



# *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)*



*September 2023*

**Paul Heasmer - Chairperson**

**Tel 07521442236**

**Chair.ThurrockU3a@gmail.com**

**Tel 01375843609**

In this issue there is a copy of the membership renewal form, please remember that until you have renewed your membership, you cannot attend any Interest groups or the monthly meeting. can you please ensure that you enclose a stamped addressed envelope.

2024 U3A Diaries £5 each.

We will be ordering in November, can you please post your cheque payable to Thurrock U3A with your stamped addressed envelope to

Paul Heasmer

29, Malpas Road

Chadwell St Mary

RM16 4QX

Before 15<sup>th</sup> November 2023

Cash Raffle at General Meetings

I thought I would clear up any misunderstandings

Under the law, we must pay out in cash at the same venue on the same day, we cannot redraw the raffle. Any unclaimed cash goes into Thurrock U3A funds.

Ukulele group is open for new members, details of the group leader is at the back of the newsletter.

## ***Speakers***

27<sup>th</sup> September - Fire Service

25<sup>th</sup> October - Police

29<sup>th</sup> November – Singer

December - no meeting

### **U3A MONTHLY RAFFLE**

The raffle has raised £1,140.80 for U3A funds over the past 12 months.

### **RAFFLE PRIZE WINNERS – 30<sup>TH</sup> AUGUST 2023**

1<sup>st</sup> Prize Anita Butcher £101.10

2<sup>nd</sup> Prize Pat Thwaites £67.40

3<sup>rd</sup> Prize Unclaimed £33.70

Paid into u3a account £134.

## **GROUP CO-ORDINATORS REPORT**

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

Tel.01375 672789  
07904967420

Hello Everyone, I do hope that you are all keeping well and have recovered from the September heatwave but enjoyed the Indian Summer that followed and is forecast to end as I am writing this report. Thankyou Ruth for organising the August Birthday lunch, which our table thoroughly enjoyed. I know it must have been a nail-biting time for you with new caterers as you thoroughly rely on them to "deliver the goods". "Marions Catering" was a hard act to follow but the new people will also be hard to beat I think. Now onto group activities.

### **TABLE TENNIS (NEW GROUP)**

By the time you are reading this newsletter, the new table tennis group should have held its first couple of sessions at Storm Fitness Centre in Palmers College. The first session was to be held on Friday 15<sup>th</sup> September and I do hope that all went well, I feel sure that it did.

### **WEDNESDAY PETANQUE/FRENCH BOWLS**

The Summer Competition which we have held this year for the first has been a great success with all members taking part. Some with more success than others, I was in the latter group, the others. All matches have been played in a really good spirit, we even had to borrow two male players from the Tuesday group so that all our lady players could enter the competition. We only have one more match to play as I write this report, the mixed doubles, so the result will be printed in next month's newsletter. The Ladies Singles competition was won by Brenda Stevens in a hard-fought battle against me, whilst the Men's Singles competition was won by John Palmer again in a hard-fought battle against John Cole. Members have told me how this has sharpened up their game and matches have been played in friendly atmosphere.

### **WINE SOCIETY**

Our Wine Society is held monthly on the second Tuesday of the month in the "Woolmarket" at Horndon on the Hill. We usually have a tasting of three wines by the members but this month for a change members had been asked to bring a bottle of their favourite wine for tasting. Everyone joined in with this even the four new members that we had. I think it is fair to say that all enjoyed themselves. One of our original members Juliana Baker told us that her group, Floral Art, had the previous week won "Best in Show" at the Orsett Show. CONGRATULATIONS JULIANA.WELL DONE TO ALL WHO TOOK PART.

We drank to that with a taste of the wine that Clyde her husband had bought with him.

### **UKELELE GROUP**

Reg Goldsmith has said that he could do with a few more members for the group. So if anybody fancies a musical adventure contact Reg.

### **RISK ASSESSMENTS.**

All Group Leaders have recently been going through the exercise of completing a risk assessment check list supplied by the u3a Trust, as our Insurers ask that this should be completed for all activities. So this was necessary to ensure that Thurrock u3a complies with the insurance company's requirement. Thank you to all those Group Leaders who have already completed this exercise and returned the paperwork to me. It is necessary sometimes to have a reminder that accidents/incidents can happen in the most benign environments and that we should be prepared for them. We can't prevent these things happening but it's how we deal with them that matters.

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

## *Enjoying our 21<sup>st</sup> birthday lunch*



### **Trips and social dates....**

**Sandra is taking bookings for all of these now – remember to fill the booking form in – see further down the newsletter**

26<sup>th</sup> September 2023 Tereza Joanne show

13<sup>th</sup> November 2023 Thoresby Hall 5 day holiday

2<sup>nd</sup> December Rochester Christmas and Dickens £18

6<sup>th</sup> December 2023 The Plough Christmas meal

8<sup>th</sup> February 2024 Brick Lane Pantomime

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

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

[sandrahurley1953@gmail.com](mailto:sandrahurley1953@gmail.com)





## *Pat Jackman's Aqua Group who contributed to Brenda's present that Pat presented on 25<sup>th</sup> September.*

From Brenda Hopcroft:

Just a note of appreciative thanks to all the girls in Pat Jackman's Aqua Class who clubbed together and presented me with a signed card and a beautiful hamper to mark my 90<sup>th</sup> birthday.

Thank you most sincerely girls Love, Brenda.



## *Margate Trip*

Our trip to Margate started with the sun shining brightly. This was the best weather of the year. Our trip to Hastings saw us looking like drowning rats. Must say well done to Paul Cutler, our welfare committee member, who braved the day only six days after his second knee replacement surgery. Ice packs and cold compresses were in supply. It goes to show what a resilient generation we are.

The deck chairs were out, followed by a few gin and tonics on the golden beach, not forgetting those who enjoyed fish and chips by the sea. Few beers and Ice-cream went down a treat

Some of us saw the emergency services at their best. One poor soul was taken ill on the beach, resulting in three police cars, three ambulance and paramedics RNLI lifeboat and crew, sea rescue services and the fire brigade. Plus two council workers.



They carried the person through the water off a sandbank walking in full uniform with water up to their thighs. At times like this make you feel proud of our British services working together for the good of all.



Margate has changed over the years but we all found plenty to do. Again the shops were visited and full bags brought on the coach and lighter purses. But lots of smiling faces and a little bit of red from the sun.

Again we all choose to spend the day differently. from the Turner Gallery to little artisan shops. to the beach. I am aware that some made their way to the shell grotto. All the staff in the many shops and restaurants were kind and helpful.



Unfortunately we had again some non arrivals. **Please can you let me know if you cannot make a trip.** Thank you to those who did and hope you are all on the mend and you can join us on our forthcoming events.

Please can you give me ideas of where or what to arrange for next year. There will be another trip to Romford Dogs racing in the new year. We do have the Pantomime 8<sup>th</sup> February to look forward to ....Peter Pan and the Loose Boys. Three course meal coach show and tips. Something to brighten the new year on those dark and cold days. Always a day full of laughter and good company.



## *Barn Dance*



I am pleased to announce due to popular demand that we have booked another Barn Dance at Stifford Clays Social Club. The date is 20th October 2023. The caller is Tony Clarke who provided us with an evening of fun and laughter.

Price is again £5.00, 7pm to 11 pm

Please contact Mel Lewis or Jim Brewster at the next meeting.

They will be sitting at the back of the hall for further details  
Sandra.

## *Strollers*



5 of us went to Coalhouse Fort on a very hot day and had a lovely stroll along the Thames. I hope all the usual members who were on the various day trips they were going to, had a wonderful time and enjoyed themselves and the wonderful weather.



Some of us also wish to say, we had a fantastic time with Joy and Jeff celebrating their 66h anniversary, a great time was had by us all.



Strollers next month the 4th October, will be at Mucking. As usual 10.30 for coffee 11.00am to start stroll. Dogs are welcome.  
Yvonne

## *Ramblers* Susan Graves



Had a lovely walk on Wednesday 13th, weather warm but a bit overcast. Six of us set off round Belhus Woods, 3 1/2 miles stopping halfway for refreshments at the visitors centre. On our way back we past a big chimney, a stench pipe from the old 18th century sewage system for Belhus Manor on the former Belhus Estate. Then 4 of us went for a lovely meal back at the Sandmartin.



Our next walk will be on Wednesday 11th October at Westley Heights, Langdon Hills. Meet at the carpark at 10;00

Carpark, Westley Heights behind the Miller & Carter Restaurant where we will be having lunch, SS16 6HU.



## *Petanque*



The John's prior to the men's final



## *Sunday Singles.*

Pat Thwaites 01375 380395

Hi everyone

I am putting out last 2 Sunday lunches for this year in this newsletter.

### **WHITE LION FOBBING**

SUNDAY 15 th October 2023 1pm

It is £24 for 2 courses tip included.



### **TOP MEADOW NORTH OCKENDON**

SUNDAY 26th November 2023

It is £26 for 3 courses tip is included.



If you would like to come, please come and see me at the back of the hall to put your name down and pay me either cheque or cash, you don't have to pay for both of them this month, you can pay for November lunch in October.

See you at the meeting

Pat x





## THEATRE TRIP

Thursday 23<sup>rd</sup> November 2023 2.30pm

**Tina The Tina Turner Musical Aldwych Theatre London £55**



**Trip Price includes Theatre Ticket, Coach Transfers and Tips.**

Hello Members,

I have arranged to attend the afternoon matinee performance of 'Tina' The Tina Turner Musical at the Aldwych Theatre.

Tina – The Tina Turner Musical is an exhilarating celebration of the artist we knew and loved. Set to the pulse-pounding soundtrack of her much-loved hits. During her incredible life, Tina Turner won 12 Grammy Awards and her live shows were seen by millions, selling more concert tickets than any other solo performer in music history.

The Aldwych Theatre is in Aldwych with plenty of eateries nearby and we will arrive in time for everyone to find a suitable place for lunch.

Would you please complete the booking form and return it, together with cheque payment of trip price per person made payable to Thurrock U3A, as soon as possible to avoid disappointment. If you book any show and you are unable to come nearer the time, please let us know, within five weeks of the show, then we have a chance of filling the place and you will not lose your money. Please do not hesitate to contact Rosemary if you have any queries.

### THURROCK U3A - Event Booking Form

EVENT	DETAILS
<b>Event Title and date:</b>	<b>Tina – The Tina Turner Musical</b> COST: £55.00 per person
Members Name:	
Membership Number:	
Contact Telephone Number: Mobile phone number: EMERGENCY CONTACT:	
Email address (must be one that is frequently accessed)	
Cheque value: <b>All cheques payable to Thurrock U3A</b>	£.....
<b>If booking for more than one person please list the other names and Membership numbers here:</b> Please list any special dietary requirements here: <b>Preferred Coach Pick up point</b> <ul style="list-style-type: none"> <li>10.00am Gordon Road, Corringham 10.15am The Oak, Grays</li> </ul>	

**PLEASE RETURN BOOKING FORM TO: Mrs Rosemary Pears, 19,Bermuda Road, Tilbury, RM18 7DA**

e-mail: [rosemary.pears@hotmail.co.uk](mailto:rosemary.pears@hotmail.co.uk)

Telephone: 01375 411270 - Mobile: 07468451493

## FLORAL ART GROUP 2023

Juliana Baker – Group Leader Floral Art	Tel: 01375 375881
Wendy Gard – Group Leader Floral Art	Tel: 01375 374874

Great start to our Autumn/Winter sessions.

Here are our winning arrangements which the U3A Floral Art Group submitted to the Orsett Show.



2<sup>nd</sup> Prize



1<sup>st</sup> prize and Best in Show



1st Prize



1st Prize



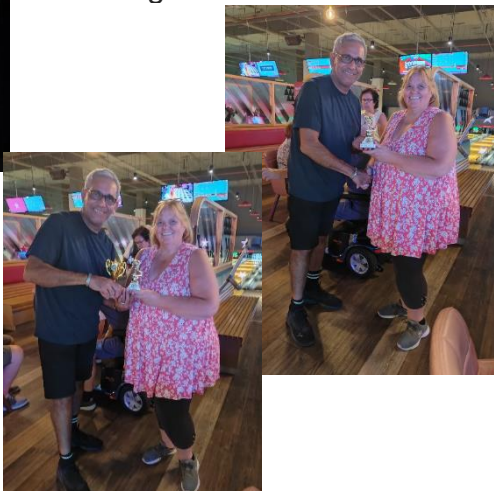
2<sup>nd</sup> Prize

(Well done Floral Art Group – Glenda)

## 10 pin Bowling

Roll	1	2	3	4	5	6	7	8	9	10	Tot.
Jayne	8	9	1	1	8	9	8	1	8	7	76
Martin	6	1	8	7	7	7	7	1	3	5	101
Sail	8	7	8	8	8	5	1	8	7	1	102
an	8	6	2	7	9	7	8	1	9	7	95
Vaness	1	9	8	7	1	7	9	8	5	3	126

Double trophy winner Vanessa yesterday, 114 first game, 126 second game.



hollywood bowl		
LEADERBOARD		
LAKESIDE		
TODAY'S TOP SCORERS		
Rank	Name	Score
1	LIMWA	124
2	VANESSA	114
3	VANESSA	114
4	MATTHEW	114
5	DANIEL	111
6	MATTHEW	110
7	SUNNY	102
8	JAN	97
9	JAN	97
10	HARRISH	96

## Literature Group

**Maureen Forster**  
07890000160

Our afternoon was an eclectic mix of literature starting with Jackie's own poem on her memories of Weymouth.

"The sweeping sandy beach resembles the Naples Bay  
Along the promenade a clock tower, golden in its day  
Presented to Queen Victoria to mark her Golden Jubilee  
By Henry Edwards, the local MP"

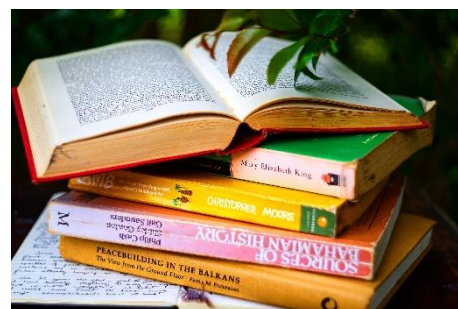
Also her thoughts in verse about ULEZ.

A story about 18 month old Ben from Joan Tucker's "Everyday Poems and Children's Short Stories" had us anticipating a sad ending but an amusing twist left us smiling.

A break in proceedings for a cup of tea, cake and biscuits before our memories were stirred as we joined in "The Owl and The Pussycat" by Edward Lear, plus a discussion on the "runcible spoon"; a totally made up word by Lear but which has since been defined as a "spoon with a bowl at each end".

Bringing us back to reality, we listened to Pam Ayres' soliloquy "The Battery Hen" on its miserable existence.

"Oh, I am a battery hen  
On me back there's not a germ  
I never scratched a farmyard  
And I never pecked a worm.  
I never had the sunshine  
To warm me feathers through  
Eggs I lay, every day  
For the likes of you.

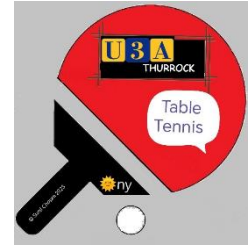


**Our next meeting is 13th October.**



## Table tennis

Friday 15th September 2023 was the start of our new Table Tennis Venture at Storm Leisure.



I had asked Mr Peter Dale, my very long-term friend from U3A Orpington, Kent to assist me on the day. I would like to thank him for coming all that way. His help was most welcome as between us we successfully interacted with all the player.

It was an excellent turnout of 13 People on the first day and almost everyone wore their U3A ID badges as per requirement, perhaps the next outing will be 100% conformance. The badges are there to help with integration, forming a close-knit group.

We had the far end of the large main hall cordoned off for us with 3 Table Tennis Tables and a floor to ceiling curtained screen. This gave us privacy.

On this First day. I asked people to pair up with whoever they liked and move over to one of the 3 tables.



There were people of very varied abilities and no doubt, like myself, many have not played for a very long time.

You could see, from the very start, the very competitive streaks in some of our player, let us see how that develops.

After many different sets of discussions about the game and the new rules, games got underway on 2 of the tables. The 3rd table practiced getting the ball over the net to get a rhythm going, that is just as important.

Everything was going swimmingly and fun was being had by all, there were lots of laughs, giggles and some friendly banter.

We did unfortunately have an incident.

Whilst playing, Pam Brown tripped going back and fell on her left arm causing bruising. She hit the back of her head against the wall as she fell. She was given first aid by Storm fitness personnel who wanted her to go to hospital but was subsequently taken home to her husband by Shirley Briggs. We wish her a speedy recovery.



Next outing is on Friday 22nd September 2023. See you all then.

Thank you to Carol Sorrell and her staff from Storm Leisure for their assistance on the day.

### Table Tennis Sunil Chopra

There were 8 of us today ready and willing. After signing into a very well organised Attendance Register, we all descended into the main Hall. To my surprise, we were given 3/4s of the complete hall with 3 Table Tennis tables staggered across it, leaving a small cordoned off area for 2 men playing badminton. What a result for us. Because of our comparative smaller number's today, there were 2 tables with 2 players each and the 3rd had a doubles pairing. Everyone, without fail, was having fun, that was good to see. With reference to the missing U3A ID badges today, including the repeat offender, it is imperative

you wear your badge on every visit, without exception. This is to aid integration. If you don't have a badge, ask the Membership secretary or the U3A chairman, their contact details are always in the Monthly Newsletter. As the video files I sent last week to be included in September's Newsletter, were too large in size, I showed the video footage to most the players today. It was an incident free day, so all is well. New players are most welcome. Just make sure you have paid your 2023/ 2024 membership and have a U3A membership badge. See you all on the 29 Sep for a 11.30 Start

I have videos of the group. Please contact me if you wish to see them.

Thank you all for coming.

Best Regards

Sunny (Mr Sunil Chopra)

Group Leader      U3A Thurrock Table Tennis

## *Christmas is coming – U3A Christmas Lunch*

**Monks Barn at The Plough Bulphan Essex**

**Wednesday 6th December 2023**

**1pm for 1:30pm**

**The price is £30.00 per person**



You are required to pre-order your meal at the time of booking so we can complete a place setting with your choice of menu.

Please can you fill in the attached form with who you wish to share the table with.

### **Starter**

Traditional Prawn Cocktail with Marie Rose Sauce ( GF)

Spiced Sweet Potato & Butternut Squash Soup, garnished with crispy sweet potato shavings.

Brie & Cranberry Tartlet on a bed of mixed leaves with Balsamic Dressing.

Roasted Asparagus Caesar Salad with croutons, crispy bacon & Parmesan shavings.

### **Main Course**

Roast Turkey Breast served with Cranberry & sausage stuffing wrapped in bacon served with Roast potatoes Brussel Sprouts and seasonal vegetables (GFA. DF)

Roast top side of Beef with Yorkshire Pudding Roast Potatoes & seasonal vegetables.

Pesto Crusted Cod Loin with Roast Potatoes, Vegetables & a rich Tomato sauce

Vegan Spanakopita served with seasonal Vegetables (V) ( VEAA)

## Desserts

Christmas Pudding with Brandy Sauce (V.GFA)

Black Forest Tart topped with a sweet cherry compote (BE A & GF)

Anniversary Cheesecake

Lemon Meringue Tart with Berry Coulis

Sandra Hurley

sandrahurley1953@gmail.com

07939202169

**Thurrock U.3.A's Christmas Lunch**  
**Venue - Monks Barn at The Plough Bulphan Essex**  
**Wednesday 6th December 2023 1pm for 1:30**  
**£30 per person to be paid on booking**

<u>Name</u>	<u>Food Choice</u> <u>Starter, Main and Dessert</u>



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**When booking please use this Booking Form. (No small pieces of paper please)**

**Anyone who has special diet needs please let us know when booking.**

**It would be really helpful if one person would take the responsibility for their group and collect all the money but obviously this is not essential**

**THANK YOU**

***Table Tennis*** (from last month for those of you who only have paper copy)

<b>A</b>	<b>Table Tennis Start Date</b>	<b>Friday 15 September 2023</b>
<b>B</b>	<b>Initial Trial Period</b>	<b>4 Weeks, last class 6th October</b>
<b>C</b>	<b>Thereafter</b>	<b>We will need to assess how it has gone and the way forward.</b>
<b>D</b>	<b>Time</b>	<b>11:30 to 13:00 hrs</b>
<b>E</b>	<b>Venue</b>	<b>USP College, Storm Fitness &amp; Leisure, Chadwell Road, Grays RM17 5TD (Tel: 01375 898613)</b>
<b>F</b>	<b>Centre Manager / Contact</b>	<b>Carol Sorrell OR any Duty Manager</b>
<b>G</b>	<b>U3A T.Tennis Group Leader</b>	<b>Sunny (Mr Sunil Chopra)</b>
<b>H</b>	<b>Contact Email</b>	<b><a href="mailto:harachanna@gmail.com">harachanna@gmail.com</a></b>
<b>I</b>	<b>Cost per Table Tennis Visit</b>	<b>£3.50</b>
<b>J</b>	<b>Parking</b>	<b>There is Free Parking including Disabled ones.</b>
<b>K</b>	<b>Making your payment</b>	<b>Pay at Reception desk. Cash and Cards are accepted, not cheques.</b>
<b>L</b>	<b>Assembly Point</b>	<b>Through the double doors after you pay at Reception. This Refreshment Area has small tables and chairs, 2 vending machines and Toilets.</b>
<b>M</b>	<b>Where we Play</b>	<b>Main Large Hall just beyond the Refreshment Area.</b>
<b>N</b>	<b>Table Tennis requirement</b>	<b>All equipment will be provided but you are free to bring your own Table Tennis Bat if you wish.</b>
<b>O</b>	<b>Important Information</b>	<b>Please make sure you wear you U3A Badge and be Prompt. If you do not have a badge please email Paul Heasmer on <a href="mailto:chair.thurrocku3a@gmail.com">chair.thurrocku3a@gmail.com</a></b> <b>Let Sunny know if you can't attend.</b> <b>Wear Leisure/Casual clothes and Non-Marking shoes.</b>



		<b>You can bring food and drink but only Bottled water will be permitted in the Main Hall.</b>
		<b>Please note, the Hall temperature is on the colder side.</b>
<b>P</b>	<b>School Holidays and Christmas / New Year when we will NOT be playing</b>	<b>Friday 27 October 2023</b>
		<b>Friday, 22 December 2023</b>
		<b>Friday, 29 December 2023</b>
		<b>Friday 23 February 2024</b>
		<b>Friday 29 March 2024</b>
		<b>Friday 5 April 2024</b>
		<b>Friday 12 April 2024</b>
		<b>Friday 6 May 2024</b>

## *USP Palmer's Storm Fitness and Leisure Centre*



There is the possibility of groups for walking football/netball and badminton. The centre is available 9-4 on Fridays.

These need someone willing to organise the group.

# Schoolreaders

improving literacy • increasing life chances

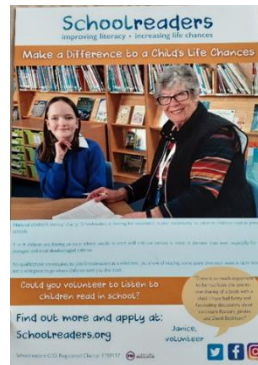
U3A groups have always been a great partner in helping Schoolreaders with the vital support of listening to children read in school with volunteers. Schoolreaders volunteers have found that giving a little of their time every week to listen to children read has been extremely rewarding and worthwhile. For many of our volunteers it is the highlight of their week.

Schoolreaders is looking for more volunteers in Essex. The need for reading support is greater than ever after the pandemic disrupted education and 1000's of children urgently need some help catching up with their reading.

If you are interested in going into a school to hear children read please see me on the information table as I have some leaflets.

This is their website.

## [Listen To Children Read | United Kingdom | Schoolreaders](#)



## *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](mailto: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](mailto:chair.thurrocku3a@gmail.com) Paul Heasmer

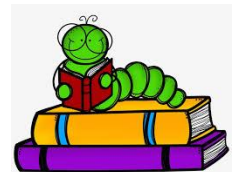
## *Book Table*

Mary and Paula

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**



## *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.**

## *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.



## *CVS Newsletter*

[Thurrock CVS Newletters - Thurrock CVS](#)

## *What's on at the Thameside*

[Shows \(ticketsolve.com\)](#)

## *National U3A Newsletter*

[u3a - Newsletter](#)

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

Need a gardener – Pat Elsdon recommends Desired Gardens [desiredgardens@gmail.com](mailto:desiredgardens@gmail.com)  
07910635804

**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 use your paper copies of the newsletter for details.
Aqua Aerobics 2	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 Par 3	Roger Clay	Monday (excluding Bank Holidays) Dunton Hills Golf Course par 3 course, Brentwood Road, West Horndon, CM13 3LT (on the 128 just south of Halfway House)	10.30am for 10.45	
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 <sup>nd</sup> Tuesday of the month The Woolmarket Horndon on the Hill SS17 8LE	7.30pm
Winter Breaks		April and November	

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.



*Website manager*

**Terry Brown**

[forums03@outlook.com](mailto: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](mailto:glendais@hotmail.co.uk)

[u3athurrock@gmail.com](mailto:u3athurrock@gmail.com)

[thurrocku3a@hotmail.com](mailto: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 14<sup>th</sup> October**

**but you can send articles any time before then.**

# 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:

## 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



# 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  
Brendastevens291gmail.com  
yvonesimpson41@googlemail.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 31<sup>st</sup> 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 .....