



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)



November & December 2023

Newsletter No. 232

Paul Heasmer - Chairperson
Chair.ThurrockU3a@gmail.com

Tel 07521442236
Tel 01375843609

It seems that we are now getting proper autumn weather at least the plants can get back to normal.

If any of your friends have not yet rejoined, please get them to do so, as they will not be able to come to any U3A events including trips.

There are still places for the Christmas party on 6th Dec, please see Sandra at the back of the hall.

Today we have a singer Leanne, who has entertained us before, here and at the events at Stifford Clays.

We will draw the raffle once Leanne has finished, please do not join the refreshments queue until we have finished.

The AGM is in February – more information will be in the January newsletter.

Can you please switch off your mobile phones

Speakers

29th November – Singer

December - no meeting



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 – 25TH OCTOBER 2023

1st Prize Mary Byford £90.60

2nd Prize Barbara Hand £60.40

3rd Prize Lyn Dilloway £30.20

Paid into u3a account £120.80

GROUP CO-ORDINATORS REPORT

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

Tel.01375 672789
07904967420

Hello all, I hope everyone is keeping well and that we will all get through the Winter months safely with the help of our Covid and 'flu booster jabs.

WEDNESDAY PETANQUE/FRENCH BOWLS

By the time you are reading this report the last petanque session of the year will have been held on 22nd November. Weather permitting of course! It has been a successful season for the group's members, with the introduction of our first Summer competition. The weather was kind to us and we just managed to complete all the games in the competition before the weather took a turn for the worse. We have still managed to play one session a week to finish the season. On 8th November we went to "The Ship" in East Tilbury, for our end of season meal which all enjoyed. We hope to be able to repeat this next year. So, thank you to all those members that have supported the group's activities throughout the year and hope you have a good Winter looking forward to meeting up again in the Spring.

SHORT MAT BOWLS

This group, as it takes part indoors, does not have the weather to contend with and so does not have a winter "lay off" period. It carries on throughout the year.

Our Xmas/New Year Break is as follows:-

Last session this year is Thursday December 14th.

First session next year is Thursday January 11th

The Short Mat group also went for a meal this month on November 2nd. To "Top Meadow" and again this was thoroughly enjoyed by all.

Once again thank you to all the members who have made our Short Mat year so successful. Let's hope we can repeat this next year.

New members are always welcome, so if you feel in need of some exercise in a dry warm environment during the cold, damp, winter months, come and join us

RISK ASSEMENTS

Thank you to all the Group Leaders for completing your Risk Assessments. They ensure that we comply with our insurer's requirements.

I look forward to seeing you at "The Plough" Xmas meal and hope that you will all enjoy the coming festive season. Please remember that the Group Activities are the foundation of Thurrock u3a so if you have any ideas for new group activities, please contact me. All ideas are welcome.

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



Pam & Dave Brown



Jill & Barrie doubles winners



Brenda Stevens ladies singles winner



John Palmer men singles winner

Short Mat meal at Top Meadow



Happy Birthday Maureen Bamford for 1st December.
Maureen is a founder member of our U3A

Books and Jigsaws

November meeting – We said we would give the books away but we have found someone who is going to try running the books stall so we will still be selling them.
Thank you for your support over the years. Mary



Strollers



On 1st November, 5 of us decided to brave the weather and go to Westley Heights. It was raining when we arrived and we were again lucky, as soon as we started walking the rain stopped and didn't start again until we were all on our way to lunch. As usual Cookie had a wonderful time running round and barking at every tree she thought had a squirrel.

On **THURSDAY** 7th December we will be meeting at Thatcher's Arms at 10.30 for coffee, we will start our stroll at 11.00 as usual and weather permitting. I have booked for lunch for those who told me they would be coming to lunch.

Look forward to seeing you there. If you have decided not to eat, please let me know so I can cancel you of the table
Look forward to seeing you all.



Also thank you for supporting me all year round. And a very happy Christmas to you all.

Yvonne



1st December Music Afternoon at the Stifford Clays Social Club 2-5pm.

2nd December Rochester Christmas and Dickens £18

6th December 2023 The Plough Christmas meal

8th February 2024 Brick Lane Pantomime

15th March Potters Five Lakes weekend

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

As Christmas approaches and the days get shorter and some of our members are reluctant to venture out in the dark evenings, so we have organised a **Music Afternoon on Friday**

1st December at the Stifford Clays Social Club 2-5pm. Our singers will be from Thurrock. G'n'T {Geri and Tina} who sing at The Ship Little Thurrock every month and Dave who is a regular of ours. Tickets will be only £2 each and members will get priority at that price. Tea and coffee will be available and drinks can be bought in the main bar. Bring your own snacks and cups if you prefer.

The response to this event has been good so much so I have only a few tickets left, keep that in mind if you wish to pay at the door.

This good response to this event means we can continue to arrange the music evenings next year.

Any queries contact Mel Lewis on 07926 687048 or melvynjlewis@hotmail.com

Barn Dance



The October Barn Dance proved to be another successful and fun-filled evening. Subject to the hall being available, we intend to hold another one in January.

Potters Five Lakes Weekend

Friday 15th March 2024 - 3 Night All-Inclusive Weekend Break

Price £359 – Saving £210.00 Per Person on catalogue price!

This offer needs 20 or more people so let Sandra know if you are interested in this break.

sandrahurley1953@gmail.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



Sunday Singles

Hope you are all ready for Christmas, I never am 😂

Here is our first Sunday Singles for 2024
I have booked

Langdon Hills Golf and Country Club for Sunday 21st January 2024
for 1pm.

The cost is £25 for three courses and tip included.

If interested please come and see me at the November meeting
where I will be collecting the money for it.

I hope you all have a lovely and healthy Christmas



Ramblers

Susan Graves



Due to expecting and getting rain the ramble was cancelled on the 8th November.

Our next ramble will be on Wednesday 13th December at Ingrebourne Hill, Rainham Road, RM13 8ST. Meet in the Carpark at 10.00., past The Albion pub and the turning is on the right just before Travis Perkins. We will be eating at The Albion.

Then In January our ramble will be on Wednesday 10th at Mucking, Essex Wildlife Trust, Wharf Road, Stanford Le Hope, SS17 0RN. We will be eating at The Ship. Meet in Carpark by the visitor's centre at 10.00.

10 pin bowling

17 October 2023

There were 8 of us today. After a discussion, it was agreed that we all play on 1 lane.

We chose lane 11 as it has a little more space to Sit and is also wider.

There was a good bit of laughter and chatter, and some very nice throws across the board.

The Winner of the First game was Martin with a score of 118 and the runner up was Sunny with a score of 106.

The 2nd game was won by Sunny with a score of 121. Wendy was a very close runner up with a score of 115.

Wendy presented the trophies to both the winners.

It took almost 2 hours to complete the 2 games.

Well done to all participants.



hollywood bowl LEADERBOARD LAKESIDE		
TODAY'S TOP STRIKERS		
★ MARTIN		9
★ SUNNY		9
★ MARTIN		1
★ JAMES		1
★ SUNNY		1
★ AIDEN		1
★ TIJUS		1
★ TIJUS		1
★ JADE		1
★ HARRY		1



hollywood bowl LEADERBOARD LAKESIDE		
TODAY'S TOP SCORERS		
1	JAMES	117
2	BERNIE SMITH	103
3	SUNNY	121
4	MARTIN	118
5	DAVID	115
6	WENDY	115
7	MUMMY	115
8	KASON	110
9	PAUL	108
10	SUNNY	106

7th November

There were 14 players today, evenly split and allocated lanes 23 and 24.

There were lots of giggle and laughs and some serious conversations.

Game 1 was won by Sunny with a score of 121, however the name on the scoreboard read Sunshine Boy (☺), I think Sandra's doing.

Sunny then went on to win the 2nd game with a score of 128.

Jim presented both the trophies to Sunny.

Have attached some pictures from today.



hollywood bowl LEADERBOARD LAKESIDE		
TODAY'S TOP STRIKERS		
★ RYAN		9
★ ISABEL		9
★ SUNSHINE BOY		9
★ EMMA		9
★ ARRON		9
★ OPW		9
★ JANE		9
★ JAN		1
★ WENDY		1
★ SANDRA		1



End of game												
PLAYER	1	2	3	4	5	6	7	8	9	10	TOTAL	
Isabel	X	3	9	9	7	X	8	7	8	5	104	
Irene	13	16	25	34	41	61	79	88	95	104		
Joan	9	17	33	39	47	58	65	75	89	106		
Paul	3	3	8	2	17	41	45	52	58	66	72	
Sandra	6	4	2	8	X	9	7	9	3	6	83	
Terry	6	12	20	39	48	67	76	85	93	109		
Sunshine boy	8	15	22	31	37	46	54	62	78	84		
Sunny	7	9	14	22	31	37	46	54	62	78		
Terry	7	9	14	22	31	37	46	54	62	78		
Sunshine boy	9	17	36	45	63	71	79	98	113	121		

14 Nov 2023 - 10 pin bowling

Mary, Pat and Sunny came to this week's play.
The remainder had gone on a preplanned 5 day U3A trip.
The manager Henry asked us if we wanted to still play as the group was so small, we mutually agreed to soldier on.

We thought we would try something new.

I asked Henry if we could play one game of Hyper bowl and one of the regular games.

He agreed and he even made a special allowance for us as he said rather than us having to move and switch lanes, we could play both the games on Hyper bowling lane 2 and once we had finished the ordinary game he would switch us to Hyper bowl. That was very kind.

So the 3 of us shared our regular game.

The very large/long red sofas were quite low but extremely comfortable. I did not want to get up between goes 😊.

Mary and Pat were a great sport.

We had a good laugh and a lot of fun. There were some very nice throws from both Mary and Pat and some very near misses for Strikes.

The First regular game was won my Sunny with a score of 130, this was the highest score of the day on the Hollywood Leader board.

The 2nd game, being the hyper bowl, was very different. This required us to have the side skirts/barriers up and then actually hit the multi coloured moving lit barrier on the way to the skittles, a totally new experience and took quite a lot of getting used to as in normal game you totally avoid the barriers which would actually be the gutter.

Each skittle was worth 10 points and then the colour you hit on the way to the skittle multiplied our score, the gold one was the highest multiplication x5 and proved very hard to hit.

We did not quite understand how the game worked but we only got one throw each go and every now and then we progressed to the next level.

At one stage Mary was neck and neck with Sunny on points, very competitive indeed. Sunny finally went on to win the game with a score of 10,700.

Thank You ladies for your very sporting participation. BRAVO 🙌🙌



HOLLYWOOD BOWL LAKESIDE	
TODAY'S TOP STRIKERS	
★ SUNNY	8
★ NICK	2
★ JAC	2
★ SUNNY	1
★ SUNNY	1
★ SUNNY	1
★ NICK	1
★ GLEN	1
★ JAC	1



HOLLYWOOD BOWL LAKESIDE	
TODAY'S TOP SCORERS	
1 SUNNY	130
2 OPW	129
3 NICK	114
4 JAC	101
5 TRICIA	100
6 GLEN	98
7 JOE	92
8 NICK	91
9 BILLIE	89
10 BEN	83

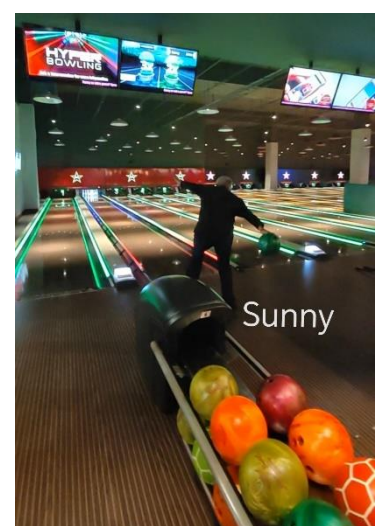


Table Tennis

We only played 2 weeks out of the last 4 due to school holidays and time slot unavailability.

We had 13 players on the 20th October and 8 on the 10th November in spite of the downpour.

I saw some good rallies developing as people get more confident and adventurous.

Today with fewer people there, there was opportunity for 2 of the tables to play singles. It looked like that was enjoyed by the 4 players involved.

The only negativity today was a group of extremely noisy boys playing ball at the opposite end of the hall, the noise was quite disturbing. We definitely would have benefited from some sound muting ear phones.

On a different note, I am organising some Christmas nibbles on the 15th December after our game play on that day, as part of Christmas festivities.

Carol, the manager from Storm Leisure, has agreed to let us have the adjoining room to the sports hall for 1 and half hours Free Of Charge, for us to hold this event. So thank you Carol for your very kind gesture.

Unfortunately, due to their licensing agreement, we are not able to play our own Christmas music or give them the music to play. There is a possibility that by the time 15 Dec comes along, the licence will give storm leisure some festive music to play, so let us keep our fingers crossed.

So perhaps some of our own Table Tennis players can delight us with their vocal talents on the day and I am sure we will all join in.

Thank you to those who have paid the £5 contribution so far.


If I can ask the remaining people to give me the £5 next time they see me, that would be appreciated.

I am sure you all will join me in offering our condolences to Alan /Sue Dossetter as well as Malcolm Crane for their loss 🙏.

Wish Beverley Bruce's mother and Shirley Briggs a speedy recovery.

And the final note, it is good to see the U3A ID Badges being worn virtually consistently by all our player and the chairs being returned back to rest area, well done and thank you.

See you during our next adventure.

Sunny ny Group Leader Table Tennis U3A Thurrock



The Angel Café



THE ANGEL CAFE. 10% Discount.

Liz who owns the Angel Cafe, has received some lottery funding for community projects.

Her aim is to help give a hot meal to people who are really in need. If you know of anybody that can be helped, please get in touch with me and I will pass the information on. They do not have to be U3A members.

For U3A members Liz will be giving a 10% Discount to you on production of your membership card. She is doing this to thank all of the members that have been going to the cafe throughout the last few years.

For any further information please contact me.

The Angel Cafe, Beacon Centre, Drake Road, Chafford Hundred.

I hope this is of interest to you all.

Yvonne Simpson

Mosaic Choir



I belong to MOSAIC Choir and we perform in various churches/church halls to help them raise money for their church. We have also sung at the Civic Hall for the Rotary Club in past years at their Christmas concert, as well as at Lakeside at Christmas. (This year on 18th December to raise money for the London Air Ambulance)

From Janet Davison who is one of our U3A members



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/>

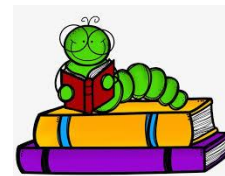
So please bring them to the Information Table but **NO CASES**.

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	Please refer to your printer newsletter or you group leader for more details
Aqua Aerobics 1	Jan Gibson	Every Monday - as above	10.00am	
Boules/Pétanque	Kay Hatter Mel Lewis	Every Wednesday Every Tuesday Grays Beach Riverside Park RM17 6JP	10.30am 10.30am	
Couples Dining	Barbara Hand	As Arranged		
Crafty Chat Mixed Craft	Chris Moreland Pam Quilter	Alternate Fridays The Beehive Centre West Street, Grays RM17 6XP	1.30- 4.00pm	
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	
French			Friday	
Golf Football	Sandra Hurley	Alternate Thursdays Belhus Car Park Belhus Park Leisure Complex, South Ockendon RM15 4QR	10.30am	
Cribbage				
Literature Group	Maureen Forster	As arranged by Maureen		
Local Interest	Yvonne Simpson	As arranged by Yvonne		
Painting for Pleasure	Doreen Dawes	Alternate Tuesdays Freeman Court, Gordon Road, Corringham SS17 7RH	10.am	
Ramble and Lunch	Sue Graves	2nd Wednesday As arranged by group	10.am	
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		
Short Mat Bowls	Kay Hatter John Palmer Mel Lewis	Thursday The United Reform Church, Bradleigh Avenue, Grays RM17 5XD	2.00 - 4.00pm	
Strollers	Yvonne Simpson	1st Wednesday As arranged by Yvonne	11.am	
Sunday Singles	Pat Thwaites	As arranged		
Ten Pin Bowling	Sandra Hurley	Tuesday Mornings (not school holidays) Hollywood Bowl Lakeside	11 am	

Theatre Trips	Rosemary Pears Lorrie Pitchers	As arranged		
Table Tennis	Sunil Chopra	USP Palmer's Stprm	11.30 - 1pm Fridays	
Ukulele	Reg Goldsmith	As arranged	3.00pm	
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	
Wine Appreciation	Kay Hatter John Palmer	2 nd Tuesday of the month The Woolmarket Horndon on the Hill SS17 8LE	7.30pm	
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

All applicants must be retired from full time work to qualify for U3A Membership. 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
 Mel Lewis
 Terry Hurley Treasurer 2nd ac
 Ray Bygate
 Yvonne Simpson
 Vanessa Lamberth
 Daphne Revell
 Ruth Hood
 Jim Brewster

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
 melvynjlewis@hotmail.com
 thurley49@btinternet.com
 Brendastevens291@gmail.com
 yvonesimpson41@gmail.com
 vanessalamberth@outlook.com
 daphnerevell@yahoo.co.uk
 ruth87@sky.com
 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 Newletters - 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 January 20th

No newsletter in December

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: