





PEACEHAVEN 2.15 pm

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



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

Our speaker will be Ed Tyhurst from Newhaven Fort. The title of his presentation is D – Day and Beyond. Newhaven – Invasion to Celebration. This talk was originally planned to coincide with the 75th Anniversary of the end of the World War 2 but due to Covid has been postponed three times! Fourth time lucky – hopefully.

Hall Seating

After the success of using the theatre style seating for the Behind the Seams Strictly Presentation your u3a committee have decided to try using it for our next monthly meeting on May 4th. It has the potential for providing many more chairs than if we had seating on the floor of the hall.

For those of you who have difficulty accessing the raised seating via stairs there will be two rows of chairs on the floor in front of the theatre seating. Please only use these chairs if you have difficulty using stairs. Everything else will be the same, there will be the signing in table and tables for trips, Interest Groups, Lunches and the Raffle.

We will be using the kitchen for refreshments please remember to bring your own cup/mug. See you there.

Marian



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 **Norma Ingram** know on: **01273 581492**

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.









u3a Newhaven & Peacehaven







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 585 | 999 Book | Group | Peacehaven: Deli | a Boatin - 01273 51430 | D3 |
|--|------------|-------|--|------------------------|----|
| Book Group Newhaven: Rose Lawrence - 01273 580908 Bridge Club: Jacquie Webber - 0742815 | | | | | |
| Beginners Bridge: Jacquie Webber - 0742815944 | | | Intermediate Bridge: Jacquie Webber - 0742815944 | | |
| Boccia: Mick Etheridge - 07766514161 Outings — Bus Pass Outings: Leslie Hirtle - 01273584494 : | | | | | |
| Andy Rutherford - 01273582620 : Deanne Smith - 01273982598 | | | | | |
| Chatter Boxes: Doreena Evans - 01273 585089 Cribbage: Nigel Barnes - 07963431887 | | | | | |
| | | | | | |

Classical Music: John Pheby - 01273 579642

Discussion 1 Peacehaven: Jacquie Webber - 07428159444 Flower Arranging: Patti Elliott - 01273 582379

Discussion 2 Newhaven: Marian Stanley - 01273 611068 French (Basic): Chis Sutton - 01273 512261

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 - 01273 302967 Theatre Group: Jacquie Webber - 07428159444

Ukulele: Marian Stanley - 01273 611068 Walking: Pam Thompson - pamthompson2@btinternet.com

Under the Covers: Joyce Bourne - 0789441106 Wine Tasting: Tony Garwood: tonygarwood@hotmail.com

Group Coordinators

Pam Beaumont on 01273 982218 or Tricia Shepherd on 01273 516079 or

Groups News

prmbeaumont@hotmail.com johnandtricia@tiscali.co.uk

Movies Club and Music Group

Please note that the correct email address for the above groups is: jbpheby@outlook.com

Lunch Bunch Updates

Have you noticed that the prices of vegetarian or vegan dishes at venues have risen and extras introduced? I have no idea why this is because I usually find that meat or fish dishes are the more expensive ones. I am baffled! (Nothing different there then!) I am monitoring the situation as don't see why this situation has arisen. Will feedback my findings.

There were 19 of us at the Old Plough Seaford on Friday 31st March, despite the ghastly weather, and we all tucked in to a hot and plentiful meal from the Lunch Deal menu. It may have been raging outside but in it was all full of chat and bonhomie!

PLEAS NOTE

I shall be away on holiday for the May Meeting so please look out for my replacement who will take in any orders/cash on my behalf.

Also no Lunch Bunch date for July as I do not wish to be in competition with Tony's Summer Lunch.

Sharon Ahearn



New Book Group

Joyce Bourne has just started a new book group meeting in Peacehaven Carvery on the third Thursday of the month 10.30. It is called **Under the Covers**. Joyce's phone number is 0789441106. Please will you add that to the list of Interest Groups

Marian

Nature Ramble Castle Hill Newhaven Friday May 12th

There are still places available for the Nature Ramble on Friday May 12th 10.30 – 12. We will be led by David Harris and his colleagues from the Castle Hill Preservation Society who will lead us through Castle Hill pointing out the birds, insects, plants and trees that are now emerging from the cold of winter into springtime. For those who have taken part before we shall be taking a slightly different route from the last two years. We meet outside the Co-op on the corner of Fort Road and Gibbon Road in Newhaven. Please remember to bring suitable clothing and footwear.

Of course the Nature Ramble will only go ahead if there is good weather. We ask that at the end of the ramble those who take part will give a donation to the Castle Hill Preservation Society who look after this splendid nature reserve. If you would like to take part please contact me Marian Stanley by phone – 01273 611068 or email: marianstanley43 @gmail.com

French Conversation Interest Group

There are places available in the French Conversation group for those who have spoken the language before and need to brush up their skills and for those with more experience of speaking the language. The group meets every Tuesday morning. Please contact Chris Sutton phone number 01273 512261.

Rock Music Group

On May 12th the Group will be listening to David Bowie. Please note this is the second Friday due to the Bank Holiday.

During the last year the group has listened to music by, amongst others, The Beatles, The Rolling Stones, 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.















Thursday 2pm Peacehaven Library





The Theatre Group

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

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

The Sixties Show with a 3-course lunch - Wednesday 7th June Cost £45



Join us for a trip to the East End of London to enjoy one of the best days out in London.

The Brick Lane Music Hall is ranked 34 out of 2598 London attractions and offers non-stop fun and entertainment as well as delicious food. Join us for a trip down memory lane back to the swinging sixties and a day out that you will remember for a long, long time.

Magic of the Musicals Meridian Centre Saturday 10th June 2:30pm Tickets £10



"Celebrating 25 years of the Peacehaven Players.

Since 1998, Peacehaven Players have been delighted to entertain Peacehaven, and beyond, to some of the best in musical theatre.

Magic of the Musicals will bring you our special selection of songs from Joseph, Les Miserables, The Greatest Showman, The King and I, My Fair Lady, Wicked, West Side Story and Mamma Mia, and many more. This show pays

tribute to the many women and men who have shared the Meridian stage over all these years. You will be seated cabaret style at tables and the bar will be open throughout the show."

Guys And Dolls - Saturday 29[™] July At 2.30pm



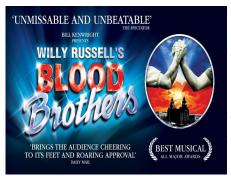
Hippodrome Theatre, Eastbourne – Tickets £22

The Rattonians are back this summer! This time they will be in their own home, the Hippodrome Theatre, Eastbourne performing Guys and Dolls. Naturally we have bagged the very best seats in the house!

Set in Damon Runyon's mythical New York City, Guys and Dolls is an oddball romantic comedy. It takes us from the heart of Times Square to the cafes of Havana, Cuba and even into the sewers of New York City, but eventually everyone ends up where they belong.

Join us for a pre-theatre lunch at the wonderful Crown & Anchor on nearby Grand Parade. Please let me know if you wish to join us for lunch as we have to pre-book the meals.

Blood Brothers Theatre Royal Brighton



Wednesday 4th October at 2.30pm £33.50

Optional pre-theatre lunch at Pinocchio's

Written by Willy Russell the legendary Blood Brothers tells the captivating and moving tale of twins who, separated at birth, grow up on the opposite sides of the tracks, only to meet again with fateful consequences.

This is one of only 3 musicals ever to achieve the milestone of an amazing 10,000 performances in London's West End.



Everybody's Talking About Jamie Theatre Royal Brighton



Thursday 9th November at 2:30pm Tickets £39

Optional pre-theatre lunch at Pinocchio's

Inspired by a true story, this is a hit musical for the modern day. Jamie is 16 and lives on a council estate. He doesn't quite fit in. Jamie is terrified about the future. He is going to be sensational! Supported by his brilliant mother and surrounded by his friends, Jamie overcomes prejudice, beats the bul-

lies, and steps out of the darkness into the spotlight.

Sister Act – Theatre Royal, Brighton – Wednesday 13th March at 7.45 pm £42.50



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 Alad-

din, 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.



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.



Pashley Manor Gardens

Thursday 22nd June during Rose Week

Coach and entrance £36

Travel by coach to gardens at Pashley Manor. Enjoy 11 acres of beautiful borders and vistas. All the ingredients of the traditional English garden have been carefully cultivated over a lifetime of work.

Adding to this is the Café and Terrace with excellent garden views and Sculpture and Art Exhibitions, The coach leaves Denton Island at 9:30am with all the usual pick-ups. We will leave the gardens at 4:30pm for the return journey.

Booking forms can be downloaded using this link https://

u3asites.org.uk/files/n/newhaven-peacehaven/docs/pashleybooking.pdf and will also be available at the monthly meeting.







Buckingham Palace Sunday 23RD July - £59 including Full payment due by 1st June



ONE SEAT LEFT

If you want to come on this visit, be prepared for a long day! The trip is booked for a Sunday so that traffic up to London will be lighter. Our first event will be the Changing of the Guard which starts around 10.45am. We will want to arrive earlier so that we can bag a good vantage point for watching. Afterwards, there will be time for lunch, and we are recommending that everyone brings a packed lunch to eat in St. James Park. Then it will be time for Buckingham Palace itself.

We shall be taking the State Rooms and Garden Highlights Tour which is especially designed for groups. The itinerary allows time for us to take in

the panoramic views of the lawn and the lake, enjoy tea and cakes from the Garden Café and to visit the Garden Shop. Please let me know if you would like to join us.

FULL PAYMENT MUST BE MADE BY 1ST JUNE.

Jacquie

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



Following the success of our holiday to Norton Grange on the Isle of Wight, in February, we are planning a 5-day trip to Warners at Cricket St. Thomas from 15th January 2024. The trip will follow the same format as this year. We will be travelling by coach to our Somerset venue and two 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 entertain-

ment that we have come to expect from Warners as well as wide-ranging on-site activities during the day. Cricket St. Thomas is a stately home and as such 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 3 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 or bank transfers 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.

You can read more about Cricket St. Thomas on the Warners Hotel Website.

VOLUNTEERS WANTED — To Help local people get ready for later life



East Sussex County Council Later life brings change – retirement, adapting to changes in health or mobility, caring for others, finding new roles and interests.

These changes can have a big impact on our lives and can be hard to manage – the Life Transitions Service will help people to prepare ahead of time and be better equipped and supported when life changes happen.

Our pioneering new Life Transitions Service helps people to prepare for their later life by having in-depth conversations with our volunteers.

If you are a people person, like to help others and want to be part of an exciting new service, come and join our team. Our volunteers receive full training and ongoing support in how to help people have the best older age possible.

To find out more: Email us at LifeTransitions@eastsussex.gov.uk or Call Sue Dunkley on 07783 847944





the summer lunch



Sunday 16th July 2023 1pm to dine at 2:00pm

We are now taking bookings for Summer Lunch 2023. Once again the EMB Centre, in Seaview Road Peacehaven, will delight us with their culinary arts and beautiful surroundings. The menu/booking form can be downloaded by using this link:

https://u3asites.org.uk/files/n/newhaven-peacehaven/docs/summerlunch23bookingform.pdf or at a monthly meeting, We have favoured a summery feel to the menu. As it's July, we might even have the doors open. After the meal there will be a Summer Quiz while tea, coffee and mints are served.





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.

Voter ID

From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections. If you do not take photo ID with you, you will not be allowed to vote.

This will apply to:

- Local elections
- Police and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

Acceptable forms of ID to vote in person at a polling station.

- **Passport** issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country.
- **Driving licence** issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence).
- A Blue Badge.
- Older Person's Bus Pass.
- Disabled Person's Bus Pass.

If you vote by post this does not affect you.





Charity Book and Jigsaw Sale

Thank you to all those who supported our sale on the 6th April either by giving goods or buying something or donating cash.

In the end we made £65 clear profit which I have sent to Prostate Cancer UK.

Your support is much appreciated as your generosity is boundless.

The next sale will be in 3 months and will be for Earthquake Survivors in Turkey and Syria via DEC.

Thanks a lot,

New Members Meeting Monday 27th March

Thank you so much to those folk who attended and supported the New Members' meeting at Telscombe Civic Centre. These regular meetings underpin what we are trying to achieve for those new to our u3a as we are trying to do to integrate and inform our newish members as well as to demonstrate how to get the maximum out of each person's membership.

In all there were 20 "newbies" in attendance as well as 7 Committee members. There were also 2 STAR people who provided the refreshments for us.

The newbies were told how to approach group leaders of groups that are full as well as to go on a waiting list for outings, lunches etc.

All in all it was a very successful and vibrant meeting and well worth all the effort we all put in.

From the Newbies' group the following new groups have been suggested.....

Indoor Bowls

Local History

Creative Writing ...both poetry and prose

Learning about Investments

As well as extending the following groups, perhaps by setting up a new group....

Crafting e.g. making cards

Keep Fit

IT and Computers

Beginners Bridge

If you would like to join any of these groups please contact Pam Beaumont, Groups Coordinator, by phone or email to express an interest in attending any of the various groups listed above so we can measure what support there is for setting up extra or new groups.

Sharon Ahearn (On behalf of our u3a Committee.)

Equality, Diversity and Inclusion Sub Committee

Newhaven and Peacehaven u3a is committed to creating an inclusive culture, that values diversity, in how we treat each other.

In support of this aim, members of the E,D and I sub committee have reviewed the national Equality and Accessibility policies, taken views from group leaders and made amendments appropriate to our u3a. These policies, once they have been approved by the u3a committee will be presented to the membership later this year. Following a very successful meeting with the group coordinators and group leaders, the sub committee is now working to produce a set of guidance notes for leaders, this should be a helpful document for

This month we are pleased to welcome two new welcome buddies and three new seated hosts to the friendly welcome team. Thanks to all buddies, your smiles and welcomes are making such a difference for our new members.

Please feel free to contact the E,D and I sub committee with any comments or ideas to do with Equality we will be happy to hear from you.

group coordinators, leaders and members.

Email dianenewton1960@gmail.com Tel 07931204721



Next Coffee Morning 9th May

equality

u3a

diversity

inclusion

U3A Lunch Bunch

Friday 26th May 2023 @ 12.45pm

The Burger and the Bird

205 South Coast Rd., Peacehaven, BN10 7BG (Almost opposite Sainsbury's Local)

Venue opens 12 noon. Please be in your place by 12.30pm.

Special U3A Lunch menu: 2 courses and tip £ £18 (Plus extras)

Places available: up to 30. Please order and pay for your drinks at the Bar.

MAIN COURSE

| Classic Beef Burger |
|--|
| Chicken breast with BBQ sauce |
| Halloumi and Mushroom Burger (V) (£2 extra) |
| All served with chips. (Sweet potato fries £1 extra) |

Phone no. or email.....

DESSERTS

| Belgian Waffle, vanilla ice cream and choc. sauce |
|--|
| Sticky Toffee pudding with vanilla custard |
| Lotus Biscoff Cheesecake and ice cream |
| Just ice cream! |
| Please pre-order before Friday12 th May 2023 |
| Sharon Ahearn Tel:01273.589953 Email :sunview70@yahoo.com |
| Please tear off slip below |
| Name |
| The Burger and the Bird Friday 26 th MAY 2023 @ 12.45pm |
| Main Coursewith chips or sweet potato fries (Please tick) |
| DessertPrice £ 18 cash |
| |



U3A Lunch Bunch

Friday 30th JUNE 2023 at 12.15 pm for 12.30 pm service

The Drove (Brewers' Fayre) Newhaven BN9 OAG

(Behind Sainsbury's Newhaven)

2 courses + tip £ 16 or £17 (with extra)

Pre-order and pay in advance

Please buy your drinks at the Bar.

MAIN COURSES

Smothered Chicken: In a bacon, cheese and barbq sauce with skin-on fries, coleslaw, garlic bread and salad garnish.

Scampi and chips: with garden peas.

Apple Betty served warm with custard

Strawberries and ice cream

Fish pie topped with cheesy potato and salad garnish

Beef Lasagne: with mixed salad and garlic bread.

Sweet potato, spinach and chick pea Curry with fluffy rice (V)

DESSERTS

| Sticky Toffee pudding with custard (+£1 extra) Knickerbocker Sundae (+£1 extra) | | | | | | | | |
|---|--|--|--|--|--|--|--|--|
| ast day for orders and payment: Friday 16 th JUNE 2023 | | | | | | | | |
| Maximum 30 places available. | | | | | | | | |
| Please cut off the slip below | | | | | | | | |
| Name: The Drove: Friday 30 th JUNE 2023 @ 12.15pm for 12.30pm | | | | | | | | |
| Main Course: | | | | | | | | |
| Dessert Price: £16 or £17 CASH | | | | | | | | |
| Phono no or amail: | | | | | | | | |



Newhaven & Peacehaven USC loarn, load loar

MAY 2023

Aileen's Game

Have you played Aileen's Game yet? The word game is the creation of East Suffolk u3a member lan Clarke and involves getting words in a 5x5 grid. Have a go and see where you come on the leaderboard.

Copied by Sally Freeman from Third Age Matters, go to u3a.org.uk/learning

Editors Note: — Newsletter and Bulletin

When I read the Minutes of the March Committee Meeting (which I did not attend) the issue of the confusion between the Newsletter and the Bulletin was once again raised. I therefore thought that it would be worthwhile to give a brief overview of the past and current situation.

When I joined the u3a and the Committee in 2017 the Newsletter was published quarterly (4 times a year) and was printed by a local printing company. The Newsletter and the Monthly Meeting was the only way that we communicated with our members. This caused several problems, the print deadline was 2 weeks before the publishing date, printing was expensive, usually running between 14 to 16 pages and there was no way in which information could be added once the copy had gone to the printer. It was therefore decided to:

- 1. Purchase a printer and print the newsletter in-house, cheaper and more flexible.
- 2. Print the Newsletter 3 times a year and issue a monthly Bulletin, cheaper printing and distribution cost. The Bulletin was intended to be in a digital format, distributed by email, 2 or 3 pages and only include important updates that had occurred between the publication of the newsletters.

Over the past couple of years our u3a has expanded in membership and activities with additions and changes being added monthly. I took the view that if group leaders or members wanted to include something in the Bulletin I would include it. There are no printing costs associated with the Bulletin and the only limitation is the file size for distribution. There have been issues reaching 16 pages so I can understand why some members are getting confused, although the layout and title pages of the publications are totally different.

We are now a quarter of the way through 2023 and times have changed. We have 337 members of which approximately 85% have an email address. Tony is very active and we have a webpage, and a presence on Facebook and YouTube. All of the information contained in the Newsletter and Bulletin can be found there so we have questioned the need for continuing to printing the Newsletter and publishing the Bulletin.

The Committee has decided that there is still a need for both and back in August 2022 the following Guidelines for the Publication of the Bulletin were agreed:

- 1. The number of pages will not be subject to a pre-determined limit and will be at the discretion of the Editor
- 2.. The font type and size will remain at the current size
- 3. Only new items or events that have not occurred or still have vacancies since the last publication of the Bulletin will be included
- 4. The detail of the Interest Groups information will be decide by the Group Coordinator
- 5. The Dates for your Diary will be included

On a final note, the publication and distribution of the Newsletter and Bulletin is not just down to me but a hard working team, and yes, both the Newsletter and the Bulletin are proof-read and I apologies for the errors that are my mistake. Some of the errors occur because updated information has not been passed onto me, but as they say, no one is perfect.

John Harrison, Editor

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 that does not have email please pass any relevant information onto them.



Dates For Your Diary



| 2023 | Day | Time | Event | |
|----------|-------------------|-------|---|--|
| May | Thursday 4th | 14:15 | Monthly Meeting: D Day and Beyond , Meridian Centre, Peacehaven | |
| | Tuesday 9th | 10:00 | Coffee Morning, Peacehaven Stonehouse Carvery | |
| | Friday 12th | 10:30 | Nature rambles around Castle Hill near Newhaven Fort | |
| | Sunday 21st | TBC | Outing: Thames River Cruise with Sunday Lunch | |
| | Friday 26th | 12:25 | Lunch Bunch: Burger and Bird, 205 South Coast Road, Peacehaven | |
| June | Thursday 1st | 14:15 | Monthly Meeting: Recycling , Hillcrest Centre, Newhaven | |
| | Wednesday 7th | | Theatre: Brick Lane Music Hall , London East End | |
| | Friday 9th | 12:00 | Van Gogh Live, The Dome, Brighton | |
| | Saturday 10th | 14:30 | Theatre: Magic of the Musicals, Meridian Centre, Peacehaven | |
| | Thursday 22nd | 09:30 | Visit to Pashley Manor Gardens, Rose Week | |
| | Friday 30th | 12.15 | Lunch Bunch: The Drove (Brewers Fayre), Newhaven BN9 OAG | |
| July | Thursday 6th | 14:15 | Monthly Meeting: Fabricating Lureland, a history of Peacehaven, Meridian Centre, Peacehaven | |
| | Friday 7th | 10:30 | Nature rambles around Castle Hill near Newhaven Fort | |
| | Sunday 16th | 13:00 | The Summer Lunch, EBM Centre, 16 Seaview Road, Peacehaven | |
| | Sunday 23rd | | Visit to Buckingham Palace | |
| | Saturday 29th | 14:30 | Theatre: Guys & Dolls , Hippodrome Theatre, Eastbourne, pre-theatre lunch at The Crown & Anchor | |
| August | Thursday 3rd | 14:25 | Monthly Meeting: "Where Amazing Things Happen" Meridian Centre, Peacehaven | |
| October | Wednesday 4th | 14:30 | Theatre: Blood Brothers , Theatre Royal, Brighton | |
| | Friday 6th | 10:30 | Nature rambles around Castle Hill near Newhaven Fort | |
| November | Thursday 9th | 14:30 | Theatre: Everybody's talking about Jamie , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio's | |
| 2024 | Day | Time | Event | |
| January | Monday 15th | | 5 Day Holiday to Warner's Cricket St. Thomas Hotel | |
| March | Wednesday 13th | 19:45 | Theatre: Sister Act , Theatre Royal, Brighton: | |

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