

CROYDON u3a BULLETIN

July 2025

Charity number: 1029466

www.croydonu3a.org.uk



Members perusing the Interest Group boards at the recent Monthly Meeting



Mike Bower looking for new members to join his group called Guitar Improvers

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The address of the Masonic Hall is 73 Oakfield Road, Croydon CR0 2UX. Masonic Hall free car park is in Stanton Road.

Monthly Meetings: the formal part of the meeting starts at 2.15 pm. Please come earlier to enjoy tea, coffee, biscuits and a chat, or come for lunch. The Masonic Hall provides a special u3a menu at reasonable prices – order from the bar.

Croydon u3a QR Code



Find us at Croydon u3a

Bulletin stop press: The next Bulletin will be out late August early September 2025. Copy to Linda Grigsby, Bulletin Secretary lindagrigsby17@gmail.com, cc Jenny Wilson jenny.wilson@croydonu3a.org.uk by 20 August.

To join a Zoom event email jenny.wilson@croydonu3a.org.uk mob. 07808 723686



Jenny Wilson– CHAIR

Dear u3a Member,



'Summertime & the Livin' is Easy'



Or Not? Gardening overload; hayfever; too hot to sleep; threatened water shortages.....

Well, let's rejoice that we have u3a groups, activities, outings, holidays, friends and a support network. One member said recently, 'I love the u3a.' Well so do I. It's a brilliant organisation.

Don't forget to checkout the new and proposed new groups. We are always welcome to new ideas and old ones re-invigorated. **Our u3a is run BY the members for the members.** We are a self-help voluntary body, and our success relies on members taking the lead, when and where they can.

Also, keep abreast of the extra benefits your membership includes – London Region talks and walks, National u3a online talks (no charge), Interest Groups Online (90 groups for an inclusive £12 per annum), u3a Friends with discounts on goods and services and the u3amatters magazine (X5 per annum)

You will be receiving information about annual membership renewals very soon – there will be no increase in fees – such an amazing bargain! Make our Treasurer's job straightforward and renew so he doesn't have to spend time reminding you.

Very Best Wishes as ever

Jenny

Jenny Wilson

Chair of Croydon u3a

E: jenny.wilson@croydonu3a.org.uk

London Regional Trustee

E: jenny.wilson@u3a.org.uk

T: 07808 723 686

If you are interested in joining the Zoom Quiz Nights contact Jenny Wilson
jenny.wilson@croydonu3a.org.uk



DATES FOR YOUR DIARY 2025

DATE	EVENT	FURTHER DETAILS/ SPEAKER
<u>2025</u>		
Wed 9 July at 2.15pm	MM at Masonic Hall	Roy Peachey on Mary's Meals
Mon 21 July at 7.30pm	Quiz Night – Zoom	
Wed 13 Aug at 2.15pm	MM at Masonic Hall	Philip Waite on Retired RAF Sergeant
Thur 14 Aug	Tour of Strictly Workshop	Only 2 places left
18 Aug at 7.30pm	Quiz Night – Zoom	
Wed 10 Sept at 2.15pm	MM at Masonic Hall	John Cookson on London Bridges
Thur11 Sept	Runnymede riverboat lunch cruise	Details in this Bulletin
Mon 15 Sept at 7.30pm	Quiz Night – Zoom	
20-28 Sept	u3a week – celebrating the u3a nationally & locally	
Wed 8 Oct at 2.15 pm	MM at Masonic Hall	AGM – Member, Phil Barber reminisces on his sailing to Croatia
Thur 16 Oct	Members' Lunch at McDermotts Fish & Chips Restaurant- details in this Bulletin	
Mon 20 Oct at 7.30 pm	Quiz Night - Zoom	
Wed 12 Nov at 2.15pm	MM at Masonic Hall	Rachel, Trustee of Croydon Animal Samaritans
Mon 17 Nov at 7.30pm	Quiz Night - Zoom	
Wed 26 Nov at 3.30pm	Christmas at Kew	Details in this Bulletin
Wed 10 Dec at 2.15pm	MM at Masonic Halls: Christmas celebrations with staff & students of Orpheus College for students with disabilities.	
Mon 15 Dec at 7.30pm	Quiz Night - Zoom	
2026		
27 – 31 Mar	Weekend break to Wye Valley & Forest of Dean – Details in this Bulletin	
Wed 15 April	Coach outing to Leeds castle	Details in September bulletin

News from the Groups

Ballroom Dancing

Our new Ballroom dancing group is now underway and is proving popular. It is a tutored class, with qualified instructors and currently has room for a few more members.

Meeting on the 1st and 4th Tuesdays of the month at Shirley Methodist Church from 11.00 am - 12.00 midday, the classes cost £5 per person.

For more information or to join contact **Karen Hook**: 07799 776684/karen_hook@hotmail.com



The Singalong Group

The Singalong Group is now fully established and we would like more members! We meet on the 2nd Monday of the month at Shirley Methodist Church'. If you would like to join us please contact Trish Bishop on 07711 229899, email trishbish@outlook.com, or Linda Grigsby on 07754 092042, email lindagrigsby17@gmail.com

It doesn't matter if you don't think you can sing just come along and join in the fun. Please note that IT IS NOT Karaoke! The next meeting is on Monday 12 May at 10.30-12 noon and the cost is £4 including refreshments.



Tracing Your Ancestors

This small friendly group (previously called Family History) is looking to recruit extra members. We meet on the 4th Wednesday each month from 2.00 -3.30pm at **Thornton Heath library in Brigstock Road**. Local buses from Croydon stop right outside the library or Thornton Heath station is less than a 10-minute walk away. We use the computers in the Library's IT suite and, if required, members can use my subscription to Ancestry for a nominal charge (currently £1).

Other websites are available - but please note not all of these are free to use. If you are interested in joining the group to learn a bit more about your ancestors, please contact me ...



You never know who or what you may find!

Cariss Smith: 0208 668 956

News from the Groups

Aqua Aerobics

At CROYDON HIGH SCHOOL SPORTS CLUB

Old Farleigh Road, Selsdon CR2 8YB

After our exciting Taster Aqua Aerobics it is now all go for our regular classes, which are on the dates below (in school holidays):

Tuesday 22nd July at 1.30 pm

Tuesday 26th August at 1.30 pm

Tuesday 28th October at 1.30 pm

Tuesday 30th December at 1.30 pm

Contact Linda Grigsby on 07754 092042/ lindagrigsby17@gmail.com to book your place.

The cost is £7



Garden Visits 2025



This is an Open Group so all members welcome. All outings (except where noted) will meet at Forestdale Car Park for 10.45 am, for a 11.00 am get away, returning approximately 5.00 pm to Forestdale Car Park. **Please NOTE the different time for 16 July at 11.30**. Contact either Linda Grigsby on 07754 092042 OR Karen Hook on 07799 776684 if you are interested. A donation of £2.50 would be appreciated for the driver of the car you will be travelling in.

16 July 2025

Wednesday

Meet at 11.30

TITSEY PLACE & GARDENS, Pilgrims Lane, Oxted

Admission price £10 for House & Garden. A tour has been booked for 3.30 for those who wish to go. Refreshments and gift shop available

20 Aug 2025

Wednesday

PASHLEY MANOR, Wadhurst, TN5 7HE

Admission price £15 (GW 241 CARD, refreshments and gift shop available

17 Sept 2025

Wednesday

CHARTWELL, Westerham, Kent TN16 1PS

Admission price £14 house & garden 9NT/GW 241 card), refreshments and shop available

News from the Groups

Wildflower Group Programme 2025

4th Monday of the month at 10am



Date	Venue	Meeting point, 10am
July 28 th	Beddington Park/ River Wandle	Car Park, London Road , Wallington
August 25 th	Riddlesdown	Eskdale Gardens entrance, Park in Eskdale Gardens
September 22 nd	South Norwood Country Park	Car Park by Visitors' Centre off Albert Road
October 27 th	Fungus Foray, Kingswood	Far end of Kingswood Lane, off Limpsfield Road. Park in the road.

Please bring the completed tear-off slip with you if I don't already have one as I am required by U3A to have these details.

 *Name: *U3A Membership Number:

*Tel. No: *Emergency Tel. No:

Email address:

On a sunny day in March, 7 members of the **Historic Visits Group** had an interesting journey on trains and bus to visit Boston Manor House in Brentford. A short walk through the park brought us to this recently beautifully restored Jacobean house which was originally built in 1623 for Lady Mary Reade. During the Jacobean period, wealth and status were shown publicly by having expensively decorated interiors, and this is evident in the restoration of the ornate plaster ceilings and fireplace surrounds in many of the rooms. The house was later owned and lived in for nearly 300 years until the 1920s by the Clitherow family, who extended the house considerably over the centuries. During the 18th century the family replaced formal gardens with open lawns, dug the lake and planted the now ancient cedar trees, which still stand in the grounds.



In 1923 the house and surrounding 20 acres, originally the grounds of the house, were purchased by Brentford District Council, and the grounds were opened as a public park. After the recent extensive restoration, the house was opened to the public and is free to enter.

There is also a very pleasant café,

with a lovely view of the extensive grounds. All in all, a very pleasant day was had by everyone



. **Jenny Parry**

News from the Groups

Writing for Pleasure Group

Month by month this group gets together twice - once via Zoom and once face-to-face - to share stories they have written around an agreed prompt.



The group members are very supportive - never critical - of each other's writing. It is always surprising to realise how many **completely different tales** can come from the same starter - group members find it a real pleasure to listen to each other's 'take' on the chosen theme.

Most recently, the subject for the Face-to-Face meeting was 'The Boarding House' and for many this was a Trip Down Memory Lane as we shared stories of traditional 'Dragon' landladies with their rigid and immovable times for boarders to have

breakfast and high tea and insistence on everyone being out of the Boarding House during the day!

There were funny and sad tales - about War-time evacuation, sinister goings-on in the night, boarding houses striped in red and white, loneliness and happy reminiscences ...

The Group Leader, Jenny Wilson, always manages to produce an appropriately decorated cake for the occasion - and as you can see from the photo above, she rose to the occasion again with a Boarding House theme!

Monkeying around in Richmond!



On a recent walk along the stretch of the Thames from Richmond to Twickenham, members of the **Riverside and Canal Walking group 2** came across these lively characters! We didn't invite them to join Croydon u3a.

For more about the chimpanzee statues see: [New chimpanzee sculptures by artists Gillie and Marc bring wildlife to – Gillie and Marc®](#)

News from the Groups

Focus on Africa

The Focus on Africa group enjoyed a visit recently to the African galleries at the British Museum - to learn more about the rich history of different African cultures. There is such a wonderful display of artefacts to admire - including some of the amazing Benin bronzes.

The fact that these treasures are housed at the British Museum is a point of some controversy. Our group was fortunate to have a talk from one of the curators who



explained the British Museum's position - that they are working with others to establish new museums in Benin City where permanent displays of the objects - including the bronzes - can be mounted, for more information, see [Benin Bronzes | British Museum](#)

If you would be interested in joining this friendly group, get in touch through the Interest Groups Coordinator

Local History Group

The Local History group had a very pleasant and informative stroll around Park Hill recently, when they learned about the area from one of the group who has researched its history.

Did you know that it was originally a deer park and hunting ground for the medieval Archbishops of Canterbury, who had a palace in Croydon? Or that there was a Horse-Racing course there in the 19th century, which attracted visitors from all over London? Here you can see the group admiring the Water Tower - a fine Victorian construction which provided clean water for Croydon. There was a song by Susan Jacks in the 1970s which featured the Croydon Water Tower. It has some wonderful close-up shots of the Tower's architecture: [SUSAN JACKS: Build A Tower \(1973\): Water Tower, Park Hill, Croydon.](#)



News from the Groups

Into Film

Congratulations to Sheree Yapp-Davis, leader of the Into Film group, for appearing on the David Lean Instagram page recently, where she was invited to talk about her favourite films.

This underscores the excellent relationship Croydon u3a has with the David Lean Cinema - we carry their promotional flyers at our Monthly Meetings and they show a publicity slide for us on screen. There is a new slide currently under development - we hope that you will be able to see it soon!

You can listen to Sheree at:

<https://www.instagram.com/davidleancinema/>



Looking at London Group outing to Valentines Mansion & Park



A hidden gem, near Ilford town centre was visited by 19 of our members. Found completely by chance by Averil who saw it whilst on another outing; how lucky are the locals to have this on their doorstep.

The first house built on the land was owned by the Valentine family, how happy they would be to know it's now used for wedding ceremonies. The existing house was built 1696 for Elizabeth Tillotson, niece of Oliver Cromwell, widow of the Archbishop of Canterbury. In 1724 banker Robert Surman

moved in and created the dovecote walled gardens and grottoes.

In 1750 Sir Charles Raymond acquired the property; he was a ship's captain with the East India Company, and spent part of his fortune renovating the estate. From the window of one room in the house, the grand Magnolia Grandiflora planted by Raymond, still thrives today.

By 1838 Charles Holcombe his wife and niece Sarah had moved in and paid £12600 for the estate; £1 million at today's rates, for 175 acres. Sarah married Clement Ingleby, a Shakespearean scholar, and inherited the house from her uncle. She gave generously to local causes and had a school built, and he died in 1906.

The mansion has since been a home for wartime refugees, a hospital, a public health centre and a council housing department. It has stood empty for 15 years and reopened in 2009 thanks to the efforts of Friends of Valentines Mansion to restore it. We need another return visit just to explore the other half of the gardens we didn't get to see. Watch this space!



Fiona Bowles

News from the Groups

Board Games Fun Group

The games group meets every second Friday at Ludoquist games café, just round the corner from the Clocktower. It's a very relaxed group as all the 1000+ games are there on the shelves so you can just turn up and see what you fancy on the day. The staff are always friendly and, unbelievably, know how to play every game and are happy to teach.

It's as simple as that – here are some comments from the group:..

“Ludoquist is a haven of games to exercise your brain in a fun way. Just press the buzzer and order your light lunch so you don't have to stop playing. It's a must do on my calendar.”

“It is always a lovely, relaxing afternoon with some nice people. It is a great way to make new friends and learn new games.”

“Don't get along often but find that a chocolate brownie with a cuppa make the afternoon's games even better!”

“Lots of fun laughter and, obviously, friendly competition”

“Enjoyed my first gathering (even though I lost!)”

Chris Charlwood



Members enjoying a game of Ticket



Members enjoying a game of Rummikub

LONDON REGION u3a TABLE TENNIS TOURNAMENT

On 24th June six members of Croydon Table Tennis Group took part in the London Tournament. I wished them a 'smashing' time (i.e. smashing the opposition!).

At the Tournament in 2023 Croydon member Prabhat was interviewed as part of a u3a promotion. Prabhat enthused about the friendliness of the group and the benefits of physical activity. He said enjoying exercise and engaging people of all abilities is so rewarding. Watch the short video – click on the link –



<https://youtu.be/Kpn6LHfZ558?si=NB6X5rc1DK1Pwhwi>

An Introduction to Philosophy Through Six Questions



This six-week course is intended to provide a guiding framework for thinking about and discussing some of the questions that have been of most interest to philosophers in the mainstream Western tradition. No previous experience of philosophy is required, just a willingness to think and participate in discussion.

The course is structured around six “big” questions. None of these questions have ever been answered definitively, and probably never will be! Each invites further questions, tending to open up a debate to which there is likely to be no ultimately satisfying conclusion. Indeed, this realisation has encouraged the widely held view that philosophy is just pointless speculation. Why bother to ask questions to which there is probably no final answer? Philosophy, I believe, aims at something that is both more modest and more profound. Firstly, the questions it asks cannot in all sincerity be avoided by anyone who thinks at all about the meaning, purpose, or value of their existence. Secondly, by approaching these questions in a systematic way we can learn to think more clearly about them and thereby improve the way we form, maintain, or revise the beliefs that come to guide us through our lives. Failing that, pointless speculation can be a lot of fun!

Course Outline:

- Week 1: What is reality?
- Week 2: What can we know?
- Week 3: Can there be a rational basis for morality?
- Week 4: Is the rule of law compatible with individual freedom?
- Week 5: Could a machine become conscious?
- Week 6: What is the point of art?

Guitar Improvers Group



Have you ever made a start on learning to play the guitar, but never found the time or motivation to practise?

Would it help if you had the opportunity to get together with others - to learn from each other and practise together?

One of our members is keen to set up an **Improvers Guitar Group** (acoustic guitar primarily) with perhaps 4 or 5 members meeting for an hour or two every fortnight. He is willing to act as facilitator for the group - suggesting songs and different parts for members to play.

The idea is to learn and practise some songs together, encourage each other ... and - above all - to have some fun!

Exploring Anglo-Saxon Literature

A long time after they were first composed and told, the poems and stories of the Anglo Saxons were written down in Old English.

This course will explore the literature that has survived and in doing so it will help us to form an understanding of the Anglo Saxon people – their society and beliefs.

You will have heard of *Beowulf*, but what about *The Wanderer*? *Deor*? *The Ruin*? *Wulf and Eadwacer*? Not to mention the Bishop of Exeter's book of rude riddles?



If you are interested in a light touch overview of the history, poetry, archaeology and language of the Anglo Saxons then do please join the group. No prior knowledge is needed, just an enquiring mind. The group may also make some museum visits.

GOOD NEWS!



I am very happy to be able to announce that **Trisha Holmes** has kindly stepped forward to take on the role of **Interest Groups Coordinator** from October of this year!

Trisha will be known to many of Croydon u3a members as our Business Secretary and she will be continuing in that role while also overseeing the running of our Interest Groups.

Trisha will be ably assisted in her new role by **Fenella Cardwell**, who has been working alongside me for some time now and will be taking on the website contact responsibility.

Also assisting the Interest Group team are **Vanessa Holland**, who edits the Groups webpage, and **Jenny Parry**, who helps with setting up new groups. **Linda Grigsby** will continue with her invaluable support in formatting and printing out the Groups Lists. To enable effective communication between the groups and the Committee, each Interest Group has a Committee member as their 'Buddy' and main point of contact.

As you can see, Croydon u3a continues to be run in a very collaborative way, with Group Leaders and Co-ordinators, Committee members and volunteers all working together. This echoes the ethos of the Third Age Trust: that each u3a is run **by and for** its members.

I shall be concentrating on my Publicity role - creating the Group posters, flyers and bookmarks. I will also continue to write short articles for various Local Resident Association newsletters. Linda Grigsby has kindly offered to continue to assist me with the printing of flyers and bookmarks, for which I am very grateful.

Maggie Chan

TEA & COFFEE
AFTERNOON FOR
MACMILLAN
CANCER SUPPORT

I am co-hosting a MacMillan Afternoon Tea
at

St George's Church Centre, Barrow Road,
Waddon CR0 4EZ

On

Friday 19 September from 2-4pm

This event is open to all u3a members, your families and friends so why not come along and enjoy a cup of tea and cake whilst supporting a great cause? We'd love to see you there!

I can be contacted on 07754 092042 /
lindagrigsby17@gmail.com – Linda Grigsby



On Sunday, September 7th, we will be running a publicity stall at the Selsdon Community Fair, from 12 - 4pm, and we do hope that lots of Croydon u3a members will come and find us there!

The Fair will be at the Old Farleigh Road entrance to Selsdon Woods - it is easily accessible with an adjacent car park and several bus routes passing nearby (433, 64, 409, 411, 412)

It sounds as though it will be a fun day out in very pleasant surroundings - there will be a host of different stalls to visit and activities to enjoy.

It is so important that we are represented at one or two Fairs during the year. Having a stall gives us the chance to talk with members of our community and tell them about all the great social opportunities and interest groups we offer - there is nothing like meeting people face-to-face to 'spread the word' about Croydon u3a.

We would be very grateful for some more help on the day. If you could spare an hour or two - or even half an hour! - to stand at our stall, point out the information on our posters, hand out our flyers and bookmarks and answer people's questions about Croydon u3a, please get in touch with Maggie Chan at clockie68@gmail.com

Even if you can't offer to be on the stall - we would be so glad to see you at the Fair - please drop by and say hello - your support would be very welcome!

Maggie Chan

Croydon u3a Travel Team – 2025 Plans

Hello everyone. Here we are at the mid-year point enjoying the hot and long sunny days. Meanwhile the Travel Team is busy organising a trip to see the Christmas Lights at Kew! The Team is definitely planning ahead. It won't be long before the retail sector starts telling us how many shopping days are left to Christmas!

Since the last Bulletin members have joined us for trips to Godington House and its lovely gardens, and to Ramsgate with its tunnels and harbour. We are glad to report both trips took place on sunny days.

The second part of the year sees trips including a visit to the Strictly Come Dancing costume makers here in Croydon, a boat trip on the Thames, and another of the popular Members Lunches, with the next one being to a Fish and Chip restaurant. You can find information on the trips we are organising in 2025 in this Bulletin, as well as the information on the short break to Wye Valley next spring. But demand for our trips is high, with waiting lists in place for some of them, and so for all our trips there are very few tickets left.

The Travel Team has said goodbye to Averil this month and thank her for all the hard work she had done over the time she has been on the Team. But we are pleased to welcome Andy as a new member of the organising Team.

If anyone is interested in joining the Travel Team contact Paul Smith on 07722 295713 pscsc@msn.com. It's an exciting opportunity to develop and plan more outings and short breaks/chance to support Croydon u3a. Have you visited a fantastic place within easy reach of Croydon that you would love others to enjoy?

Enjoy the rest of the Summer.

The Croydon u3a Travel Team – Andy, Cariss, David, Karen, Linda, Paul.

A Perfect Day in Ramsgate



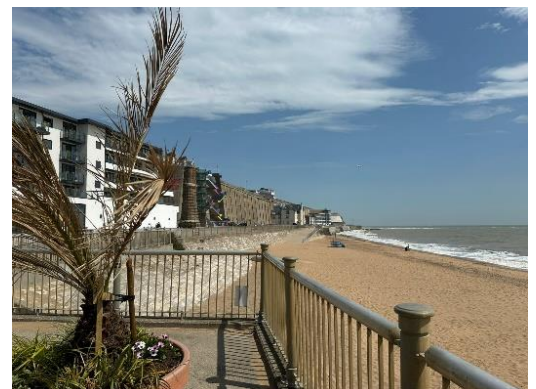
I arrived at the meeting point to find a sense of panic in the group. Some people had googled the Ramsgate Tunnels and found that they were 4 miles long. After allaying these fears (we only walked less than one quarter of that!), we had a very relaxing journey down to the sea with the prospect of beautiful weather to look forward to.

Arranging the group photo on arrival was just about the only stressful part of the day. Our tour leader, Bruce, came to meet us off the coach and outlined the Ramsgate highlights (but as we were standing outside the Wetherspoons at the time with its amazing terrace overlooking the beach and sea most people had decided what they wanted to do first!).



We split into two groups to tour the Ramsgate tunnels, one in the morning and one in the afternoon, as Bruce was not able to take 50 people in one go. The general opinion was that the tour was brilliantly delivered and very informative. I highly recommend visiting Ramsgate to visit the tunnels. There is a small free museum at the entrance and a tour costs about £8 a person. They were originally railway tunnels but were expanded at the beginning of the second world war to protect the population of Ramsgate from German bombing and were very successful. On one day in 1940 Ramsgate was hit by over 500 bombs but citizen casualties were limited to 29.

It was a pleasure to take the group to Ramsgate for the day and I thank Averil Couthino for doing the bulk of the organising leaving me only to have to take over the microphone on the coach and bore people with stories of my early life. Thank you for indulging me if you were on the trip.



Paul Smith

Behind the Seams of the Strictly Dancing Wardrobes

Looking for a truly unique fashion tour in London then look no further than a 2 hour tour taking place on **Thursday 14 August at 11 am**. The cost is **£30**. Meet at 10.45 at DSI, Unit 13, Progress Business Park, Progress Way, Croydon CR0 4XD. Plenty of car parking, and the Wimbledon tram gets you to Waddon Marsh. If you fancy meeting up after the tour for a coffee there is a Starbucks nearby.

There are some staircases within the building, and it is advised that this tour may not be suitable for visitors with limited mobility.

Your experience begins with a champagne reception, followed by an engaging talk in the dedicated showroom. You'll also gain insights into the production process behind each show-stopping creation. Next, you'll embark on a walkthrough of the vibrant production facilities, where the magic happens. Visit the stockroom—a kaleidoscope of bright, shimmering fabrics sure to inspire. Throughout the tour, the team is on hand to answer your questions, share anecdotes, and delve deeper into any topic that sparks your interest. To wrap up the experience, you might even get the chance to try on one of our original dresses and feel the magic of a spin and whirl.

TWO PLACES LEFT

Please contact Linda Grigsby on 07754 092042, or email lindagrigsby17@gmail.com to express your interest



BOOKING FORM

BEHIND THE SEAMS – STRICTLY WARDROBES 14 August 2025

Name(s) Membership No(s)

Postcode: Mobile Tel. No. E-mail

☐ I would like ticket(s). Total: £..... (Payment to “**Croydon u3a**”)

☐ I have attached a stamped self-addressed envelope together with my cheque payment

☐ I will pay £..... by bank transfer 13630003 Sort Code 230580 **Business account**. Reference – name of outing

My contact in case of emergency is: Name..... Tel. No.

.....

Croydon u3a Members' Lunch

at the award winning

McDermott's Fish & Chips Restaurant

The Forestdale Centre, Featherbed Lane, Croydon CR0 9AS
(Public transport 64, 433, 130 buses, tram stops at Gravel Hill and Addington Village and plenty of free car parking)

Thursday 16 October 2025 12 noon – 2.30 pm

Forestdale Centre, Featherbed Lane, Croydon CR0 9AS

Thursday 16 October 2025

12 noon – 2.30 pm

2 courses £22 including tea & coffee and service charge

(Please indicate on the booking form below your menu choice)

Menu (all served with chips)

- a) Cod
- b) Chicken
- c) Spicy bean burger (V)
- d) Cheese & onion pie (V), AND
Sticky Toffee Pudding & Ice cream

Croydon u3a Members' Lunch
McDermott's Fish & Chips Restaurant on Thursday 16 October 2025
at 12 noon – 2.30pm

(Please make your selection here - Main: Dessert (Y/N):

☐☐

Send this form to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 OR Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454, with a **cheque payable to Croydon u3a and stamped addressed envelope or by Bank Transfer account no. 13630003, sort code 23-05-80 Business account.** (YOU MUST PUT YOUR REFERENCE 'MEMBERS' LUNCH).

Name(s) Membership No(s)

Address: Post Code.....

Tel. No. E-mail

I would like ticket(s) Total..... (cheque payable to **Croydon u3a** and s.a.e. enclosed)

PLEASE BRING YOUR TICKET ALONG TO ENTER THE RAFFLE

News from the Travel Team

CHRISTMAS AT KEW GARDENS

Wednesday 26 November 2025

Travelling by Public Transport we meet EITHER AT East Croydon Railway Station (3.30pm) OR Kew Gardens District Line station (4.15pm), Kew returning approximately 8 pm

Tickets £24.75 includes entrance to Kew Gardens (limited tickets available)

Experience a world of winter magic in Kew Gardens as the acclaimed light trail, Christmas at Kew, returns this festive season.

Christmas at Kew is an unmissable opportunity to herald the start of the festive season or welcome in the New Year with family and friends. The new 2025 trail promises to be as magical as ever.

Don't miss spectacular new creations from world-wide artists presented uniquely for the first time in the UK. These larger-than-life illuminations are always unforgettable and to make it even more memorable, glimpse Father Christmas along the way.

Enjoy delicious street food with tasty festive delights, from hot food and sweet treats to spiced winter warmers and hot chocolate. Or indulge in a three course Christmas dinner in the elegant surroundings of the Botanical Brasserie.

Enjoy a holly, jolly Christmas at Kew under the stars!



BOOKING FORM

Send this form to: Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454, with a **cheque payable to Croydon u3a and stamped addressed envelope or by Bank Transfer u3a Business account no. 13630003, sort code 23-05-80 (YOU MUST PUT YOUR REFERENCE 'CHRISTMAS AT KEW').**

Name(s)Membership No(s)

Address:Post Code.....

Tel. No.E-mail

I would like ticket(s) Total..... (cheque payable to **Croydon u3a** and s.a.e. enclosed)

My contact in case of emergency is: Name.....Tel. No.

MEET AT EAST CROYDON STATION: ☐ OR KEW GARDENS DISTRICT LINE ☐

WYE VALLEY & THE FOREST OF DEAN

Friday 27 - Tuesday 31 March 2026

Expression of Interest

Visit the beautiful area of the Wye Valley and the Forest of Dean and stay in the Bells Hotel & Country Club, Coleford <https://bells-hotel.co.uk/> for 4 nights £540 (+ £99 single supplement).

What is included in the cost:

- ✚ 4 nights dinner, bed, breakfast and 2 nights entertainment.
- ✚ Excursions include a relaxing 40 minute cruise on the Wye Valley Cruises from Symonds Yat West
- ✚ Return train journey on Dean Forest Railway from Norchard
- ✚ Additional excursions for free time in Monmouth, Tintern Abbey for a photo stop, Chepstow, Hereford, Ross on Wye and Ledbury if you require them.
- ✚ Luxury coach travel throughout
- ✚ Porterage at the hotel

A 3-tier payment plan is being implemented once we know the trip is going ahead and details will then be supplied.



EXPRESSION OF INTEREST BOOKING FORM

If you are interested, please contact **EITHER** Linda Grigsby, 37 Albatross Gardens, South Croydon CR2 8QW; Mob: 07754092042 **OR** Cariss Smith, 62 Penwortham Road, South Croydon CR2 0QS; Mob: 07904 163454,

Name(s)Membership No(s)

Address:Post Code.....

Tel. No.E-mail

I am interested in coming along to the Wye Valley & Forest of Dean trip and would like
ticket(s) Total.....)

CROYDON u3a TRAVEL TEAM EVENT

General Information and Booking terms and conditions

Please carefully read these **Booking Terms and Conditions**, as submission of a Booking Form will be taken as your acceptance of them. **PLEASE INCLUDE AN EMERGENCY CONTACT PHONE NUMBER, WHICH MUST BE LOCATED IN THE UK.**

Coach Pick up and Drop off are at Fairfield Halls concourse See cover page of poster for times. On the day of an outing, if you have any problems joining the trip, please ring the Trip Organisers (mobile numbers on cover page of poster or on the ticket) by 7:00am. Outings are for Croydon u3a members only. In the event of low take-up, we may take members from other u3as and non-u3a members on an occasional basis.

Booking Forms: Booking forms for each outing are dealt with individually. When booking for multiple trips, a **separate booking form and stamped addressed envelope** are required for each one. Your booking may be jeopardised if this is not done. If you request more than one place, we must have the first name and surname and u3a number of each person.

Payment: Make payment online to Croydon u3a Business Account No. 13630003 Sort Code 230580 **Reference** – insert the **Name of the Trip**. If you are paying for someone else insert their name and the name of the trip. Alternatively, pay by cheque. Cheques may be dated for any time between Booking Form submission date and **two months** before the outing / event date. Please send your completed Booking Form, cheque and self-addressed envelope to the address given on the Booking Form.

Reduced admission: We can only offer the reductions which are advertised by the venue itself at the time we book it. We cannot deal with any special offers or discounts you may personally have.

Refunds: Refunds are generally non-refundable unless we are able to resell the place.

Mobility Requirements: Some, but not all, of our outings are suitable for members with manageable mobility restrictions. You must contact the named Travel Team Trip Organiser member on the poster cover page before booking if you wish to bring a mobility aid so that we can discuss your needs.

We will mention in our publicity and outing details any significant access or safety considerations of which we are aware. **YOU MUST BE ABLE TO GET ON AND OFF THE COACH UNAIDED.**

Restricted mobility: Members with restricted mobility may be accompanied by a carer on any outing, but a place needs to be booked. The carer does not have to be a U3A member but will be required to pay the full cost. Members are asked to think carefully about the physical demands of the outing and their own situation before submitting an application. We need to ensure that all participants are safe and that everyone enjoys the day. Ultimately the Travel Team reserves the right to decline applications in exceptional situations, regrettable as this may be.

Your responsibilities: You are asked to pay particular attention to the scheduled **Arrival & Registration, & Departure** times and assemble at the designated meeting point. If you are late, we may have to leave without you to enable us to keep to the time-table. In such an instance, you would have to arrange your own return home, and you would not be entitled to any refund for the cost of the unused portion of the day. If this should happen, we would endeavour to contact you and/or your emergency name contact number, which MUST be a number in the UK. We ask members for their mobile phone numbers and for them to ensure they are **switched on** during the outing. Participants are responsible for themselves and their belongings.

Data protection: The details you give us on the booking form will be held by the organisers until the outing has taken place and will be used only for the purpose of the outing. When it has taken place, they will be destroyed. We keep a record of your mobile numbers to save you giving us those details on every outing. Participants are responsible for themselves and their belongings.

General: We try to schedule comfort stops at a convenient time and place, but it is not always easy to do this for a large coach. Apart from the initial outbound departure time, most other times are approximate. We cannot predict traffic hold-ups or bad weather, both of which may affect our arrival and final departure times.

CROYDON u3a TRAVEL TEAM LUNCHES

General Information and Booking terms and conditions

Payments and Refunds: For confirmed bookings all cheques must be cleared one week before the trip. A refund will only be payable for cancelled bookings if we are able to resell the place. Anyone taking the place of a cancelled booking must pay by bank transfer before the event or cash on the day.

Mobility Requirements: A member of the Travel Team will investigate any problems of access at the venue before bookings are opened. Members who are worried about mobility issues should contact the organiser before making the booking. Members with restricted mobility may be accompanied by a carer to any meal but a place needs to be booked. The carer does not have to be a u3a member but will be required to pay the full cost.

Your responsibilities: All attendees must carry out their own risk assessment.

CROYDON u3a INTEREST GROUPS

Contact: Margaret Chan 020 8655 4343 - clockie68@gmail.com should you be interested in any of the groups. (June 19 2025)

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Action Groups</u>			
Chair Yoga	2 & 4 Mon & 1,2,3 Fri	10.00 am	Zoom
	1 & 3 Mondays	10.15 am	SMC
Dance Exercise	Mondays	9.45 am	St Matthew's Church
International Folk Dance	1 & 3 Wed	10.00 am	SMC
Line Dancing	1 & 3 Fri	10.30 am	SMC
Table Tennis	Every Friday	2.00 – 4.00pm	St Matthew's Church
Darts & Pub Lunch 1	2 Tues FULL	12.00 midday	The Orchard Pub
Darts and Pub Lunch 2	4 Weds FULL	12.00 midday	The Orchard Pub
Tai Chi	1 & 3 Mondays	1.00-2.00 pm	SMC
Ballroom Dancing	1 & 4 Tuesdays	11.00–12.00	SMC
<u>Active outdoor Groups</u>			
Short Walks	2 & 4 Thurs	10.30 am	Varies
Cycling	1 Weds & 3 Thurs	Varies	Varies
Historic Visits	4 Thurs FULL	Varies	Outings
Riverside & Canal Walks	3 Weds April – Oct FULL	Varies	Varies
Riverside & Canal Walks(2)	4 Weds April – Oct FULL	Varies	Varies
Riverside & Canal Walks(3)	3 Tues Jan - Nov	Varies	Varies
Riverside & Canal Walks(4)	3 Friday April – Oct FULL	Varies	Varies
Riverside & Canal Walks(5)	4 Friday April – Oct FULL	Varies	Varies
<u>Gardening Groups</u>			
Garden Visits – April	3 Wed (Apr-Sept)	10.45 am	Various
Wild Flowers	4 Monday (March to Sept)	10.30 am	Various
Love Gardening	1 Mon	10.30 am	Various
<u>Cultural Activities</u>			
Architecture	3 Thur FULL	10.00 am	Various
A Taste of World Cuisines	1 Tues	Lunch time	Various
Wine Admiration	1 or 2 Fri FULL	2.00pm	Home – Various
Art Appreciation	4 Fri	2.00pm	SMC
China	3 Tues	10.00 am	Zoom
Croydon Memories	4 Fri	12.00 noon	The Boulevard
Into Film	Varies FULL	Varies	David Lean cinema
Theatre Visits	Varies	Varies	Varies
Focus on Africa	4 Tues	11.00 am	Central Library
<u>Arts & Crafts</u>			
Knit & Natter	2 & 4 Tues	11.00 am	Home – Waddon
Painting & Drawing 1	Every Mon FULL	10.15	St John's Selsdon
Painting & Drawing 2	Every Mon	10.15 am	SMC
<u>Music</u>			
Blues & Jazz Appreciation	Varies	Varies	Various
Singing for Pleasure	2 & 4 Wed	10.30 am	St Matthews Church
Mandolin	By arrangement	By arrangement	Home, Addiscombe
Singalong	2 Monday	10.30 am	SMC

<u>Group Title</u>	<u>Day of the Month</u>	<u>Start Time</u>	<u>Venue</u>
<u>Games of Skill</u>			
Rubber Bridge	Every Tues	2.00pm	Mildred Crt, Addiscombe
Scrabble	3 Thurs	10.30 am	Home - Selhurst
Quiz Nights	3 Mon	7.30 pm	Zoom
Board Games Fun	2 Fri	2.30pm	Ludoquist Café, Croydon
Mah Jong	Varies	Varies	t.b.a
<u>Literature</u>			
Book Club	3 Wed	2.00pm	Home
Share a Good Read	2 Mon	2.30 pm	St Johns, Selsdon
Play Reading Croydon	1 & 3 Mon	1.30pm	Home various
Play Reading Selsdon	1 Mon	2.00pm	Home various
Poetry for Pleasure	4 Tues	2.00pm	Home – S Croydon
Books Made into Films	3 Thurs	11.00 am	Caffé Nero, H.of Fraser
Writing for Pleasure Group	1 Wed	2.00 – 4.00 pm	SMC
	3 Wed	7.00pm	Zoom
<u>Languages</u>			
French Conversation (lower/Intermediate)	Every Mon	10.00am	PUR Church
French Conversation (Adv)	2 & 4 Tues	2.30pm	Zoom
Italian – Conversation	1 Fri FULL	10.00 am	Home – Purley
Russian – Intermediate	1 & 3 Wed	10.00am	Home – Croydon
Spanish Conversation (lower/Intermediate)	Every Mon	11.00am	PUR
German Friends	Mons	10.15	Zoom
<u>Maths, Science & IT</u>			
Science & Technology	2 Tues	8.00pm	Zoom
<u>Social Studies/History</u>			
Environment & Climate Crisis	3 Thurs	7.30pm	Zoom
Early Medieval History	1 Tues	2.30pm	Home – Central Croydon
Tracing Your Ancestors	4 Wed	2.00pm	THL
History – Local	2 Fri FULL	2.00pm	Home – Wallington + visits
History of London 1	1 & 3 Tues	10.00 am	PUR + Outings
History of London 2	2 & 4 Tues FULL	10.00am/2.00pm	StMC + Outings
History of London 3	1 & 3 Wed	2.00pm/10.00am	StMC + Outings
History of London 4	3 & 4 Wed	1.30 pm varies	PUR Ch + Outings
Looking at London	1 Mon	2.00pm	StMCh + Outings
17 th – 19 th Century History	1 Wed	2.30pm	Home – Central Croydon
Members on Their Own (MOTO)	Various	Various	Various

Abbreviations for Venues – **SMC** – Shirley Methodist Church: **Orchard Pub**, Cherry Orchard Road: **The Boulevard**, Selsdon Road: **St John the Baptist Church Hall**, Dale Rd, Purley CR8 2EF: **PURCh** - Purley United Reform Church: **THL** - Thornton Heath Library : **StMC** - St Matthew's Church +