

Thurrock U3A

U3A meetings are held at the Civic Hall, Blackshots Lane, Grays at 10 am on the last Wednesday of every month (excluding December)



February 2024

Newsletter No. 234

Paul Heasmer - Chairperson

Tel 07521442236

Chair.ThurrockU3a@gmail.com

Tel 01375843609

Chairpersons report

When I was elected last year, my main concern was stability, in finances and membership numbers. Unless we have an unexpected increase in costs, and the membership fee we pay to the Third Age Trust is frozen until next year, we have achieved financial stability.

What has made the difference is the monthly raffle and our membership numbers are increasing back to what they were pre-Pandemic. We would like more new members, fresh ideas for more special interest groups.

I would like to say a big thank you to all our volunteers, whether they are committee, group leaders, refreshment crew, book table etc. A special thanks goes to Glenda, in producing a wonderful newsletter month after month.

You all make a difference in making Thurrock U3A so successful. If you have ideas for monthly speakers, please email me.

Speakers 2024

Feb - AGM & Essex Wildlife Trust

Mar - The Masons

Apr - Radio Caroline

May - Quiz with Kevin Brice

June - Brian Curtois – ex BBC reporter

July - Sue Wilsher – Author who writes about our area

Aug - Party

Sept - Shelley Hull - living with a disfigurement

Oct - Fatima Whitbread



U3A MONTHLY RAFFLE

RAFFLE PRIZE WINNERS – 31st January 2024

1st Prize Irene Vinton £100.80

2nd Prize Linda Matthews £67.20

3rd Prize Irene Mannering £33.60

Paid into u3a account £134.40



ANNUAL GENERAL MEETING

to be held at
Thurrock Civic Hall
Blackshots Lane, Grays RM16 2JU
Wednesday 28th February 2024 at 10.00 am

Agenda

- 1) Welcome
- 2) 2 Minutes silence for members who have passed away in the last year.
- 3) Numbers present.
- 4) Apologies for absence
- 5) Minutes of the AGM 22nd February 2023
- 6) Matters arising from AGM 22nd February 2023
- 7) Chairpersons report
- 8) Treasurers report
- 9) Election of Committee members,
Chairperson
Vice Chairperson
Secretary
Committee members from Co-opted members Ruth Hood and Daphne Revell
Committee members
- 10).Any other business

Thurrock U3A Accounts
01/09/22 - 31/08/23

Opening balance **£5,773.16**

RECEIPTS

Annual subscriptions 9272.50

Visitor 2.00

Gift aid 1562.50

Books 135.00

Raffle 1093.60

Diaries 20.00

Subtotal **£17,858.76**

PAYMENTS

Annual fees 1944.00

Impulse Leisure 4500.00

Speakers 470.00

Printing 1555.00

Catering 325.20

Thurrock CVS 244.00

Stationery 302.08

Stamps 94.72

Quiz 100.00

August party 460.50

TAM 8.26

Flowers 44.50

Member refund 20.00

Subtotal **£10,068.26**

Closing balance **£7,790.50**

GROUP CO-ORDINATORS REPORT

Kay Hatter Group Co-ordinator
E mail: kayhatter@talktalk.net

Tel.01375 672789
07904967420

Hi Everyone, I do hope you are all keeping well and that not too many of you have fallen victim to the awful "gut rot" bug that has been sweeping around. It seems to have been attacking children and adults alike. On a more cheerful note, my Spring bulbs are at last putting in an appearance, whilst the crocuses have been flowering for a few weeks now. The daffodils and tulips always lift the spirits reminding us that Spring is only a few weeks away.



NEW GROUPS

In response to my request in last month's newsletter regarding ideas/suggestions for new groups, Malcolm Crane approached me with the suggestion of a chess group. Malcolm is also a member of Thurrock Chess Club and would be willing to be leader of the group. Members of all abilities are welcome to join the group from those that want to learn to play, to those who are lapsed players to the more experienced, all are welcome to join the group.



For more information contact either myself or:

Malcolm Crane on 07872611738

There is plenty of help and support available to anybody who feels they would like to start up an Interest Group. Please contact me with any ideas you may have for a new group.

MALCOLM WE WISH YOU WELL IN THIS NEW VENTURE.

FOR FURTHER INFORMATION AND CONTACT DETAILS REGARDING OUR GROUPS PLEASE LOOK THEM UP IN THE MONTHLY EVENTS CALENDER AT THE BACK OF THE NEWSLETTER.

Ramblers Susan Graves

The March Ramblers will be to Hadleigh Park on Wednesday 20th, meet in Leigh on Sea Station ticket office at 10:15. due to station carpark off peak rate starting from 10:00. From web site looks like card payments only and £4.50.



We will have lunch in The Mayflower, Leigh on Sea.

Trips and social dates....

sandrahurley1953@gmail.com

12th March Romford Dogs

15th March Potters Five Lakes weekend

10th April Tereza Joanne Country Legends

7th May Romford Dogs

30th May Hastings

17th July Braintree Freeport and Maldon

6th August Garden Centre and meet the baker

12th September Buckingham Palace

6th October Tereza Joan

11-15th November Warners Sinah Warren

12th December Christmas Lunch

20th February 2025 Brick Lane Music Hall

(If you are booking a trip, please complete the form at the end of the newsletter)

I would like to thank members for the response to my day trips I was overwhelmed. Must say big thank you to Paula McFee and Mary Dunham who only came to the table to pay for trips and ended up helping me to collect your money.

At the next meeting on 28th of February 2024 I will be taking payment for **Romford Dogs** 7th May 2024 £32.00 which includes three course meal plus coach travel. Have a number of places available

Hastings is now fully booked.

Freeport and Maldon Wednesday 17th July 2024 £20.00

Meet the Baker Tuesday 6th August 2024 £45.00 which includes meals Ploughman or quiche please ensure you put your choice on booking forms.

I still have vacancies for the **Warner's holiday to Sinah Warren Hampshire** on 11th to 15th November 2024. A five day break the cost is £395 per-person two sharing a double room. This included half board full entertainment on site daily and coach. There will be Excursions arranged nearer the time with our coach and Driver.

I will not be collecting for **Buckingham Palace** Thursday 12th September 2024 £70:00 which includes a meal at Kennedy fish and chip restaurant and entry into the palace and coach.

Tereza Joanne afternoon tea and an Elvis show £65.00 with coach and tips on Wednesday 16th October 2024.

I will inform you all when I will be selling places for these two day trips as I am aware of your interest.

Please can you also write on your booking form who you will be travelling with to prevent disappointment on the day.

Sandra 07939202169

Tereza Joanne 10th April 2024 Country Legends

Wednesday - 10th April 2024.
The cost will be £65.00 each

Pick up times
Corringham 10:00
Stanford 10:15
Oaks 10:30

The two course lunch is:
Southern Fried Corn Fed Free Range Chicken
Potato Wedges
Salad
Coleslaw
Apple Pie with Cream or Custard
Tea/Coffee

Timings:
11.30/45am Arrive Tereza Joanne, King George V Dock, Royal Docks E16 2QY.
12.00pm Main Course lunch is served
1.00pm First half of the Country & Western Show
2.00pm Dessert & Coffee/Tea is served
2.45pm Second half of show
3.30pm Head Home

The Tereza Joanne is:

- ✓ Covid Safe, Risk Assessed and Monitored
- ✓ 5 mins from Brick Lane Music Hall
- ✓ Has free, safe coach parking on site
- ✓ Has reasonably priced bar drinks
- ✓ Fully accessible for wheelchairs and walking aids



**When booking please complete booking form and state if any dietary requirement
If you do not let me know who you want to sit with, I will not try to place you with friends.
Do Not come to me at a later date requesting a special seating arrangement.**

If you cannot attend a day trip or short break that you have booked, please inform the organisers prior to the day, if possible, so a replacement can be found and your money reimbursed. If we know this it also means that we are not holding up transport waiting for you.

If you have any mobility issues or special needs, please make sure you put these on the booking form so we can accommodate you. However, please appreciate that, although we will do our best, we will not be able to accommodate every request. Thank you for your understanding



Brick Lane Music Hall

A coach full of members had an afternoon of good food and laughter. It was spent watching Peter and the Loose Boys at Brick Lane Music Hall. Also the opportunity to spend time with friends and make new ones. Attending days out and activities organised by members helps to reduce social isolation.



I'm please to say that our members enjoyed it so much I am pleased to announce that I have booked Brick Lane for next year's pantomime on Thursday 20th February 2025. It will be Pinocchio and Company.

Pinocchio and the wooden whooper

The feeling was from all our members that attended was when can we go again as it was so enjoyable

Unfortunately, one of our party became unwell and we really appreciate the help from Kay Hatter and other members, who came to her assistance.

The staff from the theatre were very supportive and went far and beyond to help and support us and assist with her care. Luckily her family were able to take her home and see to her needs

Once again we had a very comfortable journey from Peter Godward coaches.

Sandra

Looking ahead – a date for your diary

Christmas lunch

Thursday 12th December at Top Meadow function suite.

1 o'clock until between 4 and 5.

Further details to follow.



Short Mat Bowls



Strollers

On Wednesday 7th we met at Plotlands, which is always a challenge to get to the top of the hill!! 14 of us were very glad to manage it. Feeling very proud of ourselves we continued our stroll, only to meander around and change our mind on the route 4 times. Having had a wonderful walk chatting of course all the way. We then had a great lunch where we continued our putting the world to right.



We will be meeting on Wednesday 7th March at The Thatcher's Arms at 10.30 for coffee and 11.00 to start our walk around Miss Wilmots. Hopefully some of the wonderful spring flowers will be in bloom. I will book the Thatcher's for lunch. Look forward to seeing you.

Yvonne



Sunday Singles Pat Thwaites 01375 380395

As you know I have booked the White Lion at Fobbing for Sunday 17th March 2024 for 1pm I have only 1 place left unfortunately, everyone put their name down in January 😂😂😂

For April I have booked a new restaurant to us , for Sunday 21st April 2024 for 1pm at Youngs Farm Cranham RM14 4NU. The cost is £27 for 3 courses including tip. If interested in coming please come and see me at the February meeting.



🎱 Table Tennis 🎱

Our 2024 Table Tennis is now in full swing with varied footfall. WE LOOK FORWARD TO SEEING YOU, OUR NEW PROSPECTIVE Members. Table Tennis is a lot of fun, you will get to exercise in a controlled, somewhat chilled environment with a happy bunch of very nice people and make friends.

We even had Paul Cutler and Terry Hurley come and join us for a surprise 😲 visit a week ago. They both enjoyed the play and a natter. Paul really got into it with his competitive spirit. Let us hope to see them regularly.



So if you want to join us, drop me an email and we can take it from there. Look forward to seeing you. 👍

As for our active games, regardless of the numbers we get across different weeks, a very nice and balanced atmosphere is experienced. The game play itself has been good to watch as

improvements are noticed in serves and stance. There is some intermixing in who plays against whom, this will ultimately help the less developed to attain higher ability. So I hope to see you all play against different members with different standards of play.

Thank you for wearing your ID Badges . Please remember to take your chairs back once the games conclude.

Today, 9th February, was National Pizza Day. Instead of a Pizza, we compromised and shared a box of Crawford's Biscuits, very nice indeed. The remainder were passed to our Storm Leisure reception staff.

And finally, a very Important point, as we are generally an older crowd who are much more vulnerable to infections and illnesses, if you are unwell or have any illness that can be passed on, please make it a point not to come to Table Tennis until you are fully recovered 👍 Thank you for your help in this matter.

To conclude, I will be away for a number of Fridays on and off until mid March and so I have asked Jill Ottley to mind the Group for me. She has the attendance book. Please fill it in the usual way and make her Group leadership an easy one. Thank you. 👍 See you during our next adventure.



Sunny 🌞
Group Leader Table Tennis
U3A Thurrock

Memories

As we sit in our garden now
We remember the days of sun and snow
The day we wed, the joy we shared
To each other- yes we cared

Tears we shed when our parents died
We hid from others, how much we cried
The house we bought – Oh what a cost
Our combined wages, it took the most

Then children come, Oh what a joy
First a girl and then a boy
They grew up fast and yes they fought
Life's good lessons to them we taught

We remember their school days, all too quick
Those terrible uniforms- Material too thick
Combing out their hair each day, not nice
Trying to stop those terrible Lice

Those summer days of youth now gone
Our children wed and flown the nest
Have we done our best for them?
Will they have their own children?

Our autumn years, they do approach
Days out now- we go by coach
Our times our own- to do as we will
Must remember our daily pills

We see our children – now and then
Grandparents soon we will become
Life goes full circle- Our story it closes
Will our children have beds of roses?

As we look back- our life we ponder
Could we have done better, we wonder
We see our children- Happy and bright
Yes we believe, we've done alright.

Terry Brown

Technology Help

I am offering to help U3A Members to protect their emails from being hacked, or taken over, by assisting to setup Multi-factor authentication (MFA).

Gordon McFee

g.mcfee@btinternet.com

07973 292322

Condolences and celebrations

Please contact Paul Cutler regarding any illness or loss of partner. Then he will send card.



Also, we would like to send cards to couples celebrating significant wedding anniversaries

paul_cutler@btinternet.com



Name Badges

If any member needs a personalised Thurrock U3A badge, could you send me an email with your details. chair.thurrocku3a@gmail.com Paul Heasmer

Spectacles



We have found another outlet for old spectacles at Crammavil Street Health Centre

They will be used for Vision Aid Overseas

<https://www.visionaidoverseas.org/>

So please bring them to the Information Table but **NO CASES**.

Book Table

Where else can you get a decent book for 20p or a jigsaw for 50p?

PLEASE DO NOT BRING CD's, DVDs or VIDEOS.

JUST BOOKS AND JIGSAWS



Stamps



We are collecting stamps on the information table.

They are taken to Grays Baptist Church who send them to their central office and the funds used to support the poor where needed.

Recommendations (Remember recommendations of handymen, builders etc come from you not Thurrock U3A)

Abilitynet are a charity whose volunteers provide free IT support to older people and disabled people of any age, anywhere in the UK.

You can contact them by phone on their freephone number : 0800 048 7642 or by completing an online form here : <https://abilitynet.org.uk/free-tech-support-and-info/request-free-it-support-home>

Lalji Patel Group Secretary.

THURROCK U3A GROUPS MONTHLY EVENTS CALENDAR

ACTIVITY	GROUP LEADER	TIME OF MONTH AND VENUE	TIME OF DAY	CONTACT DETAILS
Aqua Aerobics 2	Pat Jackman	Every Monday Corringham Swimming Pool Gordon Road SS17 7NB	11.00am	Tel: 01375 379887 jackmanjohn7@aol.com
Aqua Aerobics 1	Jan Gibson	Every Monday - as above	10.00am	janandterry@blueyonder.co.uk
Boules/Pétanque	Kay Hatter Mel Lewis	Every Wednesday Every Tuesday Grays Beach Riverside Park RM17 6JP	10.30am 10.30am	Tel: KAY 01375 672789 Tel: MEL 07926 687048
Couples Dining	Barbara Hand	As Arranged		barbarahand53@yahoo.com
Crafty Chat Mixed Craft	Chris Moreland Pam Quilter	Alternate Fridays The Beehive Centre West Street, Grays RM17 6XP	1.30- 4.00pm	Tel: CHRIS 01375 406537 Tel: PAM 01375 381296
Floral Art	Juliana Baker Wendy Gard	Alternate Fridays St Thomas of Canterbury Church Hall East Thurrock Road (access from St John's Street) Grays RM17 6SR	Fridays 10am - 12.00 midday	Tel: JULIANA 01375 375881 Tel: WENDY 01375 374874
French			Friday	Chair.thurrockU3a@gmail.com
Golf Football	Sandra Hurley	Alternate Thursdays Belhus Car Park Belhus Park Leisure Complex, South Ockendon RM15 4QR	10.30am	Tel: 01375 640175 thurley49@btinternet.com
Cribbage				
Literature Group	Maureen Forster	As arranged by Maureen		Tel: Mobile 07890000160 Tel: 01375 376647 maud1945@btinternet.com
Local Interest	Yvonne Simpson	As arranged by Yvonne		Tel: 01375 483188 Mobile 07702 025996
Painting for Pleasure	Doreen Dawes	Alternate Tuesdays Freeman Court, Gordon Road, Corringham SS17 7RH	10.am	Tel: 01375 643637
Ramble and Lunch	Sue Graves	2nd Wednesday As arranged by group	10.am	07849 271522.
Rummikub Numbers		1 st and 3 rd Wednesday Chadwell Working Men's Club 21 River View RM16 4DH	2.00pm	
Short Breaks and Day Trips	Sandra and Terry Hurley	As arranged by Sandra		Tel: 01375 640175 sandrahurley1953@gmail.com
Short Mat Bowls	Kay Hatter John Palmer Mel Lewis	Thursday The United Reform Church, Bradleigh Avenue, Grays RM17 5XD	2.00 - 4.00pm	Tel: 01375 672789
Strollers	Yvonne Simpson	1st Wednesday As arranged by Yvonne	11.am	Tel: 01375 483188 Mobile 07702 025996
Sunday Singles	Pat Thwaites	As arranged		PAT 01375 380395
Ten Pin Bowling	Sandra Hurley	Tuesday Mornings (not school holidays) Hollywood Bowl Lakeside	11 am	Tel: 01375 640175 sandrahurley1953@gmail.com

Theatre Trips	Rosemary Pears Lorrie Pitchers	As arranged		Tel: ROSEMARY 01375 411270 Mobile: 07468451493
Table Tennis	Sunil Chopra	USP Palmer's Stprm	11.30 - 1pm Fridays	harachanna@gmail.com
Ukulele	Reg Goldsmith	As arranged	3.00pm	Tel: 01375 843972 regg838@gmail.com
Upwords	Ruth Hood	1st and 3rd Mondays of the month Chadwell Working Men's Club 21 River View Chadwell St Mary, RM16 4DH	2.00pm	Tel: 01375 468231 ruth87@sky.com
Wine Appreciation	Kay Hatter John Palmer	2 nd Tuesday of the month The Woolmarket Horndon on the Hill SS17 8LE	7.30pm	Tel: 01375 672789
Winter Breaks		April and November		

Sunday Sunday Singles

Monday Aqua Aerobics 10am
& 11am
Upwords 2pm

Tuesday Petanque 10.30am
Painting for pleasure 10am
Ten Pin Bowling 11am
Wine Appreciation 7.30pm

Wednesday Petanque 10.30am
Rummikub 2pm
Ramble and Lunch
Strollers 11am

Thursday Golf Football 10.30am
Short Mat Bowls 2pm

Friday Crafty Chat 1.30pm
Floral Art 10am
French
Table Tennis 11.30am

**CHECK IF EVENT IS EVERY WEEK,
MONTHLY OR FORTNIGHTLY IN CHART
ABOVE**

All the relevant information regarding these groups
can be obtained directly from the Group Leader

or

Thurrock U3A Group Coordinator

Kay Hatter e.mail:kayhatter@talktalk.net

With the exception of Short Breaks/day trips,
Sunday Singles, Theatre Trips, as the Group
Leaders keep the details of these activities.

**If you wish to join one of our groups, please
telephone the Group Leader
initially to make sure there are spaces available.**

EMAILS

When I forward emails from group please email them instead of just me.

leaders or other members, to reply clicking reply as that comes back to

I always include their email address.
Glenda

Membership

Although there is a focus in the U3A on “older this is not a restriction for membership. As educational (in the broadest sense), U3A

people and those retired from full time work”, long as the activities we undertake are objects do not limit who can participate.

Please return the form and fee, together with a stamped self-addressed envelope to Mrs Jill Ottley, Membership Secretary, address above, thank you. **Any personal data contained in your application form shall be processed in connection with your application date for Membership of the Thurrock U3A and kept on our computerised records. Your contact details will not be shared without your written permission.**

Member code of conduct:

U3A members are expected to conduct themselves in line with the Movement’s Guiding Principles. They are also expected to treat each other with dignity and respect. Specifically:

Members are expected to know, follow and promote the Principles of the U3A Movement at every opportunity.

Members must always act in the best interests of Thurrock U3A and the U3A Movement, strive to uphold its reputation and never do anything which could bring their own, another U3A or the U3A Movement into disrepute or expose it to undue risk.

Members are expected to use Thurrock U3A’s resources responsibly and only to further its stated charitable objects/purposes.

Members are expected to reflect the current organisational policy of Thurrock U3A, regardless of whether it conflicts with their personal views.

Members are expected to abide by Thurrock U3A procedures and practices.

Members are expected to treat each other with dignity and respect at all times.

Thurrock U3A Committee From 22.02.2023

Elected all Feb 2023

Chair Paul Heasmer
Vice Chair & Group Coordinator Kay Hatter
Secretary Lalji Patel
Treasurer Jean Hopkins
Jill Ottley Membership Secretary
Pat Thwaites
Ruth Hallums
Pam Quilter
Paul Cutler Welfare Officer
Sandra Hurley

Chair.thurrockU3a@gmail.com
kayhatter@talktalk.net
Secretary.thurrockU3a@gmail.com
home@jlhopkins.co.uk
Membership.U3aThurrock@outlook.com
rupertsammy@gmail.com
01375 376873
01375381296
paul_cutler@btinternet.com
thurley49@btinternet.com

Mel Lewis	melvynjlewis@hotmail.com
Terry Hurley Treasurer 2nd ac	thurley49@btinternet.com
Ray Bygate	Brendastevens291gmail.com
Yvonne Simpson	yvonesimpson41@googlemail.com
Vanessa Lamberth	vanessalamberth@outlook.com
Daphne Revell	daphnerevell@yahoo.co.uk
Ruth Hood	ruth87@sky.com
Jim Brewster	brewsterjames1947@gmail.com



To Mrs.Jill Ottley
Membership Secretary
9, Overcliff Road
GRAYS
RM17 6AJ

Thurrock University of the Third Age



Tele: 01375372876/07913003649

Membership of Thurrock U3A

BLOCK CAPITALS PLEASE (partners can use one form)

FULL NAME: Mr/Mrs/Ms Date of Birth

FULL NAME: Mr/Mrs/Ms Date of Birth

ADDRESS.....

..... Postcode.....

Telephone number..... Mobile number.....

EMAIL ADDRESS

(This NEEDS to be completed even if you think we already have an email address and it must be one that you use frequently please to pick up messages.) I understand that my / our photograph(s) may be used in the Newsletter and other publicity.

EMERGENCY CONTACT NAME

(The Emergency contact number SHOULD NOT be a relative that you travel with on trips etc)

RELATIONSHIP TEL

The monthly Newsletter will be circulated by email to all Members who have an email address prior to the Monthly Meetings, however a hard copy will be available for Members at the monthly meetings.

The subscription for the year ending 31st August 2024 is £ 20.00 per person.

I enclose my/our cheque for the sum of £ made payable to : **Thurrock U3A.**
Or please pay by bank transfer

Barclays Bank Plc a/c Name: Thurrock U3A
a/c Number 20966002 Sort code 20-34-69
Please put your name and postcode in the reference Box

Signature/s

Date

Gift Aid

If a member pays Tax, we can claim gift aid on your membership fees over the last 4 years which would mean that Thurrock U3A could claim back £13.75 for each member that agrees to do so, it does not affect the member in any way. See form below.

If 100 members agreed to do so we would get back £1375.00

THURROCK



UNIVERSITY OF THE THIRD AGE

Registered Charity No. 1140775

GIFT AID FORM

**Please complete and return this form to
The Chairperson
Thurrock U3A
29, Malpas Road
Grays RM16 4QX**

I request that all subscriptions and donations that I have made to Thurrock U3A in the past 4 years (as applicable) and all subscriptions and donations I make thereafter be treated as **GIFT AID** donations.

I confirm that I have paid tax each year and continue to pay an amount of tax at least equal to the amount to be claimed on all my charitable donations (Current tax reclaim is 25p in the pound)

Title.....

First Name..... Surname.....

Full address details.....
.....
.....

Post code.....

Signature..... Date.....

Please notify Thurrock U3A if you want to cancel this declaration, or if you change your name, address or if you no longer pay sufficient tax on income or capital gains

CVS Newsletter [Thurrock CVS Newsletters - Thurrock CVS](#)

What's on at the Thameside [Shows \(ticketsolve.com\)](#)

National U3A Newsletter [u3a - Newsletter](#)

Website manager Terry Brown forums03@outlook.com

Please be aware that photos from the newsletter are put on our Thurrock U3A website. If you do not want your photo on the website, it is up to you to tell the website editor Terry if you see it in the newsletter, or not have it taken when you are in group activities. No names or contact details will be put with the photo.

You can find all the forms and information from newsletters on our website and the National Magazine. Please look at it.

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

<https://www.u3a.org.uk/>

<https://worldu3a.org>

Newsletter editor Glenda Stephens glendais@hotmail.co.uk

u3athurrock@gmail.com

thurrocku3a@hotmail.com

If you have given your email address but have not received U3A emails, please let me know so I can check that your email address is included in the email group.

Unfortunately, some email providers block the U3A emails as spam. Also, some go into junk/spam so please check.

Dead line for next newsletter:

Saturday March 16th

Thurrock U3A

Trip Booking Information

Please complete relevant sections when you book a trip and give to
Trip Leader with your money

Trip Booked:	
Name/s:	
Phone:	
Pick up point:	
Special diet requirements :	
Any special needs:	
Emergency contact name & phone:	
Amount paid:	Deposit: Full Amount:
Who do want to sit with?	