

### GREETINGS FROM THE CHAIR

Recently there was an interesting article in *The Times* by one of their columnists, Alice Thomson. It was headed: ‘Longevity is one of the country’s biggest challenges – we must meet it with more creativity than politicians are showing’.

In the article there was much about those of us in our ‘third age’ becoming more active, following new pursuits, making new friends, learning something new and becoming volunteers. There was even a suggestion that a Duke of Edinburgh’s Award be instituted for the over-60s. I rather like this idea!

However, I was surprised to see that there was no mention of the u3a. This would have been such good publicity for us.

EG u3a is thriving, we recently welcomed our 700th member. This is excellent news. However, if we are to continue to grow then we are going to need more groups and more group leaders. The u3a is a self-help and self-funded organisation. We are only successful because people step forward and volunteer to lead groups. So, please give this some thought – who knows perhaps in the future this will be part of your D of E Award!

Best wishes,

*Susan Hodgson*

### DATES FOR YOUR DIARY

**HUB MEETINGS: 2.30pm – Meridian Hall**  
(Doors open at 2.00pm)

At our monthly Hub meetings you are invited to listen to an interesting talk on a variety of topics, as well as having the opportunity to chat with u3a friends over a cup of tea and biscuits. You can also meet members of the committee and group leaders. We welcome visitors to the Hub, who are interested in finding out what EG u3a has to offer.

Date	Event
Wed 6th Mar 2024	MarchHub Meeting: “A Sussex Farm during the 1950’s” a talk by Ian Everest See page 4 of this newsletter for more details
Wed 3rd Apr 2024	April Hub Meeting: “The Life of Tommy Cooper”, a talk by John Field
Wed 1st May 2024	May Hub Meeting: “America’s Presidents in Bits & Pieces” by Joe Mendell :
10th & 13th May 2024	Lawn Bowls: Instruction and a game, tea and cakes
Wed 5th June 2024	June Hub Meeting: “Waterloo” a talk by Rod MacArthur
Wed 12th June 2024	Day trip to Rochester
Wed 10th July 2024	EG u3a Summer Picnic at East Court: more info to follow

Recently 41 members enjoyed a morning of **ten pin bowling**; a little bit of learning and lots of laughing was enjoyed by all.

Congratulations to **James** our 2024 champion.



# Group News

## All Seasons Walking Group, otherwise known as the All Splashing and Wading Group !

The picture was taken on the morning of our December walk near Hobbs Industrial Estate in Surrey.

The weather forecast was for rain in the afternoon. Wrong!

No sooner had we set out it didn't just rain, the heavens opened - monsoon style - the consequences of which the photo captures oh so well! Unpleasant to say the least!



**Coffee Club** has really taken off since starting in September. We visit a different café each month. So far, we have enjoyed Turner's Hill, Lingfield and Forest Row as well as East Grinstead; Cophorne is next in the diary.



January was cake-free (!) but we often find ourselves in need of a little sustenance... We're now around a dozen enthusiasts who are beginning to think of each other as friends. Most cafés can't take larger groups, so unfortunately our waiting list is growing.

**Is there anyone out there who might lead a second group?** Maybe even use the same venues, on a different morning of the month, to keep it simple?

I'd be happy to help set this up. If you might be interested, do contact Linda Edwards on:

coffee@eastgrinsteadu3a.co.uk

**Out and About 3** had a very enjoyable lunch recently at East Grinstead Rugby Club.

Members enjoyed a 2 course cooked lunch and chatted with friends old and new. Suggestions for future outings were collected. It was a very pleasant way to spend a wet, stormy Tuesday afternoon!

Unfortunately, the group is now oversubscribed so no new members are being accepted at the moment.

## Out and About Group 1

Visit to 'HAND & LOCK' JANUARY 2024

The group recently paid a visit to "HAND & LOCK" in London. They were established in 1767 and they specialise in hand embroidery mainly using silver and gold thread. They do a lot of work for the Royal Family and for senior members of the Military as well as for films.

We were shown a wide selection of their beautiful work which is made in their studios. Fashion designers such as Dior will appoint them to decorate their garments.

Hand and Lock are the world's leading specialist embroidery house..



Jennie Hollins



The **Water Activities** group is keeping in the warm this term, but preparations are in hand to enable our London children from Lambeth and Wandsworth to come down to Hedgecourt Lake in the summer holidays through Wealden Water Voles. As usual u3a members will make a valuable contribution to this on and off the water. We had 16 members volunteer last year, not all at once of course! Just 3 weeks in 2024 as the London schools break up later this year. This group is also needing new buoyancy aids to fit in with current safety regulations.

**We have over 60 interest groups. But it is frustrating for members when a group they want to join is full. If you join a group and then either change your mind or are rarely, if ever, able to attend meetings, PLEASE notify the Group Leader that you wish to leave the group. You can also 'leave' a group using the BEACON website. Otherwise, you may be blocking someone else from joining the group.**

**Thank you**



# Group News

## Try Something New

An example of the lovely work produced by a member in the recent Glass Fusion workshop.



## Hand Bells

After a very busy Christmas with change ringing and lots of carols, this term the now larger group of ringers are enjoying some more challenging music, moving on to



playing with 12 bells. We choose songs we already have some knowledge of and have fun sorting out the notes and dynamics. Three of the members have taken on conducting, and everybody is learning and having fun. We are ready to take on new members. We have been raising funds for Alzheimer's and now we are looking for a new local charity, probably to do with cancer.

The first meeting of East Grinstead U3A **Guitar Group** took place at Forest Row Community Centre, on 24th January. A good turnout to begin with, with a lovely mix of abilities.



We crashed straight in, and in our two hours got through five songs, and finished up with a short blues jam session.

There are still some spaces available for anyone interested in joining, our next meeting being Wednesday 13th March, again at Forest Row.

If you are interested in joining any of the u3a's groups, please do not hesitate to contact the Group Leader via our Website online, where full details can be found, or if you do not have access to the internet please ring **Janet Taylor** (Group Leaders' Co-ordinator) on 07771715787, who will put you in touch with the appropriate Group Leader.

Hopefully Springtime is just around the corner. Such a lovely time of year with so much to look forward to.

I really appreciate the articles I have received for this newsletter. With Spring coming and more events happening in the better weather, I am hoping to receive lots more, Don't forget to take some pictures too!

Best wishes,

Sue Wood,

Newsletter Editor

woods3a@gmail.com



**MERIDIAN HALL**

**Wednesday 6th March 2024 2:30 PM. Doors open at 2pm**

**This months Speaker is Ian Everest**



Ian attended agricultural College in the late 1960's. After further agricultural related work, he had a change of direction in 1987, when he became manager of Newhaven Fort. In 1985 he started researching his family history and this on-going activity has led to the development of several local history talks.

The subject of Ian's talk is

**A Sussex farm during the 1950's**

To 'make hay' and 'bring in the harvest' sound like idyllic past times, but this talk shows just how tough life was on a South Down farm during the 1950's. The war was over, but the battle was still being fought to feed the nation. The talk includes original cine film



**Jigsaw Puzzle and Paperback Book Exchange**



Do you have any jigsaw puzzles or paperback books that you would like to swap with other u3a members? You may like to take part in the Jigsaw and Book Exchange at the Hub Meeting, where you will be able to exchange yours for someone else's unwanted item. Tables will be set up in the foyer. The idea is nothing will be left at the end of the meeting. Ideally bring one item

The Talk will be followed by tea and biscuits,  
and a chance to chat.

