

# Heathfield & District u3a



## MARCH 2024 NEWS

**Next Monthly Meeting – Tuesday 19<sup>th</sup> March 2024**

**Venue: Community Centre, Sheepsetting Lane, Heathfield, TN21 0XG**

**Doors open 2.00pm**

### Recycling



Julie Goodwin from Wealden's Waste and Recycling Service will guide us about our bins. What is collected? What happens to the waste and recycling? How can we reduce waste? What goes in which bin?

Also in our calendar is our monthly coffee morning at the Co-op.

**Venue: Co-op Café, 110 High Street, Heathfield, TN21 8JD**

**Next session: Wednesday 3<sup>rd</sup> April 2024 at 10.30am till midday**



Coffee mornings take place on the first Wednesday in the month, from 10.30am until 12.00 noon. Come and have a chat with our members, both old and new, meet some of our Committee members and find out about Heathfield & District u3a and our 40+ groups. If you are not yet a member, discover how to join, or just come along and enjoy a cuppa and a chat! For further information, please contact Jamie at: [jamienicholls215@aol.com](mailto:jamienicholls215@aol.com) or Kay at: [kaynicholls@aol.com](mailto:kaynicholls@aol.com).

## u3a Membership renewal.

On 14<sup>th</sup> February you will have received your invitation to renew your membership of Heathfield & District u3a for the forthcoming year from April 1<sup>st</sup> 2024. About half of you have already done so. Hopefully the rest will renew soon. One or two have had problems with BACS payment. To clarify, our account is called Heathfield & District U3A. It is a business account. For those wishing to print out their membership card who do not have access to a printer, the library is able to help in this regard (for a small fee).

## Forthcoming meetings

Barbara Hibbart is our Speaker Co-ordinator, together with Val Hodgson who is assisting her. If you have any ideas regarding future speakers, or indeed, if you would like to give a talk, do please get in touch with Barbara at: [barbara@barbarahibbartcoaching.co.uk](mailto:barbara@barbarahibbartcoaching.co.uk) or Val at: [groupsu3a@outlook.com](mailto:groupsu3a@outlook.com).

### Speakers coming up...

Tuesday 16<sup>th</sup> April – “Secrets, Scandal and Salacious Gossip in the Royal Court 1660-1830” with Sarah Slater. (You may recall her Zoom meeting with us from Hampton Court a couple of years ago)

Tuesday 21<sup>st</sup> May – The Development of Pick & Mix Cocktails with Simon Jackowski (with AGM)

Tuesday 18<sup>th</sup> June – First Aid at Home with Leo Parfitt

Tuesday 16<sup>th</sup> July - The History of Spoons with Mousie Murray



### Plant swap/sale

Advance notice - At our April meeting we will be holding our annual Plant Swop and Sell. If you are a gardener and have any spare plants, seedlings or seeds please label them and bring them to our April meeting. You will be able to swop your donations for new plants or buy them in aid of Help the Aged. Full details will be included in the April Newsletter.

## Visit to Hampton Court Garden Festival



Details of the show here -

<https://www.rhs.org.uk/shows-events/rhs-hampton-court-palace-garden-festival>

Jan Riddle ([jan\\_riddle@yahoo.co.uk](mailto:jan_riddle@yahoo.co.uk)) is organising an outing to this event on **Friday 5<sup>th</sup> July 2024**.

This visit will be by coach leaving from Heathfield at 8.30am and returning about 7.00pm.

The cost of entry and coach travel is £58 each (£53 for RHS members). Several members have already signed up and paid. Places will be preferentially given to our members, but there are now places available for guests and members of other u3as also. **As tickets have to be booked in advance, your place can be secured by payment.** Please contact Jan for further details. (Note the underscore in jan\_riddle in her email address). First come, first served. The coach is over half full already.

## Other group news....

### U3a Walking Group

#### Friday 2 February 2024 – Beachy Head

Nine of us met at the base of Beachy Head at the western end of the coast road at Eastbourne. It was a little misty but we were not deterred. Luckily Helen and Brenda were our leaders for the day and led us up a metalled roadway to start off our walk. (I, for one, did not realise this roadway was there!). We were soon onto grassy tracks which were not too muddy despite all the rain we had had and making our way uphill. We soon realised that we were walking in cloud which had descended to meet us. We were meant to climb higher but decided this was the wrong day and our views back over Eastbourne were a little lost

in the mist. We finished our circular walk back to the coast road when we said “Goodbye” to a couple of our members. The remaining seven walked the short distance to The Pilot pub who were very welcoming and we all enjoyed a good lunch. When Helen and Brenda had carried out their preliminary research of the walk, their weather was fine and bright. Brenda had taken some photos so we knew what we were supposed to be seeing in the distance. A very good walk and one to do again on a sunny day.

### **Friday 1 March 2024 – Lewes**

Because there had been so much rain and the fields were very muddy it was decided to have a town walk in March. Our leaders this time were Jenny and Sarah and they had done their research and took us on a very interesting walk round Lewes. It is a town with a lot of interesting history. Ten of us caught the 29A bus from various bus stops in Heathfield and we got off in Lewes High Street one hour later. In the High Street alone we encountered the Town Hall, the Parish Offices, The Law Courts and the Castle!! We wandered through the Castle and had a look at Anne of Cleves House. (We all made a mental note to return on another occasion in order to look round it). Lewes has many Twittens (narrow pedestrian lanes between buildings – a Sussex word) and we took one of them – a very steep one – to the lower part of the town. Here we went through some lovely gardens and ended up by the ruins of the Priory, which was very important in days gone by. At each interesting stop we heard some very interesting facts about each building and of people connected to that place.

Half way up one of these Twittens we came across a six-sided house (see picture) which is connected to one of the people who lived at Charleston House.

We had lunch in The Fuego Lounge which was very enjoyable and caught the bus home. Although the day was quite windy we managed to dodge the rain and it was an ideal walk for this time of year.



Moira

(one of the walkers)

## **Crafting 4 Fun**

This newly formed group meets on the 3<sup>rd</sup> Wednesday of the month in each other's homes. Each month we agree a topic to write about – recent options include ‘a Flower’, a Letter of Apology, and a snuff box. We share our work with the group at the next meeting. Our current topic is ‘What would you do if you won a lot of money’. We are currently looking for a couple of new members to join the group. If you are feeling creative or would like to come and meet us, please contact me at [barbara@barbarahibbartcoaching.co.uk](mailto:barbara@barbarahibbartcoaching.co.uk).

## **Garden visits group**

An enjoyable visit to Doddington Place to see the spring flowers





## .....on Facebook

***Crafting4Fun, Cooking up a Storm, Birdwatching, Art & Painting, Craft & Natter, Poetry, Garden Visits.***

These groups have all recently posted reports, with some cracking pictures, on our Facebook page. Have a look.

Some groups are currently seeking new members. The **Conversational Spanish** group would like to hear from members who wish to learn or practice their Spanish language skills. Contact David Westworth ([david.westworth@gmail.com](mailto:david.westworth@gmail.com)).

**Creative Writing 4 Fun.** This newly formed group meets on the 3<sup>rd</sup> Wednesday of the month in each other's homes. Each month we agree a topic to write about – recent options include 'a Flower', a Letter of Apology, and a snuff box. We share our work with the group at the next meeting. Our current topic is 'What would you do if you won a lot of money'. We are currently looking for a couple of new members to join the group. If you are feeling creative or would like to come and meet us, please contact me at [barbara@barbarahibbartcoaching.co.uk](mailto:barbara@barbarahibbartcoaching.co.uk).

Information is regularly posted on our Facebook page and I would strongly suggest you sign up to the Heathfield & District u3a Facebook group. 118 of our members already have. Even if you are otherwise averse to Facebook you should find it useful, and it cures FOMO (fear of missing out).

## National Newsletter – February Edition

If you would like a copy of the most recent edition of the u3a National Newsletter, you can apply for a copy via: <https://www.u3a.org.uk/news/newsletter>. Or sign up to receive it regularly.

### Some legal stuff

In order to comply with General Data Protection Regulations this is to inform you that any personal information you give to u3a will only be used for purposes of membership and communication within the organisation, and will not be shared without your consent to any other outside body. We may also take photographs at certain u3a events. If you do not wish to appear in such photos, it is your responsibility to ensure that the photographer is made aware of your objection.

Have a good March and hope to see you at the monthly meeting on the 19<sup>th</sup>.

Best wishes,

Jamie Nicholls. Chairman.