

CROYDON u3a BULLETIN

May 2024

Charity number: 1029466

www.u3asites.org.uk/croydon



Outing to Osterley House and Park, Isleworth, Middx - on Wednesday 22 May. Booking details in this Bulletin and at the General Meeting on Wednesday 8 May



Our popular Dance Exercise group after enjoying a French-Canadian dance, 'La Valse des Cerfs Volants' (Waltz of the Flying Kites) There are spaces in the group for new members

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Croydon u3a
QR Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late June early July 2024. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jennywilson63@live.co.uk by 20 June.

To join a Zoom event email jennywilson63@live.co.uk mob. 07808 723686



Jenny Wilson– CHAIR

DATES FOR YOUR DIARY 2024

Dear u3a members,

There's a lot going on within the **u3a Trust governance** – Liz Thackray, National Chair, will be stepping down at the national AGM in October, and so will Sam Mauger, CEO, after 8 years in the job. With two new 'heads' at the Trust, in the autumn, there will likely be some changes ahead. None of this will directly affect us as each u3a is an independent part of the overall movement. Changes in the Trust's governance structure – a smaller Board of Trustees (volunteers with specific expertise in legal and financial affairs) and a Pilot Council to be the link between u3as, networks, regions and the Board, will hopefully be agreed at that AGM.

The strategic aims of the Trust are :-

- ✚ To promote a u3a collective identity (e.g. national publicity)
- ✚ To maximise the benefits of u3a membership & attract new members (e.g. u3a Friends - see page 12 in the recent **u3a Matters**)
- ✚ To advance an exciting u3a learning experience (on-line talks and courses and face to face meetings such as the York Festival)
- ✚ To collaborate with like-minded organisations.

Here in Croydon, we are busy as usual with our General Meeting talks, Interest Groups with new ones continually emerging, outings, lunches, holidays and workshops. Alongside all this usual business, we have a small team of dedicated members working to create a new modern website. The band of four is aiming for a fresh look which is appealing to anyone looking to join, while at the same time being easy to navigate for members, while retaining important elements of familiarity. It's a big and complicated undertaking, so we are very lucky to have members who have taken this on.

Best wishes to you all for the late spring and early summer,

Very Best wishes,

Jenny

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<u>2024</u>		
Wed 8 May at 2.15 pm	GM at Masonic Hall	Roberta Faccio talking on the Modern Architecture of London.
Thurs 16 May at 7.30pm	Talk on The Circular Economy – All welcome – Zoom – by John Baxter	
Mon 20 May at 7.30pm	Quiz Night - Zoom	
Wed 22 May	Outing to Osterley House and Park, Isleworth, Middx - Booking details in this Bulletin	
Wed 12 June at 2.15 pm	GM at Masonic Hall	Chinese Opera with Kathy Hall
Mon 17 June at 7.30pm	Quiz Night - Zoom	
Thurs 20 June	Outing to Whitstable Harbour & Castle FULL	
Thurs 20 June at 7.30pm	Talk on Fashion & Sustainability – Zoom – Guest speaker Helen Howard	
Wed 10 July at 2.15 pm	GM at Masonic Hall	Howard Slater on Sammy Davis Jnr
Mon 15 July at 7.30pm	Quiz Night - Zoom	
Tues 16 th July	Outing to Wattle's Artists' Village, and Loseley House Gardens - Booking details in this Bulletin	
August	AUGUST DAY TRIPS BY PUBLIC TRANSPORT – Details in this Bulletin	
Wed 14 Aug at 2.15 pm	GM at Masonic Hall	Michelle Ernout on Around the Beehive.
Wed 4 Sept	Outing to RHS Wisley Gardens	Booking details in this Bulletin
Wed 16 Oct	Members' Lunch at El Patio, Selsdon	Booking details in this Bulletin
25-27 Nov	Longleat Lights – 2 night break in Bath – details in this Bulletin	

General Meetings: the formal part of the meeting starts at 2.15 pm. Please come earlier to enjoy tea, coffee, biscuits and a chat, or come for lunch. The Masonic Hall provides a special u3a menu at reasonable prices – order from the bar.

News From the Groups



Garden Visits 2024

This is an Open Group so any members welcome. All outings (except where noted) will meet on the 3rd Wednesday of the month, at Forestdale Centre Car Park for 10.45 am, for a 11.00 am get away, returning approximately 5.00 pm to Forestdale Centre Car Park. Contact either Linda Grigsby on 07754 092042 OR Karen Hook on 07799 776684 if you are interested. A donation of £2.50 towards petrol, would be appreciated for the driver of the car you will be travelling in.

- 22 May 2024**
(4th Wednesday) **DOWN HOUSE, Downe, Kent BR6 7JT (Was home of Charles Darwin),**
Admission price: £12.00 (£15 on the day), (GW 241 card, EH), gift shop, refreshments, no cash payments, all card payments
- 19 June 2024**
(Wednesday) **HEVER CASTLE & GARDENS, Edenbridge, TN8 7NG**
Admission price: Group rate: Gardens only - £12.30/£14.55 Castle & Gardens (GW 241 card, NT); refreshments available, also gift shop
- 17 July 2024**
(Wednesday) **BATEMANS, East Sussex TN19 7DS (was home to Rudyard Kipling)**
Admission price: £15 (NT, GW 241 card); refreshments, gift shop available
- 21 Aug 2024**
(Wednesday) **ELTHAM PALACE, Greenwich, SE9 5NP**
Admission price: £14.50 (EH, GW 241 card); refreshments and gift shop available
- 18 Sept 2024**
(Wednesday) **RIVERHILL HIMALAYAN GARDENS, Sevenoaks, TN15 0RR**
Admission £12 (RHS/GW 241 card); refreshments and shop available

- Botanical Art Course**



Would you be interested in a 12-week tutored course in botanical watercolour painting and enjoy exploring the vibrant world of botanical art?

Meeting once a week, the course will include:

Observation and sketching; colour mixing and basic techniques; painting leaves, flowers, stems, branches, bark; painting fine detail; composition, background and texture. Participants will need to have

their own equipment – a detailed list of items will be provided.

To express your interest, please contact me at: clockie68@gmail.com

News From the Groups

Wildflower Group Programme 2024

4th Monday of the month



Date	Venue	Meeting point, 10am
May 27 th	Happy Valley (<i>Jane to lead</i>)	End of Chaldon Way, off Marlpit Lane
June 24 th	Roundshaw Down (<i>Geoff to lead</i>)	Plough Lane, far end
July 22 nd	Riddlesdown	Eskdale Gardens
Aug 26 th	South Norwood Country Park	Car Park off Albert Road
Sept 23 rd	Hutchinson's Bank	Farley Dene Crescent
Oct 28 th	Fungus Foray, Bramley Bank and Heathfield	Far end of Croham Valley Road

Contact: Shirley Shephard, 0208 657 3144, email sandrshephard@hotmail.com

Please bring the completed tear-off slip with you as I am required by u3a to have these details.

*Name:

U3A Membership No:

*Tel No:: *Emergency Tel No::

Email address:

Join History of London (3)

The History of London groups are some of our most popular groups and are nearly all currently over-subscribed – so are having regretfully to turn away members who would like to join them.



However, History of London (3) does now have a vacancy for somebody to join the group if you are able and willing to book speakers!

To help you, there is a list of all the speakers since the group started and a list of contacts from the current organiser. There is scope also for your own ideas and contacts. There is the possibility of 2 people taking on the role as a job-share.

If interested please contact our Groups Co-ordinator clockie68@gmail.com

News From the Groups

Line Dancing Fun

Our Line Dancing Group is an enthusiastic group of beginners and intermediates who enjoy getting together on Friday mornings for a session at Shirley Methodist Church.

Line dancing is good for your physical mobility as well as making sure you concentrate on the steps but above all it's great fun and there are a lot of laughs. Don't worry about getting it wrong, we all do that! Line dancing is no longer about cowboy hats and boots, although we may use some of the same steps, we now dance to a variety of popular music.

We dance on the first and third Friday of every month at Shirley Methodist Church. We have to cover the cost of our instructor's time as well as the hire of the hall so at the moment each member pays £5 for each session so that we are able to cover our costs with an opportunity to dance for an extra half hour if you are a slightly more advanced line dancer.



If you would be interested in joining the group, do contact me on joyellery@btinternet.com or leave a message on 07710 244601.

TRACING YOUR ANCESTORS

This small friendly group (previously called Family History) is looking to recruit extra members.

We meet on the 4th Wednesday each month from 2.00 -3.30pm at Thornton Heath library in Brigstock Road. Local buses from Croydon stop right outside the library or Thornton Heath station is less than a 10-minute walk away.

We use the computers in the Library's IT suite and, if required, members can use my subscription to Ancestry for a nominal charge (currently £1). Other websites are available - but please note not all of these are free to use.



If you are interested in joining the group to learn a bit more about your ancestors, please contact me ...

You never know who or what you may find!

Cariss Smith: 0208 668 9562/ carissmith@gmail.com

News From the Groups

Taster Golf Experience – Monday 18 March 2024

On Monday 18 March 6 u3a members attended the above taster golf experience, led by John Doran. Mark Hill's review of the event was: *"that it was very good and the instructor (Alex MacGregor) was excellent and catered to our own personal learning requirements with good encouragement and instruction as required. I think that the group will grow and could be a good interest group to possibly set up. Also in addition to the above a few others, myself included have arranged to go to the driving range for some practice and hopefully continue this on a weekly basis."*



Thanks from the Table Tennis group to David Ryall

After many years as the group leader of the Croydon u3a Table-Tennis group, David has passed on his leadership role to Steve May. During his time David saw the group attendance increase to around 30 members today. This is a testament to his diligent management and welcoming demeanour, appreciated by all.



On arrival, members found the table tennis tables already set up, without always realising that it was David who had arrived early to set up those tables and prepare the room so that we could get down to playing. He is a canny and skilful player with some stunning shots in his armoury and we all really enjoy playing with him. However, latterly he has felt the challenge of continuing to compete at his own high level and with the growth in the size of the playing group he found the task of maintaining contact with all members somewhat onerous.

During the recent smooth handover of the leadership role, the immense amount of work he did to keep the club activities running safely and smoothly was brought to light, including over the difficult Covid 19 period. It was at

the first session after Covid when four of us arrived at the Church Hall to find the door locked. As a result we all got parking fines because we couldn't enter our registration details on the screen inside! David actively pursued this with the Church on our behalf and got the fines rescinded.

The many social events he organised were very much enjoyed and David maintained up to date and accurate details of the premises, equipment and members' details. This was much appreciated when they or their families needed to be contacted during the very occasional medical incidents that have occurred.

We all thank David for his years of service and look forward to continuing playing with him.

Members are doin' it for themselves ...

Do you remember that great 1980s anthem by Aretha Franklin and the Eurythmics, *Sisters are doin' it for themselves*?

In case you have forgotten, here is the message of the song:



*Sisters are doin' it for themselves
Standin' on their own two feet
And ringin' on their own bells
Sisters are doin' it for themselves*

What inspiring words! – and if it's not too sacrilegious to adapt such a classic – I'd like to suggest that they could be applied equally to Croydon u3a members!

The u3a is a self-help organisation, founded on the idea that members work together to create a mutually supportive environment in which we can all learn and practise skills old and new, share our interests and enjoy meeting with others. **Members doin' it for themselves ... standin' on their own two feet!**

Our Group Leaders play an important role, of course, in dealing with some of the administrative side of keeping the groups running – and how fortunate we are to have such a large number of wonderful Group Leaders willing to take this on!

Group Leaders show an enormous commitment to their roles – BUT they do need the support and active involvement of their group members! It is the responsibility of the members of the groups, as much as of the Leader, to ensure that everything runs well. Other people, as well as the Group Leaders, are needed to take on some of the administrative side of running the group – it can't all fall on the shoulders of one person.

Some groups are now adopting a 'Committee model' – with the various tasks devolved to a team of several people. While there still has to be a 'named person' for the group, the Committee format means that responsibilities are shared and aren't seen as the job of just one person. Also, of course, a Group Leader's circumstances can change and somebody who has been leading a group may find they can no longer do so – or they may need a break for health or family reasons or for a holiday. The Committee model means that there will be others ready and willing to take over from the Group Leader when necessary.

Can I urge all group members to consider how the responsibilities for running their groups can be shared more equally among them? At the very least, Group Leaders should have a deputy to whom they can delegate some of the administrative tasks – or even better – please look at the possibility of having some sort of a Committee set-up.

Maggie Chan

Potential New Groups

New Ideas

One of the great things about my role as Interest Groups' Coordinator is that people keep coming to me with ideas about starting new groups!

Usually, this happened when one of our members comes up with a plan to start a group based on an interest they have and would like to share with other Croydon u3a members. Sometimes, however, they just 'float' an idea about something they feel would be attractive to members.

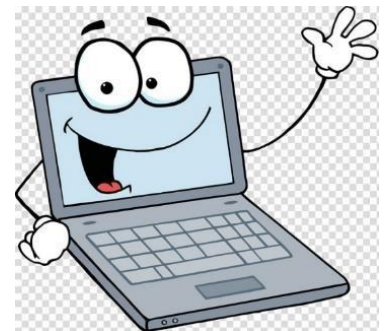
Recently, some new ideas for groups were suggested to me which seem to be potentially interesting for our members and I would be willing to take them forward if enough people show an interest. Walks Group for the mutual benefit of both groups.

If you are interested in leading this new group, please contact me at: clockie68@gmail.com

Maggie Chan, Croydon u3a Interest Groups Coordinator

Do you need help with a laptop, mobile phone or tablet?

Drop in for support and advice every **second Wednesday from 1 pm** before the General Meeting in the main hall at Croydon and District Masonic Hall, 73 Oakfield Rd, Croydon CR0 2UX.



Riverside & Canal Walks (3)

Now being set up to meet demand from members as the first two Riverside and Canal Walking groups are full! The group will follow the same format - to enjoy leisurely two-to-three-mile strolls along rivers and canals and around reservoirs.

Taking place on **the 4th Tuesday of the month running from June to October.**

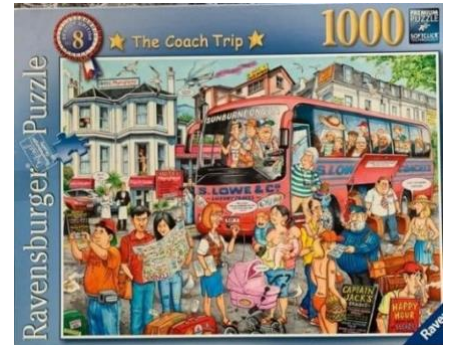
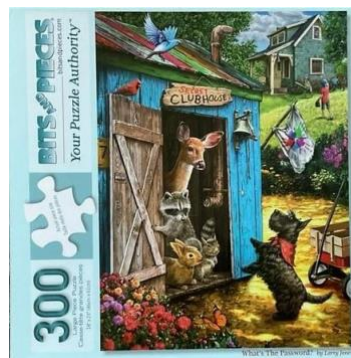
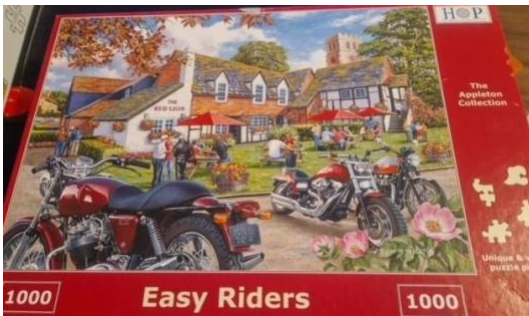
Contact: Sandra Hill: sandrag.hill@virgin.net 07906 077931



Potential New Groups Jigsaw Puzzle Experience

Anyone interested in doing jigsaw puzzles or is a jigsaw fanatic? We are starting a new group whereby jigsaw puzzles can be exchanged or borrowed. We have a selection of 1,000, 500, 350 (large pieces) puzzles, which could suit anyone. Come along on the 3rd Monday of the month at 2 pm – 3.30 pm, starting 17 June, to 37 Albatross Gardens, Selsdon Vale CR2 8QW and have a look at the various puzzles available, and bring along any that you would like to exchange too (must be complete), and also enjoy a cup of tea or coffee and biscuits, and a chat.

Contact Linda Grigsby on 07754 092042, or Trish Bishop on 07711 229899



Bowls Taster

Further to my article in the latest copy of the magazine, Bethlem Royal Hospital Bowls Club (BRHBC) have once again offered taster sessions to u3a members. If you have often thought about trying the game, now is your chance.



The sessions will run for three Monday mornings, June 3rd, 10th and 17th 10am to 12.15.

The cost is £3 each per session and includes coaching, equipment and refreshments. No special clothing is required apart from flat soled shoes.

If you are interested in taking part, please contact me and full details will be provided.

07955 310 826 (I am on WhatsApp)

tess.exlunn@gmail.com

Tess Smith

Croydon u3a Development Plan for 2024 -2025

After some delay due to health issues of the lead committee member, we have now published the plan to take us forward into next year. You will find the full document on the website on the Governance page: <https://u3asites.org.uk/croydon/page/109995>

FIRST AID BASIC AWARENESS TRAINING

We are delighted to be able to offer this short introduction provided by **The Red Cross**. The practical first aid training workshop includes basic life-saving skills and guidance on how to treat



wounds. During the workshop, participants will have the opportunity to practice hands-on techniques for administering C.P.R. , treating wounds and stabilising injuries. There will be step-by-step guidance on how to assess a situation, prioritise care and effectively communicate with emergency services. By the end of the workshop, attendees will feel more confident in their ability to respond to medical emergencies and provide crucial assistance until professional help arrives.



When - Wednesday 24th July 2024 from 10 - 12 noon

Where - Shirley Methodist Church, 2 Eldon Avenue, Shirley, CR0 8SD.

(limited numbers so if you are interested submit your application immediately)

Cost £5 (places must be booked & paid in advance; we are not able to offer refunds)

How to apply

1. Complete the form below & post to P. Smith, 26 Morley Road, Croydon CR2 0EN with an **sae and your cheque payable to Croydon u3a.**
2. **OR** Pay by bank transfer : sort code 23-05-80 a/c 13630003 **with your surname, initial / 1st Aid and post the application form with an sae.**

Please do not assume you have a place until this is confirmed. If the course is oversubscribed your bank transfer / cheque will be returned and we will request the Red Cross offer another session in the autumn.

.....

First Aid Training Application Form

Name M'ship number

Email address Phone number.....

Postal address

.....

Tick which applies -

*I have completed a bank transfer for £5 **OR**

*I enclose a cheque for £5

*Please give your bank details in case a refund is necessary - **this the same information we would have if you paid by cheque** - a/c name

sort code
a/c number

Signed

Send this form to P. Smith, 26 Morley Road, CR2 0EN with an sae and cheque if that method of payment is preferred.



Happy 37th Birthday u3a

Have you been to the cinema lately,
Perhaps to the David Lean?
And seen the advert for the U3a,
Up there on the Silver Screen.
We've been in Croydon for 37 years,
Why not come and see what we do,
There are so many things to choose from,
The choice is up to you.

The aim is we learn from each other,
Join those with the same interests,
Although we are senior students,
It's lifelong learning without any tests.
There is a U3a Croydon in Melbourne,
If you research us online, take care.
Or you could find yourself taking lessons,
On rearing a Koala Bear.

Here in Croydon, you could start to learn
Spanish,
Study Wildflowers and Garden Design,
Take up Writing or Singing for Pleasure,
And appreciate Fine Art and Wine,
Would you fancy a go at Line Dancing,
Armchair Yoga or maybe Tai Chi?
Or to Join with a group and go Walking,
Then you'll soon be as fit as
a flea!

You could answer the questions on Quiz
Night

While at home in your own sitting-room,
Join discussions on Science and Climate,
With the aid of your laptop and zoom.
(continued)

Maybe you like Scrabble and Board Games,
And need help with your Family Tree,
Take a train and go to Look at London?
With our travel pass, the fare is free.

Do you love Painting and Drawing,
Or does Architecture interest you?
Have you an idea for a new group?
There are so many things we could pursue.
But underlying it all there is friendship,
We not only laugh and learn but have fun.
So thankyou U3a and Happy Birthday,
You enrich the Third Age lives of everyone!

JANET STOKES



IMAGINE.....

No, I'm not going to reminisce about John (Lennon in case you were wondering).

Imagine you are in your early twenties and for some reason have decided to investigate 'The Power of Connection: Reducing Loneliness through u3a's Innovative Programmes' for your B.A. Thesis in a foreign country! Being a student in The Netherlands at Utrecht University you somehow end up being recommended to contact Croydon.

I must point out that there are no u3as in The Netherlands so exploring how another nation and culture operates provided opportunities. Two students, Tess and Sherida, came to GB for 10 weeks being completely self-funded.



I asked them on their last day, if they had been nervous – two young women coming for an extended stay to meet a load of 'oldies'. Well, you would be, wouldn't you? The first time we met on February 5th 2024, they were obviously quite nervous to start of with. Coming into the hall full of retired yogis, being given mats and incorporated into the session and then after a short break joining a Tai Chi group! Their first introduction dispelled their fears and many myths. Our members had been informed about the purpose of the research visits – to find out how being a member of the u3a promotes well-being and enhances the quality of life. Discussions have continued throughout the ten weeks with the students taking part in many Interest Groups face to face or on-line, attending General Meetings, talking to small focus groups and members on an individual basis.



The original concept was to listen to people's stories rather than read about the lives of older people written by third parties. Their background had involved lots of research on ageing but not with aged people, so their aim was focused on participant observation to gather a greater understanding of loneliness and the effect of that on health and how u3a membership and involvement mitigates against those.

One member said, 'I thought that Tess & Sherida's research was very interesting and important. - not least because ultimately it was about the quality of human life. At the core of this work was the concept of 'culture' and the recognition that this feeds into understanding of people, which consequently helps when considering future developments, to create an even more positive environment.'

After participating in many physical Interest Group activities – yoga, Tai Chi, Line Dancing, TableTennis, Walking, Darts, Dance Exercise, International Dance and even Belly Dancing, as well as the more sedentary groups from Wine Admiration, Book, Poetry and Writing Groups, to Art Appreciation, Painting and Drawing, China Group and MOTO they were well and truly hooked. They also joined a number on Interest Groups On-Line meetings to explore the different connections members make compared with face-to-face meetings.



'They expressed both interest and enjoyment, meeting everyone and learning about how the u3a played a very important part in addressing issues for an older population. I very much enjoyed their company

and am looking forward to be able to read about what was learnt from this sustained and thorough research. They were both an absolute credit to their university and will be missed', was another comment.

Here are some other comments from members =



It was wonderful to have 2 such lovely 'young' ladies take such an in-depth interest in us 'oldies'.

'Tess and Sherida were always very friendly and keen to talk to us about how the u3a enriches our retirement. They joined in all the exercise classes with enthusiasm and were impressed with how hard we worked at keeping fit. We will miss them.'

'It's been a pleasure and privilege to meet and speak with Tess and Sherida, their interest, enthusiasm and involvement with so many groups and members has been amazing.'

'We will miss them and their lovely smiles and I will look forward to seeing the result of their hard work.'

'As Tess and Sherida proved to us, the young can learn from the past and the elders embrace the future. By becoming each other's strengths, we can chart a course towards a more fulfilling and enriching future, ensuring that the road ahead is not just walked quickly but walked wisely.'



And a final comment from the students themselves =

Croydon u3a is full of wonderful, friendly people whom we are grateful to have met, because their energy, positive mindset, and warmth towards Tess & I has truly inspired me as a young adult. I will miss all of them, and the fun activities ;)!"

So as I see it there have been huge benefits on both sides –

- ✚ The opportunity for some solid intergenerational conversations;
- ✚ u3a members' opinions and life experiences listened to and valued;
- ✚ members actively helping young people and vice versa;
- ✚ pushing the boundaries for all readers of the finished documents about what life is like for some people who are no longer working fulltime;
- ✚ raising some questions such as the gender imbalance;
- ✚ providing a positive experience for students working in a foreign country.

I am personally very pleased that Croydon u3a was identified as a 'good bet' by staff in the Trust office. I am delighted that the meetings and contacts worked well and feel so proud of our members who welcomed the students with open arms and hearts, many sharing very personal stories.

We wish them well and look forward to reading the finished work.

Jenny Wilson

ENVIRONMENT NEWS



NO MOW MAY

Do you love butterflies?

Would you like to be involved in helping their numbers increase?

Are you a 'lazy gardener'?

Would you like a good reason for a wild section in your outdoor space?

Analysis of six years of butterfly sightings across 600 British gardens has provided the first scientific evidence that **wilder lawns boost butterfly numbers.**

The benefits of leaving areas of grass long were most pronounced in gardens within intensively farmed landscapes, with up to 93% more butterflies found and a greater range of species. Gardens with long grass in urban areas showed an 18% boost to butterfly abundance.

Dr Richard Fox, the head of science at Butterfly Conservation and a co-author of the study, published in the journal *Science of the Total Environment*, writes, "This study proves, for the first time, **that allowing a patch of grass to grow long** will attract more butterflies into your garden."

Long grass in gardens attracts more butterfly species whose caterpillars feed on grasses. These include meadow browns, gatekeepers, speckled woods, ringlets and small skippers. Fox said this suggested the boost in population was not simply because long grass provided more nectar from wildflowers within it, such as dandelions or knapweed, but because butterflies were seeking or actually breeding in rewilded lawns.

Private outdoor space makes up 7,280 sq km of land across Britain – an area larger than the counties of Derbyshire, Leicestershire and Nottinghamshire combined – and an estimated 62% of this is vegetated gardens, and so potentially vital wildlife habitat.

So PLEASE if you have a lawn and can't bear to leave it all uncut, mark off a section as your own dedicated conservation area. Ideally, leave the grass long until September or October to give wild life a fighting chance.

******Then take some photos of your mini-wilderness and the butterflies you spot over the next few months and send them to us.**

jennywilson63@live.co.uk

Information taken from The Guardian, Patrick Barkham, 19th April 2024.



Leave a section to go wild & protect the butterflies

Check out PESTICIDES used in food production =

THE DIRTY DOZEN AND CLEAN 15 LIST FOR 2024 IS HERE

Each year the Environmental Working Group (EWG) puts together
a guide to pesticides in produce.

The list has the highest levels of pesticides and the lowest.

The Dirty Dozen for 2024 list is from the highest levels of pesticides to the lowest: strawberries, spinach, kale and other greens, grapes peaches, pears, nectarines, apples, bell and hot peppers, cherries, blueberries, green beans.

The clean 15: carrots, sweet potatoes, mangoes, mushrooms, watermelon, cabbage, kiwi, honeydew melon, asparagus, sweet peas (frozen), papaya, onions, pineapple, sweet corn, avocados

(Obviously it does depend on where the produce comes from and I guess these are averages of samples, but the message is - pesticides are necessary to ensure crop yields; some pesticides are less harmful to us than others, indiscriminate spraying on large farms affects more than the intended crop. Jenny W)



21st – 29th September 2024

u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members' lived experience.

We hope some Interest Groups and members will plan something a bit special to celebrate our organisation. Please let Maggie know so she can use the information for publicity purposes to spread the word. Thank you, Jenny Wilson

Maggie Chan (Interest Group Co-ordinator & Publicity) clockie68@gmail.com

TWO EXTRA ZOOM TALKS

The Environment and Climate Crisis Group invite you to join the next 2 sessions when we have guest speakers booked.

Thursday 16th May 7.30pm (zoom) John Baxter, National u3a Subject Adviser will be sharing his presentation on **The Circular Economy**. John has given us 2 talks previously, both very well received.

Thursday 20th June 7.30pm (zoom) Helen Howard with her presentation on **Fashion and Sustainability**. Helen is an experienced presenter and has given talks for the national u3a learning programme.

You will be very welcome to join one or both of these informative and thought-provoking evening sessions. Email for the zoom link to :-

jennywilson63@live.co.uk

AUGUST DAY TRIPS BY PUBLIC TRANSPORT

The following pages contain the **PROGRAMME** of this exciting new innovation from the Travel Team with details, costs and booking information.

PLEASE NOTE THAT **ADVANCE BOOKING IS NECESSARY** FOR ALL THE ACTIVITIES AND PARTICIPANTS MUST BE **u3a MEMBERS**, who have assessed their own risks in taking part. We ask you to exercise common sense regarding your own personal health and circumstances, and to respect others. Please do not attend if you or others in your household have a transmissible infection. Please note that ALL TRAVEL IS BY Public Transport.

We will obviously limit numbers for each of the activities in line with the guidelines.

PROGRAMME

Thursday 1st August	
10.45 am-1.15pm £10 Maximum 25	Guided Tour of the Jewish Quarter in Whitechapel, London – A 2¼ hour tour meeting and starting at the Whitechapel underground station, main entrance. Lots of interesting stories along the way with plenty of stops and nearby restaurants/cafés.
Friday 9th August	
10.30-1pm – £3 Maximum 15	Historic City of London Walk – Roman settlement to Financial Centre. Led by a u3a member who is a Blue Badge guide. Meet at Cannon Street underground station and finish at St. Paul’s underground 2½ hours later. A relaxed pace including a coffee/comfort break.
Monday 12^h August	
2-4 pm £15 Maximum 20	Royal Chelsea Hospital. 90 minute guided tour of main attractions including the Great Hall, Chapel and Figure Court followed by 30 minutes for Museum & Gift shop. Tour starts at 2pm. Meet at Victoria station then bus to Hospital.
Tuesday 20th August	
11.00 am – 1 pm £4 Maximum 20	Repurposed Bon Marché Department Store, Brixton - A unique opportunity to be shown round a Victorian building which ended up as a squatters' paradise. Learn how the Bon Marche department store building was retrofitted and re-purposed as office spaces in a sustainable and efficient way by architects Squire & Partners. Meet at The Department Store, 248 Ferndale Road, London SW9 8FR
Wednesday 28th August	
10 am–2 pm - £10 Maximum 20	August Amble. Catch the Wimbledon tram from Croydon to meet David Apps at Phipps Bridge at 10 am for a leisurely stroll; and then a wander along the river Wandle to visit Deen City Farm for tea/coffee break and then enjoy a gentle stroll around the grounds of Morden Hall Park.

BOOKING FORM

Your Name M'ship No

Address

Mobile No Email.....

Emergency contact no:

✚ PLEASE NOTE THAT ALL COMMUNICATION IS BY EMAIL

✚ Please list your order of preference (1-5) for the trips. If you do not want to be considered for a trip please leave the Priority box blank. If you wish to come along with a u3a friend please add their name in the appropriate column. They must send their own separate booking form.

✚ Closing date for booking forms is 31 May 2024.

✚ I acknowledge that I will undertake my own private risk assessment for all activities.

Activity	Date / time	Cost/ Each	Priority	Bring a u3a Friend - Name
Tour of Old Jewish Quarter	Thurs 1 st Aug 10.45 am	£10		
Historic City of London Walk	Fri 9 th Aug 10.30 pm	£3		
Royal Chelsea Hospital	Mon 12 th Aug 2 pm	£15		
Repurposed Bon Marché Department Store, Brixton	Tues 20 th Aug 11 am	£4		
August Amble	Wed 28 th Aug 10 am	£10		

Return this form (indicating your priority preferences) to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Tel. Mob: 07754092042, email lindagrigsby17@gmail.com, OR Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Tel: 0208 668 9562/Mob: 07904 163454 before the 31 May.

Please cut off at the dotted line and keep this information:

- ✚ You will be informed by e mail by 21st June if you are successful for a trip. You will then be told payment details and more details about the trip.
- ✚ If you have not received an e mail by 21st June you will be put on a waiting list.
- ✚ People on the waiting list will be told if they are successful by the 8th July.
- ✚ If you have not received an e mail by the 8th July you have unfortunately been unsuccessful in getting a place on any trip that you have not already been told that you have a place on.



Greetings from the Travel Team.

With the March Members' Lunch and the April trip to the Beth Chatto Gardens behind us we now move on to the rest of the year's trips.

NEW. In this Bulletin you will find the booking form for our trip in September to Wisley and the Wisley Flower Show. Plus the booking form for our August activities that are weekly through that month.

We are still taking bookings for our May visit to Osterley House and Park, and the July visit to Watts Artists Village and Loseley Gardens. Booking forms for these are in this Bulletin.

October 2024 sees another Members' Lunch on the 16th.

November 2024 sees a short break that includes a visit to Longleat House to see visit their delightful Festival of Lights. Information in this Bulletin.

You can get more information and details on any of the above trips at the monthly General Meeting by visiting the Travel Team table.

Averil, Cariss, David, Linda and Paul

Croydon u3a Travel Team

HOT OFF THE PRESS!

Many of you members have been asking about overnight breaks. I have been seriously looking into various places in the UK and Europe for next year, and unfortunately with a single room supplement of over £200 have decided that this is not an option many of us would like to pay. If anyone has any ideas or would like to organise a trip please let the Travel Team know and we will offer our help.

Linda Grigsby

u3a Outing to Osterley House and Park

Wednesday May 22nd 2024

Coach leaves 9.00am from Fairfield Halls, Park Lane, Croydon

Cost of the trip is £32, or £20 for National Trust Members. Price includes coach travel, driver's tip, entry to Osterley House and Park. National Trust members get entry free to the property.

Bring your NT card with you if you are booking at the lower rate for the trip.



Osterley Park House and Gardens, originally a Tudor mansion, was transformed into an elegant neo-classical villa by the founders of Child's Bank. It was designed and built in the late 18th century by architect and designer Robert Adam. It has a magnificent interior, and you can also visit downstairs to experience how domestic life used to be. It is set in extensive park and farmland complete with 18th-century gardens and neo-classical buildings. The house is furnished in the style of 1780. Visit the luxurious State Rooms.

The gardens and park have been restored to their former glory which began with the recreation of Mrs Child's Flower Garden.

Return the booking form below to: David Apps, 13 Church Way, South Croydon, CR2 0JT. Tel. 020 8651 0347, with a **cheque and stamped addressed envelope**. We require a separate cheque for each outing. If you have problems on the day of outing, ring David 07802 769047/email: dapps97090@aol.com. At other times please use David's landline.

Please read the Travel Team's Terms and Conditions, on the reverse of this poster OR in the Bulletin.

BOOKING FORM – Osterley Park and House 22nd May 2024

Coach leaves at 9.00 am Wednesday 22nd May 2024. Price: £32, or £20 for National Trust Members

u3a Member - Name(s) Membership No(s)

National Trust Membership Number (if applicable).....

AddressPost code:

Tel/Mob No.E-mail

I would like £32ticket(s) or £20 (NT Member) tickets Cheque payable to "Croydon u3a"(enclose a sae)

My contact in case of emergency is: Name.....Tel. No.

REMEMBER TO BRING YOUR NATIONAL TRUST MEMBERSHIP CARD ON THE DAY

U3A OUTING TO WATTS ARTISTS VILLAGE AND LOSELEY PARK GARDENS

Tuesday 16th July 2024

Coach leaves 8.30am from Fairfield Halls, Park Lane, Croydon

Cost of the trip is £45. Price includes coach travel, driver's tip, entry to Watts Artists Village and Loseley Park gardens.

Dedicated to the life and work of Victorian painter and sculptor G F Watts and his wife, designer and artist Mary Watts, Watts Gallery – Artists' Village is a unique Arts and Crafts gem. See where they lived and worked at their historic home, Limnerslease. Visit the magnificent Arts and Crafts cemetery chapel designed by Mary Watts. Visitors can see a world-class collection of Watts' paintings and sculptures in the Gallery.



Explore 18 acres of woodland and gardens. **Loseley Park Garden.** Its series of "rooms" include the award-winning rose garden (planted with over 1,000 bushes), the colourful flower garden with its maze of pathways, the white garden with fountains, and the extensive herb garden. Other features include an attractive vine walk, ancient wisteria, mulberry trees and a moat.



Return the booking form below to: David Apps, 13 Church Way, South Croydon, CR2 0JT. Tel. 020 8651 0347, with a **cheque and stamped addressed envelope**. We require a separate cheque for each outing. If you have problems on the day of outing, ring David 07802 769047/email: dapps97090@aol.com. At other times please use David's landline.

Please read the Travel Team's Terms and Conditions, on the reverse of this poster OR in the Bulletin.

BOOKING FORM – Watts Artists Village and Loseley Park Gardens 2024

Coach leaves at 8:30 am Tuesday 16th July 2024. Price: £45

u3a Member/s - Name(s)Membership No(s)

AddressPost code:

Tel/Mob No.E-mail

would like £45 ticket(s) Cheque payable to "Croydon u3a"(enclose a sae)

My contact in case of emergency is (not someone who is also on the coach trip):

Name.....Tel. No.

u3a Outing to RHS Wisley Gardens & Flower Show

Wednesday September 4th 2024

Coach leaves 9:00am from Fairfield Hall, Park Lane, Croydon

Cost of the trip is £34 or £20 for RHS Members. Price includes coach travel, driver's tip and entry to Wisley. RHS members can use their card (and take a guest) to get free entry.

Remember to bring your RHS card with you if booking the lower rate.



Enjoy a day at RHS Wisley Gardens at the time of their Flower Show. Browse top-quality plants and get expert advice from specialist nurseries. Enjoy exploring the colourful stands. Alongside the nurseries, trade stands provide fantastic shopping opportunities for any garden or plant lover. A wide range can be found, from pruning tools to garden art. Plus enjoy the Wisley Garden Glasshouses, Rose Garden, World Food Garden, RHS Hilltop etc. RHS Members will benefit from being able to use their membership cards (and take a guest) to gain free admission, so this trip will be £20 for

RHS members (plus their guest) and £34 for non-members.

Return the booking form below to: David Apps, 13 Church Way, South Croydon, CR2 0JT. Tel. 020 8651 0347, with a **cheque and stamped addressed envelope**. If you have problems on the day of outing, ring David 07802 769047 or email: dapps97090@aol.com. At other times please use David's landline. **Please read the Travel Team's Terms and Conditions, on the reverse of this poster OR in the Bulletin.**



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BOOKING FORM – Wisley Gardens and Flower Show 2024

Coach leaves at 9:00 am Wednesday 4th September 2024. Price: £34 or £20 (RHS)

u3a Member/s - Name(s)Membership No(s)

AddressPostcode..... Tel/Mob No.

.....E-mail I would like..... £34

ticket(s) or ... £20 (RHS Member) tickets. Cheque payable to **“Croydon u3a”**(enclose a sae)

My contact in case of emergency is (not someone who is also on the coach trip):

Name.....Tel. No.....

BRING YOUR ROYAL HORTICULTURAL SOCIETY MEMBERSHIP CARD ON THE DAY

News from the Travel Team

Croydon u3a Members' Lunch

at El Patio, Selsdon CR2 8LH

El Patio, 143 Addington Road, Selsdon CR2 8LH (public transport 64, 433 buses)

Wednesday 16 October 2024

12.30 pm for 1 pm

2 Courses (3 Tapas plus dessert including service charge) £21

1 Course (3 Tapas including service charge) £15

(The menu selection is on the back of this poster so please indicate on the booking form below your menu choice)

General Information and Booking terms and conditions for Members' Lunches

Payments and Refunds: For confirmed bookings all cheques must be cleared one week before the lunch. A refund will only be payable for cancelled bookings if we are able to resell the place. Anyone taking the place of a cancelled booking must pay by bank transfer before the event or cash on the day.

Mobility Requirements: A member of the Travel Team will investigate any problems of access at the venue before bookings are opened. Members who are worried about mobility issues should contact the organiser before making the booking. Members with restricted mobility may be accompanied by a carer to any meal but a place needs to be booked. The carer does not have to be a u3a member but will be required to pay the full cost.

Your responsibilities: All attendees must carry out their own risk assessment.

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**Croydon u3a Members' Lunch
El Patio Tapas on Wednesday 16 October
2024 at 12.30 for 1 pm**

(Please make your selection here - Tapas: i)
ii)
iii)
Dessert : i) ii) iii)

Send this form to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454, with a **cheque payable to Croydon u3a and stamped addressed envelope or by Bank Transfer account no. 13630003, sort code 23-05-80 (YOU MUST PUT THE REFERENCE 'MEMBERS' LUNCH)**.

Name(s)Membership No(s)

Address:Post Code.....

Tel. No.E-mail

I would like ticket(s) Total..... (cheque payable to **Croydon u3a** and s.a.e. enclosed)

PLEASE BRING YOUR TICKET ALONG FOR ENTRY TO RAFFLE FOR A FREE MEAL

Tapas

Albondigas

(Meat balls in tomato, onions and peppers sauce)

Croquetas de Pollo y Jamon

(Chicken and ham croquettes)

*May contain nuts

Pimientos Rellenos

(Stuffed peppers with mince beef and cheese)

Croquetas de Bacalao

(Cod croquettes)

Gambas Rebozadas

(Battered king prawns served with sweet and chili sauce)

Gambas al Ajillo

(Prawns in garlic, chili and white wine sauce)

Patatas de Cangrejo

(Crab claws in breadcrumbs)

Filetes de Pollo Empanado

(Chicken fillets in breadcrumbs, served with fries)

Calamares a la Romana

(Deep fried battered squid)

Pincho de Pollo

(Chicken kebab served with rice)

Chorizo Riojana

(Spanish sausage fried in Rioja Wine)

Raxo a la Gallega

(Pork fillet marinated in red wine and paprika, served with fries)

Lomo a la Parrilla

(Grilled pork fillets, potatoes and onions)

Arroz a la Española

(Rice with chicken, prawns and peas)

Higado Encebollado

(Liver in red wine and onions, served with fries)

Tortilla de Patata

(Spanish omelette with potatoes and onions)

Berenjenas

(Baked aubergines with tomato and cheese)

Espinacas con Nata

(Spinach with garlic, chili, cream and cheese)

Canelones de Espinacas

(Pancakes filled with spinach and Ricotta)

Patatas Brava

(Deep fried potatoes with tomato and chili)

Patatas Alioli

Fried potatoes with garlic

Champiñones al Ajillo

(Mushrooms in chili and garlic)

Arroz con Verduras

(Rice with mixed vegetables)

Ensalada Mixta o Verde

(Mixed or green salad)

Desserts

- i) Almond Tart
- ii) Profiteroles
- iii) Churvos (Choux pastry)

**Outing to Longleat Festival of Light – 3 days, 2 nights break
25th-27th November 2024**

£339 per person based on passengers sharing a twin or double room (+ £99 single room supplement). £75 deposit to be paid when booking (non-refundable unless the trip is cancelled due to lack of numbers). Deadline for this is 1 August 2024. If this trip goes ahead the balance to be paid by 1 October 2024.

(Price includes coach travel, driver’s tip, 2 nights at the Limpley Stoke Hotel near Bath, excursions as described in itinerary, breakfast and evening meals). The timings of the coach leaving Croydon is to be confirmed, and will be from the Fairfield Halls. This trip is for u3a members only.

The itinerary for this trip is:

- Day 1: Travel to the Limpley Stoke Hotel near Bath
- Day 2: Today enjoy a day in Bath and an early dinner at



the hotel before a fun-filled evening out to Longleat – home of the UK’s first and most famous safari park. There’s so much to see and do here, and we’ll make sure there’s time to get lost in the famous maze and admire the stunning parkland around the stately home. Immerse yourself in the magic of Christmas as the Festival of Light returns, with more life-size lanterns than ever before and an iconic Winter Safari.



- Day 3: Today we’ll be returning home, and an optional trip (£10) on the way home to visit the Thatchers Cider Farm. A word of warning: The actual tour is around 1½ hours long and during that time there is nowhere to rest or sit, we do find the more elderly and those with walking difficulties find it difficult to get around the whole tour.

Please ensure that we are aware of any mobility problems you may have, and you must tell us if you are bringing a wheelchair or mobility aid. You must also be able to get on and off the coach unaided.

To avoid disappointment please DO NOT send any deposits until we know that the trip is going ahead (deadline 1 August). We need at least 25 passengers.

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EXPRESSION OF INTEREST FORM – Longleat Festival of Light

Return this form (indicating your room preference) to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Tel. Mob: 07754092042, email lindagrigsby17@gmail.com, OR Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Tel: 0208 668 9562/Mob: 07904 163454

Name(s)Membership No(s)
Address:
Tel. No.E-mail

CROYDON u3a TRAVEL TEAM EVENT

General Information and Booking terms and conditions

Please carefully read these **Booking Terms and Conditions**, as submission of a Booking Form will be taken as your acceptance of them. We also request that you carry your Croydon u3a membership card showing both your emergency number on the back and any significant medical conditions.

Coach Pick up and Drop off are at Fairfield Halls. See cover page of poster for times. On the day of an outing, if you have any problems joining the trip, please ring the Trip Organisers (mobile numbers on cover page of poster or on the ticket) by 9am. Outings are for Croydon U3A members only. In the event of low take-up, we may take members from other U3As and non-U3A members on an occasional basis.

Booking Forms: Booking forms for each outing are dealt with individually. When booking for multiple trips, a **separate booking form and stamped addressed envelope** are required for each one. Your booking may be jeopardised if this is not done. If you request more than one place, we must have the first name and surname and U3A number of each person.

Payment: Make payment online to Croydon u3a Business Account No. 13630003 Sort Code 230580

Reference – insert your **Surname**. Alternatively, pay by cheque. Cheques may be dated for any time between Booking Form submission date and **two months** before the outing / event date. Please send your completed Booking Form, cheque and self-addressed envelope to the address given on the Booking Form. Applications for outings are held for two weeks after publication of the Booking Forms in order to assess demand. If demand exceeds supply, tickets will be allocated on a random basis.

Reduced admission: We can only offer the reductions which are advertised by the venue itself at the time we book it. We cannot deal with any special offers or discounts you may personally have.

Refunds: Refunds are generally non-refundable unless we are to resell the place.

Mobility Requirements: Some, but not all, of our outings are suitable for members with manageable mobility restrictions. You must contact the named Travel Team Trip Organiser member on the poster cover page before booking if you wish to bring a mobility aid so that we can discuss your needs.

We will mention in our publicity and outing details any significant access or safety considerations of which we are aware. **YOU MUST BE ABLE TO GET ON AND OFF THE COACH UNAIDED.**

Restricted mobility: Members with restricted mobility may be accompanied by a carer on any outing, but a place needs to be booked. The carer does not have to be a U3A member but will be required to pay the full cost. Members are asked to think carefully about the physical demands of the outing and their own situation before submitting an application. We need to ensure that all participants are safe and that everyone enjoys the day.

Ultimately the Travel Team reserves the right to decline applications in exceptional situations, regrettable as this may be.

Your responsibilities: You are asked to pay particular attention to the scheduled **Arrival & Registration, Afternoon Visit** and **Registration & Departure** times and assemble at the designated meeting point. If you are late, we may have to leave without you to enable us to keep to the time-table. In such an instance, you would have to arrange your own return home, and you would not be entitled to any refund for the cost of the unused portion of the day. If this should happen, we would endeavour to contact you and/or your emergency name contact number. We ask members for their mobile phone numbers and for them to ensure they are switched on during the outing. Participants are responsible for themselves and their belongings.

Data protection: The details you give us on the booking form will be held by the organisers until the outing has taken place and will be used only for the purpose of the outing. When it has taken place, they will be destroyed. We keep a record of your mobile numbers to save you giving us those details on every outing. Participants are responsible for themselves and their belongings.

General: We try to schedule comfort stops at a convenient time and place, but it is not always easy to do this for a large coach. Apart from the initial outbound departure time, most other times are approximate