

EAST GRINSTEAD U3A OUT & ABOUT GROUP 3 INFORMATION

Welcome to the U3A 'Out & About' Group 3, we aim to organise visits to places of interest, either locally, the London area or the South East with 5 or 6 visits/outings a year, averaging every other month.

The annual subscription is £4, payable in September after enrolment day. All cheques whether for the subscription or payments for visits should be made out to 'East Grinstead U3A', unless otherwise stated.

Drop us an e-mail if you have an idea for a visit. Members of the group are encouraged to join in the planning sessions for the visit.

Before we go on our first outing, the following items are required:-

- £4 subscription
- Contact/medical form
- Outings Disclaimer form

If you have a mobile phone please remember to bring it on the visits, with at least one of the organisers' mobile numbers programmed into it just in case someone gets lost!

We aim to plan the visits on varying days of the week, depending on venues, to avoid them clashing with members' other activities.

The majority of the travel will be on public transport:-

Rail – Southern Rail have a ticket system called 'GroupSave' which we will make use of. However, those 3 people have to travel together for the outward and return journey. We can take any train from 9.06 am onwards. Alternatively a Senior Rail Card may be used.

Bus – We will be using public buses so it is advisable to have an up to date bus pass (also valid in London). We do not use the London tube. On some occasions **coaches** may be used.

Car – On other occasions we may travel by car. Could you please indicate on the contact form if you are able to give a lift to other members. It is worth bearing in mind that unless you have special insurance you can only give lifts to 'friends'. You can't collect petrol money.

If you book to come on a trip we will expect you to turn up unless you telephone one of us beforehand. If the outings have been prepaid we regret, unless we are able to fill your place, the cost will not be refundable.

All members of the Group are responsible for their own Health and Safety and for the safe-keeping of their clothing, equipment and belongings. To this end they are required to sign a 'Disclaimer' absolving the Visit Co-ordinator and/or the U3A from liability should any loss or accident occur – thus being responsible for their own Personal Accident occurrences.