



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)



January 2024

Newsletter No. 233

Paul Heasmer - Chairperson
Chair.ThurrockU3a@gmail.com

Tel 07521442236
Tel 01375843609

Chairmans Chat

It seems that we are now getting proper seasonal weather, the plants can go dormant.

Next month is our AGM.

Please switch off your mobiles, and if you have leave early can you please seat at the back. If any of your friends or relations have not joined this year, get them to do so and they will be able to join you on any of our special interest groups or trips.

The presenter today is Paul Clancy, a conjurer, once he has finished do not move as we will draw the raffle.

Speakers 2024

Jan - Paul Clancy - magician
Feb - 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



U3A MONTHLY RAFFLE

RAFFLE PRIZE WINNERS – 29TH NOVEMBER 2023

1st Prize Jane Blake £84.60

2nd Prize Jim Brewster £56.40

3rd Prize Brenda Stevens £28.20

Paid into u3a account £112.80.

EMAILS

When I forward emails from group leaders or other members, to reply please email them instead of just clicking reply as that comes back to me.

I always include their email address.

Glenda



UNIVERSITY OF THE THIRD AGE
Registered Charity No. 1140775

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

GROUP CO-ORDINATORS REPORT

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

Tel.01375 672789
07904967420

Hello Everyone, I do hope you are all keeping well and have enjoyed the Christmas/New Year holiday. I am aware that several members may have had COVID or the flu during this period so hope you have by now recovered and are back to "normal" now. Although we have had a period of really cold weather, I hope by the time you are reading this things will have warmed up somewhat. After all it is January and things can only get better can't they!!

SHORT MAT BOWLS

Our Short Mat Bowls sessions on Thursday afternoons have recommenced after our seasonal break with very good attendances. The exercise with tea and a chat is a welcome change from worrying about how cold it is going to be outside. New members will be made most welcome, you can contact me for more information or just turn up.

WINE SOCIETY

The next session of our Wine Society is on Tuesday the 13 th February at 7.30p.m. in the Woolmarket, Horndon on the Hill. I expect members will have had their pancakes before they leave home.

NEW GROUPS

As we have entered a new year it would be great if members could come up with some suggestions for new groups. There is plenty of help and support available so you won't be left on your own to get started. Please contact me if you have an idea for a group that members might be interested in.

THANK YOU BUFFET

The "Thank You Buffet" for Group Leaders, Committee members and Helpers was held on 11 th January at the Beehive Resource Centre in Grays. This event is held annually to thank those members who so willingly volunteer their time to support Thurrock u3a in its activities. So thank you all once again for the effort and support that you put into making Thurrock U3A the success it is.

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



Following Kay's request for new groups - Sandra gives her thoughts on belonging to our U3A

Thurrock activities

I have realised that not all our members join in the activities that are going on each week. Hence, how we became involved in Thurrock U3A.....

Before moving to Thurrock, myself and my husband had lived in London and been in full time employment. I had worked in social care since my early twenties, while bringing up our family. We reached retirement age and decided to move, which is not recommended for our age group. The reason for this is it can lead to social isolation.

As you leave your familiar environment, it is harder to make friends at our age, where limited mobility can play a part in the older age group. Social isolation and loneliness can have a significant impact on the physical and mental health of older adults. Social isolation and loneliness are two different concepts. Social Isolation refers to lack of social connections. While loneliness is the subjective feeling of being alone or separated from others. We as older adults are particularly vulnerable to social isolation and loneliness especially those who have experienced lost and bereavement.

For us the U3A group has become our life line. It counteracted the negative effects by joining group activities. Being with others helped which improves our cognitive well-being. I can honestly say that becoming a member of Thurrock U3A opened a new chapter of our lives. We heard about our group from a neighbour and I must say I was very apprehensive as we were alone and knew no one.

Walking into the civic centre was so strange. It was one of the hardest things we had done in a long time. I must say it changed our lives for the better. We started by going on day trips. We gradually started to speak to other people, realizing what a friendly group we had the good fortune to meet.



There is no reason to sit at home due to the multitude of activities that are open, for instance, Monday morning we have two aqua groups at Corringham swimming pool 10am and 11am. so that there is gentle exercise for our joints. The performance of being vertical and without swimming in waist deep or deeper water. Water exercise that requires water-immersed participants. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. Laughter and humour that can help with stress, anxiety, and insomnia. I can assure you that there is lots of laughter in the 10am group which also has male members as well female members.

Tuesday morning in school term time we have a special arrangement with Lakeside ten pin bowling where we pay a reduced rate for older people and buy one game and get one free. This is a very light hearted morning starting at 11am. The numbers fluctuate weekly depending on personal commitments. Must say we are more than likely one of the noisiest groups with our laughter. It doesn't matter the standard or ability, it's light hearted where bumpers can be used or frames you place your ball on and push.



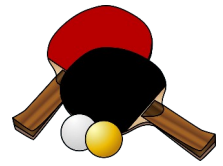


In the summer we have Petanque (French bowls) at Grays beach. Last year to make a change **they** had competitions to make it more fun.

Thursday the opportunity for Short Mat bowls with hot drinks and biscuits and a good natter in the break - to put the world to rights!



Friday enjoy a round of table tennis to improve your stamina and coordination with Sunny at Palmers or a less energetic pursuit of crafty chat or flower arrangement.



The back of the newsletter provides you with all the information. Give them a try for the first time free to see if you like it.

Friday 19th January 2024 saw to start of our first barn dance for this year at Stifford Clays Social Club. All those that joined us had a brilliant time, lots of mistakes and laughter with licenced bar.



All these activities are run by members giving up their time and energy to make a comment for you to enjoy yourself with new friends you will meet along the way.

The first steps in life are always the hardest but they can be the best thing you will ever do. If you feel shy and worried at our monthly meeting, speak to Paul Cutler, our welfare representative. You are not alone if feeling down or worried, your committee will assist where possible.

Moving into warmer days there are a number of new trips coming up, live music afternoon and evening entertainment.

Please think about joining groups or even running a new group. And by the way....if you join in you are saving money by not heating your home and you get to make new friends .

Sandra Hurley

(Sandra and Terry have made a great contribution to our U3A by running some of these activities. Glenda)



Trips and social dates

Happy new year to all members new and old.

My only booking I had before Christmas was **Brick lane Old time Musical. Hall 8th February 2024.**

pick up times

Corringham Gordon Road 10.30 am

Stanford Rookery Corner 10.45 am

The Oaks 11.00 am

On a trip in London Docklands it is impossible to know whether we will meet any traffic hold up on the way.

Romford Dogs on 12th March 2024 and Potters at Five Lakes for a weekend starting on **15th March 2024.** All fully booked.

A small group of members enjoyed Potter's August 2023. Therefore, I rebooked for March this year.

Both of these are now closed due to the time constraints for payment and popularity.

I cannot save spaces for any trips, please do not ask me to as it is not fair on other members and uncomfortable for me. I will take payment at our meetings. By post if you cannot attend the meetings for one reason or another.

Due to the popularity of Romford **Dogs I have booked another date 7th May 2024 .**

On this occasion I will give priority to those members who have been disappointed they could not attend the March event. I did try and negotiate with Romford Dogs management to increase the number, unfortunately they had booked the restaurant to another group.

Day trip to Hastings on 29th May 2024 cost will be £20.00 This trip is at a request from members as they never had the opportunity to enjoy the last time we visited due to bad weather.

On 17th July 2024 I am trying a little different. **Freeport shopping outlet Braintree.** We will leave there to spend the afternoon in Maldon. Essex.

There are a number of restaurants, parks and the historic London Barges. Pubs for men and cream teas can be had in the local area.

On 6th August 2024 I arranged for a stop in a garden centre. On to meet t/he baker where you can choose either Ploughman's or Quiches for lunch all within the price.

On 12th September 2024 fish and chip lunch then onto Buckingham Palace. I thought this would be a little different. On this outing I will need to know whether you will be using mobility aids special permission is required as spaces are very limited. Therefore, for this trip for those with problems I will need early notification and booking.

On 16th October 2024 Tereza Joanna, afternoon. Live Elvis show and Afternoon Tea.

There is a licensed bar and a lovely view of City airport. At the

On 11th to 15th November 2024 @ Warners Sirrah Warren.

I have a few rooms available, the cost is £395 per person double rooms

I require £50.00 deposit pre-person at our next meeting please

Included in the price is transport and outings if required and driver tips. Breakfast and evening meal with entertainment and good company.

May I take this opportunity to thank you for your support and if anyone has details of other days out that can be arranged I would you please contact me.

I'm aware that some of these trips are expensive but it is a good time to meet other members. Social isolation and mental health problems are a health hazard which we all face as we grow older, may I suggest if you don't want to go on these trips, try our other group activities. By using the information at the back of our newsletter there is opportunity to be with other members.

Anyone is welcome at Lakeside Ten Pin bowling every Tuesday morning when the children are at school.

Regards

Sandra Hurley
07939202169.

Trips and social dates....

sandrahurley1953@gmail.com

8th February 2024 Brick Lane Pantomime

16th February Music afternoon 2-5pm

12th March Romford Dogs

15th March Potters Five Lakes weekend

29th 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

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

Music Afternoon



We have booked another afternoon music event on Friday February 16th time 2-5pm featuring Geri and Tina and Dave. Tickets will be available at the January monthly meeting on 31st January, also pay at the door, tickets £5 each.

Any queries or requests for tickets contact Mel on 07926 687048 or email melvynjlewis@hotmail.com

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



Rochester Dickens Christmas Market



On 2nd December 2023 100 U3A members left Thurrock for a day at Rochester Dickens's Christmas Market. Many of our members had been before but for some a new experience. Although it was bitterly cold, we were all wrapped up warm and it was dry. The traffic on the day was very light and made good times there and back. Another smooth ride by Godward coaches.

The Processions were spectacular and a lovely Carol concert in the cathedral. At the Christmas market the free samples were welcome and heart warming and went down well.

Some of us found a little variety of restaurants and a small bakery with fresh cakes.



Unfortunately, a member had a nasty fall and was assisted by emergency services, bystanders and friends. Pleased to say that she arrived home safely in the early hours of Sunday morning. With plaster cast and arm in a sling. Now on the mend, one of the nice things about our club is all of the concern shown for her well-being. Also, the get well wishes which are very much appreciated.



Big thank you to those who alerted me of the accident. It was lovely walking around and seeing each other stopping for little chats and laughter along the way.



Christmas Lunch at Ye Olde Plough House Bulphan



A very enjoyable afternoon, good food and great company of friends. Thank you, Sandra,

Aqua 2

Aqua ladies 2 enjoyed their Christmas get together meal at the Treacle Mine. As usual a good time was had by all.

The staff really look after us well.



Warner's Thoresby Hall

On 13th November 2023 47 members left Thurrock for five days at Warner's Thoresby Hall. We stopped in a garden centre on the way and it was so interesting that we wanted to stay there longer.

We Incorporated trips to Skegness, Newark and Lincoln during our stay. The trips were optional and many stayed behind to enjoy the in-house facilities.

The archery and shooting were fun so was the gin and wine tasting.

Everyone is looking forward to our holiday next year at Warner's Sinah Warren.

Also, Potters Five Lakes in March all-inclusive break in Essex.



Strollers

In December we met for our usual December stroll at Miss Wilmots, followed by a wonderful lunch at the Thatcher's Arms.

All 20 of us decided we would not have a January stroll. After sending out an email (once again a huge thank you to Glenda), 14 of us decided we would have a stroll round the top of Chafford Hundred Gorge and then back to the Angel Cafe for Lunch.

As you can see from the photos, we do enjoy eating. Some of us, including some of the Local Interest Group, also went to the Angel Cafe for a Christmas Lunch. We would like to thank Mell for organising a great singer for the event.



Do



look

out for notices for the Local Interest Group as Jennifer Claridge is looking to invite people to give some ideas of what they would like to do in 2024.

The next strollers is at Plotlands on Wednesday 7th February - meeting at the Visitors Centre at 10.30 for coffee and 11.00am to start the stroll.

Once again thank you all for your on going support of these two groups.

Belated Happy 75th Birthday Rose Murphy Watson.

Yvonne and Jennifer.

The Wine Appreciation Group at Christmas



Sunday Singles. Pat Thwaites 01375 380395



I hope you are all keeping well and staying warm in this cold weather. I have booked the following lunches for you .

The Ship East Tilbury Sunday 18th February 2024 for 1pm.

The cost is £27 for 3 courses tip included, you will need to pre order, so when you pay me please tell me your choices from the menu.

The White Lion Fobbing Sunday 17 th March 2024 1pm.

The cost is £24 for 2 courses tip included.

As you know I can only take 24 people so it's first come first served unfortunately.

I enquired for Orsett Hall as last time we went most you asked me to book again , there is a set menu as you know with choices of course but they have put it up £5 per head making it £36 with tip last time it was £31 , so please let me know what you want to do?

If you want to book any of these please come and see me at the back of hall at January meeting to put name down and pay .

Ramble

Susan Graves



We set off 9 of us on a dismissal day on Wednesday 13th December, but with great relief we escaped the rain.

We had a lovely walk round Ingrebourne Hill and Hornchurch County Park, stopping half way for refreshments at the visitors' centre.

Then we all went to the Albion pub for a lovely meal.



10 of us set off on Wednesday 10th January on a cold chilly day from the visitors centre at Essex Wildlife

Reserve at Stanford-Le-Hope. Very enjoyable walk across fields and round the lake, and then found the path gate ahead padlocked so had to go back the way we came.

As we started walking weather improved and the sun came out.

We then went back to The Ship for a lovely meal and 2 members who couldn't make the walk joined us.

Next month's ramble will be on Wednesday 14th at Canvey Wick nature reserve, Northwick Road SS8 0LD. Meet in Canvey Wick free Carpark at 10:00.

Lunch at The Lobster Hut.

Table Tennis 🏓

Happy New Year to all of you. Hope you all enjoyed your 2023/2024 festivities.

Our Table Tennis club has been progressing very nicely indeed. The footfall has varied from 5 to 15. The Wearing of ID Badges has been virtually consistent across the board, some waiting their replacement Id's.

The game play itself has been great to watch as players establish, develop and improve their respective games. It is good to see the group continue to bond.

On 15th December we had our Christmas Bite after game play. I have attached some images from then. As I had chosen to organise this festive event, I collated a cross section of food and drink over some 4 weeks including non-alcoholic wines as per Storm Leisure's rules and regulation. On the day, including the 4 Storm Leisure members of staff, and we had a very respective total of 18 people. I made a very short festive speech to conclude the games for 2023 and invited everyone to dine, having arranged the seating and table and spread whilst the Table Tennis was still in play. Did not get to play table tennis that day but it was worth it. Thank you, Maria, for your help with laying the table / table cloth and putting the food and drinks out. I am very pleased to say this buffet was very well received. I think people enjoyed being exposed to some new tastes and flavours, making a note to try and get some of the items there for their personal future consumption. Everyone seemed happy. I was particularly impressed as majority of people dressed up in festive costumes as prearranged. That added to the festivities.



Unfortunately, there was no music to play due to storm leisure licensing rules. Near the end of the buffet, I offered some of the food to the remaining table tennis players as well as storm Leisure members and they all seemed very chuffed with it. Thank you to those who stayed behind and helped with the tidying up at the end of the event. To conclude, although I had exceeded my budget /received funds by 25%, I wanted the smooth sailing and appreciation of the



festivities to be enjoyed by all, which it was, so that made it all worthwhile 📍



There was no play as planned, on the 22nd December 2023. The games resumed on 28th December, although there were only 5 of us on that day. We still made the most of it.

Unfortunately, some of our members have been unwell with Covid, have had hospital appointments and have dealt with loss of friends, my condolences for their loss, speedy recovery to others. Look forward to seeing you all once you are fully recovered.



One request, being members of a Thurrock U3A, we generally are an older crowd who are much more vulnerable to infections and illnesses, so if you are unwell or have a heavy cold or have any spreadable ailments, please make it a point not to come to Table Tennis until you are fully recovered 👍 Thank you for your help in this matter.

The next outing was on 12 Jan. We had 10 players, that was great. Time flew today. Everyone present looked happy and content.

Look forward to a successful Table Tennis Season. See you during our next adventure.



Books

and Jigsaws

Thank you for the flowers I received at the November meeting. I had planned to give up but.....

Paula and I will still be doing the book stall. Jack at the Civic Hall has let us have a cupboard at the back of the stage so we don't have to carry the books out of the hall.



We urgently need some jigsaws.

Mary

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).

(MFA) is a multi-step account login process that requires users to enter more information than just a password. For example, along with the password, users might be asked to enter a code sent to their mobile.

As with all modern technology, it is possible to spoof addresses & numbers, but this effort will help protect the account from having the password changed without your knowledge.

I'm happy to give other electronic security advice, within my knowledge/experiences.

Gordon McFee
g.mcfee@btinternet.com
07973 292322 "

(Gordon is a U3A member – Glenda)

From Terry Brown our website manager

An Obituary printed in the London* *Times.....Absolutely Dead Brilliant!!* 🍷🍷

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years.

No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as:

Knowing when to come in out of the rain;

Why the early bird gets the worm;

Life isn't always fair;

And maybe it was my fault

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place.

Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate;

teens suspended from school for using mouthwash after lunch;

and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death, -by his parents, Truth and Trust, -by his wife, Discretion, -by his daughter, Responsibility, -and by his son, Reason. He is survived by his 5 stepbrothers;

I Know My Rights

I Want It Now

Someone Else Is To Blame

I'm A Victim

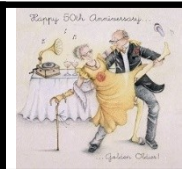
Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone

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		3rd 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

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.**

Membership

Although there is a focus in the U3A on “older people and those retired from full time work”, this is not a restriction for membership. As long as the activities we undertake are educational (in the broadest sense), U3A 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	Chair.thurrockU3a@gmail.com
Vice Chair & Group Coordinator	Kay Hatter	kayhatter@talktalk.net
Secretary	Lalji Patel	Secretary.thurrockU3a@gmail.com
Treasurer	Jean Hopkins	home@jlhopkins.co.uk
Jill Ottley	Membership Secretary	Membership.U3aThurrock@outlook.com
Pat Thwaites		rupertsammy@gmail.com
Ruth Hallums		01375 376873
Pam Quilter		01375381296
Paul Cutler	Welfare Officer	paul_cutler@btinternet.com
Sandra Hurley		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

When I forward emails from group leaders – please reply to them instead of clicking reply. I always include their email address.

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 February 17th**

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:

