

### GREETINGS FROM THE CHAIR

I recently visited Glen Vue and met Priscila Albuquerque, who is a Community Agent working locally for Age UK. Her role is to meet and support people over the age of 50 who are feeling lonely and/or socially isolated. As you can imagine she was very interested in EG u3a and all that we have to offer.

It made me look back over the last few weeks and appreciate anew all I've enjoyed. Let me start by saying thank you to Singing for Pleasure and their enjoyable concert in May – not forgetting the delicious tea and cakes! Every month I enjoy – and am challenged – by the Country Walking Group 'hike'. The walks give me a chance to talk to other members. In May I heard about the Short Walks group, which was started this year and is much appreciated and also about the Tuesday Painting group. I also visited Emmets, as a guest of Gardens Group I, and enjoyed a beautiful display of bluebells.

If you know someone who is lonely, why not invite them along to our Open Day on the afternoon of 6th September in the Meridian Hall - people are often hesitant to take the first step by themselves.

Best wishes,

*Susan Hodgson*

### DATES FOR YOUR DIARY:

<b>HUB MEETINGS – 2.30pm – Meridian Hall (Doors open at 2.00pm)</b>	
<b>Date</b>	<b>Talk</b>
6th September 2023	<b>Open Day</b> at the Meridian Hall from 2.00pm
4th October 2023	"A History of Crystal Palace" - a talk by Ian Bevan
22nd November 2023	The <b>AGM</b> followed by "From Sextant to Sat Nav Part 1"- a talk by Peter Griffiths
6th December 2023	<b>EG u3a Christmas Party</b> - details to follow
3rd January 2024	"A Holocaust Story" a moving talk by John Wood
7th February 2024	"Sextant to Sat Nav Part 2" by Peter Griffiths
6th March 2024	"America's Presidents in Bits and Pieces" by Joe Mendel
<i>Committee members and some group leaders will be available at Hub Meetings for any questions you may have.</i>	

### Save the Date / Bake a Cake!

u3a East Grinstead's Open Day will be on **Wednesday 6th September 2023** at 2.00pm in the Meridian Hall East Grinstead and we hope to see you there. The Tea Gang volunteers will be on hand to serve teas and coffees, but we are in need of cake donations from members on the day. If you can help, please contact Veronica Edney via email: [veronicaedney@outlook.com](mailto:veronicaedney@outlook.com)

# Group News

## CROQUET & PUTTING

Mondays 10.30-12.30

Provisional start date 12th June.

Try either or both of these outdoor activities which are seasonal & weather dependent.

Beginners are welcome.

Tuition and equipment provided.

Private venue near Dormans station.

Parking available.

WHAT'S  
NEW?

If you would like to join either of these groups please contact:

## CHESS

Tuesdays 10.30-12.30

Provisional start date 13th June.

Beginners and experienced players welcome.

Own chess set preferable but not essential.

Private venue near Dormans station.

Parking available

Places are limited.

Janet Taylor on [groups@eastgrinsteadu3a.co.uk](mailto:groups@eastgrinsteadu3a.co.uk) or 07771715787 for further information.

## Litter Matters

The rainy weather at the beginning of the year meant some picks could not go ahead, but that's what happens when you are an outdoor group. However, we have got back into our stride, helping to improve our environment for humans and wildlife who share it. Our last pick will be in July. We meet on the second Friday morning of each month and pick for 1 hour in groups of 2 or 3. All equipment is provided and of course newcomers are always welcome.

Anne White

## Poetry and Prose

Poetry and Prose invited guests from 'Word Lovers' \* to participate at their May meeting.

The meeting was a lively affair with Geraldine and Rhoda entertaining us with poetry readings.

\***Word Lovers** meet every 4th Thursday eve at The Dorset Arms. Open house with Poetry reading and guest musicians.



## Family History for Beginners

Would you like to find out about your ancestors, who they were, where they lived and what they did? If so, then join my group starting in September and I will explain how to do this.

Meetings are usually held on the third Thursday of the month, starting at 10am and lasting for about two hours.

Graham Edwards

Our U3a **MOTO (Members On Their Own)** group has certainly grown from strength to strength since starting late last year and we now have around 24 members in total and gaining more interest all the time.

It was decided after a visit to the Tunbridge Wells MOTO Group to meet up twice a month: the Tuesday at the beginning of the month at Chequer Mead for a general chat and cuppa and then two weeks later to go for a Sunday lunch. So far we have met twice for lunch; we have gone from eight people at the first one to 12 people at the second one. Lets hope this continues to be successful.

This group is for those people on their own due to either bereavement, divorce or just on their own. I always say to everyone that I may be the leader but the group belongs to everyone. Members' suggestions for what they would like to do are welcomed, whether they like to visit places, or just meet for a cuppa or lunch. We have a lovely group of people of all ages and it's nice that members are enjoying the group and look forward in meeting up.

I could not run this group without help from Ella, Marion & Sue. Ella does the weekly newsletter each week keeping members up to date on what's going on. Marion arranges the theatre visits and Sue looks after local events. Please look on the U3A web site if anyone new is interested.

Best wishes from Vanessa

# Group News

## Out and About Group I 'A Walk in Richmond'

How time flies: it is ten years since this u3a group was set up! Our latest trip to Richmond was a guided walk led by Ian Bevan, we started at the top of Richmond Hill and admired a spectacular view of the Thames winding its way below us. The weather was perfect and as we made our way down the hill to the river, Ian told us about the history of the impressive houses on the way, many of them owned by famous people. We explored the remains of Richmond Palace and finished the tour on the Green, a large magnificent square which is also the cricket pitch.

Jennie Hollins



## Science and Technology Group

I'm pleased to report that the S&T group is in good health. Group membership is currently 57, but we have room for more. We meet on the 3rd Friday of the month from 1330hr, for a start at 1400hr. The meeting format is normally a talk on an S&T related subject for about 45 minutes, then a good discussion on the matter, followed by tea/coffee and biscuits - and more chat, of course. Our most recent talks have been on Testing the Big Jets, Material Analysis Techniques, and The Climate Crisis. All were very well received and the group had a lot to say on each topic. A background in, or knowledge of, Science and Technology is not essential, and, in fact, many of our group have no such experience and have joined for precisely that reason. If you are interested, sign up on Beacon, or get in touch via the website or Janet Taylor (see blue box below) for more information

Ray White

## u3a Ukulele Group

Our group meets on two Monday afternoons a month to practise and enjoy singing popular songs together, accompanying ourselves on our ukuleles. The ukulele is an ideal first instrument for a new player - relatively inexpensive, easy to start playing, versatile. We will be playing at the U3A Open Day on 6th September. If you like what you see there and want to know more please come and speak to us. If you are interested but won't be at the Open Day, please email me via the u3a website.

Robert Everest

**Singing for Pleasure** In the autumn we were sad to say farewell to our lovely accompanist Kim Retallick who moved to the north of England and had been with us since 2013. We were delighted to welcome in her place the very talented Anthony Zerpa-Falcon to play for us. We have also welcomed several new members to the choir. Our choir rehearses on Friday mornings at Ashurst Wood Village Hall and puts on two concerts a year in East Grinstead. At each concert, choir members provide a delicious tea and run a large raffle donating the proceeds to a charity. Our chosen charity for our spring concert in the Queen's Jubilee year 2022 was the Queen's Green Canopy. With the money raised we were able to plant three native trees in the Lingfield Wildlife Area and send the balance to the Queen's Green Canopy charity. At Christmas we selected the East Grinstead Foodbank and thanks to the generosity of our audience and choir members we were able to donate £775 to support this wonderful local cause. Our latest concert in May raised nearly £600 for St Catherine's Hospice. We would like to say a big thank you to our friends, families and fellow U3A members for coming to hear us sing.

Judy Mendell



## Philosophy Group Update

Due to illness, this last year has been difficult for our philosophy group. Now that I am on the road to recovery we have been able to have a couple of meetings with the philosophy group members. We have decided on a provisional schedule for the start of the next academic year. In September, I will give a talk on oriental philosophy. In October, Dr. John Cutts will give a talk on French existentialism. In November, Peter Elway will give a talk on British Rationalism.

John Gibbs

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.



# Group News

## Art Groups: Monday and Tuesdays

We meet twice a month on Mondays and once a week on Tuesdays. We have the chance to exhibit our work and some of the Tuesday group sold their paintings at the recent exhibition held by Ashdown Art. We are looking forward to exhibiting in the community centre, Lingfield in July. **Currently there is space for new members to join our Monday group which meets at 1.15pm at the Forest Row Community Centre.**

Val Osbon



## Heritage Railway Group

On 1st June 23, we had a lunchtime trip to the Spa Valley Railway, Tunbridge Wells.

The next visit is on Friday 14th July to the Watercress Line's Diesel Gala. Travel will be either by train or by car sharing. Other trips will be to the Isle of Wight Railway, Romney & Hythe narrow gauge railway, and to the Kent and East Sussex Railway. These will require us to car share.

September will see us making a trip to the National Railway Museum at York.

Chris Bower Group Leader

## Lawn Bowls Taster Session

The Lawn Bowls event took place in May. Sadly the afternoon session was called off due to the weather. However 24 members got to try out the game with the aid of the West Hoathly coaches. The successful event was followed by a light lunch. We would like to thank the West Hoathly Bowls Club for their kind hospitality.

Gary Wood



## A Message from the Newsletter Editor

Dear East Grinstead members

I took some time recently to have a good look around the u3a's national website (u3a.org.uk). I was impressed with the variety of news and information and would recommend you have a look, if you haven't found your way there already. The website had some interesting on-line talks via zoom coming up (click on the Events tab to see what's available).

So that I don't forget to look, I have registered to receive their monthly national newsletter direct into my email inbox. The May edition was offering some free tickets in June to the Queen's Reading Room Festival where Judi Dench was appearing! Can't be bad!

At the time of writing we are in the middle of a heatwave (phew!) but whatever you are planning, enjoy the rest of the summer.

Best wishes Sue Wood

## Short Walk Group

Meeting Forest Row Community Centre 3rd Wednesday of the month.

This is a very friendly group enjoying local walks and on 19 July we are planning to catch the bus to Ashdown Forest Visitor Centre and then make our way back to Forest Row taking an easy route. Please come along, you are very welcome.

Contact Carol Holden

## Cycling Group – E Bikes and Road Bikes

### We are looking for more members to join us!

We would welcome members who already cycle or those who need to gain more confidence on the roads and who want to get out into the countryside. Although we mostly have E bikes we are happy to ride at a speed that suits the group and road bike riders would be welcome to join us. We have been going as a group since September 2022 riding out on the 2nd Wednesday in the month starting at Chequer Mead Car Park at 9.30am. Our rides last about 4 hours. This month we are going to Heaven Farm where we will stop for refreshments. Our rides are usually between 20 – 25 miles. This enables us to ride from East Grinstead out into the lovely lanes of Sussex and Kent. We try to keep off the main roads as much as possible.

Last month we went to Staff Hurst Woods to see the stunning bluebells. The warmer weather is upon us and cycling in the surrounding lanes is a real joy.

Our routes are well planned and we let you know the route and gradient of the ride a week before we go.

For any further information please contact us through Beacon.