



Hi All

Well we made it through January, doesn't time fly when you are enjoying yourselves? Last month was busy with most groups having their meetings and a Theatre visit to "The Trime Traveller's Wife" a very clever production.

Our speaker in January told us about the goings on in the criminal society of the Victorian era and earlier, which unfortunately bears a great resemblance to today's criminality.

Your committee is busy making preparations to celebrate VCV's 15th Birthday, hopefully at the June General Meeting. We are endeavouring to continue the hard work of all the previous committees to maintain the good name and reputation of the VCV. Recently we have been looking at producing a "Fire Procedure", which is below, please read it.

So, what do we have to offer for our future? Various theatre trips, days out to interesting venues, very interesting speakers and some entertainment that we hope is to your liking.

Please note the AGM this year will be in September not October as previously advised.

Don't forget that if you have any suggestions or ideas you think might interest the membership, please put them in the "Suggestion box". We are always interested in hearing from you.

Please look out for an email regarding membership renewal.

Regards Nick

VCV Hall Evacuation Procedure

- Fire Marshals will be introduced to the members at meetings.
- Fire Marshals have armbands, and they will be worn at every meeting
- In the event of an evacuation **SILENCE** should be maintained when exiting the building so that instructions can be clearly heard.
- Help will be given to those who are less able to leave the building.
- Please do not collect your personal items which should be left behind and a calm exit should be made.
- The designated area to meet is by the tennis courts.
- Members will be logged on the computer in the same way as they are logged in.
- Members should **not leave the area** until told to do so by either a Fire Marshal or the Emergency Services. (Unnecessary searches might be carried out to find members who have left area without permission.)
- Members should **not collect their cars from the car parks or attempt to leave Greenwood Park area** as they might impede the entrance of Emergency Services. This might endanger not only their lives but also those trying to help them.

To contact any committee member please go to

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

and select with whom you would like to communicate.

Committee News

Refreshments



Group

Bridge/Canasta
Creative Writing
Croquet
Current Affairs/Family History
Garden Allotment/Geology
Grumpy Old Men
Grumpy Old Women
Singing For Fun
Table Games/Spanish
Walking Group 1 Amblers

Month

15th February
21st March
18th April
16th May
20th June
18th July
15th August
19th Sept
17th October
21st November

Speakers' Corner

Gill Davies

February 15th, 2024 - Our speaker will be a London Walk's Guide, David Charnick, who will be giving a talk on "The Dark Side of East London"

There is a QR Code on the first page of this Newsletter. To use this, scan the code, from any directions for 360 degrees using the camera on your smart phone. It is a direct link to the home page of the VER-Colne Valley website. Not all phones are compatible unfortunately.

Bob Gettleson. Web master

Closing date for articles for Newsletter
NO LATER than the morning of **Friday 8th March 2024**

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

Groups News

Hi Everyone,

Good to see so many of you at the last GM and thank you to the Boules/Book discussion group and helpers for providing everyone with refreshments.

Our Embroidery group would still welcome some new members, I will have a sign-up sheet available at the next GM if you are interested.

I am looking for someone to organise the Cinema group, there are over 25 people on the list and although I have tried to get this started, I've not been that successful. Unfortunately, I don't have the time to spend on this project so would be very grateful if someone would come forward to help, please let me know if you can.

Our canasta group could do with a few more members if you are interested, I will have a sign-up sheet ready at the next GM.

If you have an idea for a group, please let me know and I can see what we need to do to make it happen

Take care and see you all soon.

Julia

WELCOME





Vivianne Jacques

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

Dates for your diary

Event	Date	Contact	Current Position
 Walking Group 3	13 th February 2024	Penny Collins	All VCV members welcome please contact Penny
 Garden Appreciation Middleton House - snowdrops	17 th February 2024	Catherine Nixon	
 Walking Group 2	23 rd February 2024	Angela Wright	
 London Walk - Bloomsbury.	Tuesday 5 th or Friday 8 th March.	Bob Gettleson	Contact Bob
 Milestones Museum	6 th March 2024	Barbara Croom	On sale now
 Walking Group 3	12 ^h March 2024	Penny Collins	All VCV members welcome please contact Penny
 Petals Flower Arranging Easter Workshop	Tuesday 19 March	Denise Manning	Please contact Denise
 Garden Appreciation – to be arranged	March Date to be arranged		Date to be arranged
 Walking Group 2	29 th March	Angela Wright	
 London Walk - Jack the Ripper	Tuesday 9 th or Friday 12 th April.	Bob Gettleson	Friday walk sold out
 VCV u3a Railway Trips Group	16 th April 2024	David Choppin	
 Calendar Girls	Saturday 20 th April 2024	Maggie Fenn	Sold out come and put your name on the waiting list
 Garden Appreciation Chenies Manor Tulip festival	23 rd April 2024	Pat Hammond/ Ann Allam/ Barbara Nash	Details to be confirmed
 Royal Opera House	Monday 29 th April	Barbara Croom	On sale now
 Garden Appreciation Ashridge House Rhododendron	May Date to be arranged	Barbara Nash / Gill Founds	Date to be confirmed
 Garden Appreciation Rousham Gardens	13 th June 2024	Angela & John Wright	Details to be confirmed
 Lee and Stort River Cruise	Wednesday 19 th June	Barbara Croom	On Sale at March GM
 Garden Appreciation Church Gardens, Harefield	July Date to be arranged	Cindy Binnions / Pam Baladi	Date to be confirmed
 Denbies Wine Estate	Monday 5 th August	Barbara Croom	
 Garden Appreciation Audley Manor	30 th August 2024	Cindy Binnions / Pam Baladi	Details to be confirmed
 Garden Appreciation Swiss Gardens	September 2024 Date to be arranged	Bronwyn Hewer / Zandra Johnson	Date to be confirmed
 Voulez Vous Aha, Abba tribute band plus lunch	Wednesday 2 nd October	Barbara Croom	

Dates for your diary / cont i

 Lion King	Wednesday 9th October	Maggie Fenn	Sold out
 Garden Appreciation West Lodge Arboretum	October Date to be arranged	Sue Leakey / Anne Mitchell	Date to be confirmed
 Garden Appreciation Proposed Garden talk	November Date to be arranged		Date and venue to be confirmed
 Garden Appreciation Christmas Garden visit	December Date to be arranged	Brenda Kember / Cathy Jones	Date to be confirmed

Theatre Trips

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

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



CALENDAR GIRLS

Saturday 20 April 2024 – Matinee performance

Theatre The Mill at Sonning

Pick up Point Greenwood Park

Departure Time The coach leaves promptly at 10.30 am

Return Time Approx 5.00 pm

Price £86

LION KING

Wednesday 9th October 2024

Theatre Lyceum Theatre, London

Pick up Point Greenwood Park

Departure Time The coach leaves promptly at 10.30 am

Return Time Approx 5.15

Price £47



KEEP LOOKING AT YOUR EMAILS AS WE ARE HOPING TO GET TICKETS FOR FIDDLER ON THE ROOF, AT REGENTS PARK, near the end of August.

There will be an “interest list” for the above show on the Theatre table.

Day Trips and Events

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

On sale now

Milestones Museum



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 street 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.

There are still one or two places available.

NEW – Royal Opera House



Date – Monday 29th April
Price - £34pp
Depart GWP – 9am
Depart London – 3pm

A unique look behind the scenes at one of London's most prestigious theatres. The guided tour includes the rehearsal spaces, costume and props workshops and the auditorium. Learn some of the history of the building and how this came to be the third theatre on the site. There is a fair amount of walking involved but it does include pauses/breaks while the guide is talking. There will also be some time to visit Covent Garden Numbers are limited so get your name down early.

On Sale in March



Lee and Stort River Cruise

Date – Wednesday 19th June
Price – £58pp
Depart GWP – 10.45am
Depart Ware – 4.15pm

A two-and-a-half-hour cruise through Hidden Hertfordshire. We start with a two-course lunch at the Waterside Inn in Ware, then board the boat directly from the restaurant's private garden terrace. On the cruise we pass the Ware gazebos that overhang the river's edge continuing along the flood plains of the River Lee to reach Hertford. We also pass the Amwell Nature Reserve which attracts a great many varieties of birds, before travelling on to Stanstead Abbots where we start the return journey.

Forthcoming events

Monday 5th August – Denbies Vineyard

Wednesday 2nd October – Voulez Vous Aha, Abba tribute band plus lunch

News and Features

The Time Traveller's Wife - Ron Fenn



This is a love story with a difference; a stage production that involves some impressive effects and a willing audience that soon goes with the flow of the story. A couple fall in love; Clare who becomes a talented sculptor and Henry who is fated to become a time traveller transported backwards and forwards to difference moments of Clare's life. In time she accepts that Henry can disappear suddenly at the wrong moment and reappear again. Despite this they stay in love, and it is a case of resilience against the time travelling of Henry which so often seems to be pulling them apart.

The lyrics illustrate the pressure they are under and their determination to overcome this. There is no control over Henry's disappearance, and he can be gone in a flash; one drawback is that time travelling means arrival is without any clothes and this leads to some interesting moments. The production benefited from a small and energetic cast who ensured that there was never a dull moment and kept the storyline moving forward as Henry came and went. The way in which he disappeared on stage was very impressive and the movement of the scenery matched the changing locations as he reappeared. It was a sad but also uplifting example of love conquering the odds. Another interesting and a very different VCV theatre trip.

Walking Group 3 on the First Sunny Day of the Year



On the 9 January, it was great to see so many walkers keen to enjoy the sunshine on the first walk of the New Year.



We started from Whippendell Wood, winding down to the Grand Union canal, crossing by the Cassiobury Farm and Fishery, where it was exciting to see and hear so many pelicans and wolves (although not in the same enclosure) and we heeded the notice asking us not to feed the woolly mammoth and dinosaurs! Turning into Cassiobury Park, we followed the very flooded River Gade to the weir, crossing back over the canal and meandered along woodland paths back to the car park. We then drove on to the Kings Lodge Bar & Restaurant, where we were met by non-walking members of the group, for a merry lunch and well-deserved refreshments.

News and Features



Please save your used Christmas Stamps Every one of them is valuable and helps me to help the RNIB raise funds for this amazing organisation, who offer support, help and the tools needed by blind and partially sighted people. Everyday 250 people begin to lose their sight. The RNIB has a crucial role to play in creating a world where there are no barriers to people with sight loss.

PLEASE continue to bring me your used stamps, if I am not at the meetings, please hand them to Jill or Nick on the committee. **Mary Gotts**



supporting blind and partially sighted people

A very big THANK YOU to every one of you who continue to bring me in your used stamps .

Please don't stop , each stamp counts - they help raise much needed funds to allow the RNIB to continue their amazing work for all blind and partially sighted people .

Mary Gotts



Walking Group 2

We had a bumper turn out for our walk through Oaklands College and back down the Alban Way. We were greeted by security guards who informed us that all the footpaths through Oaklands had been temporarily closed! We were directed onto temporary paths around the boundary which added a mile and half an hour onto our walk. We arrived back at The Speckled Hen hungry and thirsty, ready for a very convivial lunch.

Quiz Answers
1 George Clooney; 2 Snoopy Doggy Dog; 3 Jack Nicholson; 4 Mike Reed; 5 Michael Caine; 6. Will Smith;
7. David Beckham; 8. Saddam Hussain; 9. Cilla Black; 10. Bob Geldof.

News and Features

London Walk - Text, Photographs & Frost bite - Trevor Spinage

On a bitterly cold morning we met our guide John Colmans at Aldgate Station for a London walk entitled Aldgate and Spitalfields. John first pointed out the position of the old London wall. Just inside the wall was Holy Trinity Priory. Outside the wall, but part of the priory, was the church of Saint Botolph. The priory was dissolved by Henry VIII, but the church remains. Saint Botolph is the patron saint of travelling and it was the custom when emerging from Aldgate to visit the church to pray for a safe journey. The current church was built by George Dance the Elder in 1744.

John explained that the area known today as Spitalfields takes its name from an old hospital, known as St Mary Spital. The area is known for three groups of immigrants, The Huguenots, French Protestant silk weavers who were persecuted in Catholic France and arrived here in the 18th century; the Jews persecuted in Eastern Europe in the 19th century and in the 20th century, immigrants from Bangladesh. Sadly, the area is also known for the murders committed by Jack the Ripper. John pointed out some of the locations relating to the murders as we walked around but will be repeating his Jack the Ripper walk later in the year.

Our first stop on the walk was Middlesex Street, better known by its other name, Petticoat Lane. It was originally a second-hand clothes market which operated only on Sundays. Today there are many market stalls in the area selling mainly clothes. One budding entrepreneur who started as a stall holder here was Alan Sugar.



John then took us to Brune Street to see what used to be a Jewish soup kitchen. Opened here in 1902, it provided help for the poorer Jews of the area. Today only the facade of the original building remains.



In Brick Lane, we saw a building that encapsulates the immigrant history of Spitalfields. Brick Lane Mosque was originally a French Huguenot chapel. Later it was converted into a synagogue. Finally, with the arrival of the Bangladeshi immigrants, it became a mosque. Further up Brick Lane we could see a tall chimney, all that is now left of the old Trumans brewery which closed in 1989. Turing left into Hanbury Street we saw Hanbury Hall which was and still is used for meetings. In 1888 the match girls held strike meetings here.



Spitalfields Market was once a flower market but now houses various stalls including many fast-food outlets. Nearby in Elder Street, a blue plaque marks the former home and studio of the painter Mark Gertler, whose most famous work, Merry-Go-Round, is replicated on a metal roundel set into the pavement.

In Folgate Street is Dennis Severs' House. Severs not only lived in the house but 'shared' it with an imaginary family of Huguenot silk weavers. He arranged each room as it would have been in the 18th and 19th centuries as if the occupants had only just left it.

Our final stop on John's fascinating walk was Sandy's Row Synagogue. This synagogue was used by the poor, immigrant Jews of London's East End. Dating from the mid-19th century, it is the oldest surviving Ashkenazi synagogue in London and is the last remaining Jewish place of worship in Spitalfields.

News and Features



WE DON'T MEAN TO WORRY YOU BUT

Here are some current scams to watch out for. Please help to raise awareness by alerting your friends and family.

Mobile phone offers: You receive a call from someone claiming to be from your mobile phone provider offering a big discount on a new phone. They then use your account details to purchase a new phone. The phone is delivered to you, but the fraudster then calls you to say the wrong phone was sent. They arrange to collect it, but they then keep it for themselves.

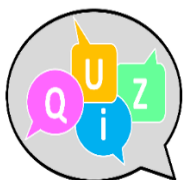
Whats App messages: You receive a Whats App message claiming to be from your son or daughter. They say their phone is damaged and they urgently need money transferred to a bank account to arrange a replacement. This is a scam.

PayPal Request Money emails: You receive an email which uses PayPal's Request Money feature. The wording is designed to look like a payment has already been made - this is to pressure you into clicking on the payment link. If you receive a Paypal email about a payment you were not expecting, treat it as suspicious and do not click on the "Pay Now" link in the email.

On average in Hertfordshire, between April and December 2023 **one person every day reported they had been hacked**, according to information from Action Fraud. While the hacks may not have directly led to money being lost, the hacks could be used to mount phishing scams or possible extortion attempts against the victim or their online contacts.

Ways to protect yourself from hackers:

- Use strong passwords. Make your passwords as difficult to guess as possible.
- Use Two Factor Authentication (2FA). This provides an extra security check when logging into online accounts.
- Keep your software up to date. This can prevent hackers exploiting security issues found in some applications.
- Use a firewall or anti-virus software. Firewalls protect one computer network from another by only allowing certain communications. Most computers with Windows or Mac OS come with a software firewall installed. Make sure it is turned on.
- Avoid clicking links or opening attachments in unsolicited emails or on social media messages.



Study Groups Directory

February 2024

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 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	Cycling Contact: Keith Manning Tel: 07973338406 Email: amberkeithm@btconnect.com Meets: Each month in warm dry weather. Variable dates
Boules/Petanque Contact: David Choppin Tel: 01727 872078 Email: banddchoppin@btinternet.com Meets: Mondays times to be confirmed	Cinema Group Contact: Julia Scott Email: juliadscott@hotmail.co.uk Meets each month variable dates	Embroidery Contact: Brenda Kember Tel: 01727 866952 Email: bren.kember@virginmedia.com Meets: On the 2 nd Tuesday of the month in members' homes from 10am – 12 noon.
Ballroom Dancing Contact: Nick Photi Tel: 01923 447786 Email: nicholasphoti@hotmail.com Meets: 2 nd & 4 th Tuesday of month.	Classical Music Appreciation Contact: David Stanley Tel: 01727 864097 Email: david_flavian@yahoo.co.uk Meets: on the 3rd Wednesday of the month.	Engineering (1) Contact: David Choppin Tel: 01727 872078 Email: banddchoppin@btinternet.com Meets: Variable.
Book Discussion Contact: Sandy Norman Tel: 01727 874212 Email: sandyannorman@gmail.com Meets: 1st Friday of the month, 2-4 pm	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.	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.
Bookworms Contact: Lesley Jones Tel: 01727 872226 Email: ravkidlj@btinternet.com Meets: On the 3rd Monday of the month from 2.30-4.0pm at Burstons	Crochet Contact: Ann Hutchison Email: neilhutchison3@gmail.com For more information on times and venue please contact Ann	Flower Arranging Contact: Denise Manning (Temporary lead) Tel: 01727 843745 Email: amberdenisea@hotmail.co.uk 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	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	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
Canasta Contact: Barbara Nash Email: barbjnash@gmail.com Meets at members homes once a month on a Monday afternoon at 2pm	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 Allotment (VCV/CG Joint Group) Contact: Mark Taylor Tel: 01923 404025 Email: pammark@hotmail.com Meets: Variable.

Study Groups Directory

February 2024

www.ver-colnevalleyu3a.org.uk

Garden Appreciation Contact: Ann Allam Tel: 01727 838454 Email: ann10theclose@gmail.com Contact: Pat Hammond Tel: 01727 824092 Email: twopp@tiscali.co.uk	Railway Trips Contact: David Choppin Tel: 01727 872078 Email: banddchoppin@btinternet.com Times to be agreed	Theatre Group Contact: Maggie Fenn Tel: 01727 866838 Email: magron1972@virginmedia.com
Geology Contact: Barbara Saunders Tel: 01717 753682 Email: Bmsuanders38@gmail.com Meets: To be confirmed	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.	Ukulele Contact: Tessa Pyke Tel: 01727 831108 Email: tessapyke@hotmail.com Meets: On Tuesday mornings at 10.00am
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	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.	Walking 1 – Amblers Contact: Joy Dabson Tel: 01923 268018 Email: tdabson@tiscali.co.uk Meets: On the 4th Friday of the month.
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	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 2 – Short walks Organiser: Angie Wright Tel: 01727 873726 Email: wrightangela874@gmail.com Meets: Last Friday of month
History Discussion Group Contact: Sonya Jones Tel: 01727 850029 Email: u3a@sonyajones.info Meets: On the 4th Tuesday of the month at 2.30pm	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 3 - Middy walks Organisers: Penny Collins & Neil Hutchison Tel: 07816 366489 Email: penelopencollins@gmail.com Meets: On the 2nd Tuesday of the month, all VCV members are welcome.
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	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 4 - Longer walks Organiser: David Stanley Tel: 01727 864097 Email: david_flavian@yahoo.co.uk Meets: Bi-monthly on 4 th Friday of the 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.	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 in London Contact: Bob Gattleson Tel: 07487 257417 Email: bob.gattleson@outlook.com Meets: Every 2 months usually in 1 st or 2 nd week of month
Mah Jong Contact: Pam Taylor Tel: 01923 404025 Email: pammark@hotmail.com Meets: 2 nd Wednesday of the month	Table Tennis Contact: Geoff Lackey Email: glackey@virginmedia.com Tel: 01727 863219 Meets: Thursdays at Greenwood Park	Watercolour Painting (VCV/CG Joint Group) Contact: Rosemary Spyer Tel: 01727 867150 Meets: 2 nd and 4 th Monday of the month in the afternoon

Study Groups Directory

February 2024

www.ver-colnevalleyu3a.org.uk

Wine Appreciation (SWH/VCV Joint Group) Contact: Malcom Claydon Tel: 01923 265420 Email: Malcolm.clayden@btinternet.com Meets: once a month at GWP Pavilion.		
<u>AFFILIATED GROUPS</u> 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		
Yoga Contact: Jo Lankester Tel: 07779 311132 Email: jo.lankester@ymail.com Meets: GWP First and Third Friday Of the month from 10.45 – 12.15pm Orton Hall Greenwood Park		

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