



AUGUST 2023



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Chair's Report

Again, our u3a has had a very busy and interesting four months since my report in the last Newsletter. As well as our monthly meetings there have been visits to the Theatre, Friday Lunches, the Monthly Coffee Mornings, the Summer Lunch, Bus Pass Trips, the River Cruise, Van Gogh Live, trips to Pashley Manor Gardens, Buckingham Palace and of course how could we forget the trip to the Brick Lane Theatre in the East End of London.

Huge thanks to everyone who has done anything to organise these events. Of course we mustn't forget our Interest Groups who have been meeting regularly, thank you Group Leaders.

We have now got one more Interest Group – Crochet which will be meeting on the first Tuesday of each month 2 – 3.30. Recently our Ukulele Group performed very successfully to the members of The Happy Club which meets at Kempton House on Tuesdays. Looking toward the next four months we have a trip to Tenterden in September, Bus pass trips, visits to the theatre, the Christmas Lunch, Monthly Meetings and of course all the Interest Groups.

The Art Group will be displaying their marvellous work at an exhibition at the Hillcrest Centre on Friday September 22nd 10 – 4.

The tiered seating at the monthly meetings in the Meridian Centre has been very successful and we will certainly continue to use it at the meetings which are booked in Peacehaven.

It is now time to renew your membership, we have a different system in place so please look at the article regarding this further on page 12 of the Newsletter.

There is absolutely no change to the yearly fee of which £4 is sent to the Third Age Trust. For your information on page 11 of the Newsletter you will find a pie chart which shows how this money is spent by the Trust.

Our AGM will be held at our monthly meeting on the 5th October. As always this will be your chance to hear a review of our activities during the last year, to accept the Financial Statement (very efficiently prepared by Tony Garwood our Treasurer), and also a chance to hear about the outstanding work of the Equality, Diversity and Inclusion Subcommittee which has been very efficiently led by Diane Newton and we now have in place an Accessibility policy, Equality, Diversity and Inclusion policy and a Members Code of Conduct.

At this meeting there will be an opportunity to vote for the Committee which will be in place until October 2024.

Just a word about 2024 and the use of the hall in the Meridian Centre. I have been advised by Peacehaven Town Council that we should continue to plan for monthly meetings and Interest Group meetings at the centre until they have more information about the progress of the building works.

It just remains for me to say on your behalf a huge thank you to everyone who makes our u3a so successful.

Marian Stanley

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.



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 of the publication date 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.



Monthly Meeting

August 2023
Thursday 3rd August at 2.15pm
in The Meridian Centre, Peacehaven

A talk by
Ian Kirby



Chailey Heritage Foundation
pursuing potential
"Where Amazing Things Happen"

Monthly Meeting

September 2023
Thursday 7th September at 2:15pm
in The Hillcrest Centre, Newhaven

Banoffee Pie
& Other Adventures.

A talk by
Ian Dowling
The creator of Banoffee pie



Monthly Meeting

October 2023
Thursday 5th October at 2:15pm
in The Meridian Centre, Peacehaven

u3a
Newhaven
and Peacehaven

**Annual
General
Meeting**

Monthly Meeting

November 2023
Thursday 2nd November at 2:15pm
in The Hillcrest Centre, Newhaven

**Sussex
Witchcraft**
A talk by
Chris Horlock
Local Author and Historian




Get Well and Sympathy Cards

Sadly, due to ill health, Norma Ingram has had to step down for the time being from being the contact for Get Well and Sympathy cards. I would like, on your behalf, to say a huge thank you to Norma for fulfilling this most important job during recent years. We do wish her well and hope that she gets better soon.

Marion Booker has agreed to take over the role, our huge thanks go to her. So if you know of a member of our u3a who is ill or sadly has been bereaved please contact Marion.

Marian Stanley



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** on: **01273 587712 / 07772078052.**

GROUPS & GROUP NEWS



Group Coordinators

Pam Beaumont on 01273 922218 or prmb Beaumont@hotmail.com

Tricia Shepherd on 01273 516079 or johnandtricia@tiscali.co.uk



The latest lunches are as follows, menus and booking forms are on pages x and y

Lunch Bunch Monthly Details in August and Spetember 2023				
Fridays at 12.00 or 12.15pm for 12:30pm				
Date	Venue	Cost*	Closing Date	Comments
25th August	Stonehouse Carvery, 295 South Cost Road	Depending on Choice	18th August	+ £1 Tip
29th Sept	The Old Plough, 20 Church Street, Seaford	Depending on Choice	15th September	+ £1 Tip

The Lunch Bunch fixtures continue despite my absence due recuperation from an operation and subsequent infection. I am able to set up bookings / payments from home and the lovely Marion Booker will supervise on the day. Thank you so much Marion....without you I should have had to close the group's activities for a while.

REMINDER:

Please put your cash and booking slip into a sealed envelope with your name on the front and give it in to Marion. This is vital as we are dealing with up to 30 folk at a time and we need to be business like and efficient with your money. A hand full of anonymous cash does not fit what we need to process our payments and choices for our participants. Its not much to ask....

Onwards and Upwards....

Sharon Ahearn

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



The Crochet Group

The first meeting of the Crochet group will be on Tuesday 1st August 2-30 at the Peacehaven Carvery. Thereafter it will meet on the first Tuesday of the month. Those of you who are experienced at crocheting would be most welcome to help those with less experience. Please contact Angela Barnett on; 07788230523

Rock Music Group

Roxy Music will be the focus for the next meeting on Friday 4th August. During the last year the group has listened to music by, amongst others, The Who, Jimmi Hendrex, Pink Floyd, Jethro Tull, The Jam and Fleetwood Mac. The group meets the first Friday afternoon of each month for a couple of hours. Each month those present agree the focus for the following meeting. The whole of rock music is to choose from, provided only that someone has the relevant LP. We usually listen to something from the beginning of the bands career and compare that with later work. However, in true rock style, flexibility in format is embraced.

If you would like to know more about the group contact the Group Leader Tony on 07428122161 or tonygarwd@hotmail.com.



Would you like to learn to play the ukulele, have fun and make music with others?



If so then why not join our new beginners' class hopefully beginning sometime during the Autumn. **What you will need.** A soprano ukulele a tuner and a music stand. I provide all the music.

Where can you buy one? Ukuleles can be bought for as little as £15. They can be bought from shops in Brighton or on the internet.

Where and when do we meet? We meet on the 2nd and 4th Thursday of the month at The House Project Meeting Room Peacehaven. Beginners 9.45 – 10.45, more experienced players 10.45 – 12.

So do come along and give it a try. If you have learnt before and want to try again then join the beginners group you will be very welcome. Similarly if you already play the ukulele please do join the the group who are more experienced. Please contact me if you are interested and/or want more information.

Marian Stanley email:marianstanley43@gmail.com Tel: 01273 611068



Our u3a Strummers

Art Club Exhibition 23

Friday 22nd September

10am – 4pm

The Hillcrest Centre

Free admission

Everybody welcome



Art Club Exhibition 23

Friday 22nd September

10am to 4pm

Hillcrest Centre Newhaven.

Following the success of the stunning Art Exhibition in 2022 the Art Club will be presenting their work for our enjoyment.

New pieces have been created and new artists have joined long-serving members.

Put the date on your diary.

Operettas & 1930-1940 Musicals Group

You are invited to join this group which is run by 5 Deans u3a and is happy to accept members of our u3a. The group meets monthly in Saltdean at the Group Leader's home on the 4th Thursday of each month at 2pm.

Further details from the Group Leader: Andrew Cregeen.

Phone 07849761664 or email cregandrew@talktalk.net



Chatterboxes

There are 2 places available



Laptops, Smart Phone & Tablets

Laptops, Smart Phones & Tablets Groups are changing their meeting day. From August 2024, the groups will meet on Monday afternoons.



Friday 2pm The House Project



KEEP FIT Thursdays 10:45am



Thursday 2pm Peacehaven Library

Art Group

Angie Mobs



Anne Campbell



Fran Pearson



Joy Jackson



Ros Dowling



Roy Mobs



Graham Hays





The Theatre Group

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

If paying for theatre trips in cash /cheque, please bring it in a sealed envelope marked with you name and the trip.



Alice in Pantoland Meridian Centre

Saturday 9th December at 2:30pm Tickets £11.50

A family pantomime in traditional style from Peacehaven Players. Alice is off on her travels again in a completely new adventure. This time she strays into the enchanted realm where all our favourite panto characters go in the down season. If Witch Whey cannot be stopped, evil will triumph in all pantos. Only Alice and her new friends can defeat the evil ones and ensure good prevails. Along the way Alice finds love and there's song, dance and loads of laughs.

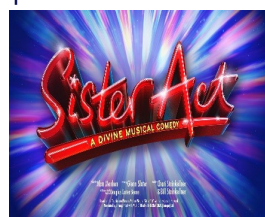


And Then There Were None – Theatre Royal Brighton

Thursday 11th January 2024 at 2.30pm £32

[Optional pre-theatre lunch at Pinocchio's](#)

And Then There Were None – The Best Selling Crime Novel of all time – Directed by **Lucy Bailey** (*Witness for the Prosecution*, now in its 6th year in London), this brand-new production of the Queen of Crime, Agatha Christie's best selling crime novel of all time will keep you on the edge of your seat. It's genuinely terrifying...Ten strangers are lured to a solitary mansion off the coast of Devon. When a storm cuts them off from the mainland, the true reason for their presence on the island becomes horribly clear.



Sister Act – Theatre Royal, Brighton

Wednesday 13th March at 7.45 pm £42.50

[Optional pre-theatre supper at Pinocchio's](#)

Disco diva Deloris' life takes a surprising turn when she witnesses a murder. Placed under protective custody, she is hidden in the one place she shouldn't be found – a convent! Encouraged to help the struggling choir, she helps her fellow sisters find their true voices as she unexpectedly rediscovers her own. Lesley Joseph as the Mother Superior stars in this award-winning production. Sister Act features original music by 8 times Oscar and Tony Award winner Alan Menken whose credits include Disney's *Beauty and the Beast* and *Aladdin*, and songs inspired by Motown, soul and disco, this joyous and hilarious musical is one nostalgia-filled trip you will never forget. This is going to be a sell out so book early.

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 Shearer (*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 reimagined 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.



Outings

Tenterden Town plus Kent & East Sussex Railway

Wednesday 13th September

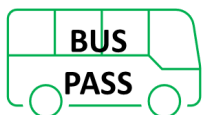
A day in the lovely Tenterden in Kent. We will travel by coach. Then you can choose between a day around the town or a steam train journey on the Kent and East Sussex Railway (which includes a cheese or ham ploughman's lunch).

The cost is £50.50 for coach and train or £20 for coach ride only.

Here is the link to the booking form

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

It will also be available at the monthly meeting.



Outings

Saturday 12th August

Littlehampton

Thursday 24th August

Stanmer Park

Further details can be obtained from:

Lesley Hurtle on 01273 584494, or, Andy Rutherford on 01273582620, or Deanne Smith on 01273



Holidays

Holiday to Warners' Cricket St. Thomas Hotel — January 2024 — £395

Our 5-day trip to Warners at Cricket St. Thomas from 15th January 2024 has 2 double/twin rooms left. We will be travelling by coach to Somerset and 2 days of optional excursions are included in the price. This price includes breakfast and evening meal as well as a free bar from 6pm until midnight. There will be the usual high quality evening entertainment as well as wide-ranging on-site activities during the day. Cricket St. Thomas is a stately home and is one of Warners more upmarket venues. People have fond memories of it from the days when it was used as the home of Penelope Keith in "To the Manor Born". The cost of the trip is £395 per person for two people sharing. There are just 2 double rooms remaining. To secure a place we need a deposit of £50 per person. We are also offering the opportunity to pay monthly and will be accepting cheques/bank transfers/cash for £50 during the first week of each month until final payment is made. After paying the deposit you can, of course, pay the remainder in one go. The last date for final payment is the 25th October.

Maureen Bywaters is interested in finding someone to share a room with at Warners.

If you might be interested, please contact Jacquie, or Maureen, to discuss this. Cost £395 each.

You can read more about Cricket St. Thomas on the [Warners Hotel Website](#).

Please contact me if you would like further information.

Jacquie





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	
French (Basic) 	A small informal group. Some knowledge of French is required. Some spaces.	Chris Sutton on 01273 512261	Chris's home in Newhaven. Every Tuesday of the month. 10:30 to 12:30	
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 johnbpheby@outlook.com	John's home in Peacehaven. Every other Friday of the month. 14:00 to 16:00	50p
Flower Arranging 		Patti Elliott on 01273 582379	Patti's home in Telscombe Cliffs. Every 2nd Tuesday of the month.	£2
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 Mariana 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 it's 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 Tuesday: Tablets (group 2) 2nd Tuesday: Laptops 3rd Tuesday: Smartphones 4th Tuesday: 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 gains points.	Nigel Barnes on 07963431887	Good Companions pub, third Thursday of each month at 13:30..	

Interest Groups

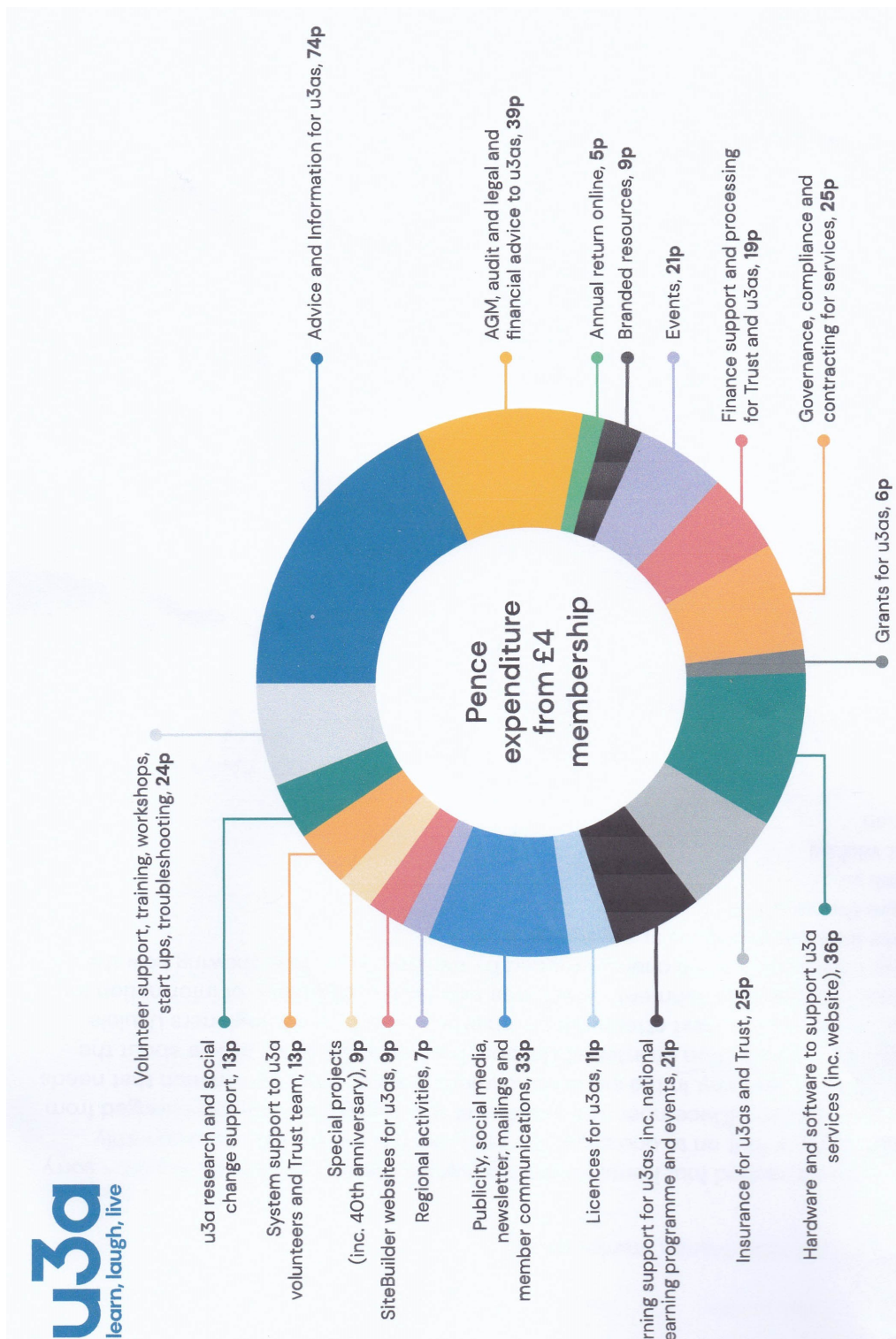
Group	Information	Contact	Venue	Cost
Movies Club 	A friendly group watching and discussing a range of classic films. 2 more places available.	John Pheby on 01273 579642 or johnbpheby@outlook.com	John's home every other Friday, 13:30 to 16:30	50p
Beginners Bridge 	In this group we start from the beginning. We use a mixture of instruction and assisted game playing. We have a lot of fun.	Jacquie Webber on 07428159444 or jacquiewr@hotmail.com	Jacquie's home, Wednesday, 10:00 to 12:00	
Intermediate Bridge 	Suitable for players who have mastered basic Acol bidding. The group will be examining conventions such as Stayman and Transfers as well as bidding strong hands.	Jacquie Webber on 07428159444 or jacquiewr@hotmail.com	Jacquie's home, Wednesday, 14:00 to 16:00	
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 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 lead 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 	New group being formed in conjunction with 5 Deans	Kevin Knight on 01273 786488 or kevinknightu3a@outlook.com	Telscombe Civic Centre. Due to start in September.	
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

Interest Groups

Group	Information	Contact	Venue	Cost
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	
Under the Covers 	This is a new book group.	Joyce Bourne on 0789441106	Peacehaven carvery, third Thursday of the month, 10:30	

ODDS AND ENDS

How Your £4 Is Spent By u3a Head Office



ODDS AND ENDS



Notice from the Theatre and Outings Teams

Please help us by putting all cash and cheque payments to us in a sealed envelope with your name on and details of what you are paying for. This helps us to process your payment accurately and efficiently.



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 use 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.



No change in membership fees for 2023-24

We are happy to announce that there will be no increase in membership fees for 2023-2024.



Individual £15 Joint £27 Individual Associate £11 Joint Associate £18.80

There will continue to be a discount for Associates who joined us before August 2022.
Historical Associates will be contacted individually.

Historical Individual Associate £7.50 Historical Joint Associate £13.50

From this year, you will not be required to fill in a renewal form. Payment of the membership fee will be all you need to do. You will still be issued with a membership card in the usual way.

All the provisions of your original application remain in force unless you tell us differently.

We do need to know if any of your personal details change. Change of Details forms will be available at Monthly Meetings and on the website. Use this link to download a form:

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

Also please note that:

- All members agreed that their details may be held on a computer database for the use of only u3a officials.
- Some of you agreed inclusion in photographs taken by members could be used and published by the u3a .
- Some agreed to join the Gift Aid scheme.

Membership fees are due on the **1st September** 2023. However, we are accepting renewal payments now.

You can pay:

Cash	in a sealed envelope with your name on the front.
Cheque	to Newhaven & Peacehaven u3a. Write on the back who you are paying for.
Bank Transfer	Newhaven & Peacehaven u3a, A/C Number: 83005390; Sort Code: 60-16-41 In the Reference Box put: u3a Subs plus your Surname.
Debit/Credit card	At a monthly meeting.

The discontinuation of the Renewal Form will save the u3a a considerable amount of money in paper and ink.

Tony Garwood

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>



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 8th August

No need to book
just turn up and socialise



Mission to Zambia:

3 large trainer boxes ,2 full of glasses and 1 full of old hearing aids donated by a local optician ,are on their way to Chipata in Zambia as of last week. A friend took them to the Post Office for me as I am housebound.

Thanks to those who have donated the specs. Also the unknown elf who left some bubble wrap in my porch. Ta very much.

This project will close in December after a span of 7 years so if you have some you wish to donate please hand them in at meetings or lunches.

Sharon Ahearn

Members Code of Conduct

The members Code of Conduct specifies the standard of behaviour expected of all members of our u3a



- Members are expected to conduct themselves within the u3a movement's "guiding principles." They are expected also to treat each other with dignity, respect, and courtesy at all times.
- Members are expected to know, follow, and promote the principles of the u3a movement at every opportunity.
- Members are always to act in the best interests of u3a and the movement; strive to uphold its reputation and never do anything which could bring u3a or the movement into disrepute or expose it to undue risk.
- Members are expected to use u3a's resources responsibly and only to further its stated charitable objects and purposes.
- Members are expected to reflect the current organisational policy of u3a regardless of whether it conflicts with their personal views.
- Members are expected to abide by u3a's procedures and practices.

(Source Third Age Trust Guidelines) April 2023

Telephoning Officers and Group Leaders

It would be appreciated if telephone contact could be made between the hours of 09:00 to 17:30.

Equality, Diversity and Inclusion Subcommittee



The Equality, Diversity and Inclusion sub committee has, at last, completed the work on two major policies issued by National u3a.

It has been an interesting and challenging task, focussing on adapting the policies to support the membership and to reflect the aspirations of Newhaven and Peacehaven u3a.

Many existing, good, inclusive and accessible initiatives have been identified and strengthened and new support systems have been introduced.

The list of practical approaches to inclusion in this u3a is impressive and the subcommittee is proud to list them and to show how every member's contribution to the activities and events is so important.

The list is in no particular order and each item has equal importance:

- An introductory meeting for new members
- A system of telephone buddies
- A list of transport buddies
- An expanding team of welcome buddies and chair hosts
- Reserving seats at monthly meeting for new members and for anyone who may have difficulty accessing the main seating area
- Consideration to the time and date of meetings
- Ensuring accessibility to buildings with hearing loop systems, parking and accessible toilets
- Bus pass outings
- Support for individual members to attend meetings
- New guidelines to support group leaders
- A new equality logo and equality statement on all written materials

The subcommittee will welcome any ideas or suggestions for expanding this list.

The Equality, Diversion and Inclusion policy and the Accessibility policy were adopted by the u3a Committee on 12th July 2023 and can be viewed at the website www.u4a.org.uk/Newhaven-Peacehaven

Another focus for the subcommittee has been the introduction of a Code of Conduct. The Code provided by National u3a supports the many requirements of the new policies and is produced on page 13.

Please feel free to contact me if you wish to discuss the policies or the code or if you have any comments or suggestions.

Diane Newton Tel 07931204721, email: dianenewton1960@gmail.com

Subcommittee members: Deanne Smith, Reny Pulling, Marian Stanley, Jacquie Webber, Diane Newton

Paradise Park Loyalty Cards

Marian has now received some more loyalty cards for Paradise Park, which will be valid until December 31st 2023. If you would like one, they will be on the signing in desk at monthly meetings.

With them you can get a £1 plant voucher for every £10 you spend on garden sundries, plants, giftware, pet and aquatics, seeds, bulbs, outdoor sundries, sweets, books and clothing.

A £2.50 plant voucher for every £50 spent on furniture, machinery, barbeques, hard landscaping, ponds and pumps.

Also, you get half price admission to Paradise Park's Heritage Trail and Gardens.

Special promotions, sales, Christmas trees, some seeds and bulbs are not included in the scheme, so it's best to check with staff before purchasing.

Sally Freeman

U3A Lunch Bunch

Friday 25th August 2023 @ 12noon for 12.30pm
(as we have to queue to order our meals)

**Stonehouse Peacehaven Carvery,
295 South Coast Road, Peacehaven, BN10 7HX**

Instructions

Sign-in with me.

Find yourself a seat.

Check the menu on your table for choices and prices

Go to the Bar, order & pay for your meal & drinks.

Traditional Carvery £7.99	Small Carvery £4.99
Scampi £8.99	Classic Burgers from £ 9.99
Mac and cheese (v) £8.49	Camembert +veg bake (v) £7.99
Pizzas from £10.99	
DESSERTS from £4.99	Tea and Coffee available

**All prices subject to change.

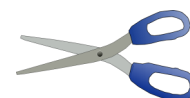
There will be no need to pay in advance for this meal.

Booking available for max. **30 members.**

Please book a seat with me before Fri.18th August 2023

Sharon Ahearn Tel: 01273 589953 Email: sunview70@yahoo.com

----- Please tear off slip below -----



Name:.....

Peacehaven Carvery Friday 25th August 2023 at 12 noon

(Pay as you go!)

Phone no. or email:.....



Please let me know if you find that nearer the booking you cannot make it.
There will probably be a waiting list and this will help other members.

U3A Lunch Bunch

Friday 29th September 2023 @ 12.15pm for 12.30pm

The Old Plough

20 Church Street, Seaford, BN25 1HG

On this one you need to select your choices and work out your payment total+£1 tip. (We are between menus.)

Places available: 30. Please order and pay for your drinks individually.

MAIN COURSE :

Beef pie, mash, seasonal veg and gravy £14.50

Cod and chips with creamy minted peas £14.50

Seafood pie, of mixed fish with Cheddar mash. £13.50

Chicken and Bacon pie in wine sauce , mash with Cheddar sauce and veg. £14.50

Scampi, chips and peas £8.50**

Almond Pesto Linguine with spinach, tomatoes and mushrooms .(V) £8.50**

Tomato, Pepper and Cannellini Bean Pie with baby potatoes and veg (V) £9.50**

**From previous budget menus !!

DESSERTS :

Chocolate Brownie with vanilla ice cream £5.75

Bread and Butter fingers with jug of custard £5.75

Eton Mess £5.75

Crumble of the Day with custard £5.25

Just vanilla ice cream with sauce. £2

Phone Please pre-order and pay before **Fri. 15th September 2023**

Sharon Ahearn Tel: 01273 589953 Email: sunview70@yahoo.com

----- Please tear off slip below -----



The Old Plough: Friday 29th September 2023 @ 12.30pm

Name:.....

Main Course: _____ Price_____

Dessert: _____ Price_____

+ £1 per person tip Total Price_____

Phone Number or email: _____



Dates For Your Diary



2023	Day	Time	Event
August	Thursday 3rd	14:15	Monthly Meeting: "Where Amazing Things Happen" Meridian Centre, Peacehaven
	Tuesday 8th	10:00	Coffee Morning, Peacehaven Stonehouse Carvery, 293 South Coast Road,
	Saturday 12th		Bus Pass Outing: Littlehampton
	Thursday 24th		Bus Pass Outing: Stanmer Park
	Friday 25th	12:00	Lunch Bunch: Stonehouse Carvery, Peacehaven, BN10 7HX
Septem-ber	Thursday 7th	14:15	Monthly Meeting: Banoffee Pie & Other Adventure Hillcrest Centre, Newhaven
	Wednesday 13th		Outings: Tenterden Town plus Kent East Sussex Railway
	Friday 22nd	10:00	Art Club Exhibition 2023 , Hillcrest Centre, Newhaven. 10:00 to 16:00
	Friday 29th	12:15	Lunch Bunch: The Old Plough, 20 Church Street, Seaford, BN25 1HG
October	Wednesday 4th	14:30	Theatre: Blood Brothers , Theatre Royal, Brighton
	Thursday 5th	14:15	Monthly Meeting: Annual General Meeting , Meridian Centre, Peacehaven
	Friday 6th	10:30	Nature rambles around Castle Hill near Newhaven Fort
November	Thursday 2nd	14:15	Monthly Meeting: Sussex Witchcraft , Hillcrest Centre, Newhaven
	Thursday 9th	14:30	Theatre: Everybody's talking about Jamie , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio's
December	Saturday 9th	14:30	Theatre: Alice in Pantoland , Meridian Centre, Peacehaven
	Thursday 14th	14:30	Theatre: The King and I , Congress Theatre, Eastbourne
2024	Day	Time	Event
January	Monday 15th		Holidays: 5 Days to Warner's Cricket St. Thomas Hotel
	Thursday 11th	14:30	Theatre: And Then There Were None , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio's
March	Wednesday 13th	19:45	Theatre: Sister Act , Theatre Royal, Brighton:
April	Thursday 18th	14:30	Theatre: Jesus Christ Superstar , Congress Theatre, Eastbourne: Pre-theatre lunch at the Stage Door.

Committee Members

Chair	Marian Stanley	01273 611068	marianstanley43@gmail.com
Vice Chair	Jacquie Webber	07428159444	jacquiewr@hotmail.com
Secretary	Pat Bethel	01273 758041	patbethel@hotmail.com
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Committee Member	Heather Booth	01273 588288	heatherbooth12@gmail.com
Committee Member	Diane Newton	01273 969289	dianenewton1960@gmail.com
Committee Member	Deanne Smith	01273 982598	smith.deanne78@googlemail.com

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 who 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