



Building a new normal



Chair's Report for 2021-22

It has been a privilege to be Chair of Dulwich and District (D&D) u3a for the last two years.

My family commitments require that I now move to be nearer to my grandchildren but I will continue to watch from afar with great interest and affection.

It has been a pleasure to observe and be part of the many ways in which D&D has not only maintained itself during the pandemic, but has expanded and developed, adapted and evolved to these challenging circumstances. An incomplete list of these developments includes:

- ♦ **Diversity** - In 2020, the AGM passed a resolution creating a sub-committee, now known as SCID (South Circular Inclusivity and Diversity), to help the Committee address diversity in all its forms. This important work has been progressed in several ways: by our survey; through Diversity awareness workshops, which all Convenors have been invited to; through the creation of Risk Assessments for all locations (both private homes and other sites); and through facilitated hearing loss discussion groups, which have been particularly well-attended. A diverse range of Open Meeting speakers have been invited. During u3a Day, we held activities and events in many different locations in our districts and SCID developed a poster to advertise us.

- ♦ **Interest Groups** – These are, of course, our life blood. Interest groups have continued to expand, both in number and variety. We now have many more groups offered in a range of areas, including art, languages, eating, music and activity.



The Bike Group leaving Brockwell Lido

Some of these groups have come into being by following up on the interests expressed by our new members and asking them if they would be prepared to convene a group. As ever, we owe our thanks to our indefatigable Convenors for all that they do in making groups happen.

- ♦ **Premises** - Rosebery Lodge now experiences a heavy footfall with the Committee using it as its meeting place. It stores our equipment and a small library (donations are always welcome). Some new groups are choosing to meet on this site which very much justifies the investment made in securing it for our use. The properties which we use also include Stanstead Lodge, Bell House and, most recently, the Old Grammar School in Dulwich Village. Extensive research has been carried out by volunteers (at no



This year's AGM will be MAGICAL !!!

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small personal cost) on local hostelrys and eateries and we are now in a position to make recommendations (See Newsletters for February and March 2022).

♦ **Paperwork, Communications, Website and Infrastructure** - Our systems have been greatly enhanced by the adoption of the Beacon system for membership and finance, which has made administration of these areas must less onerous. Our bank account has been upgraded and our Constitution has been tailored. Our website has been modernised and our paperwork, including our Newsletters and News Sheets, have been smartened and standardised with our logo, charity number and layout. Our Convenors' Handbook has been revamped and there are plans afoot to issue a new Directory once the new Committee is in place to put its stamp on it.

♦ **Digital skills** - The lockdown galvanized many of us to get to grips with new technology. In addition to our 'in house' support we were very fortunate to receive an offer from Kevin Fortune of 'Smiles' to put on fortnightly Zoom teaching sessions. These were well attended and gratefully received by many of our members, including myself, who had not previously been getting the most out of their devices. I am delighted to be able to say that Kevin is now offering not only to continue this offer, but to expand it to our Network partners and to offer face to face tuition with volunteers from local businesses (Perhaps we may see these volunteers again in the future as members...!)

♦ **Activity Programme** - Despite being severely limited by government restrictions, D&D has been able to maintain and expand our essential activity programme. The bikers have expanded (in number, not girth!), our games now include bowls in addition to boules, tennis, table tennis, golf and Zumba which all continue. Our walks now range from full day hikes, through fascinating town tours, to gentle strolls in the park. Recently we ran a four week mindfulness and meditation session.

Thanks to the efforts of the Committee, the Convenors, and all our members who have committed to our organisation and given so much of their time, we have all benefited from a lived experience of Positive Ageing. Long may it continue.

Angela Brown

Chair, Dulwich & District u3a

D&D u3a Annual General Meeting

Thursday 26th May 2022 at 2.00 - 4.00pm
In-person and Zoom hybrid Meeting at the Francis Peek Centre in Dulwich Park.

Followed by some magical entertainment from

'The Illusioneer' - Barrie Westwell

ROSEBERY LODGE

Rosebery Lodge is now in use again for many of the interest groups. Some groups use it for occasional meetings while others use it on a monthly, fortnightly or weekly basis. There are three rooms which can be used, two downstairs and one upstairs. The upstairs room, which is accessed via stairs (with handrails on both sides), tends to be used by groups who need to spread out more e.g. bridge or ukulele. With



good weather it is also possible to bring chairs and tables outside so groups can meet in the sun, something several groups did in summer when pandemic restrictions were still in place. If you are interested in using Rosebery Lodge for your group, please contact me at Diana_mcinnes@hotmail.com.
Diana McInnes

BEACON COMPUTER SYSTEM

Beacon is the u3a movement's management system. It was designed by u3as, for u3as, and is supplied by the Third Age Trust.

We have been using Beacon membership and finance software since December 2020. This secure system helps us meet our responsibilities under data protection legislation (GDPR) and ensures that the Secretary, Membership Secretary and Treasurer have access to up-to-date membership information at all times. It has enabled us to streamline our renewal procedures, as it is now a simple task to send personalised renewal notices to members, and reminders to those who have yet to renew.

Replacing the annual membership card by a Beacon renewal confirmation e-mail (or letter for those without e-mail) has removed the need for time-consuming and costly mailing, which will help to keep the future subscription level low.

Beacon has also helped group convenors who can just send a list of members to be checked against the Beacon membership list.

Anne Sharpley - Beacon System Administrator

AMERICAN LITERATURE

We are a small friendly group meeting monthly. We read and discuss American literature in the form of accredited novels from any period to date. The books are chosen by the group. Initially our approach was chronological, starting with the oldest literature first, with the idea that one author's work influences another, however, more recently we have adopted a looser format allowing us to explore and compare a theme or area of interest as seen by writers from different backgrounds or periods. Past books include: 'House of Mirth', 'Beloved', 'Their Eyes Were Watching God', 'A Tree Grows in Brooklyn', 'Sophie's Choice', 'Passing', and our latest selection is 'The Human Stain'.

Valerie Phillips

ARCHAEOLOGY

We have continued to hold monthly meetings on Zoom. Although we miss the personal contact we have found that it is easier to share information and pictures using screen-sharing. We have discussed the archaeological evidence for burial practices in the Palaeolithic Age. We then moved on to the British and European Bronze and Iron Ages, exploring economy, material, culture, art and burial customs. We are intending to visit the Stonehenge exhibition at the British Museum.

Pat Critchley

ARCHITECTURE

The Contemporary Architecture group is back in operation. Its first walk for 2022 was held in April and others are planned for the summer and the autumn.

Ian McInnes

ARMCHAIR TRAVEL

Before the lockdown members met to view and discuss their travels to near and far places via their photos and videos taken at the time. Many interesting facts were shared and inspiration for further travel, once we are able, was disseminated. The group is currently looking for a new Convenor and new members.

Pamela Ruben

ART FOR ALL

Our new name for this group reflects the increased demand for beginners and more advanced members. Both now meet at Stanstead Lodge in Forest Hill on Wednesday mornings. The new beginners group comes once a month, and undertakes more structured classes. The original group, having covered the basic elements of drawing and painting, meet weekly and are encouraged to pursue their own individual styles and interests while still taking part in set projects.

Di Deudney

ART THROUGH THE AGES

This group used to meet on the second Monday of

each month at Stanstead Lodge but since lockdown we have met on Zoom. We are presently trying to organise combined live and Zoom meetings. With the aid of slides and videos as well as members' own presentations we focus



Still Life from the Art For All Group

on a wide variety of historic European Art movements. Lively discussions are encouraged and occasional visits to galleries are planned.

Di Deudney

ART HISTORY

Last academic year we went on a fascinating journey through American art, from the indigenous art of the pre-colonial days, through colonial art and architecture, the War of Independence and that of the emergent United States, and the Harlem Renaissance. This year we have studied the Scottish Colourists and the English Neo-romantics, such as Graham Sutherland, John Piper, and Ivon Hitchens. We are about to look at the art of the inter-war period in both Germany and Italy before going back to Cubism to finish off the year. Next term we have decided to study the art of the British Isles, concentrating on Wales, Scotland and Ireland.

Liz Wakely

ART HISTORY (Modern) 1

The pandemic coupled with lockdown turned out to be a highly productive period for our group. Meeting weekly on Zoom (instead of fortnightly as before) meant that we had to study twice as hard. It is astonishing to see the ground we have covered. Having researched German expressionism the year before, the focus shifted to Russian

suprematism and constructivism. Here the women artists, such as Delaunay, Udaltsova and Goncharova, impressed. Once allowed, we occasionally met in the grounds of the



Meeting at the Dulwich Picture Gallery

Dulwich Picture Gallery. Since October (back to fortnightly meetings from January onwards) we have become somewhat expert about surrealism and its exponents. We studied De Chirico, Ernst, Ray, Magritte, Tanning, Tanguy, Agar among many others. Our knowledge gained was confirmed with a visit to the Tate Modern exhibition on Surrealism in March this year.

Lore Arthur and Niesje de Boer

ART HISTORY (Modern) 2

We have continued to meet on Zoom, which I think works rather well. We have looked at various modern movements from all around the world, with members choosing an artist and giving us a short presentation on their chosen artist. We have discovered many interesting and not that well known artists this way. We do not limit the coverage just to painting, but cover all the visual arts.

Bernie Victor

BALLET APPRECIATION

Since the end of lockdown this group has welcomed two new members. We meet at the home of one member where we watch ballet on DVD and Blu-Ray discs and YouTube clips. In addition to enjoying the ballet, lively discussion results from comparing the works of different choreographers and the style of different dancers. All members of the group take part in researching different aspects of the ballet of choice.

Kay Smith and Pat Varney

BIKE GROUP

The Bike Group had another successful year, with two outings a month. Routes ranged widely across London, from Greenwich and Victoria Park, to Richmond Park and Bushy Park, and to Morden Hall via the River Wandle. Some outings are shorter local rides and are very suitable for new, less experienced members who are very welcome. Continuing an annual tradition, the Group visited a local pub in Teddington in December to enjoy mince pies and mulled wine. The occasion also marked the retirement as Convenor of Peter Saunders who had led the Group since 2014. Peter was presented with a book with a selection of photos from past rides as a memento. You can see illustrated reports of our past outings on the u3a website:

<https://u3asites.org.uk/dulwich/page/39524>

John Clements



BIRDWATCHING

During lockdown, many of the Birdwatching group kept in touch by email, sharing bird and other wildlife reports and photographs. In April 2021 the

rules were relaxed so I decided to start our fresh air outings once again. Initially we had to be in groups of 6, so I recruited 2 other leaders from within the group. Everyone was delighted to be out together again, and Dulwich Park rewarded us with very good birds. Since then we have continued to meet mostly at the local green spaces, in groups varying in size from 6 to 16. The group is very varied from complete Beginners to experienced Birders; the latter are always very willing to share their knowledge and so we have an informative and enjoyable time.

Sheila Northover

BOOK GROUP

This Book Group continues to flourish. We kept going though lockdown with the help of Zoom but are relieved to be able to meet properly now. We have discussed a wide variety of books, fiction and sometimes non-fiction. Usually the group has a mixture of reactions but occasionally we come up with a universally popular title and, very rarely, one that we all loathe. We meet on the second Tuesday of the month.

Pat Verity

BOWLS

Last year a new Bowls Group was set up in response to a high level of interest. We meet on Tuesday afternoons at the Dulwich Park Bowls Club. The atmosphere is extremely informal and there are always people around to help.

Each player pays a fee of £2.40 to the Club when they attend. We are pleased to welcome new members.

Bob Goodrick



BRIDGE FOR IMPROVERS

Since lockdowns were lifted we have been meeting fortnightly on Thursdays at Rosebery Lodge. We are a friendly group who support each other in the development of our skills of bidding and tactical play. We usually have enough players for two or three tables.

Caroline Ghazaros

COMPUTERS

(Microsoft Windows and Apple Support)

We continued to meet on Zoom during the pandemic but now that 'Digital Skills' have been running on Zoom these meetings have temporarily stopped. Help on an individual basis has continued to be given.

Recent questions that have been tackled have been: How do I transfer data to my new smartphone? How can I access the photos I have stored in the 'cloud'? Chromebooks seem much cheaper than other laptops, are they a good buy? Should I purchase Microsoft Office which I used to

get free with my work? What can I do to speed up my PC? Do I need superfast broadband? Should I pay for cloud storage?

Both groups will be restarting soon on a hybrid basis but there will be a greater emphasis on connecting and using smart devices rather than just 'computing'.

Roman Bednarz

CLIMATE CHANGE & CONSUMER POWER

The purpose of our group is for the members to become better-informed consumers, so that we may be able to choose products which are sustainably produced, packaged and delivered. It is an interactive group, in which everyone is encouraged to research and present topics of interest and relevance. During 2021 we looked at organic farming, fish sustainability, meat production, including some confusing labelling, and food waste. We heard from Guy Watson of Riverford Farm (organic farmers and vegetable box producers), and there is a current plan to invite a speaker from the Soil Association. We are also beginning to look into energy and banking, and we are starting to read 'A Life on Our Planet' by David Attenborough.

Marita Byrne

CRAFT GROUP

After a break the Craft Group restarted again in September. We have a number of regular members, and other crafts people join us from time to time on a casual basis. At the moment most of us are knitting furiously, hoping to finish projects before the warmer weather arrives. Other popular crafts are patchwork, crochet and jewellery making.

Mary Standfast

CRYPTIC CROSSWORDS 1

During the last few months, this group has become 'hybrid'. We are back to meeting in person once a month on the second Wednesday afternoon from 2pm. But Zoom sessions continue to be held on all the other Tuesday mornings, at 10am. The best of both worlds! We are fortunate to have 3 members who take turns in leading the online group and sharing a crossword via Zoom. Our solving skills are continuing to improve.

Jenny Thomas, Carrie Andrews, Verity Mosenthal

CRYPTIC CROSSWORDS 2

Our group met on Zoom during the pandemic and enjoyed our meetings very much. It turned out that Zoom and crosswords were very compatible. At a Zoom meeting you can bring up and share crosswords from the newspapers and fill them in on line. In some ways it is better than doing them on paper. However I think we were very pleased when we were able to get back to meeting in person which we have been doing for some time now. We continue to struggle with clues, wear our

brains out, but have a very good time chatting and laughing as we do it. We may even be improving.

Pam Cohen

CULTURAL VISITS

During the past year we have concentrated on learning about our local area. We had some guided tours of nearby parks, Sydenham Wells and Brockwell Park and the sundials at the Horniman Gardens. We are now looking at the Georgian houses in Dulwich.

Two city churches were included in a visit to the annual 'Sculpture in the City' exhibition in November, and Christmas decorations were admired at the Museum of the Home.

Recently some members went to see the work of two black female ceramicists at Two Temple Place, and Van Gogh Portraits and Impressionist paintings at the Courtauld gallery. We are looking forward to visiting Chelsea Physic Garden in June.

Judith Nurse

DIGITAL SKILLS

Thanks to the free contribution from Kevin Fortune's IT Consultancy and 'Systems and Smiles' we have been able to run a repeating series of twelve Zoom workshops for our members. Topics have included digital messaging with WhatsApp and email; browsing YouTube for support; navigating with Google Maps; online shopping; how to stay safe; improving your photography. The workshops have attracted a large number of our members who greatly appreciated the individual help they provided.

Keith Ball

DIVERSITY & INCLUSIVITY

Our aim is to ensure that D&D u3a is fully accessible and welcoming to everyone. Please contact us if you can help us with this aim.

Pam Cohen



EARLY MAN

We meet twice a month, either outdoors in the Picture Gallery garden, or indoors at Rocca, to discuss topics of interest relating to Early Man. We have considered, inter alia, the origins of man in Africa, the dispersal in the middle east and Asia, and further afield to the Americas and Australia, hunter gatherers, the first farmers, megalithic and neolithic settlements, Neanderthal man, and what DNA can tell us about human populations. Members bring to the meeting items of news, and recommendations of books to read.

Cynthia Anderson

FRENCH CONVERSATION

The pandemic has meant a big change in our modus operandi. Originally we met on Tuesdays and Fridays twice monthly. People

could attend either or both, and beginners were catered for in an extra half hour on Tuesday. With lockdown we transferred to Zoom, meeting weekly on Tuesday afternoons. We have lots of lively debates. The only proviso is that each participant should speak, and the only English allowed is to explain a point of grammar! The themes can be current affairs, the arts, nature, home, France etc. We meet on Friday afternoons and are intending to meet twice a month on Zoom on Tuesday afternoons. By using Zoom there is no restriction on numbers.

Yvonne Brett

FRENCH CONVERSATION (Advanced)

We are a group of 10-12 people who are fluent or almost fluent French speakers and all sessions are conducted solely in French. We discuss current affairs, read novels, poetry and articles from newspapers or magazines. We also share our love of French songs and films, and occasionally research and present topics of particular interest to the group. This past year we have met in person in local parks or cafes when the weather permitted it, or virtually on Zoom and this has not caused any problems. We hope to be able to resume regular in-person meetings soon.

Ruby Douek

FRENCH LITERATURE

We are a friendly group aiming to explore and understand French literature, covering prose, essays, poems and plays. We read slowly to better appreciate the language and story and we research the social and political context in which they were written. The books can be read in English or French and we tend to discuss them mostly in English.

Since the group started, we have concentrated mostly on 19th century literature, occasionally delving into the 16th and 17th Centuries. Currently we are reading Flaubert's 'Madame Bovary'. We used Zoom during the lockdown and now meet at Rosebery Lodge on the mornings of the first and third Friday of the month.

Genevieve Jousserand

FRENCH REVISITED

When we first went into lockdown, we decided that we would meet using 'GotoMeeting', and instead of meeting fortnightly, to meet weekly. We now agree that this kept us sane, and kept the little grey cells active! Now that we are out of isolation we meet weekly on Monday mornings. We work through a text book to improve our grammar and vocabulary. On alternate Mondays we meet via Zoom and enjoy reading and translating stories. At the end of each 'term' we meet for a lunch. We all contribute French food which does, of course, involve a good bottle of French wine, or two!

Christine Barrett

GARDENING

Garden Visits is probably a better name for this group as, with the exception of our annual plant and seed exchange at a member's home, we meet as garden enthusiasts, and visit and talk gardens. Even though we meet outdoors, we have only had a few in-person meetings as travel concerns have limited our visits.

Our first reunion was at the Horniman Gardens. It was a true re-discovery as it has so much to offer - a range of planting styles, great examples of greener gardening, amazing views and a fabulous outdoor cafe. Our plant and seed exchange at a member's home was highly successful, and a tour of her garden and refreshments were a bonus. Monthly visits have now been planned for the rest of the year. We are really looking forward to a resumption of our usual activities.

Donna Warenik

GERMAN CONVERSATION

We are a mixed-ability group of currently ten people who meet on the first and third Thursday of the month, currently on Zoom. We work hard together in a friendly and relaxed atmosphere. To encourage conversation in German we agree in advance on a topic for discussion which can include pictures or objects, topical events, personal memories, grammar and quiz questions. We also always read a book together and discuss various aspects of it. Occasionally we used to go to a German restaurant, a play or a concert, and we look forward to doing so again. We are happy to welcome new members.

Brigitte Lucas

GOLF

We have continued to play every Wednesday morning at the Aquarius Golf Club, Honor Oak. Aquarius is a nine hole course laid out on top of and around a reservoir and, because of its location, a rather unusual course. We are a diverse mixed ability group, not competitive and very supportive. Social distancing restrictions have been gradually removed and the clubhouse is now fully open. We can play four ball groups if necessary. The cost is

£12 per player per round and the fee is paid directly to the club. Members stay to enjoy a tea or coffee after their round and we have a WhatsApp group to keep in touch.



Anne Boocock playing
at the Aquarius

We recently had an 'away-day' to play on another golf course which was very enjoyable, and we hope to make this a regular event. New members are always welcome.
George Crosbie

GREAT 20th CENTURY AMERICAN LITERATURE 1

Meeting monthly, mostly on Zoom, the Group has enjoyed vigorous and informed debate about an exceptionally wide range of texts, chosen by individual members.

We have considered works by: Dorothy West, Anne Petry, E Annie Proulx, Theodore Dreiser, Joan Didion, Tony Hillerman, Thornton Wilder, Edward Albee, Nora Ephron and Colson Whitehead. We are now, tentatively, making plans to meet in person.

Michael Lempriere

GREAT 20th CENTURY AMERICAN LITERATURE 2

In the past year our American Literature group explored literature from all corners of America, from the Deep South in Sue Monk Kidd's *The Secret Life of Bees*, to the Pacific Northwest in David Guterson's *Snow Falling on Cedars*. We encountered some unexpected delights, including a surprisingly clever and entertaining *Gentlemen Prefer Blondes*, and also works with more difficult themes such as Joseph Heller's heart-breaking *Catch-22*. And we even moved into the 21st Century with works by Richard Wright and Colson Whitehead. All in all, a great year of exploration and discovery.

Michele Arnal

GREEK TRAGEDY

We met as usual once a month throughout the year, first continuing by Zoom and latterly reverting to meeting in person. We continued in our usual simple format of reading a play in translation followed by discussion, which sometimes led in surprising and stimulating directions. Euripides' *The Trojan Women* gave us plenty to talk and think about.

Membership of the group has hardly changed over the years. We know each other very well, and are relaxed enough to talk freely about whatever thoughts 2,500-year-old writers provoke in our heads.

Tony Verity

GUITAR

Following a break in live meetings we have started to meet again every fortnight. We play and sing popular tunes from the 50's right up to the present time. Although the intention is to learn and improve our playing, the main aim is to enjoy the session. There are four or five regular members attending each week and we can accommodate another two. So if you have an old guitar that you

haven't touched for years, dust it off, come along and see how much you remember!

Ian Schlazer

ITALIAN (Beginners)

This new group has been formed to cater for people who wish to learn basic Italian. We meet on alternate Wednesday afternoons in Rosebery Lodge. We are basing the sessions on a book called 'Living Italian' by Maria Valgimigli which aims to give a solid working knowledge of the language. We welcome new members to this new group.

Bob Goodrick

ITALIAN (Improvers)

We are a mixed ability group meeting fortnightly at Rosebery Lodge and also using Zoom. Our aim is to improve our understanding and use of Italian from whatever our starting level.

Each meeting is planned and presented by a different member of the group but a core theme throughout the last year has been the history of Rome from its foundation myths to the Middle Ages, using texts downloaded from the Italian Club Online.

To this we have added sessions on the Colosseum in Rome, Renaissance Art from the Davis Museum, Don Camillo stories, the music of Ennio Morricone (remember *The Good, the Bad and the Ugly?*), the Normans in Sicily, the Venetian Republic and many others.

Where possible, we include an audio version of the study text which we then read aloud, translate and discuss. A key aspect of language learning remains problematic, namely conversation - in Italian! There is still much room for improvement.

John Grimwood

JAZZ APPRECIATION

This group has until recently been meeting on Zoom, but we are now expanding to hybrid meetings, some people on Zoom and some in house. We have covered various fields of jazz and are currently looking at jazz versions of the music of the Great American Songbook, composers like Cole Porter and George Gershwin. Members contribute their own choices of recordings.

I am trying to expand meetings to include visits to various live local locations where you can listen to some great music at minimal cost. Take up has been rather poor, but a few of us will continue to do this, and anyone interested can join us.

Bernie Victor

LATIN

Following our excursions into Caesar's *Account of the Civil War*, we are now exploring the completely different world shown in 'Fifty Letters of Pliny'. The topics of these letters range from a vulgar dinner party to the problems of buying an estate, and from a description of life in the country

to advice on literary recitation. The small but interested group meet on Zoom every Friday at 12.30pm. Everyone is welcome and we do not assume any previous knowledge of Latin.

Bob Goodrick

MAGIC

'The Art of Magic' sessions have been delivered on a monthly basis and cover all aspects of magic including its history, technique and performance. The sessions have encompassed members' interests from historic, academic, performance and related human behaviour.

The 'Art of Magic' uses many surprising skills, such as negotiation, presentation, design, dexterity, storytelling, engineering, marketing and business, so learning through Magic is not only beneficial but great fun and gives us a vast area of subject matter still to be explored.

Barrie Westwell



MAH JONG

We did have a couple of sessions playing Mah Jong on Zoom, but this did not work well and we are relieved to be now playing in person. Last summer, weather permitting, we played in the garden outside Rosebery Lodge, or at my home in the garden. The beginners' group is now back to full strength, whilst the group at Rosebery Lodge has been playing in more than one room to ensure social distancing.

We note that Mah Jong is to be one of the courses at Chichester Summer School this year.

Our original convenor, Angela Stanworth, sadly died during this past year after having been in long term care for a while. Her life commemoration was held towards the end of March this year.

Tricia Parry

MAP READING

This Group has not been able to meet during the pandemic as it is not possible to do much remotely, however we are restarting soon, and although paper maps and navigation will still be a feature, we will also cover digital aspects e.g. Planning Routes using OS online maps, Google maps and Plotaroute. This will give members confidence to plan and navigate u3a walks both in town and country.

Roman Bednarz

MATHS FOR FUN

In the last year the Maths for Fun group has explored the lives of notable mathematicians and discussed books that have inspired us. We shared

knitting and crochet patterns for modelling shapes and the connection between hyperbolic spaces and coral reefs. As usual we had sessions on puzzles, jokes and stories, but also studied the huge increase in presentation of data and graphs in the media during the pandemic. We met in person at the Plough in East Dulwich when the guidance permitted, and took advantage of Zoom to share presentations of programs and coding we have written.

Verity Mosenthal

MINDFULNESS & MEDITATION

The Mindfulness & Meditation Group ran a four week taster in March and April at Rosebery Lodge. We talked about what brought us here and our interest in mindfulness. We found that all of us had done some mindfulness and meditation previously. We touched on the background to the subject and its incorporation in the NHS and many other institutions like schools, prisons, adult education, etc. At each meeting we did some mindful exercises including mindful movement, breathing, focusing on sounds and an exercise in Loving Kindness or Metta. Most people attending found something of interest and of help in their daily lives.

Linda Latter

MUSIC GROUP

Our group met online with Zoom twice a month to listen to a YouTube playlist. After lockdown we returned to monthly sessions in person but have continued using Zoom for those unable to leave home. As before, members research and send in links to music of their choice within a given theme ranging from: members' favourites, overtures, legends, dance, song, springtime, New World, midsummer, love and musical pairs. Many new works have been introduced in this way and have produced much discussion after being given a short introductory background. Music by Vaughan Williams has been chosen to celebrate his 150th anniversary this year. Before Christmas we enjoyed a beautiful live recital of duets given by violinists, Ted Barry and Janice Gillard - our third visit to a live performance.

Caroline Knapp

MUSIC THEORY

We have resumed our group and are studying a course which covers the ABRSM Theory of Music grades 1-3, but not treating it too seriously. We also practise a bit of sight-singing. We have four participants which is the maximum number we can accommodate at present.

Trevor Roberts

OPERA

This group continues to meet monthly with outings to live opera between meetings. Throughout the pandemic we met on Zoom with a DVD of the opera to be discussed circulated in advance to the

members. This greatly added to the ability of all members to contribute comments and criticisms. We were quick to learn to share music on line and our group continued uninterrupted through the lockdown.

We have since returned to meeting face-to-face in members' homes and have greatly appreciated these live meetings. Our range is wide from The Ring to Gilbert and Sullivan. We go regularly to live opera as it returns and discuss performances after our visits. A recent visit of all members plus partners and friends to Hackney Empire was a great success.

Rona Black

OPERA APPRECIATION

We have been meeting on Zoom for the past 18 months and have been enjoying watching video clips and listening to CDs. We welcome everyone from opera novices to people with a wide knowledge of opera. At each meeting, a different member of the group presents an opera. In the past year we've listened to about 22 operas. We've covered a very wide range and it has led to some lively discussions, as not all operas are to everybody's taste! The members have really appreciated being introduced to such a variety of operas, many of which they've never heard of. We may not return to in-person meetings for the Thursday group, as being on Zoom has been very successful. The Friday group however has stopped meeting until it can restart as in-person meetings - hopefully before the Autumn.

Irene Greene

PHILOSOPHY (Tuesday)

We are meeting fortnightly in each other's houses and when the weather has been fine we have met outside.

Our group is never at a loss for words even when we tackle the more difficult subjects. This year our topics have had resonance with major events in the world and include reality and truth, ethics, conspiracy theories as well as more cheerful topics such as happiness and love.

We have taken several topics from the magazine 'Philosophy Now' and have studied a variety of philosophers from Immanuel Kant to Iris Murdoch. To fully join in the discussion, it helps to have done some homework. In addition, we have had some social activities like the Christmas lunch in the Rosendale.

Christine Hinton

PHILOSOPHY (Thursday)

In the 'Thursday' philosophy group we have ranged from discussions on the philosophy of beauty and of happiness, to looking at particular philosophers – for example Bertrand Russell, Montaigne and Nietzsche, and Isaiah Berlin's Essays on Liberty; and schools of philosophy like the Stoics, Cynics and Sceptics. We have also considered topics like International Relations

Theory, crime and punishment, whether 'reality' is socially constructed, and why we act morally. In



Philosophising

our next two meetings we are celebrating often-overlooked female philosophers. A member offers to introduce the topic and usually circulates some materials and suggested reading in advance, and then we share our views. Though we may express and explore different viewpoints, we manage to stay philosophical and very amicable.

Peter Attwood

PHOTOGRAPHY

We continued during lockdown with meetings on Zoom which were not entirely satisfactory as a lot of our activity is hands-on. Now back in-person, members present each week a topic I have given them and we view and criticise the photos, in a kindly and constructive way, of course. We have



practical demonstrations and sessions on topics like close-up and macro photography, and portraiture, as well as getting the best out of Lightroom, the universal application for cataloguing and editing photos. We have outings from time to time as well.

Trevor Roberts

PLAY READING (Evening)

We have been meeting on Zoom and in-person where it has been possible. We meet fortnightly at 6pm and read a play over two or more meetings. We have been reading a few plays for the second time including 'King Charles III', 'The Browning Version', the David Hare 'Trilogy' and 'The Winslow Boy'. Currently, we are re-reading 'Dancing at Lughnasa' by Brian Friel.

Yvonne Levy

PLAY READING (Lunchtime)

When the pandemic restrictions lifted in June we enjoyed meeting in person again in the garden. Previously a monthly group, we began



meeting weekly on Zoom and decided to continue meeting weekly and enjoy lunch together again. We discovered that Croydon Central Library still has playsets so we

have been indulging ourselves in 'Habeas Corpus', 'Hobson's Choice', 'Playboy of the Western World', 'Cat on a Hot Tin Roof' and many, many more. Long may it continue!

Jill Batty

POETRY

Last summer the group felt safe to meet in-person after non-stop Zooming, and our venue moved to a member's spacious accommodation in Herne Hill. We continue to explore all kinds of poetry, spanning, for example, Alexander Pope to Wendy Cope! New members are welcome.

John Turpin

POLITICAL DISCUSSION

We discuss current affairs in a non party political group. We have mostly been meeting on Zoom. When we can go back to in-person meetings the venue will be Bell House in Dulwich village. We discuss elections here and abroad, populism, and countries in crisis. The green agenda feeds into most topics. Group attendance is usually about 15 people. Members get the chance to discuss, lead on topics or chair, if they wish. No ranting is allowed.

Martin Goffe

POLITICAL IDEAS

The group has met regularly over the last year on Zoom and now at members' houses, to discuss historical movements and events that have shaped political ideas. Group members prepare for meetings and take it in turns to introduce topics with a written paper. Over the last year we have tackled political thinkers of the 20th century and political leaders who have influenced and led ideas, ranging across the world: United States, China, Argentina, Turkey, South Africa, UK, France.

Richard Elliott and Helen Glass

QUIZ

We have continued with hybrid meetings throughout the pandemic. During the summer we were able to meet again monthly, in person, at Rosebery Lodge and enjoyed the good weather with meetings outside on the grass. Recently we have started meeting again at Rosebery Lodge. We have decided to continue with monthly Zoom meetings so that those members who are not able to meet in person are still able to take part, as well as email quizzes in the weeks we do not have

either Zoom or in person meetings. We plan to continue with this programme so that as many people as possible can take part in some way with the quiz group.

Diana McInnes

SCIENCE GROUP

We have operated normally on Zoom. Members attending all contribute to discussions however complicated. Topics have ranged from bacteria to the defining parameters of matter. For example we discussed the function of the mitochondria and how they are the energy source for all functioning human cells. They behave just like a battery. We faced the six defining numbers suggested by quantum thinking: Planck's constant, Avogadro's number, Boltzmann constant, elementary charge, the speed of light, and to confuse us all, the hyperfine transition frequency. We were more 'at home' with the frequencies of the mobile phone networks! Socially G5 networks need more and taller towers as they function at a higher frequency.

Andrew Graham

SCRABBLE

The Scrabble Group managed to meet fortnightly over the summer in 2021 at Rosebery Lodge, setting up tables outside so that we could benefit from the good weather and fresh air. Later in the year, we decided to revert to playing remote Scrabble type games with each other. In the last couple of months we have returned to Rosebery Lodge and are enjoying our fortnightly games there.

Diana McInnes

SHAKESPEARE

In the last year we have had a mixture of meetings, fortnightly, some in person, when it has been possible, and the rest on Zoom. We have continued our exploration of Shakespeare's plays including Hamlet, The Tempest, The Merchant of Venice, Julius Caesar and Antony and Cleopatra. Some of us have watched webinars from The Globe's series on Anti-Racist Shakespeare and we have discussed these in our sessions. We have not yet ventured out to any live or filmed performances but are hopeful that this will be possible again in the future.

Susan Elias

SINGING FOR PLEASURE

Our much admired u3a member and accompanist, Sue Anderson, stepped down and we only resumed meeting when it was technically possible to use Zoom and sing along to YouTube playlists while muting ourselves. We were at least able to chat and have some fun in between our solo singing. By late spring we began meeting in members' gardens and found this very satisfactory indeed. Now we meet in a hall in Dulwich Village and have a new leader, Max

Rush. Our songs range from well-known classics, musicals, 60s pop songs and folk. We generally sing in unison but have several rounds to hear our voices blend. There is a small charge to cover our expenses.

Caroline Knapp

SINGLES MID-WEEK SUPPERS

This group was formed when restrictions were eased to replace the old Saturday suppers group. The main difference is that we now meet at restaurants in the area to enjoy a meal together. We have visited all types of restaurants including Italian, Portuguese, Georgian, Chinese and Indian, so we have a very varied choice of cuisines. Normally there are around eight of us, who enjoy an evening out together once a fortnight.

Bernie Victor

SINGLES SUNDAY LUNCH

The single Sunday Lunchers Group resumed as soon as restrictions were relaxed. We started



initially with monthly meetings at various local pubs, and this was soon increased to fortnightly meetings.

We met at outside venues, but as regulations were relaxed we were able to move inside. We have tried a vast range of pubs in the area, some good and some not so good, so we now have a list of favourite locations. We normally get around ten participants and you are ensured a lively and friendly afternoon.

Bernie Victor

SPANISH IMPROVERS

We are a friendly and supportive group with an ability ranging from intermediate to good. Our aim is to improve our listening, speaking and reading skills.

Currently meet fortnightly for 1.5 hours via Zoom with an occasional meeting in a Latin-American cafe. We use a range of resources including news podcasts, audio short stories, conversation, and use online resources between and in sessions like



Improving our Spanish!

BBC Bytesize, LanguaTalk, Quizlet, and foreign language films and series.

Joy Harris

TABLE TENNIS

Table Tennis is beneficial for hand-eye co-ordination and speeds up reaction times, but most importantly it's fun! The group is a friendly, sociable, mixed ability group with both experienced players and some beginners - all are encouraged.

We meet on the 1st & 3rd Tuesdays of each month at St Barnabas Church. Equipment is



provided and also tea, coffee and biscuits. The cost is £3 per session which covers the hall hire and refreshments.

Jo Morrison

TENNIS

The group normally meets on Wednesday mornings at North Dulwich Tennis Club for friendly 'mix in' games of doubles tennis. This has been more limited over the last year due to the pandemic restrictions but the sessions have been much enjoyed by those who have been able to attend.

We hope that we will be able to have a more relaxed approach and welcome more players in the year ahead.

Grace Conacher

TREE GROUP

We meet on the second and fourth Mondays at 10.30am in an agreed park or street and look at the trees in the area for an hour or more. We then usually have coffee together in a local cafe to discuss and research what we have seen. Each in our own way, record the changes in the trees through the year using drawings, paintings, photos, dried samples and writing.

Anne Spence

UKULELE (Monday)

The Monday group continued meeting and playing together through the year. We managed to meet regularly using Zoom. We have also met in members' homes, enjoyed outdoor playing in gardens and Dulwich Park, and are currently meeting in Rosebery Lodge on alternate Mondays. Our sessions are great fun. They are structured and led mostly by Lynne Waring. We decide on a set of about 10 songs and work on them for several sessions - developing our rhythm, understanding the chord structure and trying to improve our strumming and finger picking techniques. Amongst the song sets we particularly enjoyed were those by song writers Abba, Carole King and Gerry Goffin, and the Beatles. We also focused on the 12 bar blues and other chord sequences. We are a mixed ability group comprising beginners and improvers.

Christine Landreth

UKULELE (Wednesday)

How great it has been to be able to meet again for live ukulele sessions! We meet fortnightly at a member's house or Rosebery Lodge, learn new songs, new chords, new techniques of playing, learning from each other, and from helpful



The Ukulele Group playing at the Ackroyd Centre

YouTube tutorials.

With a repertoire of over 120 songs, we have given singalong concerts to the Southwark Link Age community group, the Ackroyd Centre in Forest Hill, and the Nightingale Home in Clapham, at all of which our songs from the 60s and 70s were well received.

We welcome new members, and will have them playing in a very short time, even if they have never played a musical instrument in their life!

Neil Abrahams

WALKING

We have three different walking groups which

operate every month throughout the year. In this way we provide for people with varied interests and abilities. Walking is a great way to get out and about, meet folks with a common interest and get to know the beauty and history of our capital city and surrounding countryside.

In total we have now completed over 150 different walks since 2014.

Stephen Frost

Short Walks Group (Explore London)



'Explore London' group on a tour of Hampstead Village.

Our monthly short walks last around two hours in London and are led by group members who decide a theme or topic of interest. Since walks re-started in August 2021 our explorations have included Green

Park monuments, old Camberwell, Burgess Park & Peckham, and Hampstead Village.

David Beamish

Intermediate Walks (Green open spaces)

The group recommenced in August 2021 its monthly walks in London's green and open



The Intermediate Walking Group along the Thames

spaces of approximately five miles in length. Most of our walks have followed the Thames upstream as far as Hampton Court with more local walks during the winter months. We hope to explore some of London's parks this year with the possibility of utilising parts of the Capital Ring and other

maintained walking routes.

While there are no limits on the number of people who can be part of the group, participation in any one walk is limited to about twenty. Walks usually take place on the second Friday of each month.

Margaret and Michael Ham

Long Walks Group (Country Walks)

Our monthly long walks are typically 8 to 10 miles in length. We venture further afield in the summer and have walked widely in the Chilterns and the Kent countryside. In the winter we walk nearer to home on lesser known routes like the Beverley Brook and the Dollis Valley Greenwalk. We usually start and end every walk at a train station.

Stephen Frost

WALKING - (Stroll in the Park)

A new group has just started which meets every fortnight on Tuesday afternoons. Its base is Dulwich Park but on alternate weeks we visit other local parks. There is no limit on numbers and we saunter at a gentle pace, getting some exercise,



'Strollers' in Horniman Gardens

enjoying nature and appreciating the flowers. We always finish at a café for those who would like some refreshment. If you need to relax, this is the group for you!

Irene Greene

WINE APPRECIATION 1

In our monthly Zoom wine tastings the group went for variety and in sixteen Zoom meetings members tasted wines from 37 different countries, featuring 83 grape varieties. Since July 2021 it has been such a treat to be able to meet up in person again. We have been sampling each other's Zoom choices, with tastings of UK rosés and whites, 'Cradle of Wine' reds, the Pinot Grigio/Pinot Gris grape, New World Shiraz, French Sparkling wines, South American reds (other than Malbec) and South American whites, accompanied by dishes from the UK, Georgia, Myanmar, South Africa, France, Chile and Ecuador. In April we will be celebrating World Malbec Day with Argentinian wine and food.

Gerard Dickinson and Anne Sharpley

WINE APPRECIATION 2

At the start of lockdown this group had met only three times, so we got to know each other during our sixteen Zoom meetings. Meetings included tasting wines from the Loire and Alsace, Northern and Southern Italy, North and South America, South Africa, the Iberian Peninsula and Eastern Europe. Since restarting in person meetings we have followed a further eight tastings from Michael Schuster's DIY Essential Winetasting course. When we complete the course after two more tastings, we intend sampling some of the Zoom wines. Those on the waiting list are invited to occasional meetings, but we are still limiting the numbers to allow for some social distancing.

Gerard Dickinson & Anne Sharpley

WOMEN'S STUDIES

Evidence is pointing to women at all stages of their lives being more adversely impacted by the pandemic than other sections of society. It has been a challenge for the Women's Studies group to keep meeting during the pandemic, but we have done it. The enthusiasm, interest and participation of the group enabled us to meet on Zoom when necessary and in person when possible. Over the year we have researched and

discussed the impact of Covid on women, looking at health provision, welfare benefits and the older woman, violence towards women and girls with reference to services for older women experiencing domestic violence. We looked at gender stereotyping and the transgender debate, trying to understand the experience of younger women. In between we had a Christmas lunch and tea at Dulwich Picture Gallery. The programme is planned in discussion and looks to increase our knowledge and understanding by reading, research and discussion. Thank you to all our members who have joined our meetings this year and particularly to Judith who produces wonderful notes, and Caroline who is part of the planning team. We look forward to another exciting year.

Sandra Tait

WRITERS' WORKSHOP

We are a small group, to give time for people to read work and exchange feedback. Members agree they have developed their skills. No experience is necessary, members are writing memoirs, short stories and simply for pleasure. Sessions are spent writing, reading, laughing and occasionally being very moved. We never stopped meeting, on Zoom and WhatsApp, and are now meeting in person in a friendly pub. In late 2020, with a grant from D&D u3a, we published a small book, 'On First Hearing of Covid 19.' It was free, but we requested donations to a local Foodbank.

If someone is willing to start another Writers' Group I would happily offer advice and support if needed.

Maggie Smith

ZUMBA GOLD

The Zumba Gold group has continued to flourish despite the lockdowns, and with social distancing has provided a fun and musically enriching way to keep fit. We have welcomed new members and congratulate veterans who have been with the group for over four years.

Ruth Kellar

Did you know there are over 40 u3a groups in London, and over 1000 groups in the UK, with a total membership of over 450,000!



Monthly Open Meetings 2021-22

In addition to the regular group activities, we hold monthly meetings with a wide variety of interesting and informative speakers. These meetings, which have been live and on Zoom, are open to members and potential members. Recordings of the talks are kept for a limited time on our u3a YouTube Channel: <https://tinyurl.com/U3A-speakers>

January 2021
Geoff Pick on 'John Keats, Hampstead and a Nightingale', the touching story of John Keats' short hard life.

January 2021
Dr Mel Ruben on 'Haunted', the role of folk tales, hauntings, and mysterious events.

February 2021
Ian McInnes on 'Blue Plaques of South London', dividing local plaques into five possible walks, each starting from a local railway station.

March 2021
Gaye Illsley on 'Lasting Power of Attorney', outlining financial, health and welfare LPAs.

March 2021
Paul Wood on 'London and local Street Trees' about the wide range of interesting trees to be seen in London.

April 2021
Jenny Mitchell read poems from her books 'Map of a Plantation' and 'Her Lost Language'.

May 2021
Sophie Wellings talked about Link Age Southwark, and possibilities of collaboration with u3a.

June 2021
Ian Gunn on 'The Global Phenomenon of Organised Crime' in different parts of the world.

July 2021
Alex Wheatle, Brixton born, award-winning author of more than a dozen children's and young adult books.



Jenny Mitchell and Helen Hayes MP at Bell House

July 2021
Bernard Lockett described 'The Heritage of Gilbert & Sullivan', the personalities and influences which resulted in fourteen musical productions.

August 2021
Peter Cox gave an insight into the 'John Lewis Partnership - Past, Present, and Future'.

September 2021
The poet Jenny Mitchell, and Helen Hayes MP, were joined by other poets at Bell House for an afternoon of poetry in the gardens.

October 2021
Alan Johnson, author and retired national politician talked about his politics, life, and his latest book 'Late Train to Gipsy Hill'.

November 2021
Brad Ashton, script writer for well known comedians, on 'The Job of a Laughtime'.

December 2021 - Seasonal Quiz on Zoom

January 2022
Rev Dr Nicholas Henderson on 'How to Read the English Church', looking at the architecture of churches.



Rev Dr Nicholas Henderson

February 2022
Prof David Perrett raised the question 'Who has done more for health? The Doctor, Scientist or Engineer?'

March 2022
Geoff Pick on 'Lambeth Palace - its history and treasures'.



D&D u3a Members'
Tea Party



Golfers relax



Singers warming up



Uke Group at Link Age Community Centre



u3a stall at Carnegie Library Fair



Guest speakers: Geoff Pick, Alex Wheatle, Jenny Mitchell



Over 90 Interest Groups



ART

- Art Appreciation
- Art for All
- Art History

COMPUTERS

- Android devices
- Apple devices
- Digital Skills

DISCUSSIONS

- Armchair travel
- Diversity & Inclusivity
- Philosophy
- Jungian Psychology
- Political discussions
- Women's Studies

FILMS & THEATRE

- Ballet appreciation
- Concert outings
- Cinema & Theatre
- Play reading

GAMES, HOBBIES & CRAFTS

- Bridge
- Crafts, Sewing, & Knitting
- Cryptic crosswords
- Magic, the Art of
- Mah Jong
- Photography
- Quizzes
- Scrabble
- Tennis & Table Tennis
- Wine appreciation
- Zumba Gold

HISTORY

- Archaeology
- Architecture
- Cultural Visits
- Early Man
- Genealogy
- Museums & Galleries

LANGUAGES

- French
- German
- Italian
- Latin
- Russian
- Spanish
- Welsh

MUSIC

- Chamber Music
- Guitar
- Jazz
- Music appreciation
- Music Theory
- Opera Appreciation
- Singing
- Ukulele

OUTDOOR

- Bike rides
- Birdwatching
- Boules
- Bowls
- Gardening
- Golf
- Map reading
- Trees
- Walks

SCIENCE

- Astronomy
- Climate Change & Consumer Power
- Maths for Fun
- Science

SINGLES

- Singles Lunches
- Singles Suppers

WORDS

- American literature
- Book reviews
- Greek drama
- Play Reading
- Poetry
- Shakespeare
- Writers' workshop



SEPTEMBER 17-25

u3a turns 40 years old in 2022 and will be celebrating this milestone with a packed programme of events.

D&D u3a will be celebrating this event together with over 1000 other u3a groups around the country.

Come and join us and help raise the profile of our wonderful and vibrant organisation!

Dulwich & District u3a

Website: www.dulwich-u3a.uk

Email: secretary@dulwich-u3a.uk

Facebook: <https://www.facebook.com/Dulwichu3a/>

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