint 3<sup>rd</sup> place), [Gill Penny](#) (1<sup>st</sup> place), and [Cherie Corley](#) (2<sup>nd</sup> place) (missing was joint 3<sup>rd</sup> place winner Carol Frisby).



## Quiz Group 2's Christmas Quiz on 13<sup>th</sup> December

Quiz Group 2 enjoyed a Christmas Quiz with some festive treats for their last quiz of the year. 50 Christmas questions were posed and during the tea break teams puzzled over the identities of bearded celebrities and wrestled with some Christmas Dingbats. My thanks to **Peter Beckley** for the beards teatime quiz and to **Janet Newson** for reading out the questions on my behalf.



## Scamwatch

If you have any smart devices in your home then it might be worth following the link below on how to use them safely at home:

[Smart devices: using them safely in your home - NCSC.GOV.UK](https://www.ncsc.gov.uk/Smart-devices-using-them-safely-in-your-home)

### Walkers Extra post-Christmas walk on 28<sup>th</sup> December

Walkers Extra successfully blew away the last of the post-Christmas cobwebs with a bracing, occasionally damp, and sometimes windy walk around Worth Park and Forge Wood, followed by a delicious Christmas buffet. The photographer got lucky with a brief but timely glimpse of sunshine! Thanks to **Jan and Clive Morris** for the walk and their hospitality.



### Science Group: request for speakers

Are there any members who would be willing to do a presentation to the Science Group or come and lead a discussion on a scientific topic they feel would be relevant? Please do not let the word 'science' put you off! Science is a broad and diverse subject and you would be speaking to a small, friendly audience. Expressions of interest to me via [sueparker5@yahoo.co.uk](mailto:sueparker5@yahoo.co.uk)

## **Royal Jubilees talk at the monthly meeting on 12<sup>th</sup> January**

For members who would like to know a little more about the talk on Royal Jubilees at January's monthly meeting, Sarah Slater will be discussing the Royal Jubilees of George III, Victoria, George V and Elizabeth II, talking about the origins of celebrating the Royal Jubilee, the pomp and pageantry, as well as the role that Hampton Court played within the celebrations. Sarah is a Guide Lecturer and Blue Badge Tourist Guide who has worked for Historic Royal Palaces, based at Hampton Court Palace, since 2008.

## **Front page photo: where was I?**

Congratulations (but no prize!) to those who guessed that I was in Buchan Park when I took the front page photograph on a very cold Tuesday morning in January 2013.

The February newsletter will be emailed to members on Monday 5<sup>th</sup> February and posted or hand delivered to those without email shortly thereafter.

Sue Parker

Newsletter Editor

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