



APRIL 2024



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Chair's Report

As always there are lots of activities to look forward to in the future for our u3a. All the interest groups are meeting, there are lunches, the Summer Lunch, visits to the theatre and trips to Haskins Garden Centre for afternoon tea, the Eastbourne Air Show and the Hydro Hotel and the 80th Anniversary of D Day Exhibition in Portsmouth, not forgetting of course the 5 day holiday in Torquay. Sadly Andy Rutherford, Deanne Smith and Lesley Hurtle have decided to step down from organising trips. I would like to thank them on your behalf for all the work and commitment they have put in to our trips in the past. Fortunately Sally Freeman and Sally Mohamed have now stepped forward to fill these vacancies and have organised quite a few of the trips advertised. Another piece of good news is that Heather Booth has offered to organise bus pass trips – information will be available soon. Of course all of these trips are supported by Jacquie Webber who organises so many more activities – thank you to all four.

On another matter, The Third Age Trust which is the governing body of national u3a has been consulting representatives from u3a branches on a project called

Fit For The Future. This project proposes that instead of having one governing body this is split into two new bodies working in parallel. There would be a board which would oversee financial, legal and compliance matters and a Council which would be the body that would oversee new initiatives and represent the views of the membership through two way communication.

Although there have been a few questions as to the process of setting up this different type of organisation the views of u3a branches have been positive. If you would like to know more please contact me. If 75% of u3a branches agree with this proposal at the National AGM in October then this project will go ahead. My opinion is that it will give individual branches a far better say in the decisions made by The Third Age Trust.

Certainly, parking availability for the monthly meetings at what was the Meridian Centre was much better than expected. I am reliably informed by Peacehaven Town Council that this will continue for the foreseeable future. If I have an update with changes I will let you all know.

Thank you to everyone who works so hard to make our branch of the u3a so successful. It just remains for me to wish you all a very enjoyable summer and spring without such a lot of rain!!!

Succession to the roles of Chair, Vice Chair and Secretary October 2024

As you are aware Jacquie Webber – Vice Chair, Pat Bethel – Secretary and myself as Chair, according to our constitution, have to stand down from these roles at our AGM in October. In the December Newsletter we set out descriptions of the roles of these three officers.

Please, if you are interested in putting yourself forward or you know a member who you think would be able to fulfil one of these roles please do contact me and we can talk. The one thing that we must not do is leave finding potential officers until just before the AGM. We have a very successful u3a – we really do want to be able to continue with this success.

Marian Stanley – Chair



u3aNewhavenPeacehaven



our email u3aNP@outlook.com



u3a Newhaven & Peacehaven

Check out past copies and Group activities at: <https://u3asites.org.uk/newhaven-peacehaven>

INFORMATION

Content for inclusion in the Newsletter.

Please send all content for the Newsletter by the 16th of the month, prior to the publication at the beginning of the following month to:

Digital: John Harrison at harrystjohn2003@yahoo.co.uk

Hand Written: Jacquie Webber at jacqiewr@hotmail.com

Monthly Meetings Speakers

Our monthly meetings are held on the 1st Thursday of every month. There is usually a speaker or a theme such as a quiz and a raffle. It's an opportunity to sign up for outings and activities as well as meeting other u3a members. **Do come along!**

PEACEHAVEN 2.15 pm

Main Hall,
Community House,
Meridian Centre,
BN10 8BB.



NEWHAVEN 2.15 pm

Main Hall,
Hillcrest Centre,
Bay Vue Road,
BN9 9LH.



April 2024
Thursday 4th April at 2:15pm
Community House, Peacehaven
(formerly The Meridian Centre)

Gongoozling – Life on the canals

A talk by

Neil Sadler



May 2024
Thursday 9th May at 2:15pm
Community House, Peacehaven
(formerly The Meridian Centre)



A talk by

Mick Etheridge



June 2024
Thursday 6th June at 2:15pm
in The Hillcrest Centre, Newhaven

**The World of East Sussex
Wildlife Rescue and Ambulance Service**



A talk by

Trevor Weeks



July 2024
Thursday 4th July at 2:15pm
Community House, Peacehaven
(formerly The Meridian Centre)

Music Hall to Variety



A talk by

Graham Tupp

One is the way!

Paying for several events at the same time?

Please use just **ONE** cheque, **ONE** BACS, **ONE** card payment or **ONE** envelope of cash to pay for all your events in **ONE** go.

So long as you make it clear what you are paying for it is less work for us to process **ONE** payment rather than lots of separate ones. Also less work for you.

Thank you for your help with this.



Get Well and Sympathy Cards

If you know of any u3a member who is ill or in hospital and would appreciate a cheery card from us all at the u3a, please let **Marion Booker** know on: **01273 587712 / 07772078052.**

GROUPS & GROUP NEWS



Group Coordinators

Pam Beaumont on 01273 922218 or prmbeaumont@hotmail.com
Tricia Shepherd on 01273 516079 or johndandtricia@tiscali.co.uk

Lunch Bunch Update

Because of the date of Easter there are 2 lunches in April. The 2nd one at the end of the month is to a Chinese/Sushi restaurant in Seaford. (Lovely shops there too!)

Some members have requested a change from purely British food to the Chinese style of food (but not the sushi) so that is what we are having! So why not give it a try?

I am currently negotiating with the "Burger and the Bird" in Peacehaven as their prices rise in April...along with many other venues. So watch this space for May's selection in the Bulletin.

REMINDER:

Choices for food go in to each venue a week before the date of service. If you have to cancel your booking for any reason within this time you will not get a refund.

Our venues cannot stand the loss of revenue when people drop out when the food has been ordered and ready to be prepared.

Thus this new firm rule has had to be made in the interests of our venues and their livelihoods as well as our u3a reputation.

Recently 5 people dropped out last minute which might have been a total loss of £90...none of us could afford that sort of loss and neither can our Lunch places. Fortunately I had their payments to give to the pub so we can still use them once more.



The latest lunch is as follows, menu and booking form are on page 11

Lunch Bunch Monthly Details in April 2024				
Fridays at 12.00 for 12:30pm				
Date	Venue	Cost*	Closing Date	Comments
26th April	Lin's Sushi, 42 Broad Street, Seaford BN25 1NF	£11	19th April	3 Course Special including tip

For bookings please contact Sharon Ahearn Tel: 01273 589953 / sunview70@yahoo.co.uk

Please telephone between the hours of 09:00 to 17:30

Sharon Ahearn, Lunch Bunch Coordinator



Needles and Pins

Needles and Pins is a small friendly group of knitters and stitchers. We meet in my home in Peacehaven which is close to the Bolney Avenue bus stop and free car park.

We meet on the first and third Tuesdays of each month from 10am to midday. Although not a teaching group we are happy to give help and advice. If you'd like to know more please contact me on 01273 758041 or at patbethel@hotmail.com.

Pat Bethel



Poetry Group

We have someone who has come forward and would like to lead a Poetry Group. In the first instance could those who are interested please contact Carol Starkey - 01273 587046

Tricia Shepherd, Interest Group Co-ordinator



The next meeting of the Rock Music Group will be on Friday 5th April 2024

The group usually meets the first Friday afternoon of each month for a couple of hours. Each month two members bring along some vinyl records from their collection and we listen and discuss over a cup of coffee or tea. The whole of rock music is to choose from. If you would like to know more about the group contact the Group Leader Tony on 07428122161 or tonygarwd@hotmail.com.



Keep Fit Thursday

Our Keep Fit group meet every Thursday morning from 10.40am at Telscombe Civic Centre, 360 South Coast Road, Telscombe Cliffs, BN10 7ES for an hour. The lessons with our brilliant teacher Zuzana are lots of fun. She leads us in gentle exercises set to music. There is no obligation to attend all the sessions. Just come when you want to. Lessons cost £5. For further information, contact Jacquie at jacquiewr@hotmail.com or 07428159444.

KEEP FIT

Thursdays 10:40am

Telscombe Civic Centre



The Theatre Group

To book your place
 phone Jacquie on 07428159444
 or email jacquiewr@hotmail.com

When paying for theatre trips in cash/cheque, please bring it in a sealed envelope marked with your name and the trip. Please pay for all theatre trips in one go.

Jesus Christ Superstar – Congress Theatre



Eastbourne – Thursday 18th April 2024 at 2.30pm £39

Optional pre-theatre lunch at The Stage Door

An album that inspired a revolution, a revelation that changed the world. A reinvention for this millennium.

Timothy Sheader (*Crazy for You, Into the Woods*) directs this mesmerizing new production of the

iconic global phenomenon. Originally staged by London's Regent's Park Open Air Theatre, this reimaged production won the 2017 Olivier Award for Best Musical Revival, garnering unprecedented reviews and accolades.

Choreographed by Drew McOnie (*King Kong, Strictly Ballroom*), with music and lyrics by Andrew Lloyd Webber and Tim Rice, JESUS CHRIST SUPERSTAR is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ, as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes *I Don't Know How to Love Him, Gethsemane* and *Superstar*. Don't miss your chance to see this "gorgeous, thrilling, heavenly musical." The Guardian.

ONLY A FEW SEATS LEFT!

Joseph and the Amazing Technicolor Dreamcoat Devonshire Park Theatre, Eastbourne



Saturday 1st June, 2024 at 2pm at the – Tickets £19

Experience the magic of Joseph and the Amazing Technicolor Dreamcoat – with sensational music by Andrew Lloyd Webber and lyrics by Tim Rice. This show is a timeless classic. Goldmans Productions invites you to join Joseph on his epic journey, as he overcomes betrayal and challenges with his unwavering spirit. A

lively and colourful journey through Ancient Egypt. It follows the rags to riches story of Joseph, his eleven brothers and the coat of many colours. There are spectacular visuals and an enchanting score packed with hit songs including *Close Every Door to Me, Go Go Go Joseph* and *Any Dream Will Do*. **ONLY A FEW SEATS LEFT!**

Who Killed the Holiday Rep? - Community House, Peacehaven Saturday 8th June 2:30pm — £11.50



It's 'Viva Espana' as a Murder Mystery hits Benidorm! Events at the Hotel Britannia bring in detectives from both sides of the Atlantic as dastardly deeds appear on the menu alongside the paella and sangria!

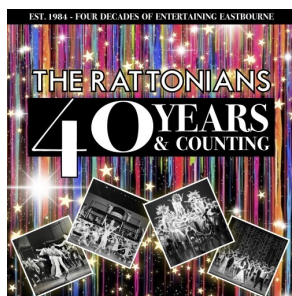
'Who Killed the Holiday Rep?' is set in the office of the 'Golden Promise Travel Company'. Alice Drabble is the company's only rep. and although she isn't especially happy at work, or dedicated to the organisation, something unusual has awoken her interest in the sultry Spanish resort. Too late as it turns out. When Alice's scuba diving gear is sabotaged and her body is discovered two miles out to sea, murder is immediately suspected. "But who would do such thing?"

It's your job to work out the answer from the clues given.



Meanwhile, over at the Hotel Splendide, rehearsals are underway for their 60s tribute show "**Shout Out for the 60s**".

The Rattonians – 40 Years & Counting—Saturday 3rd August at 2.30pm



Royal Hippodrome Theatre, Eastbourne—£22

[Optional pre-theatre lunch](#)

Join the Rattonians as they celebrate four decades of entertaining Eastbourne! Take a trip down memory lane as they look back on where they began in 1984 right up to the present day. Expect to see show-stopping dance numbers, stunning vocals and of course plenty of sequins!

The Rattonians have always been dedicated to producing high quality musical theatre and will continue to bring new and exciting theatre to Eastbourne audiences for many years to come!

This replaces Chess. If you booked and paid for "Chess" but do not wish to go to "The Rattonians—40 Years & Counting", please contact us for a refund.



80th Anniversary of D Day Outing—Thursday 12th September

Coach & D Day Museum £30 Coach & D Day Museum plus Mary Rose £66



This year will mark the 80th anniversary of D Day. To commemorate this event, we will be organising a trip to Portsmouth in September. The morning will be spent at the wonderful D Day Museum, the only museum in the UK dedicated to the Allied Invasion in June 1944. It tells the unique personal stories behind this epic event. Thanks to the Heritage Lottery Fund, a £5 million redevelopment project was completed in 2018. The museum was transformed to provide an engaging insight into the lives of those who took part in D-Day. whether they were on the shore in Portsmouth, or went over to Normandy .

For the afternoon, there is the option to visit the historic ship, the Mary Rose in the historic Portsmouth Dockyard (£36 extra) or the Gunwharf Quays shopping area.

At the Mary Rose, in addition to the ship itself, there are 3 galleries showing how the men of the Mary Rose lived and worked. This year a new immersive 4D theatre experience opened. It explores the history of when the Mary Rose sank 377 years ago, right up to the present day.

Booking forms are available at any monthly meeting or may be downloaded using this link:

<https://u3asites.org.uk/files/n/newhaven-peacehaven/docs/ddaybookingform.pdf>

Jacque

Eastbourne Air Show with afternoon tea at the Hydro Hotel £28

Thursday 15th August (with The Red Arrows)

Waiting lists for Friday 16th and Sunday 18th August



We have bagged places at the Hydro Hotel to watch the fabulous Eastbourne Air Show. We will be in the elegant Wedgewood Room located on the first floor famous for its traditional touches in the Wedgewood blue theme. A highlight is the large balcony with commanding sea and air views – perfect for the Air Show. We will be welcomed with a refreshing glass of Pimm's and at 3pm we will be sitting down to enjoy a delicious afternoon tea with a selection of cakes, pastries, sandwiches and tea or coffee. Get your booking in early! Full payment is needed to secure a place as we have to pay in full when making the booking.

Meet at the Hydro. Latest arrival time on all three days is 12 noon.

To book, contact Jacquie on jacquiewr@hotmail.com or 07428159444.

Afternoon Tea at South Downs Garden Centre, Hassocks, – Thursday 9th May

or Friday 17th May, – £13.50 or £18.50 with Prosecco



We have booked in for a lovely afternoon tea at South Downs Garden Centre, Hassocks which is part of the Tates Group.

Due to the popularity of this event and to ensure everyone who wants to can go, we have added a second date. We can now take more bookings.

If you have already booked, please confirm which date would be most suitable for you. We do need quite a few people to move to Thursday 9th May to balance the numbers out between the two dates.

The garden centre is amazing with a huge store section and an amazing array of plants. There is a heritage centre too, with old farm equipment and local pottery as well as boards explaining the story of bee keeping and farming. Thanks go to our two Sallys – Freeman and Mohamed who have worked hard to set this up.

To book, contact Jacquie on jacquiewr@hotmail.com or 07428159444.

To arrange a lift for Thursday 9th May please contact Sally Mohamed on 07463948004.

To arrange a lift for Friday 17th May please contact Sally Freeman on 01273 513707.

Notice from the Theatre and Outings Teams



Please help us by putting cash or cheque payments to us in a sealed envelope with your name on and details of all the events you are paying for. You need only give us **ONE** envelope and **ONE** cheque. We do not want separate envelopes, or cheques, for each event. This helps us to process your payment accurately and efficiently.

Many thanks.

Interest Groups Synopses

Book Group Newhaven – Group Leader Delia Boatin

This Book Group is limited at present to 8 people and there are currently no available spaces. The group meets on the second Monday afternoon of each month between 1.30 and 3.30 pm at nominated members' homes.

Each month a book is chosen by one of the group members from a list supplied by Newhaven Library and then discussed at the following meet. Books are available from the Library and a small fee is charged annually.

Although there are no places free at present, Delia is happy to take contact details should a vacancy arise. First contact can be made by calling Delia on 01273 514303.

Chatter Box Peacehaven – Group Leader Doreena Evans

This long established group has 5 members, which could admit one more. The group meets at Doreena's home in Peacehaven on the 3rd Friday of each month, in the morning from 10.15 till 12 o'clock.





This is an informal group that discuss local events, family matters and aches and pains. For further information contact Doreena on 01273 585089.

Compiled by Nigel Barnes




Interest Groups

Group	Information	Contact	Venue	Cost
Art Club 	An interesting informal class.	Graham Heys on 01273 585999 or graham.heys@btinternet.com	Hillcrest Centre, Newhaven. Every Tuesday of the month. 14:00 to 16:00	£3
Book Group Newhaven 	Enjoy reading a book, and then join in the lively discussion. Group full at present.	Delia Boatin on 01273 514303	Alternates between members' homes in Newhaven and Seaford. Second Monday of the month. 14:00 to 16:00	
Book Group Peacehaven 	Enjoy reading a book, and then join in the lively discussion.	Rose Lawrence on 01273 580908	To be held at Rose Lawrence's home. Last Tuesday of the month. 14:00 to 16:00. Cost £1.75 per year + £0.60 per month for the book.	
Bridge Club 	Social bridge in a friendly and supportive environment. Suitable for those with a basic knowledge of bridge.	Jacque Webber on 07428159444 No contact required, just go along and give it a try.	The Good Companions pub, Roderick Avenue Peacehaven. Every Tuesday 14:00 to 16:00 Please buy a drink.	
Discussion (1) (Peacehaven) 	Members bring along clippings from newspapers to be discussed.	Jacque Webber on 07428159444 or jacquiewr@hotmail.com	Jacque Webber's home. Third Thursday of the month. 14:00 to 16:00	
Discussion (2) (Newhaven) 	Many topics discussed, some topical, some serious and others that are light hearted.	Marian Stanley on 01273 611068	Newhaven Coffee House. 4th Tuesday of the month. 10:30 to 12:00 Please buy a coffee.	
Chatterboxes 	Friendly informal group, the "Chatterboxes". There is one place available at the moment..	Doreena Evans on 01273 585089	Doreena's home in Peacehaven. Third Friday of the month, 10:15 to 12:15	
Music Appreciation 	A friendly group, listening to classical, jazz and opera, with time for tea and discussion. 2 more places available.	John Pheby on 01273 579642 or jbpheby@outlook.com	John's home in Peacehaven. Every other Friday of the month. 14:00 to 16:00	50p
Crochet Group 	Both experienced and less experienced crocheters' are most welcome.	Angela Barnet on 07788230523	Peacehaven Carvery, 1st Tuesday of the month., 14:00 to 13:30	
Ten Pin Bowling Club 	This is a 5 Deans u3a group that N&P u3a members can join.	Alan on 01273 302967 or k12smallmanalan@yahoo.co.uk for September starting date.	Alternate Tuesdays of the month at The Hollywood Bowl at Brighton Marina 11:00	Venue Charge

Interest Groups

Group	Information	Contact	Venue	Cost
Scrabble 	The Peacehaven Group have played Scrabble for a number of years .	Yvonne Maclaughlin on 01273 581523	Anzac Room, Community House, Meridian Centre, Peacehaven. Every Thursday of the month. 14:00 to 16:00	£3
Singing for Pleasure 	Men particularly welcome	Pam Beaumont on 01273 982218	Anzac Room, Community House, Meridian Centre, Peacehaven. Every Monday of the month. 10:45 to 12:00	£2
Theatre Group 	Visits to shows in Brighton, Eastbourne and locally.	Jacque Webber on 07428159444	Please see the relevant page of the Newsletter for details.	Variable
Walking 	Pam Thompson.	pamthompson2@btinternet.com	As announced	
Ukulele Beginners and Experienced 	The Group is going from strength to strength.	Marian Stanley on 01273 611068	House Project, Peacehaven. 2nd and 4th Thursday of the month. Beginners: 9:45 to 10:45 Experienced: 10:45 to 12:00	£2
Needles & Pins 	A group looking to include other crafts as well as knitting.	Pat Bethel on 01273 758041	Pat's home 1st and 3rd Tuesdays of the month, 10:00 to 12:00	
Rock Music Appreciation 	Meets monthly to listen, to enjoy and discuss rock music in its many guises.	Tony Garwood on 07428122161	Monthly on the first Friday of the month, 14:00 to 16:00	
Laptops, Tablets and Smart Phones 	No need to worry. You can master your device. Prospective members should contact Tony before attending.	Tony Garwood on 07428122161	Laptops: Monday afternoons 14:00 to 15:30: 1st Monday: Tablets (group 2) 2nd Monday: Laptops 3rd Monday: Smartphones 4th Monday: Tablets (group 1)	
Mahjong 	Leader: Joan Farrimond	Joan Farrimond on 01273 580143	Every Friday, The House Project 14:00 to 16:00	£2
Gardening 	We are a friendly group sharing tips and advice. Seed swaps, plants etc. Spaces available.	John Shepherd on 01273 516079	Third Wednesday of the month, 10:30 to 12 noon Mencap Hall, Riverside, Newhaven	£2
Cribbage 	A card game that involves playing and grouping cards in combinations which gain points.	Nigel Barnes on 07963431887	Good Companions pub, third Thursday of each month at 13:30..	

Interest Groups

Group	Information	Contact	Venue	Cost
Movies Club 	A friendly group watching and discussing a range of classic films. 2 more places available.	John Pheby on 01273 579642 or jbpheby@outlook.com	John's home every other Friday, 13:30 to 16:30	50p
French Conversation 	New members welcome to this chatty social group.	Jackie Finney on 01273 513771	Hillcrest Centre Café, Newhaven every Thursday, 10:30,	
Under the Covers 	This is a new book group.	Joyce Bourne on 07879441106	Peacehaven Carvery, third Thursday of the month, 10:30	
Boccia 	A sport similar to bowls. Please contact Mick if you are interested.	Mick Etheridge on 07766514161 or, sportable.activities@gmail.com	Last Friday of the month at 10:00 at the Church of the Ascension at the corner of Bramber Avenue / Arundel Road, Peacehaven.	
Lunch Bunch 	Monthly group lunches in local venues.	Sharon Ahearn on 01273 589953 or sunview70@yahoo.co.uk	Monthly meals out at a variety of local pubs and restaurants.	Variable
Wine Tasting 	Sample a selection of wines and to learn more about wine. Limited number: 10	Tony Garwood on tonygarwd@hotmail.com	Bi-monthly at Telscombe Civic Centre 14:00 to 16:00	£10
Keep Fit 	Gentle exercises set to music led by a qualified and insured instructor. No need to book, just turn up.	Jacquie Webber on 07428159444 or jacquiewr@hotmail.com	Telscombe Civic Centre. Corner of South Coast Rd. and Central Avenue. Plenty of parking space. Every Thursday 10:40 to 11:45.	£3 per session
Meditation 	A group run in conjunction with 5 Deans that gives you a chance to try different meditation techniques.	Kevin Knight on 01273 786488 or kevinknightu3a@outlook.com	Telscombe Civic Centre. 1st and 3rd Tuesday of the month. 14:00 to 15:00.	
Nature Ramblers 	Nature rambles around Castle Hill near Newhaven Fort	Marian Stanley on 01273 611068 or marianstanley43@gmail.com	Co-op on the corner of Fort Road and Gibbon Road, Newhaven	
Classical Music 	Listen and watch classical music, including a jazz interval	John Pheby on 01273 579642	John's house, every other Friday, 14:00 to 16:00	50P
Board Games Group 	New group for playing various board games	Sally Freeman on 01273 513707 or sally.freeman1@btinternet.com	Contact Sally for details of venues and times	

Art Group

Graham Heys



Anne Campbell



Susan Evans



Graham Heys



Roy Hobbs



Joy Jackson



Ross Dowling



U3A Lunch Bunch

Friday 26th April 12.15 pm for 12.30 pm service

(Venue opens at 12 noon)

Lin's Sushi

42 Broad St. Seaford BN25 1NF

U3a Special 3 course Lunch Menu with tip **£ 11 inclusive**

Pre-order and pay in advance— CASH only.

Buy your drinks separately at BAR

Travel.....Take the no 12 bus to Seaford Library. Alight. Cross the road. Lin's is in Broad St., just past Pound Shop on left.

STARTER:

Vegetable Spring Roll (V)

MAIN COURSE

Sweet and Sour Chicken with Fried Rice

BBQ Spare Ribs with Fried Rice

Beef Curry with Boiled Rice

Stir Fried Mixed Vegetables with Boiled Rice (V)

DESSERT

Mixed Ice cream

Last day for orders and payment **Friday 19th April 2024**

20 places available.

Sharon Ahearn: 01273.589953 Email:sunview70@yahoo.com

----- Please cut off the slip below -----



Name:.....

Lin's Sushi Friday 26th April 2024 @ 12.15pm for 12.30pm

Starter: Veg Spring Roll (V)

Main:.....

Dessert: Ice Cream

Price: £ 11 CASH

Your phone no or email:.....



ODDS AND ENDS



Paying for u3a events and membership

We know that different people like to pay for events in different ways. We believe that we should be as flexible as possible in how we accept payments. That's why we have been accepting payments in cash, by cheque and by bank transfer for some time. However, during the pandemic many of us got used to paying by card. Some of us actually don't carry money around with us any more. So, we have introduced the option for you to pay by card (or even using a smart phone). The choice is yours.

Please note, if you pay using a card and subsequently require a refund this will be made to your card. However, the card payment company will deduct their fee before the refund is made. The u3a will not be able to make up the difference.

Moving house, changing your phone number or email address?

If any of the above are true, please make sure you tell Sally, our Membership Secretary, so that we can keep our records up to date. We have a special form available for this.

You can get one at any monthly meeting or download one from our website:

<https://u3asites.org.uk/files/n/newhaven-peacehaven/docs/membershipchangeofdetailsform.pdf>



Membership Fees Update

Fees 2024/25

It's much too early to pay your fees for 2024/2025 and the u3a Committee have not yet even discussed what the fee will be. We will announce the fee level in June.

Membership fees are due on 1st September 2024. However, you may like to know that you will be able to re-new your membership from 7th July.

New members

From 1st April, fees are halved for membership lasting until 31st August 2024.

That's Individual Membership £7.50

Joint Membership £13.50

Individual Associate Membership £5.50

Joint Associate membership £9.90.

From 7th July, new members pay full fees but these last until 31st August 2025.

Tony (Treasurer)



The u3a is a self-help learning organisation for people who have completed their career or finished raising a family and is an equal opportunities organisation welcoming all members.





the summer lunch

Sunday 21st July 2024

12:30pm to dine at 1pm

Cost **£31.50** including the staff tip. Drinks extra.

Once again we return to the fabulous EMB Centre on Seaview Road, Peacehaven for our 2024 annual summer lunch. We think we have a lovely summer menu to offer you.

You can or pick up a booking form at a u3a meeting

Or download the one from this link::

<https://u3asites.org.uk/files/n/newhaven-peacehaven/docs/summerlunch24bookingform.pdf>



Starter:

Carrot & Coriander Soup (gf) (vg)

Melon & Parma Ham (gf)

Classic Prawn Cocktail (gf)

Main:

Beetroot & Butternut Squash Wellington (vg)

Chicken Supreme wrapped in Bacon with a White Wine, Mushroom & Tarragon Sauce (gf)

Salmon with a White Wine, Lemon & Cream Sauce (gfa)

Dessert:

Tart au Citron served with a Raspberry Coulis

Seasonal Fruit Salad with Double Cream (v) (gf)

Selection of three cheeses, biscuits, grapes, celery & Onion Chutney (gfa)

Vanilla Ice Cream (v)

Coffee, tea and mints

Grand Raffle

Summer Quiz

Last date for booking 4th July

Results of Charity Book and Puzzles Sales

Wow ! You have gone and done it again!

The total amounts Raised from books and jigsaws are....

£22 from previous book/mini toiletries sale

£62.50 raised from Th.7/3 meeting

£10 anonymous donation

£5.50 topping up from me

A grand total of £100 for WOLO Cancer charity. Yes.... that is £100 to help local people. (The Wolo Foundation help families/individuals living in Sussex through their cancer journeys. They support them by offering practical help and support to make their day-to-day living needs easier at a crucial time in their lives)

WOW what a wonderful result....!!

Thank you to all those who gave books and puzzles for me to sell as well as those who carried all those bags in for me (my dodgy arm) or sold the stock to members. What would I do without you there to help?

So Thank you to all concerned.

I hope to donate the remaining puzzles and a few books to Age UK warehouse in Newhaven.

Please no more puzzles needed currently and I have still some books to sell.

Sharon

Beginnings of the u3a

I found this link to the beginnings of the u3a, if anyone is interested, it is based on the u3a history in Cambridge which was the first u3a group in the UK but it does go into a bit of detail in parts. Other UK groups developed from the London group, mentioned in the book.

<https://www.u3ac.org.uk/wp-content/uploads/2020/05/Beginnings-and-Subsequent-Growth-book-1982-2003.pdf>

If any members remember the beginnings of our Newhaven and Peacehaven u3a group, it would be really interesting to read about.

Sally Freeman

Distribution of the Newsletter

Many thanks to Juliette, Pam, Anne and Sandra who have offered to deliver the newsletters in Peacehaven and Newhaven, that have not been collected by members or friends at the monthly meeting.

It's wonderful that as a group we get so many newsletters to members who are friends, live near us or who are in our groups and we save so much money, which would be just over £1000 a year if we posted to everyone. But we also want to make sure all members are included, including those that cannot get to meetings.

Many thanks go to the newsletter team John Harrison, Tricia Shepherd, Tony Garwood, Jacquie Webber, Jan Charles and Robert Snell for keeping it all running and keeping us all informed about what's going on, it takes a lot of work and coordination getting them all written, edited, collated, put into envelopes and posted!

If anyone would prefer not to receive the paper version and is happy with just receiving the newsletter by email, please can you let Tony Garwood know. tonygarwd@hotmail.com

Sally Freeman

N&P Coffee Morning

Join us for a chat and a cuppa



Open 10am-12noon

2nd Tuesday of each month

At Peacehaven Stonehouse Carvery

293- 295 South Coast Road, Peacehaven BN10 7HX

Next Coffee Morning 9th April

No need to book
just turn up and socialise



Tai Chi Qi Gong Classes at Hillcrest Community Centre Bay Vue Road, Newhaven, BN9 9LH Tuesday Afternoon 2pm to 3pm Starting 20th February

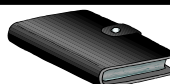
Cost Your first class is £5.00 then blocks of five Lessons at £45.00
Drop-in £10.00 Contact allan@thetao.study

Eternal Spring Dao Yin is a set of simple dynamic movements for health and vitality practised while standing and stepping. This ancient Taoist art has a number of quantifiable health benefits that western medicine is just starting to understand.



Qi gong is practiced slowly and mindfully and in time with the breath. It is deeply relaxing and rejuvenating and suitable for all.

Dates For Your Diary



April	Thursday 4th	14:15	Monthly Meeting: Guide Dogs , Community House, Peacehaven
	Friday 5th	12:30	Lunch Bunch: The Old Plough, 20 Church Street, Seaford, BN25 1HG
	Thursday 18th	14:30	Theatre: Jesus Christ Superstar , Congress Theatre, Eastbourne: Pre-theatre lunch at the Stage Door.
	Friday 26th	12:30	Lunch Bunch: Lin's Sushi, 42 Broad Street, Seaford, BN25 1NF
May	Thursday 9th	14:15	Monthly Meeting: Guide Dogs , Community House, Peacehaven
	Thursday 9th- Friday 17th		Afternoon Tea at South Downs Garden Centre , Hassocks
June	Saturday 1st	14:00	Theatre: Joseph and the Amazing Technicolor Dream Coat , Devonshire Park Theatre, Eastbourne.
	Saturday 8th	14:30	Theatre: Who Killed the Holiday Rep? , Community House, Peacehaven
	Thursday 12th		Outing: 80th Anniversary of D Day , D Day Museum, Mary Rose or Gun wharf Quay
	Thursday 6th	14:15	Monthly Meeting: The World of East Sussex Wildlife Rescue and Ambulance Service , The Hillcrest Centre, Newhaven
	Monday 10th		Holiday: TLH Resort Derwent Hotel, Torquay.
	Sunday, 30th		Theatre: Abba Voyage Sister Act , Abba Arena, London
July	Thursday 4th	14:15	Monthly Meeting: Music Hall to Variety , Community House, Peacehaven
	Sunday 21st	12:30	The Summer Lunch , EMB Centre, Seaview Road, Peacehaven
August	Thursday 1st	14:15	Monthly Meeting: Talk about the abc Children's Fund , Community, Peacehaven
	Saturday 3rd	14:30	Theatre: 40 Years and Counting , Royal Hippodrome Theatre, Eastbourne: Pre-theatre lunch optional
	Thursday 15th Friday 16th Sunday 18th	12:00	Eastbourne Air Show and Afternoon Tea at the Hydro Hotel, Eastbourne
September	Thursday 5th	14:15	Monthly Meeting: Eva Bruan, victim or contriver? , The Hillcrest Centre, Newhaven
October	Thursday 3rd	14:15	AGM Community House, Peacehaven

Committee Members

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Missing Contact Details

We have noticed that we don't have emergency contacts for everyone, so over the next few months I will be contacting members for whom we have no emergency contacts by phone or email. This can be anyone you choose, a relative, friend or neighbour, but someone who is not likely to be on an outing with you.

Please contact me if you have any queries.

Sally Freeman

01273 513707

When possible, please contact committee members only between the hours of 09:00 to 17:30