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**u3a October Newsletter**

1 message

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# u3a

## Sidcup & District U3A



St. Lawrence Church Hall where meetings are held usually on the 3rd Thursday afternoon of the month. **The talk on October 19th will be Jo Livingston's Presentation on "Secret London"**

For a full list of the talks this year please click on this link : [Talks 2023](#). N.B. The meeting on December 21st will be at Sidcup Sports Club. *(A full list of talks for next year will be published next month.)*



Last month's talk by Gill Howard about Brunel's Thames Tunnel was well attended and received.

*Following suggestions at the GL's meeting, each group is invited to send a summary report (& photo) of recent activities. Fuller details will appear on the [website](#) as usual.*

**Amblers September Walk leader John Baker**

The Amblers visited the impressive grounds of Dulwich Park. We first entered the horticultural gardens then chatted to gardeners about their thriving vegetables. Next we walked to the park's lake and some used the nearby exercise machines. We crossed the water on a board walk, met some ducks and finished at the park cafe.

**An Introduction to Mosaics by Val Gosden**

7 members came to 2 workshop sessions, each member making two small items for indoor use. Photos of what they made can be seen on The Gallery pages. Having learnt the basics, they can now go on to creating larger and more exciting items.



**Architecture leader Val Gosden**

The Architecture group is currently watching a series of programmes about palaces, not all of which are familiar to us. The information about these palaces includes how they were built and decorated, their various artefacts, and the history of the country's royal family.

**Book Group leader Kate Berry**

September's book, *The Beloved Girls* by Harriet Evans, is about an eccentric family in an old house in Somerset. Central to the story is their decrepit Chapel, home to

bees, and an annual family ritual.

Despite mostly unlovable characters, the story was compelling. 6-7/10.

Bridge Group leader Joy Alker

The Bridge group is a relaxed group of friends who enjoy a chat and cup of tea while playing Bridge. We have an expert who set the group up many decades ago and who is always willing to give helpful and encouraging advice.

Family History leader Kate Berry.

September's topic was occupations and apprenticeships. In my family tree, some of the occupations I have found are engineers, a hydrographer, accountant, butcher, railway workers, miners, dyers, gardeners, dressmakers, teachers, servants and a ballet dancer - plus lots of ag.labs. (agricultural labourers - compulsory in any family tree!)

Freedom Pass Explorers leader Christine Withams

It's good to wander by the Thames, and that's what we did in September. From St Margarets Station towards the Thames entering the grounds of Orleans House from there a wander into the grounds of York House and onto Eel Pie Island, lunch and back via Twickenham Station

Maths Group leader Margaret Turner

The maths group meets on the second Monday of the month at 11 a.m. in the library at Queensgate.

On 9th October, we will discuss circles, their use throughout history, rotation, 360 degrees- why 360? This will lead to some discussion about number, divisors, prime numbers,  $\pi$  (pi), etc

Meditation Group leader Keith Alker

Our busy Meditation group has social, learning, discussion and practice elements. Each session follows a theme suggested by a member or the Group Leader chooses a topic. Perfection is not required. The fundamental aim is to improve our sense of wellbeing.

### Mono Photography Group leader Roy Morton

Septembers subjects were "Patterns", "A worms eye view" and the results of our photoshoot around Bexley Village featuring a pattern interpretation of the very random effect of a few drops of rain on a dusty rubbish bin - imagine yourself as a worm looking up & using the shade cast by the flowers, and pictured - a line of books taken in St. Johns Church Bexley.



### Parks and Gardens leaders Rinka Halliday and Jill Bryant

Our visit this month was a wander through Greenwich Park, always a popular venue with formal gardens and wide vistas across London. Still plenty to see despite Summer's fading beauty.

### Pot Pourri leader Pat Laughton

Although the Pot Pourri Group only numbered 9 for the September outing, we met for lunch and then visited the Garden Museum at Lambeth who were open under the National Garden Scheme on that particular day. Included in the trip was a talk and tea with the Head Gardener.

### Ramblers 3 : Leader Trevor Ford

Hottest Day : Ascent of Hill (whose idea was that?) On Friday 8th September a glorious view across the North Downs from Bluebell Hill. Shaded as we walked down through woodland. On the struggle back up we passed Kits Coty House (ancient burial ).



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### **New Workshop CrossStitch**

This oneday workshop is for anyone who wants to learn how to do cross stitch,

or anyone who needs a refresher session. It will be held on

**Monday 16th October at 2pm**

**at home address of Val Gosden. Attendees will be able to make a simple Christmas**

**card at a cost of £3. Contact Val Gosden [ray.gosden@zen.co.uk](mailto:ray.gosden@zen.co.uk)**

### **Growth Matters !**

We recognise the need to keep recruiting new members to keep our u3a healthy and active, so we are proposing a recruitment workshop to discuss ideas on **Monday 20th November , 1.30 - 3.30 pm at Queensgate.** The committee are inviting any Group Leaders and other members who would like to join us for this important topic. Please notify [trevorford435@gmail.com](mailto:trevorford435@gmail.com) to "register" your interest,

**National Newsletter** *(including Sea Shanty video)*

Click on [link](#)

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