

Ver-Colne Valley



Newsletter: No 179 November
2023

General meetings 3rd Thursday each month at 10am
Greenwood Park Community Centre,
Tippendell Lane,
Chiswell Green, AL2 3HW

Charity No:1156215

VCV Web Site: www.ver-colnevalleyu3a.org.uk

Username = valley

Hi Everyone,

I would like to start by thanking Ron and David for their undying support on and off the committee, we have big shoes to fill.

Writing my inaugural Chairman's "bit" I am looking forward to the coming year and hope it is not too stressful for you or me.

There are many Theatre trips, visits and events being arranged together with the numerous Study Groups, I hope there is plenty to keep you all active, engaged, and happy. If you can think of any activities that you would like to suggest please contact Denise Rees, our Events Co-Ordinator.

On the following page you will see the rogue's gallery of your 2023/2024 Committee together with their positions. We all have jobs to do, but some have taken on more roles than others, so I will reiterate the call out for new committee members. If you wish to attend a Committee Meeting to see what it entails to be a member, please contact either myself or any Committee member. Meetings take place on the Thursday preceding the General Meeting and normally last for about 2 hours. There is a lot of laughter with the discussions and there is no commitment to join the committee if you just wish to visit.

I look forward to seeing you at the General Meeting on the 17th November. Please note the change of date for our next meeting, which will be our Christmas Party.

Keep well and safe.

Nick Photi



You are invited to
VCV CHRISTMAS PARTY
14th December 2023



Refreshments
Prosecco or Orange Juice
Entertainment from the Ukulele Sunshine Band and
Singing For Fun
Christmas Quiz and Free Raffle.



To any committee member please go to

<https://u3asites.org.uk/ver-colnevalley/contact>

and select with whom you would like to communicate.

Committee News

VCV Committee 2023 / 2024



Nick Photi
Chair / GM Manger



Julia Scott
Vice Chair/Groups Co-Ordinator



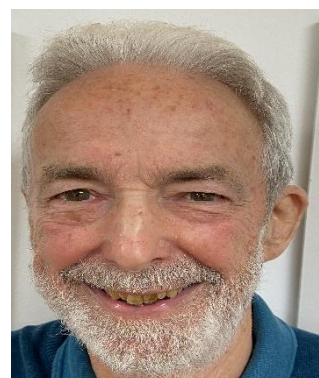
Gill Davies
Vice Chair/Speaker Secretary



Bob Gettleson
Web Master



Rosemary Yates
Membership Secretary



Ken Pragnell
Treasurer



Denise Reese
Events Co-Ordinator



Linda Maris
Committee Secretary



Lyn Brandrith
VCV Secretary

Welfare: Pam Kimber: Email: c.kimber@ntlworld.com
Newsletter: Tina Photi: Email: newsletter@ver-colnevalleyu3a.org.uk
Sound & Lighting: Roger Barry / Trevor Spinage
Catering & Supplies: Steve Bowler

Committee News



Gill Davies

16th November we welcome back **George Lockwood**, plantsman, who is talking about 'Bulbs.' He assures me there is an awful lot to learn about these little organic packages!

There will not be a speaker in December due to party

Refreshments

| Group | Month |
|----------------------|----------|
| Watercolour Painting | November |

Groups News from Julia Scott – Groups Co-ordinator - groups@ver-colnevalleyu3a.org.uk

Hi Everyone,

Good to see so many of you at the annual general meeting and thank you to our badminton group for providing refreshments. We are now a slightly smaller committee than before so will greatly appreciate any help you can offer!

The good news is that our Garden Appreciation group are coming up with a plan to keep the group running, I'm hopeful we will have plenty of trips on offer for the coming year...

I have had a suggestion for a cinema club, which I feel is a wonderful idea, we have the Vue Cinema very near, with plenty of parking and a variety of films which would be a lovely way to spend a winter afternoon. I will have a sign-up sheet available at the next GM to see if we have enough interest to make this viable.

I am also looking into a yoga class, not too demanding... At the moment I am gathering data, so will have an interest list available at the November GM. It is hopeful that the class would run at Greenwood Park, and at the moment the day of preference would be a every other Friday am

Take care and look forward to seeing you at the next GM.

Closing date for the next Newsletter
NO LATER than the morning of **Friday 1st December 2023**

Please note articles received after the deadline will be published in the next newsletter if appropriate.

Please send your articles to
newsletter@ver-colnevalleyu3a.org.uk

Remember to bring Membership cards when attending meetings, the new bar code reader is making booking you in faster.

Please make sure that you sign out if you leave the General Meeting before it ends. This is a Health & Safety issue; we would hate to have firefighters entering the building to search for you, if there is a fire, when you have already left.

**Nick Photi
General Meeting Manager**

WELCOME

We have had 13 new members since September please make them feel at home,

Cynthia Giles, Mark Kerrigan, Olive Rogers, June Hudson, Jane Trigg, Veronica Rees, Pamela Horton, Paule Kiddle, Nigel Jeffs, Diane Harris, Susan Shaw, Maureen Swallow, Beryl Cooper

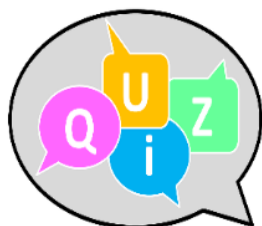
Dates for your Diary

| Event | Date | Contact | Current Position |
|--|--------------------------------------|-------------------------|---|
| Talk by George Lockwood | 21 st November 2023 | Ann Allam / Pat Hammond | Please contact Ann or Pat |
| Winchester Cathedral & Xmas Fair | 28 th November 2023 | Barbara Croom | On sale Friends and family welcome |
| Petals Flower Arranging Christmas Workshop | 12 th December 2023 | Denise Manning | Please contact Denise |
| High Society – Mill at Sonning | 21 st December 2023 | Maggie Fenn | Sold out come and put your name on the waiting list |
| Crazy for You | 10 th January 2024 | Maggie Fenn | Sold out but put your name on the waiting list |
| Guys and Dolls | 1 st February 2024 | Maggie Fenn | Sold out but put your name on the waiting list |
| Milestones Museum | 6 th March 2024 | Barbara Croom | On sale now |
| Calendar Girls | Saturday 20 th April 2024 | Maggie Fenn | Sold out come and put your name on the waiting list |



AMBLERS - Joy Dabson

Please meet for an 11am start, 'quiet side' at Burstons Garden Centre on Friday November 24th. This will be a planning meeting for 2024, please bring your diaries and some ideas for future Ambles.



Food & Drink

1. A Batavia is a variety of what?
2. From where is rennet normally obtained?
3. Which part of France does Cantal cheese come from?
4. What was mozzarella cheese originally made from?
5. What is the chemical name of vitamin B1?
6. A rhyton was a drinking vessel in the shape of what?
7. Which chicken dish was named after Napoleonic battle of June 1800?
8. What sort of nuts are used to make a pesto sauce?
9. What does authentic Parmesan cheese have stamped on its rind?
10. The leaves of which plant are the main ingredient of absinthe?

Quiz Answers

1. Lettuce; 2. Calves' stomachs; 3. Auvergne; 4. Buffalo milk; 5. Thiamine; 6. Ram's horn; 7. Chicken Marengo; 8. Pine nuts; 9. Parmigiano-Reggiano; 10. Wormwood

Theatre Trips

Theatre Trips Organiser: Maggie Fenn
Email: theatre@ver-colnevalleyu3a.org.uk

MASKS - I think that you can wear a mask if you want to, but it is not obligatory.

The interest list does not guarantee a ticket. Payment is required before your name is added to the booking list for the event.

HIGH SOCIETY

Thursday 21st December 2023

Theatre

Pick up Point

Departure Time

Return Time

Price

The Mill at Sonning

Greenwood Park

The coach leaves promptly at 10.30 am.

Approx 5.00 pm.

£83



CRAZY FOR YOU

Wednesday 10th January 2024

Theatre

Pick up Point

Departure Time

Return Time

Price

Gillian Lynne Theatre

Greenwood Park

The coach leaves promptly at 10.30 am.

Approx 5.00 pm.

£50.00

GUYS AND DOLLS

Thursday 1st February 2024 matinee performance

Theatre

Pick up Point

Departure Time

Return Time

Price

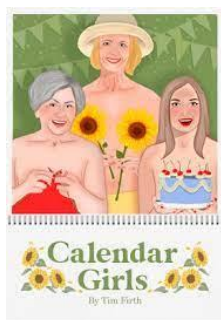
The Bridge Theatre, London

Greenwood Park

Coach leaves promptly at 10.30 am

Approx 5.00 pm

£62



CALENDAR GIRLS

Saturday 20 April 2024 – Matinee performance

Theatre

Pick up Point

Departure Time

Return Time

Price

The Mill at Sonning

Greenwood Park

The coach leaves promptly at 10.30 am

Approx 5.00 pm

£86

This heartwarming and hilarious play by Tim Firth is based on a true story and the hit 2003 film.

When Annie's husband dies of leukaemia, she and her best friend Chris decide to raise funds for the local hospital. Despite raised eyebrows from the local community they create a calendar featuring themselves and their friends from the Women's Institute...in tastefully nude poses.

As they embark on their fundraising journey over the seasons, the friends discover a newfound sense of confidence and sisterhood, breaking free from societal expectations of middle age. And as the word begins to spread, these Calendar Girls begin to turn heads and capture hearts around the world.

Destined to make you laugh, make you cry and make you blush! **CALENDAR GIRLS** is a glorious celebration of friendship, community, and the power of ordinary people to make a difference.

Day Trips and Events

Trips Contact Barbara Croom – trips@ver-colnevalleyu3a.org.uk

New – on sale now



Milestone Museum, Basingstoke

Date – Wednesday 6th March

Price - £30pp

Depart GWP – 10.00am

Depart venue – 3.30pm



Come and visit this museum of living history, made up of a network of streets that have been recreated according to Victorian and 1930s Hampshire. Stroll along the cobbled streets to the seaside pier or wander round the vintage vehicles. Buy a ration of sweets from the 1940s sweetshop and have a go in the penny arcade. There is something for everybody to enjoy. The Baverstock Arms is an operating pub and the Rooftops Cafe sells a variety of snacks and hot food. Alternatively, you can bring your own refreshments and eat them on the picnic tables just outside the museum.



On sale now

Winchester Cathedral & Xmas Fair

Date – Tuesday 28th November

Price - £26pp

Depart GWP – 9.00am

Depart Winchester – 4.00pm

This is one of Europe's finest cathedrals. Once the seat of Anglo-Saxon and Norman power, it is the resting place of Saxon royalty, and also of Jane Austen, the much-loved English novelist. The cathedral holds priceless treasures and great works of art, including a 14th century volume which contains a transcription of the 1217 version of the Magna Carta, the third version of the document. For those who have been following The Crown, filming for the final season has been taking place here.

Winchester is a very compact city so, following our tour of the cathedral, you are free to wander round the Christmas market or the shopping centre. Alternatively, you can visit the museum or the ruins of Winchester castle.

Friends and family welcome

There are still a few places left.

News and Features



Members of the Crochet Group

The group is made up of beginners and more experienced members and has been busy, these are a few of the items that the group have been making under the guidance of Maggie Fenn.



Railway Journeys Group Cathy Jones

This group, jointly run by railway enthusiasts David Choppin with Angie and John Wright, organises one-day trips using trains, which prove to be an easy and comfortable way to get to destinations without the hassle of using a car or coach. Back in August the group travelled from St Albans City station to East Grinstead, transferring to the Bluebell Line for a steam-hauled journey to Sheffield Park where the Flying Scotsman was open for a footplate experience. In September we journeyed from Hatfield station direct to Cambridge, which none of us had done before, to

spend a pleasant day in the city. All outings include a convivial lunch of course!

Our most recent outing, and the last one for 2023, was to the seaside at Deal in late October. From St Albans City station to St Pancras, then onward via the high-speed Javelin train to Deal. Time for coffee in a pavement café, with a saxophonist to entertain us, then a walk on the prom and lunch overlooking the sea. Wonderful! There seemed to be a predominance of charity shops in the centre of Deal and some quirky purchases were made by group members! Thanks to David and John's meticulous planning and group ticket purchase, the day went without a hitch, although we almost had our timetable derailed by a Thameslink problem at Kentish Town.

Railway journeys for 2024 are now being planned and we hope to include a day in Lille using Eurostar. Group members were reminded to always carry their u3a cards with their emergency contacts as only 2 of us had remembered to bring them.

Many of you have been on Mary Gotts' holidays with VCV in the past. Mary was nominated as one of the Finalists for the "Group Travel Organise award" in This year's awards. Congratulations to Mary, she WON.



News and Features

U3A Geology Group visits the Sedgwick Museum in Cambridge

Why was a fossilised Hippo skeleton, the same species that lives in Africa today, discovered near Cambridge in 1907? This was the intriguing question posed to the 6 U3A visitors by palaeontologist Douglas Palmer, when he welcomed the group to the Museum which is part of Cambridge University. These animals lived in the area now known as Barrington, in a former tributary of the River Cam that flowed through a wooded valley. Fossils of such creatures prove that during the Pleistocene Ice Age, 120,000 years ago, there were warm interglacial periods from which up to 13 species of mammal fossils have been found.

1: The Barrington Hippo - *Hippopotamus Amphibius*

Excavations by University staff in 1958 revealed an Ichthyosaur at Stowbridge in Norfolk, a new genus which lived about 130 million years ago and is now displayed in the museum.



During a guided tour, Douglas told us that many of the prized exhibits reflected the cutting edge of geology in the latter part of the 19th and early 20th century. We spent some time looking at a copy of the William Smith geological map produced around 200 years ago when he travelled across the UK on horseback. He noticed that the layers always seemed to appear in the same order and realised it was possible to predict where specific types of rock could be found across the country. Not only did he produce a map which is recognisable when compared with modern maps, but he had it hand-painted in different colours to show the different strata.



2. U3A group hearing about the rock collection

Travel and collecting were a passion for the Victorians, and in addition to the Darwin Collection, the museum has interesting rock samples collected during his visit to the Galapagos islands. He observed subtle differences in the rocks from different islands and within rocks from a single volcano causing him to develop different theories about how different types of igneous rocks, and the crystals they contained, were formed.

We also saw the smallest sample in the collection, brought back by one of Sir Edmund Hillary's team who conquered Everest in 1953. Scientists wanted to know what rock was on top of the world's highest mountain. Regrettably, the sample proved too small for a definitive result!

Barbara Saunders taking the photos accompanied in the picture from left to right by Dr Douglas Palmer, Derek Palmer (no relation), Clare Byrne, Bob Picton, Brian Ellis and Joy Dabson.



Annual Dance

Members danced the night away to the sounds of Kelly's Heroes. Many thanks to Ron Fenn for organising and to the members that helped with setting up and clearing away. The catering team of Rose and Paul Ennis, Colin and Linda Cook and Jean and Steve Bowler were praised for the beautifully presented refreshments and hall decorations.

News and Features

Petals Flower arranging – Autumn Colour

Our Group met on 31st October to each enjoy making an arrangement on a theme of Hallowe'en. Out came cheerful pumpkin containers – both real and china versions – and some complete with black spiders and cotton wool webs! The autumnal colours of the flowers and foliage used of golds and orange, yellow, copper and deep reds were beautiful.

The final display of all 10 arrangements – complete with two spooky mini ghosts and amber lights provided by our Group Leader Denise – was a joy to see. The colours were so uplifting and the session so enjoyable and in addition, the results will be enjoyed at home by our families and friends for days to come. Brenda Querfurth



What a difference a day makes! - Pat Hammond

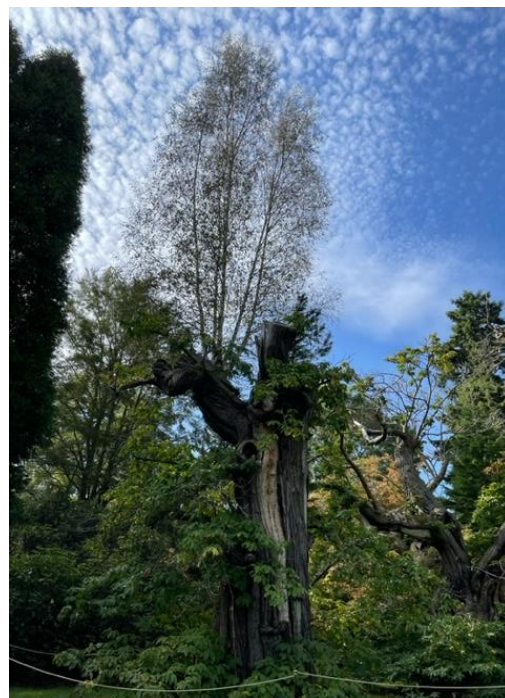
Sixteen of the Garden Appreciation Group set off in the minibus on 12th September, heading for Barnsdale Gardens in Rutland. Originally created by Geoff Hamilton for BBC Gardeners World. They are the largest collection of individual gardens in the country and broadcasting began from there in 1979. They are now under the care of Geoff's son. The gardens were beautiful but sadly the rain started as we arrived, and it just didn't stop all day. Some of us braved the weather to explore and enjoyed a happy time in the cafe keeping dry and chatting. Nevertheless, it was still enjoyable.



Our last visit on 10th October was to Sheffield Park in Sussex. This historic park and landscaped area were first mentioned in The Domesday Book and later, in the 18th Century, was laid out by Capability Brown, and then further developed by the then owner Arthur Gilstrap Soames. In 1769 the estate was sold to an aspiring politician, John Holroyd, who was created Baron Sheffield, hence the name Sheffield Park. In 1954 200 acres were bought by

The National Trust but the house remained in private ownership and still does. We were hoping to find autumn colours as it has a reputation for a spectacular display. In spite of the mild weather and autumn having not really arrived, there were plenty of shrubs and trees that were beginning to turn so we were not too disappointed. As a bonus, the sun shone all day and we were able to appreciate the lovely lakes and bridges, the beautiful scenery and overall enjoy this very relaxing and tranquil place.

As this was our last trip with Kevin our minibus driver, he treated us to a collection of our favourite songs from the past. We all had to choose a favourite song on the outward journey and Kevin made a play list from them. Then we all sung along happily to the variety of chosen tunes on the homeward journey, one of which nobody would own up to choosing as it was a bit cheeky, but it was funny. Overall, it was a really lovely day, and we were blessed with very fine weather.



Study Groups Directory

November 2023

www.ver-colnevalleyu3a.org.uk

| | | |
|--|---|--|
| Badminton (VCV/CG Joint Group) Co-organisers: Keith Manning Tel: 07973338406 Email: amberkeithm@btconnect.com Meets: 1 st and 3 rd Fri and 2 nd and 4 th Thurs of the month at Greenwood Park from: 10.00am – 12.00pm. | Card Making (VCV/CG Joint Group) Contact: Betty Bullard Tel: 01727 838906 Email: t.bullard@virgin.net Contact: Angela Brassington Tel: 01727 853604 Email: angela.brassington2011@gmail.com Meets: On the 4th Wed of the month at Greenwood Park, 10 am -12pm | Engineering (1) Contact: David Choppin Tel: 01727 872078 Email: banddchoppin@btinternet.com Meets: Variable. |
| Boules/Petanque Contact: David Choppin Tel: 01727 872078 Email: banddchoppin@btinternet.com Meets: Mondays times to be confirmed | Classical Music Appreciation Contact: David Stanley Tel: 01727 864097 Email: david_flavian@yahoo.co.uk Meets: on the 3rd Wednesday of the month | Family History (VCV/CG Joint Group) Contact: Liz Mann Tel: 01727 872230 Email: stewliz-mann2@tiscali.co.uk Meets: 2nd Thurs of month from 10:00am- 12:00 pm. |
| Ballroom Dancing Contact: Nick Photi Tel: 01923 447786 Email: nicholasphoti@hotmail.com Meets: 2 nd & 4 th Tuesday of month. | Creative Writing (VCV/CG Joint Group) Contact: Cynthia O'Donnell Tel: 07976 830386 Email: cynthia.odonnell@ntlworld.com Meets: On the 2nd Friday of the month in the afternoon. | Flower Arranging Contact: Denise Manning (Temporary lead) Tel: 01727 843745 Email: amberdenisea@hotmail.co.uk Meets: Variable. |
| Book Discussion Contact: Sandy Norman Tel: 01727 874212 Email: sandyannorman@gmail.com Meets: 1st Friday of the month, 2-4 pm | Crochet Contact: Ann Hutchison Email: hutch4@sky.com Meets: The second Thursday of the month at 10.30am – 12.30 pm in member's home | Folk Dancing (SWH/VCV & others Joint Group) Contact: Fran Beak Tel: 01923 672341 Email: franbeak@hotmail.com Meets: On the 4th Wednesday of the month at The Scroll Church, The Harebreaks, Watford, from 2.15 - 3.45pm |
| Bookworms Contact: Lesley Jones Tel: 01727 872226 Email: ravidlj@btinternet.com Meets: On the 3rd Monday of the month from 2.30-4.0pm at Burstons | Croquet (VCV/SWH Joint Group) Co-organiser: Coral McCulloch Tel: 01727 822892 Email: petal1@talktalk.net Co-organiser: Maggie Fenn Tel: 01727 866838 Email: magron2821959@virginmedia.com Meets: On the 1st and 3rd Tuesday of the month in the playing season from 10.30am – 12.30pm | Garden Allotment (VCV/CG Joint Group) Contact: Mark Taylor Tel: 01923 404025 Email: pammarmark@hotmail.com Meets: Variable. |
| Bridge (Intermediate) (VCV/SWH Joint Group) Contact: Pam McGinley Tel: 01727 893774 Email: pammcginley@hotmail.co.uk Meets: At GWP on Tues 9.45am – 12:00pm. | Current Affairs Contact: Stuart Lewis Tel: 01923 674071 Email: s200art@virginmedia.com Meets: On the 2nd Friday of the month from 10.00am - 12:00pm | Garden Appreciation Contact: Ann Allam Tel: 01727 838454 Email: ann10theclose@gmail.com Contact: Pat Hammond Tel: 01727 824092 Email: twopp@tiscali.co.uk |
| Canasta Contact: Barbara Nash Email: barbjnash@gmail.com Meets at Burstons Garden Centre on the second Monday of the month 2.30pm – 4.30pm | Cycling Contact: Keith Manning Tel: 07973338406 Email: amberkeithm@btconnect.com Meets: Each month in warm dry weather. Variable dates | Geology Contact: Barbara Saunders Tel: 01717 753682 Email: Bmsuanders38@gmail.com Meets: To be confirmed |

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November 2023

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| | | |
|---|---|--|
| Grumpy Old Men Contact: Rob Kember Tel: 07831 121022 Email: rob.kember@virginmedia.com Meets: Third Monday of the month at 8pm at The Praewood Arms St.Albans | Railway Trips Contact: David Choppin Tel: 01727 872078 Email: banddchoppin@btinternet.com Times to be agreed | Table Tennis Contact: Geoff Lackey Email: glackey@virginmedia.com Tel: 01727 863219 Meets: Thursdays at Greenwood Park |
| Grumpy Old Women Contact: Jan Baladi Tel: 07770 865255 Email: janbaladi@hotmail.com Meets once a month, Friday mornings at the moment at Burston's garden centre | Sailing (Croxley/VCV Joint Group) Contact: David Stanley Tel: 01727 864097 Email: david_flavian@yahoo.co.uk Meets: 2 nd Tuesday & 4 th Wednesday of the month from 13:00. | Theatre Group Contact: Maggie Fenn Tel: 01727 866838 Email: magron1972@virginmedia.com |
| History Discussion Group Contact: Sonya Jones Tel: 01727 850029 Email: u3a@sonyajones.info Meets: On the 4th Tuesday of the month at 2.30pm | Singing (SWH/VCV Joint Group) Contact: Coral McCulloch Tel: 01727 822892 Email: petal1@talktalk.net Meets: On the 2nd and 4th Fridays at All Saints' Church Hall, Garston. | Ukulele Contact: Tessa Pyke Tel: 01727 831108 Email: tessapyke@hotmail.com Meets: On Tuesday mornings at 10.00am |
| Intro to Japanese Embroidery Contact: Brenda Kember Tel: 01727 866952 Email: bren.kember@virginmedia.com Meets: On the 2 nd Tuesday of the month at Park Street Village hall from 10am – 12 noon. | Singing for Fun Contact: Pat Baxter Tel: 01923 244157 Email: bripat1@talktalk.net Meets: On the 1st and 3rd Tuesdays of the month at Park Street village hall from 2.30-4.00pm. | Walking 1 – Amblers Contact: Joy Dabson Tel: 01923 268018 Email: tdabson@tiscali.co.uk Meets: On the 4th Friday of the month. |
| Italian intermediate Contact: Susan Shanks Tel: 01727 874345 Email: susanshanks47@gmail.com Contact: Thea Clark Tel: 01727 862764 Email: clarkedorothea@gmail.com Meets: every Tuesday morning | Solo Group Contact: Julia Scott Tel: 07786 074494 Email: juliadscott@hotmail.co.uk Meets for social occasions at times and days to suit the members, ring Julia if you want to know more. | Walking 2 – Short walks Organiser: Angie Wright Tel: 01727 873726 Email: angiew@greenbee.net Meets: Last Friday of month |
| Line Dancing (SWH/VCV Joint Group) Contact: Pat Baxter Tel: 01923 244157 Email: bripat1@talktalk.net Meets: On the 1st and 3rd Mondays of the month at All Saints Church Hall, Garston. | Spanish Contact: Barbara Croom Tel: 01727 834298 Email: bcroom@outlook.com Meets: On the 2nd and 4th Tuesdays of the month from 2.00 – 4:00pm. | Walking 3 - Middy walks Organiser: Rod Harman Tel: 01727 85275 Email: rodharmen49@gmail.com Meets: On the 2nd Tuesday of the month, regardless of weather. |
| Mah Jong Contact: Pam Taylor Tel: 01923 404025 Email: pammark@hotmail.com Meets: 2 nd Wednesday of the month | Table Games Contact: Pam Taylor Tel: 01923 404025 Email: pammark@hotmail.com Meets: On the 1 st and 3 rd Wednesday of the month in the afternoon. | Walking 4 - Longer walks Organiser: David Stanley Tel: 01727 864097 Email: david_favian@yahoo.co.uk Meets: Bi-monthly on 4 th Friday of the month |

Study Groups Directory

November 2023

www.ver-colnevalleyu3a.org.uk

Walking in London

Contact: Bob Gettleson
Tel: 07487 257417
Email: bob.gettleson@outlook.com
Meets: every 2 months in the 1st week of the month.

Watercolour Painting

(VCV/CG Joint Group)

Contact: Rosemary Spyer
Tel: 01727 867150
Meets: 2nd and 4th Monday of the month in the afternoon

Wine Appreciation

(SWH/VCV Joint Group)

Contact: Malcom Claydon
Tel: 01923 265420
Email: Malcolm.clayden@btinternet.com
Meets: once a month at GWP Pavilion.

AFFILIATED GROUPS

These are groups led by a paid tutor.
VCV insurance does not cover these groups,
as they operate outside of the U3A

Fitsteps

Contact: Rosemary Ennis
Tel: 01727 872643
Email: rennis39@gmail.com
Meets: GWP Wed from 9:30am.

Fitsteps 2 (Beginners)

Contact : Rosemary Ennis
Tel: 01727 872643
Email: rennis39@gmail.com
Meets: GWP Fri from 10:45am

VCV 'Open Groups'

Amblers and Exercise are VCV 'Open Groups', meaning all VCV U3A members are welcome. However please contact the leader before joining in, just to check numbers are manageable.

Also please consider that members:

1. Are responsible for their own welfare and ensuring that they are physically able to take part in the activity.
2. Should be suitably equipped as regards clothing, footwear or protective equipment according to the event.

Directory Updates and Editorial Contributions.

Stories and information on groups, including reviews of recent activities and previews of forthcoming events should be sent to the Newsletter editor:

newsletter@ver-colnevalleyu3a.org.uk

Updates to the Groups Directory pages should be sent to: juliadscott@hotmail.co.uk