

GREETINGS FROM THE CHAIR

Despite having retired as a teacher 22 years ago, I always get that 'back to school' feeling as we reach the end of August and start anticipating the new u3a year. Of course, unlike school, we can choose what interests we follow. As a maths teacher, I was well aware that lessons with Mrs Hodgson were not every student's favourite part of the day!

Our u3a's new year begins with our Open Day and it is encouraging to see that in the newsletter there is information about new groups, as well as reminders of firm favourites. One of our new groups is Beginners French. Thinking of languages, I'm sure many of you enjoy Pointless on BBC1, one of the recent competitors mentioned they were learning Russian with their u3a – how about that for a challenge! We already offer French, Spanish and German, perhaps we have members who could extend our range.

Janet Taylor, our Groups Coordinator, will be at the Open Day, if you have ideas for a new group why not discuss this with her. She would be especially interested to hear from you if you are a new member. Remember, the u3a is completely dependent on what our members contribute.

Best wishes,

Susan Hodgson

See Page 2 for a message from the Katrina Whitfield, our Membership Secretary, regarding u3a membership renewals for 2023/24.

Open Day Reminders

When: Wednesday 6th September at 2.00pm

Where: East Grinstead Meridian Hall, East Court, East Grinstead

Parking: The meeting is also open to non members so please note parking will be extremely limited. If you can walk, car share or be dropped off/picked up, please do so. There is no need to arrive for 2.00pm - which is likely to be the busiest time - so it would be helpful if you can stagger your visit to avoid a rush when the doors open.

What's on: Weather permitting there will be outside entertainment/seating, featuring performances from the Ukulele group and Ed Drury on his saxophone.

Remember to bring your cake if you have committed to provide one.

Cakes for Open Day—Please Help!

The Tea Gang will be on hand at Open Day to serve teas and coffees, but currently we are very short of promises of cakes. **IF YOU CAN BAKE OR BRING A CAKE** - please contact Veronica at veronicaedney@gmail.com to let her know. Thank you!

Membership Renewals

Many thanks to those members who have already paid their 2023/24 subscription fees. Lots of members have paid by Bank Transfer which has been extremely helpful. The current membership year ends on 31 August. If you have not yet renewed your membership there will be an opportunity to re-join at the Open Day on Sep 6th, however it will be very much appreciated if you renew before that date, this will also avoid you having to queue on the day!

Please do not worry if you have mislaid my earlier emails or letter, I have recently sent out a reminder to all those who have not yet renewed giving the full details of how to pay. Please do not hesitate to get in touch if needs be.

Best wishes
Katrina Whitfield
Membership Secretary

Katrina's contact details:
Email memsec@eastgrinsteadu3a.co.uk
Tel: 07944570692

Group Information

Subject to sufficient interest we have several groups starting in the Autumn. They are:

Beginners Spanish and Beginners French
Book Club
Saturday Games (card & board games)
Coffee Club
Lip Reading

If you are interested and would like to find out more, come along to the Open Day or if unable to attend, contact me on groups@eastgrinsteadu3a.co.uk or 07771715787 for further information.

Janet Taylor

Adventures beyond your comfort is a new group that will provide members with an opportunity to have a go at a new activity with the support and encouragement of fellow members.

Our monthly programme is beginning to take shape with plans for Archery, Curling, Go-Karting, Paddle-boarding and Escape Rooms over the next few months.

We aim to hold events on different days of the month to give everyone a chance to take part. If you are interested please sign on to the group via Beacon or at the Open Day.

Sandra Webb

Family History 2: Who were 'my family'?

Starting:

September on 3rd Thursday of the month

Where: Trinity Methodist Church,
Crawley Down Room

Time: 10am – 12pm

Leader: Sheila Murray

We are looking to expand our group next term. The group follows on from The Beginners Group, but it is not necessary to have done this course. It is intended for those that have begun researching their ancestors but want to find out more about building a family tree. We will also discuss the 'family' side of Family History, looking beneath the surface into who our ancestors were, where they lived, their occupations and much more.

We have 6 Walking Groups All the groups will have a few spaces for open day. See the website, Groups page, for full descriptions.

Ambling Group meet on the 3rd Tuesday of the month for a walk of between 4 and 5 miles. There is normally a pub suggested for lunch.

All Seasons walks on the 2nd Tuesday of the month, routes will be 'circular' between 4 & 6 miles, expected to last 2 to 3 hours. The start / finish will often be a pub, but where it is not, a place of refreshment will be fitted into the route.

Country Walking are on the 4th Wednesday of the Month. Walks are usually 4 to 5 miles. There is always an option for lunch.

Thursday Walkers are on the 2nd Thursday of each month for a 4-to-6-miles walk. Walk only no lunch.

Pub Walkers are on the 1st Thursday of the month. Walks are from a pub and lunch is part and parcel with the walk. The walks are normally 4 to 5.5 miles.

Short Walks are on the third Wednesday of the month. The group undertakes shorter walks, typically 2 - 3 miles. Most of the group stay for coffee etc at a local hostelry. We meet at the Community Centre in Forest Row at 10.30.



Group Information

Litter Matters - The rainy weather at the beginning of the year meant some picks could not go ahead, but that's what happens when you are an outdoor group. However, we have got back into our stride, helping to improve our environment for humans and wildlife who share it. We meet on the second Friday morning of each month and pick for 1 hour in groups of 2 or 3. All equipment is provided and of course **newcomers are always welcome**.

Anne White



Jazz Appreciation is for everyone and anyone who is interested in jazz. We have been meeting once a month for the past two years. We take a topic like Cool Jazz, choose 10 tracks or so, listen to them and talk about them. At the Open Day **we will be welcoming anybody who wants to sign up to the group**, and I will be playing jazz numbers live on my saxophone. See you there!



Ed Drury

Intermediate Bridge Our group is able to take **four new members**. Perhaps you have learnt to play bridge and maybe wish to move on or have not played for a while and would like to start again or are new to the area. We play on Mondays at 09.30.

Peter Lamb

History Themes - currently one space is available in the group which meets on the 4th Tuesday in the month.

Mike Kilfiger

Ukulele Group

We will be performing at the start of the Open Day so you can see what we do. **Please come and talk to us afterwards**. Most of the group have been playing for around 3 years.

We are able to take up to 4-5 beginners this year. You will need a ukulele and be prepared to practise.

We can help you get to grips with this fun little instrument.



Hand Bells - a good time to learn how to play handbells, ready for carols at Christmas. **All abilities welcome**. Meanwhile we play different kinds of music to different groups in aid of the Alzheimer's society as well as inviting people to join in change ringing. We have fun! We meet each Thursday at the Felbridge Village Hall.

Marilyn Emmett

Wine Appreciation groups 1 and 2 meet on the second Monday afternoon (1) and second Wednesday evening (2) of each month in members' houses with a limit on the group size of 12 people.

There are vacancies in each group. We also organise combined group tasting visits from experts and visits to vineyards for tours and tastings.

Cheryl Mason

Poetry and Prose for Pleasure can offer a few places in the Autumn. We meet again on 12th Sept and welcome new faces. We meet at the Trinity Methodist Church East Grinstead. every second Tuesday of the month from 2.30 to 4pm.

Water Activities : Single/Double kayaks and more!

There are some spaces available for the Autumn. We meet regularly on Friday afternoons at Hedgecourt Lake, Felbridge. For more information about what we do, see our Groups page on the u3a website.

If you are interested in joining any of the u3a's groups, please do come along to Open Day on 6th September. Alternatively, don't hesitate to contact the Group Leader via our Website online, where full details can be found, or if you do not have access to the internet please ring **Janet Taylor** (Group Leaders' Coordinator) on 07771715787, who will put you in touch with the appropriate Group Leader.

DATES FOR YOUR DIARY:

Note All Hub Meetings are held at the Meridian Hall and start at 14:30. Doors open at 14:00

Wed Oct 4th October Hub Meeting

A History of the Crystal Palace – A talk by Ian Bevan.

Wed Nov 22nd East Grinstead u3a Annual General Meeting,

The Meeting takes place at the MERIDIAN HALL.

Doors open at 13:30. The AGM starts at 14:00

followed by our monthly talk. From Sextant to SATNAV part 1. A talk by Peter Griffiths.

Wed Dec 6th Christmas Party. Details to follow.

2024

Wed Jan 3rd January Hub Meeting. A Holocaust Story A Talk by John Wood.

Feb Ten Pin Bowling. Event and date to be confirmed.

Wed Feb 7th January Hub Meeting. A Holocaust Story A Talk by John Wood.

Wed Mar 6th February Hub. The talk is Sextant to Sat Nav part 2. A follow up talk by Peter Griffiths.

Wed Mar 6th March Hub Meeting. America's Presidents in Bits and Pieces. A talk by Joe Mendell

Wed Apr 3rd April Hub Meeting. This Month's Talk covers the Life of Tommy Cooper by John Field

Watch out for Lawn Bowls & Short Matt Bowls. Dates and events to be confirmed.

Speakers for May & June are, Ian Everest (A Sussex Farm During the 1950's) and Rod MacArthur (Waterloo).

Also any events you think we should hold speak to me during Open Day at the Events Table.

Gary Wood

Events Coordinator.