

CROYDON u3a BULLETIN

January 2024

Charity number: 1029466

www.u3asites.org.uk/croydon



Our Writing for Pleasure Group had an inspiring workshop with Mikey. Funded through a Lottery grant, writing workshops have been enjoyed by a wide range of people from teenagers to u3a members. The project - Invisible Palace - got us thinking, talking, sharing and writing. Thanks to Mikey for a brilliant afternoon.



Whilst at the Croydon u3a trip to Winchester Christmas market we enjoyed a drop or two of Grubwein (mulled wine). Mine (Linda Grigsby) and Dave Milgate's (on my left) had a drop of brandy added, while John Doran (on my right) had a drop of rum added. Hic hic!

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Croydon u3a
QR Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late February early March 2024. Copy to Linda Grigsby, Bulletin Secretary линдagrigsby17@gmail.com, cc Jenny Wilson jennywilson63@live.co.uk by 20 February.

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



Jenny Wilson– CHAIR



DATES FOR YOUR DIARY 2024

Dear Member of Croydon u3a,

Here's sending you my very best wishes for 2024. May you continue to benefit from and enjoy all our u3a has to offer. The national u3a's AGM passed a resolution to focus on raising the profile across the UK so that we are not 'the best kept secret'.

In Croydon we making great strides in this direction. Our full screen 'ad' at the **David Lean cinema**, showing a number of Interest Groups is a show-stopper. This month we have had coverage in the **Croydon Minster** December magazine, in ASPRA, the **Addiscombe & Spring Park Residents' Association** magazine, in SPAN, the **Spring Park Residents' Association** magazine and the **Coulsdon West Residents' Association** magazine. You may have seen information about **The 100 Faces of Croydon photography project**. This aims to showcase the portraits and places of 100 local people to celebrate the diversity and uniqueness of Croydon's population. We put in an application to be included and three of our members have been selected. The photo shoots are due to take place in early spring. We really are getting the word out.

In mid-January the National Chair, Liz Thackray, who lives in N. Wales, will be visiting the London area for various meetings. I have invited her to come to Croydon to meet some of our members for a relaxed discussion about their experiences and ideas. This is a great opportunity for us to feed up ideas and for Liz to meet members on their own turf and chat in a relaxed setting.

Two Dutch students are researching the subject of loneliness in the more elderly and the ways it can be mitigated. They heard of the u3a in the UK and after getting in touch with the London office, we were asked if they could come over and talk to us to help with their research! How good is that? More news on the way we can help facilitate this project later – Learn, laugh & live!!

Stay as busy as you can. Keep moving as much as possible. Keep learning.

Roll on 2024,

Best wishes,

Jenny

DATE	EVENT	FURTHER DETAILS/ SPEAKER
2024		
Wed 10 Jan at 2.15pm	GM at Masonic Hall	Surrey & Sussex Air Ambulance Service with Chris Green
Mon 15 Jan at 7.30pm	Quiz Night on Zoom	
Thurs 18 Jan at 7.30pm	Zoom talk – The UK Wholesale Electricity Market with John Baxter	
Wed 14 Feb at 2.15pm	GM at Masonic Hall – Garden Safari – photographer specialising on the wildlife in his Sidcup Garden by Richard Winston, AND Sarah Morgan from Croydon Vision will talk about the charity	
Mon 19 Feb at 7.30pm	Quiz night on Zoom	
Wed 13 Mar at 2.15pm	GM at Masonic Hall	Jennie Randall – local historian - "Not Forgotten" covers the V2 attack on The Crooked Billet pub in Bromley.
Mon 18 Mar at 7.30pm	Quiz night on Zoom	
Thurs 21 Mar	Members' Lunch at McDermotts Fish & Chip Restaurant	Booking details in this Bulletin
Wed 17 Apr	Outing to Beth Chatto Gardens	FULL
28/4-1/5	Amsterdam Break	Booking details in this Bulletin
Thurs 20 June	Outing to Whitstable Harbour & Castle	Booking details in this Bulletin
Wed 16 Oct	Members' Lunch at El Patio, Selsdon	Booking details in the March 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.

A FANTASTIC GENERAL MEETING WITH SIR RICHARD STILGOE AND REPRESENTATIVES FROM ORPHEUS COLLEGE

Inspiring & empowering young disabled students to live fulfilling, independent lives.

The Orpheus Centre www.orpheus.org.uk

We had a really brilliant afternoon at the December General Meeting. Former students from Orpheus College, which offers opportunities to disabled young people from 19 – 25 years of age, entertained us with a selection of Christmas music.

VIP guest, Sir Richard Stilgoe, read two very amusing and topical poems one referring to the great u3a. Thanks to Ann Lovelace, who organised the event.

Members had opportunities to join in the singing and they supported the college by purchasing the lovely items of merchandise.



Angus



Charlotte



Luke

THE SPIRIT OF CHRISTMAS 2023

The spirit of Christmas – That sounds so last year,
But every Christmas those four words appear,
And cost us so much – plunge us further in debt – we are
Deep in the red like a Christmas Poinsettia.

I don't think it's found at the Covid inquiry
While reading out pages from Boris' diary.
“Eat out to help out” – an idea of Rishi's
To spread the pandemic while doing the dishes.

Was it out in the jungle with Nigel Farage
Who thought that the nation would put him in charge
If he ate all the rude bits that kangaroos use
Whenever they want to make more kangaroos?

It's all so confusing – it's all propaganda.
Are we sending the Elgin Marbles to Rwanda?
Is the spirit alive and somewhere on a train? –
Oh no! The train has been cancelled again!

But fear not – the Spirit's about to re-enter
And take up its place at the Orpheus Centre,
Where kindness, compassion and friendship all thrive
And thus keep the spirit of Christmas alive.

Where student and teacher and each volunteer
Are joyful, triumphant and full of good cheer.
The Spirit of Christmas now joins u3a!
The Spirit of Christmas – The Spirit of Christmas –
The Spirit of Christmas is **here – now – today!**

Richard Stigoe



News From the Groups



One of the great things about Croydon u3a is that our members keep coming up with ideas for new Interest Groups! It's worth checking out the website regularly to see what is on offer – and of course the updated Groups' List is included with your Bulletin.

In this Bulletin, we have information about a prospective new group – 'Talking Books' - and also about the 'Focus on Africa group' and our new 'Basic Maths' course, which are both just getting started.

Maybe you would like to try something creative? If so, the Painting and Drawing group 2 have room for a few more members.

Or are you feeling you need to be more active? Why not join the 'Line Dancing' or the 'Belly Laugh and Fitness' group? Both could accommodate some more members.

If looking at London's history is more your thing, our 'History of London 4' group has some spaces. Information about all these groups is to be found in this Bulletin.

Maggie Chan
Interest Groups Coordinator

Garden Visits 2024

This is an Open Group so any members welcome on a first come first served basis. All outings (except where noted) will meet at Forestdale Car Park for 10.45 am, for a 11.00 am get away, returning approximately 5.00 pm to Forestdale Car Park. Contact either Linda Grigsby on 07754092042 OR Karen Hook on 07799 776684 if you are interested. A donation of £2.50 would be appreciated for the driver of the car you will be travelling in.

The new itinerary will be in the March 2024 Bulletin

Painting and Drawing 2

Want to develop your inner Picasso?

Our group offers a friendly environment to draw or paint for relaxation and enjoyment No experience or skill necessary

Meeting every Monday morning from 10.15 to 12.15 at Shirley Methodist Church, Eldon Avenue CR0 8SD

Contact Jan Thorne: 07806 623332 jilling@live.co.uk



News From the Groups

Garden Design Group

SPRING IS ON ITS WAY



Are you happy with your garden? Does it give you pleasure or is gardening like housework? A well-designed garden should not be a burden or difficult to manage.

Garden Design is run fortnightly on Wednesday mornings from 10 – 12 and takes place at the group leader's home. It is for people who have an interest in finding out how to make their garden, whatever size, more attractive. The current course is halfway through but the next course is expected to start in February.

If you would like to join or want further information, please contact Betty Whateley, 48 Glossop Rd, South Croydon, CR2 0PU. Tel: 020 8651 0226 Email: elizwhateley@gmail.com

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 and, 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. **We need more dancers!**

News From the Groups

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

Darts And Pub Lunch (DAPL) group

Challenge Yourself?

The New Year is a great opportunity to follow through with that resolution and learn a new skill and try something different. Think about what you might like to do now!

Ever considered playing Darts or maybe pick up where you left off all those years ago, meet other members, tackle a team challenge, improve your maths skills and enjoy an inexpensive hearty pub lunch. We meet on the 2nd Tuesday of the month at a local pub in Croydon.

For more information about the **Darts And Pub Lunch (DAPL) group** contact Jacqueline Harriott, the coordinator through the website www.u3asites.org.uk/croydon



New Groups

Taster Golf Anyone?

A date for your diaries **18 March 2024** for a Taster Golf session at Addington Court Golf Club, Featherbed Lane, Addington, Croydon CR0 9AA, where for £20 you will have a PGA professional provide 1 hours tuition, plus 1 hours fun time on the golf course. Minimum of 6 – 8 persons,so if you are interested get your name down and contact **John Doran c/o Linda Grigsby on 07754 092042 / lindagrigsby17@gmail.com**



New Groups

INTERESTED IN LEARNING CHI KUNG??

氣功



WHAT IS CHI KUNG?

Chi Kung was developed in China thousands of years ago and is part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Chi Kung has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture.

If you would be interested in learning and practising Chi Kung with a Croydon u3a member who is a qualified instructor, please contact me in the first place.

Sessions will last an hour and will be fortnightly.

Maggie Chan: clockie69@gmail.com

Campaign Update : Our Walking Project to support Trees4Croydon

Croydon Climate Action is proud to support the development of the Crocus Garden at Croydon University Hospital with a donation of 5 blossom trees that will be planted with the help of Croydon Youth Assembly's Transformation Team.

Thanks to the success of Trees4Croydon and the hard work of the partners Trees for Cities and Croydon Council's Trees and Woodlands Department, 35 trees with 3 years of aftercare, will be planted in the Canterbury Road project area in January 2024 with a community planting day planned for 20th January.

Croydon u3a is proud to have been supportive of this project to enhance the biodiversity in parts of the borough.



This is the next campaign Croydon Climate Action is pursuing
– working with the Council and sub-contractors.

In late November, 3 members were hedgerow heroes when they assisted with the planting of a new hedge in South Croydon Rec.



To join a Croydon u3a Quiz Zoom event, and John Baxter's talk on the Electricity Market email jennywilson63@live.co.uk mob. 07808 723686

LONDON REGION ONLINE TALK PROGRAMME JANUARY-MARCH 2024

The talks programme will consist of one talk per month on the following Mondays at 17.30:-

8th January - Neville Lyons: Food for Thought

5th February - Herbie Goldberg: Louis Moreau Gottschalk

4th March - Terry Lloyd: The Shaping of Eastern Europe

To view the flyer with further information about these talks, please see the [Events](#) page of the London Region website

Then click on the relevant link in the flyer to register for each individual talk. The Zoom link will be sent to you two days before the talk. Please register in advance as the zoom link will not be sent on the day of the talk, for administrative reasons.

Catherine Ware,
Talks Coordinator - London Region of U3As
talks.lru3a@gmail.com

website: WWW.U3ASITES.ORG.UK/LONDONREGION

See [Events](#) page for information about forthcoming events.

Recordings of past talks are retained for a month and can be found in the [Talks Archive](#), which is accessible via the Events page

*****Please note these are London Region talks and are not hosted by Croydon u3a. For a place follow the instructions above.*****

BE AWARE!!

Both addresses look similar but not the same.

Spot the Difference?

maybank2u.com is not the same as maybank2u.com

citibank.com is not the same as citibank.com
(the first one is correct, the second one is from hackers)

The "a" in the later url is a cyrillic alphabet.

An average internet user can easily fall for this. Be careful for every mail requiring you to click on a link.

Please Stay Alert

Croydon u3a member Prabhat promotes the u3a as 'a very friendly organisation' and talks about the benefits of table tennis on YouTube

Have a look at what he says - [Meet Prabhat | Learn Table Tennis Today | u3a UK \(youtube.com\)](#)



IMAGINE.....



You post letters/cards to 20 friends & family. Most of them reply to everyone you posted to. (!!??) It wouldn't happen would it? For a start they don't know who is on your mailing list.

But this is what does often happen with emails. People hit **Reply All** and everyone on the circulation list gets your reply intended for the sender. Of course, if you want to contact everyone that's a good way to do it. BUT all too often it's not the case.

Why resist Reply All? -

- it's annoying to be the recipient of emails meant for someone else;
- your inbox gets clogged up with unnecessary messages;
- you get constant pinging as these messages arrive;
- sometimes info is shared unintentionally which might be confidential (oops);
- resources are wasted – *4g of CO2 when the message is opened, read, filed or deleted
- What's App is worse i.e. uses more energy.

So **KILL THE EMAIL TAIL**

(*info from How Bad are Bananas: The Carbon Footprint of Everything – a brilliant reference book by Mike Berners-Lee, an update soon to be published.)

*The vast majority of smartphone emissions come from its manufacture and transport to the user. So if you keep your phone for longer (i.e. don't automatically upgrade) you will drastically reduce the total footprint. Or failing that, upgrade and pass your old phone to someone else or a charity shop. Oxfam accept all mobile phones & tablets.

In 2020 there were about 7.7b mobile phones in use with a total footprint of roughly 580m tonnes of CO2e, which is about 1% of global emissions. (ref above pp116-8)

Phones are an essential part of our lives, but we can be careful with our usage.

(Jenny Wilson)

Croydon u3a Travel Team

Happy New Year from the Travel Team.

One last mention of 2023 activities was the trip to Winchester Christmas Market. A full coach travelled down to this festive market and was enjoyed by our members.

So now we move into 2024 we start to think about Spring and the warm days of Summer. And with the arrival of Spring the various trips we are organising begin.

Thursday 21st March will be the day for members to enjoy award winning fish and chips at our first **Members' Lunch** of the year. The venue will be **McDermotts Restaurant** at Forestdale, and the price of £19 includes two courses and tea or coffee. Bookings are already open and going fast.

On Wednesday 17th April there will be the coach trip to the **Beth Chatto Garden**. This has proved very popular and is already fully booked and we have a waiting list in place.

Late April we are organising a short break to **Holland** that will visit the famous bulb fields including entrance to the **Kerkenhof Gardens** that will be ablaze with spring colours. Plus a visit to **Amsterdam** and its lovely canals. Again, this trip is proving very popular and there are only a few places still available.

May will see a trip to National Trust properties where NT members can use their cards to save admission fees. We are planning to visit a couple of properties and at present we are finalising the plans with the booking form being published in the March Bulletin.

On Thursday June 20th there will be a day trip to the coast to visit **Whitstable Harbour and Castle**. There will be plenty of time to explore the quaint shops and perhaps sample a Whitstable oyster or two. And towards the end of the visit you will all enjoy a delicious afternoon tea together. Booking for this trip is open and it is selling fast.

So that is the programme for the first half of 2024. The trips and outings for the rest of the year are in the final stages of planning and will be published in the March Bulletin. You can find out more details of the above trips, or what is being planned for later this year, by visiting the Travel Team table at the General Meetings.

We hope to see you on one of our trips in 2024.

Averil, Cariss, David, Linda and Paul

Croydon u3a Travel Team



Linda and Averil manning the Travel Desk

Croydon u3a Members' Lunch

at the award winning

McDermott's Fish & Chips Restaurant

The Forestdale Centre, Featherbed Lane, Croydon CR0 9AS (Public transport 64, 433, 130 buses, tram stops at Gravel Hill and Addington Village and plenty of free car parking)

Thursday 21 March 2024 12 noon – 2.30 pm

Forestdale Centre, Featherbed Lane, Croydon CR0 9AS

Thursday 21 March 2024

12 noon – 2.30 pm

2 courses £19 including tea & coffee and service charge

(Please indicate on the booking form below your menu choice)

Menu (all served with chips)

- a) Cod
- b) Chicken
- c) Spicy bean burger (V)
- d) Cheese & onion pie (V)

AND

Apple pie and ice cream

Croydon u3a Members' Lunch
McDermott's Fish & Chips Restaurant on Thursday 21 March 2024
at 12 noon – 2.30pm

(Please make your selection here - Main: **Dessert** **(Y/N):**

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 YOUR 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

The Dutch Bulbfields & the Delights of Amsterdam

28th April – 1st May 2024

Cost of this trip is £649 (twin/double room), (£149 single supplement) and includes coach travel through Eurotunnel, half board (dinner and breakfast), and entrance to Keukenhof Park

Directly on the Rosmalense lake you will find the atmospheric Fletcher Hotel-Restaurant 'sHertogenbosch. In the hotel you will find a culinary à la carte restaurant and a spacious terrace with a view over the lake. Looking for some sightseeing and adventure? The big city of Den Bosch is a great place to explore. Here you can shop, go sightseeing or taste the famous Bossche Bol on one of the many terraces.



Only 5 places left

Day 1: Local departure by coach from Fairfield Halls to Holland via Euro Tunnel for a 3 night stay at the Fletcher Hotel s'Hertogenbosch on a half board basis.



Day 2: Today a full day included visit to Keukenhof Park. Keukenhof is a natural paradise filled with spectacular flower displays, inspirational gardens, blossoming fruit trees, and unique art installations. As you stroll through the fantastic vibrant carpet of tulips, hyacinths, daffodils, orchids, roses, carnations, irises, lilies and many other flowers you will have no doubt as to why Keukenhof is widely known as 'The Greatest Flower Show on Earth'. As entrance to the park is included, you can spend the day admiring the exuberant colours of spring, perhaps picking up some tips for your own garden.



Day 3: Today we travel into Amsterdam, where you could join our **optional Amsterdam canal cruise (£17.00)**, as we sail past many of the famous sights of the capital which are inaccessible by coach. This afternoon, why not join our **optional visit to a clog and cheese farm (£10.50)**, where you can experience the clog and cheese-making traditions, and sample the famous Gouda cheese

Day 4: Today, after breakfast we travel home, back to the Fairfield Halls.

BOOKING FORM – The Dutch Bulbfields & the Delights of Amsterdam

Return this form (indicating your room preference) to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042, with a cheque for **£75** non-refundable deposit (payable to Croydon u3a together with sae) OR by Bank Transfer account no. 13630003, sort code 23-05-80 (YOU MUST PUT YOUR REFERENCE 'AMSTERDAM').

Room preference: Single/Twin or Double

Name(s)Membership No(s)

Address:

Mob. No.E-mail

Please provide name & contact number of person NOT on this trip, in case of emergency

u3a Summer Coach Outing to Whitstable Harbour & Whitstable Castle

Thursday 20 June 2024 - £39pp (incl travel, driver's tip, tour & cream teas)

Our 2024 summer outing is to **Whitstable a bustling, working harbour town** with a small fishing fleet on the north Kent coast. The pretty little wooden houses along the harbour, the beach huts along the beach and its pastel-coloured houses highlight a slower pace of life.

Arrival & Registration 8:45am: At Fairfield Hall's bus stop KA. Depart by coach at 9:00am, have a 15 minutes comfort break enroute and aim to arrive around 11:00am at **Whitstable Harbour**.

On arrival: The Harbour Market on South Quay, CT5 1AB, offers a choice of drinks and has a number of seaside benches and tables. You might spot the Thames Barge Greta.

Whilst on the beach, you might want to slip on a pair of crocs, explore the rock pools along the shingle shore and collect oyster shells to take home.

Lunch options Oyster and lobster shacks, seafood restaurants, Italian gelato ice cream parlours and coffee shops on the sea front. A range of vegan and vegetarian restaurants on the High Street and Harbour Street including an array of independent boutique and vintage shops to browse in.

Exploring the town further, Whitstable Community Museum and Gallery, Forrester's Hall, 5A Oxford Street, CT5 1DB, has many of local resident actor Peter Cushing's personal items on show besides other artefacts. Entry fee £4. Look up: <https://www.whitstablemuseum.org/>

Afternoon visit at 1:30pm: All assemble at Whitstable Youth & Community Centre, Tower Parade, CT5 2BJ to walk 3/4 mile (15 minutes) as a group to **Whitstable Castle & Gardens**. Have a tour round of the residence and sit down for cream teas in the Mallandain Room. First known as Tankerton Towers, it started life as a residence for the Pearson Family in the late 1790s. After a £3m refurbishment in 2010, the Castle is now managed by the Whitstable Castle Trust.

Registration & Departure 4pm: Depart by coach to arrive at Fairfield Halls at around 6pm.

Online payment to Croydon u3a Business Account No. 13630003 Sort Code 230580

Reference – insert your **Surname**.

Cheque payment together with completed booking form and stamped self-addressed envelope to:
Paul Smith, 26 Morley Road, South Croydon CR2 0EN. Tel. 07722 295713

If you have problems on the day of outing, ring Paul 07722 295713 or Averil 07880 724057

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BOOKING FORM – Whitstable Thursday 20 June 2024

Leave 9:00am from Fairfield Halls. Price: £39. No other discounts/vouchers/concessions are valid

Name(s) Membership No(s)

Address

Postcode: Mobile Tel. No. E-mail

I would like ticket(s). Total: £..... (Payment to "Croydon u3a")

I have attached a stamped self-addressed envelope together with my cheque payment

I will make / have made an online payment for £.....

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

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 Bus stop KA or nearby. 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 able 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. We cannot predict traffic hold-ups or bad weather, both of which may affect our arrival and final departure times.

CROYDON u3a INTEREST GROUPS

Contact: Margaret Chan 020 8655 4343 - clockie68@gmail.com should you be interested in any of the groups. (Dec 15 2023)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Action Groups</u>			
Chair Yoga	2 & 4 Mon & 1,2,3 Fri 1 & 3 Mondays	10.00 am 10.15 am	Zoom SMC
Dance Exercise	Mondays	9.45 am	St Matthew's Church
International Folk Dance	1 & 3 Wed	10.00 am	SMC
Line Dancing	1 & 3 Fri	10.30 am	SMC
Table Tennis	Every Friday	2 & 3 pm	St Matthew's Church
Belly Laugh and Fitness	1 Thurs	11.45 – 1.15 pm	SMC
Darts & Pub Lunch	2 Tues/4 Wed	12.00 midday	The Orchard Pub
Tai Chi	1 & 3 Mondays FULL	1.00-2.00 pm	SMC
<u>Active outdoor Groups</u>			
London Explorers	1 Thurs (Apr-Nov) TEMP SUSPENDED		
Short Walks	2 & 4 Thurs	10.30 am	Varies
Friday Long Walks	1 & 3 Fri	10.30 am	Varies
Cycling	1 Weds & 3 Thurs	Varies	Varies
Historic Visits	4 Thurs	Varies	Outings
<u>Gardening Groups</u>			
Garden Visits – April	3 Wed (Apr-Sept)	10.45 am	Various
Garden Design	Fortnightly Wed (10 sessions)	10.00-12 noon	Home, South Croydon
Wild Flowers	2 Tues (spring to Sept)	10.30 am	Various
Love Gardening	1 Mon	10.30 am	Various
<u>Cultural Activities</u>			
Architecture	1 Tues	10.00 am	Various
A Taste of World Cuisines	1 Tues	Lunch time	Various
Wine Admiration	1 or 2 Fri FULL	2.00pm	Home – Various
Art Appreciation	4 Fri	2.00pm	SMC
China	3 Tues	10.00 am	Zoom
Croydon Memories	4 Fri	12.00 noon	The Boulevard
Into Film	Varies FULL	Varies	Various
Theatre Visits	Varies	Varies	Varies
Focus on Africa	4 Tues	11.00 am	SMC
<u>Arts & Crafts</u>			
Handicrafts	1 & 3 Tues	2.00pm	Home – Selhurst
Knit & Natter	2 & 4 Tues	11.00 am	Home – Waddon
Painting & Drawing 1	Every Mon FULL	10.15	SMC
Painting & Drawing 2	Every Mon	10.15 am	SMC
Exploring Crafts	4 Fri	1.30 pm	St John Baptist Church
<u>Music</u>			
Blues & Jazz Appreciation	Varies	Varies	Various
Singing for Pleasure	2 & 4 Wed	10.30 am	St Matthews Church
Mandolin	By arrangement	By arrangement	Home, Addiscombe

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Games of Skill</u>			
Rubber Bridge	Every Tues	2.00pm	Home, Addiscombe
Scrabble	3 Thurs	10.30 am	Home – Selhurst
Quiz Nights	3 Mon	7.30 pm	Zoom
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
<u>Literature</u>			
Exploring Fiction old and new	3 Wed	2.00pm	Home
Share a Good Read	2 Mon	2.30 pm	St Johns, Selsdon
Play Reading Croydon	1 & 3 Mon	1.30pm	Home various
Play Reading Selsdon	1 Mon	2.00pm	Home various
Poetry for Pleasure	4 Tues	2.00pm	Home – S Croydon
Books Made into Films	3 Thurs	11.00 am	Clocktower Café
Writing for Pleasure Group	1 Wed	1.45-3.45pm	SMC
	3 Wed	7.00pm	Zoom
Talking Books (Audio books)	t.b.a	t.b.a	t.b.a
<u>Languages</u>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 nd & 4 th Tues	2.30pm	Zoom
Italian – Conversation	1 Fri	10.00 am	Home – Purley
Russian – Intermediate	1 & 3 Wed	10.00am	Home – Croydon
Spanish Conversation (lower/Intermediate)	Every Mon	11.00am	PUR
German Friends	Mons	10.15	Zoom
<u>Maths, Science & IT</u>			
Science & Technology	2 Tues	8.00pm	Zoom
<u>Social Studies/History</u>			
Current Affairs	2 Thurs	2.00pm	TBC
	TEMP SUSPENDED		
Environment & Climate Crisis	3 Thurs	7.30pm	Zoom
Early Medieval History	1 Tues	2.30pm	Home – Central Croydon
Tracing Your Ancestors	4 Wed	2.00pm	THL
History – Local	3 Fri FULL	2.00pm	Home – Wallington + visits
History of London 1	1 & 3 Tues FULL	10.00 am	PUR + Outings
History of London 2	2 & 4 Tues	10.00am/2.00pm	StMC + Outings
History of London 3	1 & 3 Wed FULL	2.00pm/10.00am	StMC + Outings
History of London 4	3 & 4 Wed	1.30 pm varies	PUR Ch + Outings
Looking at London	1 Mon	2.00pm	StMCh + Outings
17 th – 19 th Century History	1 Wed	2.30pm	Home – Central Croydon
Members on Their Own (MOTO)	Various	Various	Various

Abbreviations for Venues – **SMC** – Shirley Methodist Church: **Orchard Pub**, Cherry Orchard Road: **The Boulevard**, Selsdon Road: **St John the Baptist Church Hall**, Dale Rd, Purley CR8 2EF: **PURCh** - Purley United Reform Church: **THL** - Thornton Heath Library : **StMC** - St Matthew's Church +