

SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

August 2020



SIDCUP & DISTRICT U3A meets at 2.00 pm on the 3rd Thursday of every month in the New Community Church Centre, 24 Station Road, Sidcup (meetings currently suspended)

NOTICES

Free TV Licence

There is an important deadline approaching to secure your free TV licence.

From 1st August the free TV licence for people over 75 will only be available for those who claim Pension Credit. If you – or someone you know – could do with more money, as well as continuing to get the free TV licence, now is a good time to claim. You may be eligible, even if you own your home or have savings. People who receive Pension Credit can also get free dental treatment and possibly help with Council Tax, housing costs and heating bills. Pension Credit is a benefit for people over state pension age. It is extra money that could top up your retirement income and help with the cost of living, but more than a hundred thousand families in London entitled to receive it could be missing out.

You can apply by phoning the Government's claim line on 0800 991234 (Monday to Friday 9.30 am to 6 pm) or online <https://apply-for-pension-credit.dwp.gov.uk/start>. They will need to know some details about you to check whether you are eligible. Information you may need to hand includes:

- Your National Insurance number
- Information about your income, savings and investments
- Your bank account details.

Applications can also be made:

- By post. Call the number above and ask them to send you an application form, or you can download a copy from the website www.gov.uk/pension-credit
- By Textphone: 0800 169 0133
- By using Relay UK (if you cannot hear or speak on the phone): 18001 then 0800 991234 Monday to Friday 9.30 am to 6 pm.

If you would like more information about Pension Credit or have any questions about this letter, please call the Age UK Advice Line on 0800 169 6565. The Advice Line is open from 8 am to 7 pm every day of the year. Advisors can also connect you with your local Age UK and confirm that this advice is genuine. Other organisations that may be able to give you more information include Citizens Advice.

Sadiq Khan
Mayor of London

General Meetings

The New Community Church will not be available for monthly talks for the next few months – until at least October.

However, the Committee have pleasure in inviting you to a Mirthy talk on Thursday 20th August at 1.30 pm entitled “The Cascade Garden.” If you wish to watch, you should go to website <https://mirthy.co.uk/u3a-sidcup/> where you can click the yellow Register button and complete the registration form. You should then receive a confirmation email with a link in it unique to you to be clicked 15 minutes before the talk is due to start.

Trevor Ford

GROUP NEWS

Open Air Swimmers Group • Leader George Murrell



The first meeting of the group took place on 16th July at the Charlton Park Open Air Lido. Unfortunately, I had not been able to circulate any details in advance to any of our members who might have been interested in joining the group and, as a result, I was the only attendee. Although open air, the 50-yard pool is heated. Due to the Corona virus, strict procedures have been introduced and these proved to be very efficient. Sessions of 1 hour have to be pre-booked using an “App.” Entry is via the main building and exit via a side gate. Swimming is restricted to double-width lanes which are well supervised by the lifeguards. Poolside changing cubicles, toilets and lockers are well spaced out. The cost is £4 per session paid on line.

It is over 4 years since I last went swimming (5000m “Swimathon”) and I was looking forward to getting in the loop again, but, unfortunately, I was subjected to quite a shock. On entering the water, I pushed off from the bottom with my feet and then realised that I had lost the ability to swim. I just could not manage to kick my legs hard enough to raise my body from a vertical to horizontal position. This was a terrible shock and although I did finally manage to traverse the length of the pool, partly walking and partly submerged, I realised that I have much work to undertake before I am competent to continue as group leader. As a result, unless a volunteer is forthcoming, I feel I must disband the group.

George Murrell

Classical Music Group • Leader Olive Mercer



As we have been unable to meet monthly to play music, members have come up with two projects to keep us in touch. Val Gosden suggested that, as we usually take turns to produce a music programme, we should instead each suggest one piece of music that we would have included when it was our turn. Then we all play it on the day we would have met. If we don't have it in our collection or can't access it online, then we play something else by the same composer.

Then Matt Hassock said he would cut a disc with each member's choice, and give us each a copy. Not only did he cut the disc, but he walked the borough delivering it to each of us, thereby combining music with exercise.

So the group has managed to stay (virtually) live.

Olive Mercer

Creative Writing Group • Leader Olive Mercer
























We have been continuing through Lockdown, emailing each other our efforts on the chosen subjects every month, and then commenting online. We have had many laughs, some moving stories, a few scary moments, and continue to enjoy seeing what surprisingly different ideas members produce. We include monthly a '100 words' project. Try this for an example: Druid, taffeta, menace, alkali, mood. Using exactly 100 words, include those five, in that order. You might like to try it if you have a spare moment!




Four of my Creative Writing Group met, distanced and sanitised (sanitiser bottle on the table), in my garden.



Olive Mercer


GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	VACANCIES
 Antiques Appreciation 2 nd Friday/4 th Weds (10.00–12.00)	Martin Baker	4 Vacancies
 Architecture 2 nd Tuesday (2.30–4.30 pm)	Val Gosden	1 Vacancy
 Bird Watching 1 st Wednesday (10.00 am)  	Roy Black 	Vacancies
 Book Reading 1 st Thursday (2.00–4.00 pm)	June Reid	Vacancies
 Craft & Chat 1 st & 3 rd Thursday (10.00 am) 	Pauline Springhall	Vacancies
 Creative Writing 1 st Tuesday (10.30–12.30 pm)	Olive Mercer	2 Vacancies
 Family History 2 nd Tues  & 4 th Thurs  	Kate Berry	Vacancies
 Handcrafted Cards (Group 1) 1 st Thursday (2.00–4.00 pm)	Val Gosden	3 Vacancies
 Mono Digital Photography Monthly 	Roy Morton rory.m2014@gmail.com	1 Vacancy
 Needlecrafts 1 st Monday (2.00–4.00 pm)	Val Gosden	3 Vacancies
 Quilling 3 or 4 times a year 	Val Gosden	1 Vacancy
 Ramblers (Group 2) 4 th Tuesday (4–5 miles)	Helen Salmon	Vacancies
 Ramblers (Group 3) 2 nd Friday (5–6 miles)	Trevor Ford	5 Vacancies
 Rummikub® (Group 1) 4 th Monday (2.00–4.00 pm)	Kathy Cordell 	Vacancies
 Ten-Pin Bowling (Bexleyheath) Mondays (10.00 am)   £	Gay Braybrook 	Vacancies
 Theatre Trips: Musicals   £	Sue Brooks	Vacancies
 Understanding Russia 2 nd & 4 th Monday (2.30–4.00 pm)	Val Gosden	3 Vacancies
 Wine Appreciation 3 rd Wednesday (7.30–9.30 pm) £	Roger Brown	Vacancies

The above groups, unless I am told otherwise by Group Leaders, are the ones with vacancies; *any* sort of change should be advised to me as soon as possible. Anyone wishing to contact the Group Leader should do so via email from our website's Group Page. Anyone not able to do this can ring me as the Group Co-ordinator.

Sandra Applegate  07717 020611 email: sapplegate@btinternet.com

 Not during school/bank holidays
 Temporary point of contact

£ A charge applies
 Certain seasons only

 Open to all
 Times vary

PROGRAMME

2020

March *Meeting cancelled owing to outbreak of Covid-19*
 April *Meeting cancelled owing to outbreak of Covid-19*
 May *Meeting cancelled owing to outbreak of Covid-19*
 June *Meeting cancelled owing to outbreak of Covid-19*
 July *Meeting cancelled owing to outbreak of Covid-19*
 August *Meeting cancelled owing to outbreak of Covid-19*
 September *Meeting cancelled owing to outbreak of Covid-19*

October	Anna Astin	Women Aviators
November	Nick Dobson	The Great Fire of London
December	Steve Galler	Seasonal musical entertainment (banjo)

The above list is subject to change

COMMITTEE MEMBERS

Chairman	Colin Barclay	07401 474844
Vice-Chairman	Sandra Applegate	07717 020611
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	John Lapham	020 8854 6340
Membership Secretary	Carolyn Barclay	07401 474844
Asst. Membership Secretary	Lynn Plumer	07714 234398
Speakers Secretary	Janet Lambern	020 8300 1786
Group Co-ordinator	Sandra Applegate	07717 020611
Welfare Officer	Kathy Cordell	020 8300 4573
General Member	Brian Topliffe	020 8303 0579

USEFUL CONTACT DETAILS

Newsletter Editor David Smith 020 8304 2305
 Please either email contributions to me at: editor@sidcup-u3a.org.uk or post them to me at
 56 Crofton Avenue, Bexley, Kent DA5 3AR – typed if possible since this facilitates scanning.
 Please submit Newsletter contributions by 3rd of the month.

Third Age Trust: 52 Lant Street, London, SE1 1RB ☎ 020 8466 6139 www.u3a.org.uk
Greater London South East Network: www.u3asites.org.uk/glondonsenetwork
London Region U3A: www.u3asites.org.uk/london-region
World U3A: www.worldu3a.org **Virtual U3A:** www.vu3a.org

WEBSITE

<https://u3asites.org.uk/sidcup/home>

Contributions for the website (eg photographs) may be sent to the Webmaster, Trevor Ford, at his email address sidcupwebmaster@gmail.com.

Afterthought

Rather fail with honour than succeed by fraud.
(Sophocles, circa 496 BC - 406 BC)