

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)



March 2024

Newsletter No. 235

Paul Heasmer - Chairperson

Tel 07521442236

Chair.ThurrockU3a@gmail.com

Tel 01375843609

Chairpersons report

We have reduced the membership fee from 1st April to 31st August 2024 to £10.00, please advise any friends who are not members, the membership form is in this newsletter.

It has come up in committee meetings, that we do not have a special interest group aimed at men, so if anyone can think of one that we can start, please let us know.

The presentation today is from The Masons.

The chairs with tables at the back of the hall, are for use of members who are taking bookings for holidays etc, they are not for members not doing that.

Please switch off your phones.

The raffle will be drawn directly after the speaker, please do not go to the refreshment queue until after the raffle

The bucket collection at the last meeting for the Essex Wildlife Trust raised £223. Jimmy will be back next year to give an update.

Speakers 2024

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 – 28TH FEBRUARY 2024

1st Prize Jeanette Georgio £103.20

2nd Prize Frances Schwar £68.80

3rd Prize Jim Brewster £34.40

Paid into u3a account £137.60



THURROCK
UNIVERSITY OF THE THIRD AGE
Registered Charity No. 1140775

Minutes of the Annual General Meeting
held at the Civic Hall, Blackshots, Grays on Wednesday 28th February 2024 at 10am

1. **Welcome:** Our Chairperson, Paul Heasmer, opened the meeting at 10.13am – he welcomed everyone and thanked them for attending. A minutes silence was held in memory of those members who have passed this year.
2. **Members present:** 194
3. **Apologies for absence** – none received
4. **Minutes of the 2022 AGM**, held on 22nd February 2023, were agreed by members
5. **Matters Arising:** There were no matters arising from the 2023 AGM minutes
6. **Chairperson's Report from Paul Heasmer:** When I took over as Chair in February 2023, my main concerns were the stability of both our membership numbers and our finances, following 3 years of uncertainty due to the pandemic and other internal issues. I am pleased to report that, in the absence of any increase in fees for the hire of the Civic Hall, and mainly due to the proceeds from the monthly raffle, our finances are currently healthy. With regard to our membership numbers, they are slowly recovering after a small decline post Covid. Our U3A has no upper limit with regard membership numbers so, the more the merrier!! Finally, I would like to thank everyone who volunteers to make our U3A so successful including; the committee, group leaders, the Tea Crew, the Book Table and Glenda who produces our wonderful monthly newsletter.
7. **Treasurer's Report from Jean Hopkins:** A copy of the accounts was printed in this month's newsletter showing a closing balance, as at 31st Aug 2023, of £7790.50. Our main income is from membership fees (approx £9,000), Gift Aid (approx £1,500) and income from the raffle (approx £1,000). Thank you to everyone who supports the monthly raffle, it really has made a difference. Our biggest expense is the hire of the Civic Hall for our monthly meetings - there was an £2000 increase in cost last year.
8. **Election of Committee Members:** Paul Heasmer explained to the membership that Officers have to be elected as committee members as well as Officers, otherwise when they cease to be Officers they would no longer be committee members. The current committee have all volunteered to stand for re-election – Kay Hatter has resigned as Vice-Chair so Ruth Hood has volunteered to fill this position otherwise it was proposed that all other Officers remain in their current posts. The current committee and proposed Officers, as outlined above, were re-elected unopposed. The Chair advised that, whilst the committee is full, volunteers are always welcome - please feel free to contact Paul if you would like to know more – contact details can be found in the newsletter.
9. **Any Other Business:** Kay Hatter, our Group Co-ordinator, announced that Malcolm Crane has volunteered to run a Chess Club, so any members wishing to join should contact Malcolm direct or contact Kay – details are in the February newsletter
Kay reminded members that our U3A is always open to supporting members who wish to set up clubs/special interest groups but is also willing to look into finding leaders should members have an

interests that they would like to pursue. If any member has any ideas for new groups, or wishes to run a group, please contact Kay whose details can be found in the newsletter

The meeting closed at 10.30am

GROUP CO-ORDINATORS REPORT

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

Tel.01375 672789
07904967420

Hello All, I do hope you are all keeping well and have been able to enjoy the beautiful Spring flowers which I hope are a harbinger of warmer, drier weather.

NEW GROUPS



As mentioned last month Malcolm Crane has agreed to be Group Leader of the new chess group. The groups meetings are held on Tuesday and Wednesday evenings at 7.30p.m.

Malcolm has had quite a few expressions of interest and I hope these will turn into positive action by members making this a successful group. I have asked Malcolm to complete risk assessments on both venues where the groups are held. He is very enthusiastic as well as being well organised and we both hope you can prise yourselves away from the T.V. for some stimulating mental exercise.

For more information contact Malcolm on 07872611738.

In response to my suggestion for new groups last month John Cole has said he would be willing to help any member who is finding it a little difficult to manage their allotment on their own. This could be the beginning of an allotment group so thank you John for your very kind offer. So, if any member could do with some help see John at the General Meeting or contact me and I will put you in touch with John.

Debating Society – Has any member any experience of running or being in a debating society? It has been suggested to me and I think it would be a great idea if we could get one going. Do remember that there is plenty of help at hand to start up a new group, you don't have to do it alone. Anyone with ideas for a new group please contact me so that we can discuss it.

PETANQUE/FRENCH BOWLS



The petanque/French bowls group season starts on 1st April with the first sessions on the 2nd and 3rd of April. Prior to this we will have a "work party" on 23rd March. This is an annual event to clear the two courts of the tree branches and general debris which has accumulated over the winter months and of course to dig out as many weeds as possible in preparation

for our initial sessions.

New members are always welcome so if you want some light exercise and banter come along and join us on Tuesday or Wednesday mornings at 10.30 a.m. in Grays Beach Park.

SHORT MAT GROUP

We have recently received an e mail advising us that the rental of the church hall that we use weekly for 2hrs will be increased as from 1st April. So, although we have a healthy number of members attending we could do with a few more to ensure the financial viability of the group. So again if light



exercise is what you want with a cup of tea/coffee and chat come and join the group on Thursday afternoons at 2.00p.m.

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

Trips and social dates....

sandrahurley1953@gmail.com

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)

We still have spaces for
Meet the baker
Romford dogs in May
Freeport and Maldon
Also waiting list for other trips

I will not be taking payment for Buckingham Palace and Teresa Joanne Elvis Show until the June meeting.

I am aware at times that we do arrive early at our venue, but with travelling into London especially we have no idea on the day what traffic congestion will be like. It is better to be a bit early and wait with our friends in a nice warm coach than miss the start of a show or be late for the meal.

Thank you for your understanding, we do normally have a toilet on the coach in case of emergencies.

Country Legends 10th April 2024

Oaks 10.45

Stanford 10.35

Corringham 10.25

Romford Dogs 7th MAY 2014

Oaks 11.45

Stanford 11.35

Corringham 11.25

Hastings 30th May 2024

Oaks 09.00
Stanford 8.50
Corringham 8.40

Freeport and Maldon 17th July 2024

Oaks 9.30
Stanford 9.20
Corringham 9.10

Meeting the baker and garden centre 6th August 2024 49 seater

Oaks 9.30
Stanford 9.20
Corringham 9.10

Please state menu choice Ploughman's or Quiché on booking form

Buckingham Palace and fish and chips at Kennedys 12th September 2024

Oaks 10.15
Stanford 10.05
Corringham 09. 55
Time maybe amended due to London traffic system

Elvis Teresa Joanne 16th October 2024

Oaks 10.45
Stanford 10.35
Corringham 10.25

**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.**

Music Afternoon and Barn Dance

We would like to announce to members and guests that the next music afternoon will be on Friday 3rd May at the Stifford Clays club, time 2-5pm.

The bar, tea and coffee will be available. Bring your own snacks. Tickets £5



Also the next Barn dance will be on the evening of 17th May at 7-11pm at Stifford Clays.
Tickets £5

Any queries contact Mel Lewis on 07926 687048 or 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



Potters Weekend

Our first full day at Potters after a hearty breakfast we started the day with an archery competition as you can see we had a number of winners. Last night we were entertained with a show which was super. All the classics from the American pop scene that we all knew and sang along with. The singing of the artist was fantastic and with the drinks flowing we all had a good evening.

Onwards and upwards for the rest of the day



Upwords and Rummikub



More players are needed for the Upwords and Rummikub groups. Both are held at Chadwell Working Men's Club.

Upwords 1pm 1st and 3rd Mondays Ruth Hood

Rummikub 1pm 1st and 3rd Wednesday Ruth Hallums

Romford dogs extra – not in paper newsletter



A photo of our group At Romford Dogs on 12/3/24.. We all had a very nice afternoon, didn't lose too much money and the food was delicious.

Rita O'Brien

Strollers



Eight of us had an enjoyable walk around Warley Place today in the welcome spring weather and saw the daffodils, may have been a week or so early as not as profuse as other years, crocuses, snake head fritillaries and much more. This was followed by a lovely lunch at the Thatcher's Arms where we were joined by two more of our U3A friends.

We will be meeting on 3rd April at Coalhouse Fort at the cafe 10.30 for coffee and 11.00am to start our stroll.



10 pin bowling



A good turnout, lanes 1 & 2 Dave won with top scores and took both trophies,





Ramblers Susan Graves



13 of us set of on Wednesday 14th Feb from Canvey Wick nature reserve, the rain eased off as we started our walk but due to a lot of rain the previous evening we ended up walking through enormous puddles and muddy bog. So when it started raining we gave up and started walking back to the cars, on the way back we met a lovely lady walking her dog who showed us how to get to the Lobster Smack where we were having lunch. We all set off, arriving a bit early for lunch. Some decided to stay for coffee, and the rest carried on walking along the sea wall and then back to join the rest for lunch.

A lovely (but muddy) walk and dinner was had by all, even though everybody had finished their main course by the time Kathryn's had even arrived.

Will do this walk again in the summer, when hopefully dry.



Table Tennis



While Sunny ☀️ is on holiday the group continues with Jill at the helm, 11 played on Fri the 8th
Jim Smith

Sunday Singles Pat Thwaites. 01375 380395

Hope you are enjoying some of the lovely days we are having, reminds us that there is better

weather to come 🌻🌻🌻🌻🌻

We are going to Youngs Farm Cranham Rd, RM14 4NU for April 21st 1pm
The cost is £27 for 3 courses tip is included

PLEASE NOTE THIS IS IN ULEZ AREA UNFORTUNATELY.

There is no Sunday Singles for May as I will be away, so for June I have booked

Orsett Hall as a lot of you requested.

It's booked for Sunday 23rd June 2024 for 1.30 pm , the cost is £36 for 3 courses tip is included .

If interested in any of these please come and see me at the March meeting where I will be collecting the money.

Romford Dogs

A large group of our members spent a lovely afternoon at Romford Dogs. The three course meal was piping hot and very tasty. The staff were friendly and helpful. The drinks flowed very well with perfect views of the races.

Nothing like sitting at the tables and being waited on by the staff while watching the races. There were smiles all round we had winners and losers - must say I was one of the lucky ones.

The day started with news that Thurrock was grid locked again by protester on The QE2 bridge. Fortunately for us we were able to do a detour and arrive in time for the start.

Even with the rain it didn't stop the employees watering the race course. Can anyone tell me why, when we have had so much rain, they still water the course?

Must say thank you to those in our party who contacted me on the morning to inform us of the situation with the traffic.

This demonstrates just our thoughtful you all are.

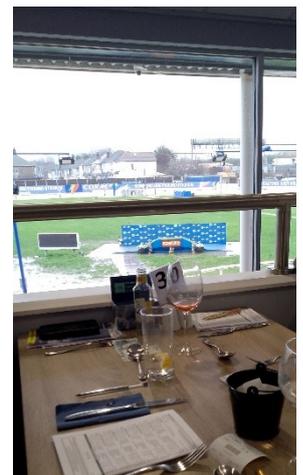
We have another afternoon at the races on 7th May 2024 and we still have spaces. Please contact me if you are interested. I am unable to say what the meal will be as it was different from what was on the internet on the day.

Sandra

A full coach of U3A members enjoyed 10 races, and a wonderful 3 course meal followed by tea or coffee, well done Sandra for organising it. (Jim Smith)

Romford		Race 9 at 16:24	
Win	Place	Top P/Casts	Top Trios
1 16 15/4	5	4 8/1	4 25/1
2 19 3/1	8	4 25/1	4 25/1
3 8 8/1	3	11/1	25/1
4 27 7/4	14	11/1	25/1
5 28 13/8	15	12/1	40/1
9 7/1	4	14/1	40/1
Total	£107.00	Total	£85.86
	£48.46	Total	£61.99

400m Flat (A10)



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.

Aqua - Mondays 10 -11

Wednesday 6th March 2024, Our Belated Christmas Meal.



We went for a lovely meal at Top Meadow Golf Club. We all had a great time & the staff were very friendly.

I would like to say a big thank you from Jan and myself for the lovely Orchids that you got for us. They are very pretty and were a lovely surprise.

It was wonderful to see how well Jan is looking and great to see her back at class, gradually building herself back up. Please be careful, though, as you concerned us and we don't want you getting ill again. I must say I have missed your smile. It always makes me smile even if my body says; "Really?" (She does make us work hard!)



I have had the honour of covering Jan and would like to thank everyone for the support and encouragement they have given me, it only confirmed what I already knew, which is that you are all a really friendly bunch that I love being part of.
Paula McFee



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/>

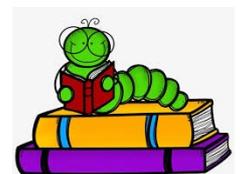
So please bring them to the Information Table but **NO CASES**.

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 John Palmer	Every Wednesday Every Tuesday Grays Beach Riverside Park RM17 6JP	10.30am 10.30am	Tel: KAY 01375 672789 Tel: MEL 07926 687048 Tel: JOHN 01375 672789
Chess Club	Malcolm Crane	Tuesdays Stanford le Hope Wednesdays Grays	7.30pm 7.30pm	Mobile 07872611738 chessinthurrock@gmail.com
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
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	Ruth Hallums	1 st and 3 rd Wednesday Chadwell Working Men's Club 21 River View RM16 4DH	1.00pm	01375 376873
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	1.00pm	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
Chess 7.30pm

Wednesday Petanque 10.30am
Rummikub 2pm
Ramble and Lunch
Strollers 11am
Chess 7.30pm

Thursday Golf Football 10.30am
Short Mat Bowls 2pm

Friday Crafty Chat 1.30pm
Floral Art 10am
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 February 2024

Chair	Paul Heasmer	Chair.thurrockU3a@gmail.com
Vice Chair	Ruth Hood	ruth87@sky.com
Secretary	Lalji Patel	Secretary.thurrockU3a@gmail.com
Treasurer	Jean Hopkins	home@jlhopkins.co.uk
Group Coordinator	Kay Hatter	kayhatter@talktalk.net
Membership Secretary	Jill Ottley	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
Mel Lewis
Terry Hurley Treasurer 2nd ac
Ray Bygate
Yvonne Simpson
Vanessa Lamberth
Daphne Revell
Jim Brewster

thurley49@btinternet.com
melvynjlewis@hotmail.com
thurley49@btinternet.com
Brendastevens291gmail.com
yvonesimpson41@googlemail.com
vanessalamberth@outlook.com
daphnerevell@yahoo.co.uk
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 from 1st April ending 31st August 2024 is £ 10.00 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 April 13th

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?	