

## Lancing and Sompting u3a Interest Groups Showcase 4<sup>th</sup> September 2023

(Extract from SussexWorld Newspapers on 5<sup>th</sup> September by Elaine Hammond)



### Lancing & Sompting u3a

There was plenty of opportunity to chat with the group leaders and meet other members over a cup of tea Photo: Elaine Hammond / Sussex World



### 2. Lancing & Sompting u3a

Lynda Christmas, who runs the Quilting & Patchwork & Sewing group Photo: Elaine Hammond / Sussex World



### 3. Lancing & Sompting u3a

Peggy Smart and Jan Gray run the Paint With Us group Photo: Elaine Hammond / Sussex World



### 4. Lancing & Sompting u3a

David Herson, chair, runs the Practical Gardening group, which meets on the second Monday each month Photo: Elaine Hammond / Sussex World

Lancing & Sompting u3a showcase proves popular, highlighting wide variety of interests shared under University of the Third Age umbrella