

# Preston Park u3a



## Update May 2024

### Welcome from our Vice Chairs

#### **Welcoming new members**

We were delighted to meet members who have recently joined Preston Park u3a at the New Members Drink on 25<sup>th</sup> April and provide them with our welcome pack. If you have yet to attend a new members event, do contact our New Members Friend, Sarah Richardson. Email [Sarah Richardson](mailto:Sarah.Richardson@prestonparku3a.co.uk), Tel. 07941 318630.

The next New Members Tea will be at 3pm, Wednesday 5<sup>th</sup> June.

New members are also particularly welcome at the Drop-in Coffee Mornings for all members every Friday from 10:30am - 12:30pm. These will now be at the *Florence Road Church Café* every Friday. Just turn up, or email [Philip Haughey](mailto:Philip.Haughey@prestonparku3a.co.uk) or [Sandy Andrews](mailto:Sandy.Andrews@prestonparku3a.co.uk).

Do also make known that you're a new member on arrival at our Monthly Meetings, and we'll make sure you find people to talk to.

#### **u3a Day - Saturday 28th September**

As we have done in previous years, we will be having a display in Preston Park on Saturday 28th September. This will be part of u3a Week which will be celebrated nationally by all u3a's. It's a good way for us to reach out to potential new members.

Christine Hooper, our Secretary, would like help to plan this event. If you would be interested in helping, please let Christine know by emailing [Christine Hooper](mailto:Christine.Hooper@prestonparku3a.co.uk) or phone 01273 844535.

### What's on in May

#### **Pub Quiz – Tuesday 7th May at 2.30pm**

The next Preston Park u3a Pub Quiz will be at 2.30pm on Tuesday May 7th, at the Ladies Mile pub hall, 2 Mackie Avenue. All are welcome, and if you come alone we'll put you in a team. Fee is £2 plus £1 for tea or coffee- other beverages available in the pub!

## **Monthly Meeting – Thursday 9th May at 2.15pm**

Our speaker, Christopher Horlock, will talk about his book “*Lost Brighton*” which charts the changing face of Brighton from the end of the Victorian era to the present day, recording its many famous lost landmarks. This fascinating photographic history of lost Brighton will delight those who live in the city or know it well.

Our monthly general meetings are at Knoyle Hall, Knoyle Road, behind St John’s Church, and are open to all members of our u3a.

Doors open at 1.45pm. Please bring £1.50 in cash to cover the cost of the meeting and refreshments.

## **Heritage Visiting Group visits:**

### **Veolia Depot, Hollingdean - Friday 10th May**

A chance to find out how Veolia deals with household recycling. SOLD OUT - taking names for standby only.

### **A Day Trip to Cambridge - Friday 24th May**

Have you wondered where the Thameslink services go? Well now is your chance to find out about the Cambridge service and have 4 to 5 hours looking around when you arrive. NB the journey is about 2 hours 25 minutes each way - a chance to chat with friends! Cost £34.25 for rail only. Bring your bus pass with you.

To book please contact Group Leader, John Colman: email [John Colman](mailto:John.Colman), or phone 01273 556977 or 07710 298221.

## **News from our Groups**

### **Heritage Visiting Group visits**



The Heritage Visiting Group had a sunny day for a visit to Portsmouth Historic Dockyard and HMS Victory, the oldest commissioned warship in the world, on 12th April. It was amazing to see how sailors must have lived and died on board.

On 26th April, we enjoyed a fabulous 'Behind the Scenes tour' of the Royal Opera House, Covent Garden. We were lucky enough to see part of a Royal Ballet dress rehearsal and practice, and see costumes up close.



Also booking for June:

Horniman Museum, Forest Hill, London - Friday 14th June

Visit the winner of the national museum of the year award a year or two ago. Rail to East Croydon then a 35 minute bus ride to the museum. Bring your bus pass or pay. Cost £14 for rail only.

To book please contact Group Leader, John Colman: email [John Colman](mailto:John.Colman), 01273 556977 or 07710 298221.

There are no visits in July or August. See our [website](#) for other Heritage Visits planned for this year. Open to all members.

### **New walking group?**

We currently have two walking groups: Strollers on a Tuesday morning, walking 3-5 miles at a leisurely pace and Striders on a Thursday morning, walking 4-6 miles at a faster pace. We feel an additional walking group is needed at a level in between Strollers and Striders and possibly on a different day of the week.

If you would be interested in joining a new intermediate walking group, please email [Christine Hooper](mailto:Christine.Hooper) or phone 01273 844535.

### **2nd mosaic workshop - Saturday 29th June 10.15 - 4.00pm**

This workshop will run by our member Christine, a Member of the British Association for Modern Mosaics, who ran a really enjoyable and successful workshop for our u3a in October and recently completed a community project with the children of Hartington Road, Brighton (see: <https://canvasformosaic.artweb.com>).

Create a mosaic mat stand or a decorative wall piece to take home. Suitable for art and craft lovers, no artistic experience or talent is required. Just bring an apron, a newspaper and rubber

gloves. If you have child's drawing, a photo of your dog or any other inspirational material, you are welcome to bring it along.

Venue will be Crowhurst Hall, Knoyle Road, Brighton - close to the 5 buses or unrestricted parking in Knoyle Road on Saturdays.

The cost will be £25 to cover hall hire and cost of materials. Tea and coffee will be available for a small donation but *lunch isn't provided* (it's a short walk to Sainsbury's, Costa or a pub).

Places will be strictly limited to allow everyone to learn new skills so if you want to join in the fun then please email [Liz Rugg](#) to register your interest as soon as possible.

### **Art Outdoors**

The Art Outdoors Group were delighted to see bluebells and lily of the valley in Preston Park in April and are looking forward to warmer days in the park in May, with time to sketch or paint. They plan to visit the Rock Gardens in June and a trip to the Devil's Dyke in July on the number 77 bus for views of the South Downs National Park.

Contact Group Leader, email [Sheila Sheppard](#).

### **New Interest Group - Philosophy**

We are hoping to get our Philosophy discussion group off the ground. If you are interested in joining us please contact [Philip Haughey](#) or email [Marcus Oldfield](#).

### **Scottish Country Dancing – spaces available**



Scottish country dancing is good fun, great for the brain and wonderful exercise! Spaces are available in the classes which take place every Tuesday from 1.45 - 3.15pm in Crowhurst Hall (behind Knoyle Hall). Tutor Sheila Lovie gently puts us through our paces.

Email [Sarah Richardson](#), or phone 07941 318630, for information.

## **Interested in growing your own organic food?**

A new member who ran a very successful community garden project in the East of England for many years, with members growing food then cooking and eating the produce, is interested in developing something similar for our u3a. Members would learn about improving soil, propagation, cultivation, pruning etc. of fruit, vegetables and herbs, all using 100% organic methods.

If you think this could be for you please email [Liz Rugg](#), one of our Committee members and Interest Group Co-ordinators, and we'll set up a meeting to explore ideas further.

## **National u3a news**

### **South East u3a Forum Summer School** – booking now

You can now book the courses on offer at the South East u3a Forum's Summer School from Monday 2nd to Thursday 5th September 2024 at Chichester University. See [u3a: South East U3A Forum: Summer School \(u3asites.org.uk\)](#).

### **National u3a Summer Festival 24** – booking now

The first national u3a Summer Festival takes place in York from 18th to 20th July. Drawing on the experience, enthusiasm and talents of u3a members, Festival 24 will bring the u3a movement together to showcase the wide variety of activities - talks, sports events, musical entertainment and workshops - which will make this first u3a national festival something to remember.

For details and to book see [u3a Festival 24](#). There are 5 options so you can book for all three days, or for Thursday only, Friday from 9 – 6pm, Friday from 9am – 11pm or for Saturday.

### **On line learning opportunities**

u3a members can join a very wide range of online talks, workshops and courses for free with their membership. They are hosted on Zoom. Click [here](#) to see what's coming up.

There are some '[How to Guides](#)' for using Zoom if you are unfamiliar with it. You can also sign up to the events mailing to get details of monthly online events sent straight to your inbox.

### **u3a Friends Newsletter**

You can find news of other u3as around the country in the [u3a Friends April Newsletter](#). If you'd like that newsletter sent to your email address every month, [sign up here](#).

u3a are also launching **Friends Extra** - a new range of benefits, offers and services exclusively for members of the u3a Friends community. The benefits include discounts for shopping, travel, insurance and more for members who have signed up for the u3a Friends Newsletter.

To become a 'Friend', simply sign up to receive the Friends Newsletter on the u3a website: <https://www.u3a.org.uk>. Each issue of the Friends Newsletter will include a link to the Friends Extra benefits website and highlight one of the offers.

This is just one element of the u3a Friends newsletter, which brings together stories from local u3a groups, learning opportunities and news of upcoming events to highlight the fun and learning within the u3a community.

### **u3a matters magazine**

The national u3a magazine has been relaunched under this new name. If you have not received a copy but want to, please email our Membership Secretary, [Kevin Thomas](#), or phone Kevin on 01273 881340, so he can update our records.

To encourage more people to benefit from being part of u3a, a new '*u3a matters pass it on*' campaign has been launched. Please pass the magazine on to someone who may be interested in finding out more about u3a and becoming part of the movement.

## Future updates

We'd love to let Preston Park u3a members know what your group is doing. Please send [Carol Jenkins](#) any text or photos for the June Update as soon as you can, and by **28<sup>th</sup> May** latest.