



FEBRUARY 2024




Monthly Meeting

February 2024
Thursday 1st February at 2:15pm
in The Hillcrest Centre, Newhaven

Turn Back Time
cooking historic food for TV

A talk by
Ian Dowding



NEWHAVEN 2.15 pm

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



Please remember to bring your own cup/mug for tea/coffee

Note: Speaker Change for February

The speaker that I had booked for next Thursday – Harry Pope – has cancelled due to poor health. I've managed to book Ian Dowding for next week's meeting. He is the inventor of Banoffee Pie and gave us a talk about the dish last September. Anyway the title of Ian's talk is Turn Back Time – cooking historic food for TV.
Marian

Monthly Bulletin

The **Monthly Bulletin** contains any important information or updates to the information published in the preceding Newsletter and it is only distributed by email.

Please send all content for the Monthly Bulletin to John Harrison at 01273 586766 or harrystjohn2003@yahoo.co.uk to arrive before 26th of the month.

If you know a member who does not have email please pass any relevant information onto them.



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**

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

<https://u3asites.org.uk/newhaven-peacehaven>

GROUPS & GROUP NEWS



Interest Groups

Details of all Interest Groups can be found on our website or by contacting the appropriate Group Leader:

Art Club: Graham Heys – 01273 585999		Book Group Newhaven: Delia Boatin – 01273 514303	
Book Group Peacehaven: Rose Lawrence – 01273 580908		Boccia: Mick Etheridge – 07766514161	
Bridge: Jacquie Webber – 0742815944			
Book Group – Under the Covers Joyce Bourne – 07879441106			
Chatter Boxes: Doreena Evans – 01273 585089		Crochet: Angela Barnet – 07788230523	
Classical Music: John Pheby – 01273 579642		Cribbage: Nigel Barnes – 07963431887	
Discussion 1 Peacehaven: Jacquie Webber – 07428159444			
Discussion 2 Newhaven: Marian Stanley – 01273 611068			
Gardening: John Shepherd – 01273 516079		Keep Fit: Jacquie Webber – 07428159444	
Laptops, Tablets and Smart Phones: Tony Garwood – 07428122161			
Lunch Bunch: Sharon Ahearn – 01273 589953			
Mahjong: Joan Farrimond – 01273 580143		Movies Club: John Pheby – 01273 579642	
Meditation: Kevin Knight – 01273 786488		Music Appreciation: John Pheby – 01273 579642	
Needles & Pins: Pat Bethel – 01273 758041		Rock Music Appreciation: Tony Garwood – 07428122161	
Scrabble: Yvonne Maclaughlin – 01273 581523		Singing for Pleasure: Pam Beaumont – 01273 982218	
Ten Pin Bowling: Alan Worth – 01273 302967		Theatre Group: Jacquie Webber – 07428159444	
Ukulele: Marian Stanley – 01273 611068		Walking: Pam Thompson – pamthompson2@btinternet.com	
Wine Tasting: Tony Garwood: tonygarwood@hotmail.com			

Group Coordinators

Pam Beaumont on 01273 982218 or prmbeaumont@hotmail.com

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

Groups News

Lunch Bunch Update

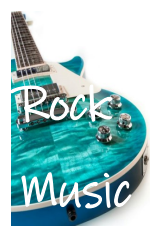
February's lunch is at the Telscombe Tavern with a good menu for these wintery days we are experiencing. In particular the Fishcake choice is very popular with the Lunch Bunchers.

The March Lunch at the Old Plough, Seaford, has had to be transferred to Friday 5th April as it clashed with Good Friday which may have been inconvenient for many of us.

I have been assured that the menu will not change for our reservation (as previously) so there should be no need for me to cancel at the last minute which caused me angst and a lot of extra work at the time. Fingers crossed all goes well!

Sharon Ahearn

The next meeting of the Rock Music Group will be on Friday 3rd February 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.



Interest Groups Synopses

In the bulletins over the next few month, there will be a short synopses about each of the activities groups for explaining in more detail where and when they are held and what happens. The idea of this is to help members decide on what activities are most suited to their interests.

ART CLUB – Group Leader Graham Heys

Art club is limited to the available seating of 18 people. At the present time there are 2 available spaces. The group meets every Tuesday afternoon between 2 – 4 p m at The Hillcrest Centre in Newhaven. Graham is there to help and assist artists, but not to instruct. This is a friendly group where encouragement and aid comes from the members. Those attending do need to bring their own equipment, such as pens, pencils, paper, paints and brushes. Water for cleaning is available in the art room. Paintings and sketches are regularly printed in the U3A monthly bulletin and displayed at the centre. The next exhibition is in The Hillcrest Cafe for the entire month of April 2024.

The first visit is free, just to see if you're interested. Each subsequent meeting cost £3 per member
 First contact can be made by calling Graham on 01273 585999

Book Group Peacehaven – Group Leader Rose Lawrence

This Book Group is limited to 7 people. At the present time there are no available spaces. The group meets on the last Tuesday afternoon of each month between 2 – 4 p m at Rose's home in Peacehaven. Each month a book is chosen by one of the group members and then discussed at the following meeting. Books are available from the Library and a small fee is charged. Although there are no places free at present, Rose is happy to take contact details should a vacancy arise.

First contact can be made by calling Rose on 01273 580908



KEEP FIT
 Thursdays 10:40 am
 Telscombe
 Civic Centre



u3a Diary 2024 £3.00
 January Sale offer.
 When they're gone, they've gone.
Jacquie

 **Outings**

Behind the Seams & IKEA Croydon – Friday 8th March – £65



Join us for a great day out in Croydon! In the morning we will be off to IKEA for a bit of retail therapy.

After some lunch we will be on the move to Behind the Seams where each of us will be warmly greeted with a glass of prosecco or soft drink. We will learn about the dresses and costumes as seen on "Strictly Come Dancing", the real stars of the show! We will be told how long it takes to make the dresses, explaining the process from initial design, by award winning costume designer Vicky Gill, to final rhinestone and the specifics of any performance dress.

There will be lots of costumes on display and we will be taken through the process of how they are made. We will be told how the designers came into making all the Strictly costumes and why they love and fear it. No doubt there will be a few secrets shared about the Strictly stars.

Discover the unique challenges faced by the UK production industry and the exceptional efforts required to consistently meet tight deadlines. There will be a Q&A Session. Feel free to ask any questions that pique your curiosity. We will conclude our journey with a guided tour through the showroom, stock rooms, and production facilities, where creativity and precision converge.

This is a great day out costing £65 per person for the Behind the Seams tour and coach hire. Entrance to IKEA is free but you will have to pay for your own shopping!

Jacquie

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 (£33 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>

Jacquie



The Theatre Group

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

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

Joseph and the Amazing Technicolor Dreamcoat Devonshire Park Theatre, Eastbourne



Saturday 1st June, 2024 at 2pm - 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.

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 a thing...?

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

Chess The Musical –with The Rattionians Saturday 3rd August at 2.30pm



Royal Hippodrome Theatre, Eastbourne—£22

[Optional pre-theatre lunch](#)

At the height of the Cold War, two chess masters meet in Bangkok to battle for the world championship, but their greatest contest is for the love of one woman. Written in 1984 by Abba songwriters Benny Andersson and Bjorn Ulvacus, and Tim Rice.

It includes the international hit singles : 'I Know Him So Well' & 'One Night in Bangkok'.

Abba Voyage — Abba Arena London — Sunday 30th June — £82.50



See ABBA on stage in a concert 40 years in the making. Blending cutting-edge technology, spectacular lighting, and some of the most beloved songs ever written, ABBA take to the stage in a whole new way. In a stunning, purpose-built arena, one of the most popular groups in history appear as digital avatars in a 'ground-breaking' (Metro) concert that really 'needs to be seen to be believed' (BBC). This price includes travel by coach to Abba Arena, London, and is £15 cheaper than the same trip with Lynn's Travel. We have just 49 seats in total available. So, act quickly if you are interested. As we have already paid for the tickets, we need full payment to secure your seat.



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.

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.



New Members Meeting: January 22nd 2024

On Monday 22nd January we held our 1st meeting of 2024 for new members at the Telscombe Civic Centre. 24 new members had been invited but Mother Nature decided to intervene that week so we had Storm Isha to contend with the night before and Storm Jocelyn on its way on Tuesday.

So it was that only 7 members felt they could attend as well as 6 u3a Committee members.

Despite this small group of members there were plenty of suggestions given and a number of new Interest groups discussed.

These included

- Model -making
- Chess
- English Literature
- Archery
- Darts
- Family History
- Poetry
- Play Readings / Performance
- Camping / Glamping
- Family History
- Dog Walking

If any of you would be interested in joining any of these new groups, or have the ability to lead one, please contact Trisha Shepherd via details in this Bulletin. (She is our Interest Groups Coordinator) Please do so before Friday 23rd February so we can explore the viability of any or all of these suggestions during 2024.

Thank you, Sharon Ahearn

Coordinator for New Members' Meetings.

u3a Lunch Bunch

Friday 23rd February 2024 @ 12.15pm for 12.30pm

Venue opens at 12noon

Telscombe Tavern, 405 South Coast Rd., BN10 7AD

U3A menu: 2 courses and tip: £ 18 inclusive. CASH ONLY

Places available: 30. Please order and pay for your meal in advance

Buy your drinks at the Bar. Mobility: Front entrance has only a few easy steps.

MAIN COURSE

Beef Country Casserole with chunky veg., potatoes and peas

Fishcake, chips and salad

Chicken pie, potatoes, peas and gravy

Creamy Courgette Lasagne with salad (V)

DESSERTS

Pear Belle Helene (Tinned pear, ice cream and chocolate sauce)

Hot Apple Pie with custard

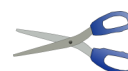
Telscombe Trifle

Cheese Plate : small (V)

Please pre-order and pay before **10th February 2024**

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

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



Name:.....

Telscombe Tavern: Friday 23rd February 2024 @ 12.15 for 12.30pm

Main Course:.....

Dessert..... Price £18 cash inclusive

Phone no. or email:.....



U3A Lunch Bunch

Friday 5th April 2024 (to avoid Easter) @ 12.15pm for 12.30pm

The Old Plough

20 Church Street, Seaford, BN25 1HG

2 course Lunch menu: £ 17 CASH

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

MAIN COURSE :

Fish and chips with creamy minted peas

Sausage and mash, red cabbage and gravy

Hunter's Chicken served in bacon, cheese and bbq sauce, chips and salad

Sweet potato , beetroot and leek Tortelloni in a sauce of tomatoes ,peppers and feta- style cheese. (V)

DESSERTS :

S'more Chocolate Brownie with vanilla ice cream

Crumble of the Day with custard

Sticky Toffee pudding with ice cream

Just Vanilla ice cream with sauce.

Please pre-order and pay before **Fri. 22nd March 2024**

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

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



Name:.....

The Old Plough: Friday 5th April 2024 @ 12.30pm

Price £17 inclusive in CASH

Main Course:.....

Dessert.....

Phone no. or email:.....



Charity Book and Puzzle Sales

From February's meeting I shall be selling, on a monthly basis, a large number of donated books that I have accumulated during 2023 as well as a few jigsaw puzzles in aid of a local Cancer Charity. So do please remember to bring some cash and also a bag to take home any purchases you make.

- Paperbacks £1 each or 3 for £2
- Hardbacks £2
- Puzzles £1.50

I have been donated some Crime/Murder mysteries for those folk who like this genre, as well as my usual /more gentle novels.

Please support this sale.

Sharon Ahearn

Do you have trouble with public transport to monthly meetings?

Your u3a Committee are aware that some members, especially those in the Newhaven area who use the No 14 bus, are having difficulty with the public transport to our monthly meetings.

So we have set up a small sub-committee of Marian, Sharon and Nigel to research how many members are in this position and how we can find alternatives to this annoying situation so you can get to our main meetings. If you are one of these members please help us to set up a feasibility plan for us to overcome this upsetting situation.

Can you contact Sharon 01273.589953 (with answerphone) 9.3-5.30 Mon- Fri, or, email :sunview70@ yahoo.com. Please let us know your name so we have an accurate picture of this travel problem within our u3a areas.

We shall let you know of our progress.....Thank you.

Newhaven/Peacehaven u3a Committee.

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 13th February

No need to book
 just turn up and socialise



Moving house, changing your phone number or email address?

If any of the above apply, 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>

While you are doing that make certain you tell us who your emergency contact is at the moment.



Monthly Meeting

March 2024
 Thursday 7th March at 2:15pm
 Community House, Peacehaven
 (formerly The Meridian Centre)

Scams Awareness

A talk by

Tracey Firth



Monthly Meeting

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



Monthly Meeting

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



A talk by

Mick Etheridge



Paying for u3a events and membership

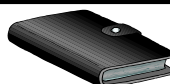
We know that different people like to pay for events in different ways. We believe that we should be as flexible as possible in how we accept payments. That's why we have been accepting payments in cash, by cheque and by bank transfer for some time. However, during the pandemic many of us got used to 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.

To Fill The Space: Photos of Newhaven and Peacehaven



Dates For Your Diary



2024	Day	Time	Event
February	Thursday 1st	14:15	Monthly Meeting: Turn Back Time—cooking historic food for TV , Hillcrest Centre, Newhaven
	Thursday 15th	14:30	Theatre: Lionel Bart’s Oliver! , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio’s
	Friday 23rd	12:00	Lunch Bunch: Telscombe Tavern, 405 South Coast Road, Peacehaven, BN10 7AD
March	Thursday 7th	14:15	Monthly Meeting: Scams Awareness , Community House, Peacehaven
	Friday 8th		Outing: Behind the Seams & IKEA , Croydon
	Wednesday 13th	19:45	Theatre: Sister Act , Theatre Royal, Brighton:
April	Thursday 4th	14:15	Monthly Meeting: Gongoozling—Life on the Canals , Community House, Peacehaven
	Friday 8th	12:15	Lunch Bunch: The Old Plough, 20 Church Street, Seaford, BN25 1HG
	Thursday 18th	14:00	Theatre: Jesus Christ Superstar , Congress Theatre, Eastbourne: Pre-theatre lunch at the Stage Door.
May	Thursday 9th	14:15	Monthly Meeting: Guide Dogs , Community House, Peacehaven
	Friday 31st	12:00	Langham Hotel Lunch with Anita Harris
June	Saturday 1st	14:30	Theatre: Joseph and the Amazing Technicolor Dreamcoat , Devonshire Park Theatre, Eastbourne.
	Saturday 8th	14:30	Theatre: Who Killed the Rep? Community House, Peacehaven.
	Monday 10th		Holiday: TLH Resort Derwent Hotel, Torquay.
	Sunday, 30th		Theatre: Abba Voyage , Abba Arena, London
August	Saturday 3rd	14:30	Theatre: Chess The Musical with the Rattonians , Royal Hippodrome Theatre, Eastbourne: Pre-theatre lunch optional
September	Thursday 12th		Outing: 80th Anniversary of D Day. D Day Museum and Mary Rose / or Gun Wharf shopping area.
October	Friday 4th		Theatre: Around the World in 80 Minutes , Brick Lane Music Hall, London. Coach, lunch and show £85. Details in next months’ Bulletin.

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