

RAYLEIGH GRANGE u3a

Newsletter - Edition No. 153 2023



**Welcome to the October
Newsletter**

***Next monthly meeting at the Grange is on
Wednesday 4th October 2023 at 2.00 p.m.***

A “spooky” presentation by Judith Hood and her interest in the paranormal.

Judith has been aware of "spooky" things happening around her since she was a child. For her it was the norm and, therefore, she never really questioned it. Her husband was a complete sceptic and this caused Judith to keep her head down where this subject was concerned. However, her interest in the paranormal as a whole never diminished and, as the years passed, she learnt more about the subject. Judith met her second husband when she was 46. He was fascinated by the paranormal and helped Judith to question her abilities and that was when the fun really started.

Judith's talk is a light-hearted look at her life and experiences along the way.



FROM THE CHAIRMAN

Hello everyone and welcome to the Rayleigh Grange u3a October Newsletter. Well, we've stumbled into Autumn after a mixed Summer of hottest months and wettest months and now getting ready to batten down the hatches because Winter is coming but its good to know that we have some exciting events planned coming up to Christmas which will give us all something to look forward to.

Thanks to the team for stepping into the breach when I missed the September meeting, which I was very sorry to have missed. Whilst away I met up with some other u3a Committee members from outside our area who said they had problems where some of their members, especially those who live alone, had not updated their Emergency Contact Details so if anything happened the committee were powerless to contact the correct people. We need to make sure we are able to contact your next-of-kin or whoever you prefer to be your emergency contact and this is well worth mentioning. If you want to make an entry, please contact Susan Neil our Membership Secretary who will see that the records are updated.

One of our members Mike Kay, is up for election to the position of Trustee for the East of England with the Third Age Trust. Voting will be carried out as this newsletter comes out so no decision yet as to whether he has been successful, but I would like to wish Mike all the best with his application.

The abundant thing about Rayleigh Grange is the friendly and caring community that we have and a great band of members. I heard a nice quote saying that "It's the people in the end, isn't it?" It's always the people. You can move halfway round the world to find your perfect life – but it always comes down to the people you meet – sic R. Osman.

Looking forward to seeing you all at our next meeting in October.

Bill Keys
Chairman

QUIZ NIGHT

FINAL REMINDER!

RAYLEIGH GRANGE U3A ANNUAL QUIZ NIGHT

Friday, 20th October, Rawreth Village Hall

Doors open at 7:00pm and quiz starts at 7:30pm

£6 per person

INCLUDES A FREE RAFFLE AND PRIZES FOR THE WINNING TEAM!

We still have some spaces for the quiz night. You can join a table or book a table for up to 8 people. Non U3A members are welcome to come along to this event.

To reserve tickets please email Jackie Dillnutt or see us at the October monthly meeting. Payment by cheque (made payable to Rayleigh Grange U3A) or by bank transfer to the Social account using the reference QUIZ space YOUR SURNAME once you have a confirmed place.

Jackie Dillnutt and Lynda Rooke



QUIZ – TWO TO DO

1. What are the two main ingredients of a roux?	2. Which two of the Bee Gees were twins?
3. Which two types of portable fire extinguisher should be used to tackle an electrical fire?	4. Which two bones connect as ball & socket to form the shoulder joint?
5. Which comedy duo had characters including Billy & Johnny, smiling and colourfully dressed children's TV presenters?	6. What were the first names of the Underwood brothers who played rugby for England and the British Lions in the 1990s?
7. What are the only prime numbers between 30 and 40?	8. Which two months were added to the Roman calendar in 153 BC?
9. Which two names might be given to a fraction where the top number is greater than the bottom number?	10. Which two English football clubs grounds are geographically closest (but they rarely play each other), 300 yards apart across a river?

Answers on page 19

Christmas Party with Live Band and Buffet!
Friday, 1st December



Come along and celebrate the season with your friends. This year we have booked a live music group who will perform a tribute to the Everly Brothers in their 1st set followed by a range of music from the 60's and 70's in their 2nd set. Whether you enjoy listening to music or dancing there should be something for everyone! The price includes a buffet, and you are welcome to bring your own drinks along. The event will be open to non-members so feel free to bring family or friends.

It is being held at Rawreth Village Hall and doors open from 7:00 for a 7:30 start.

Ticket price £19

To reserve tickets, you can email Jackie Dillnutt via the Contacts Page on the website or see Jackie and Lynda at the October monthly meeting.

Cheques payments (made payable to Rayleigh Grange U3A) will be taken at the October monthly meeting or you can pay by bank transfer to the **Social Account** using the reference: **PARTY space YOUR SURNAME.**

Please await confirmation of your place at the event before making payment.

Jackie Dillnutt and Lynda Rooke



AROUND OUR GROUPS

AN UPDATE FROM Carol – our Group Co-ordinator

“Evidence suggests there are five steps that we can all take to improve our well-being. (NHS)”

In brief:

- *Give* – be creative
- *Connect* – with others, friends, colleagues your community
- *Be active* – do what you can and enjoy what you do
- *Keep learning* – try something new
- *Take notice* – be mindful, look after yourself, appreciate what matters to you

I personally believe that the u3a, especially Rayleigh Grange, offers activities through our interest groups that incorporate these ideas.

If you would like to try something new and make some new friends, please read the information below about some of our groups who would welcome new members

Art Appreciation

We are a friendly group who love art and are keen to learn more about great works and great artists. We meet monthly in central Rayleigh to discuss our hobby and we also organise regular trips to galleries and exhibitions to see art first hand. None of us are art experts, but we all share a passion for learning about it.

Badminton 1 (Wednesday)

Badminton is a great game for keeping fit and meeting people. We play friendly games at Rayleigh Sports Centre twice a month sharing the court hire. It’s a good way to get some exercise and also socialise.

Badminton 2 (Thursday)

Meets fortnightly on a Thursday 10.00 am – 11.00 am at Rayleigh Leisure Centre

Bird Watching

The Birdwatching Group is in need of more members. We meet usually once a month on a Wednesday and car share to various venues. Over the last 10+ years we have visited 20 venues, seen just over 150 different birds and 18 wild animals. If you are a nature lover and, like most of us, have nobody to join you on such walks, please get in touch.

Bridge

The Bridge Group is a friendly and very informal group. Initially, we met monthly in each other's houses, but this became complicated as Bridge is a game which can only be played by exactly four players. If only three showed up, we were stumped and if five showed, somebody would be playing gooseberry.

More recently, we have taken to meeting weekly online (whenever we can get four members together) normally on a Wednesday evening from 7.30 - 9.30 p.m. We have a WhatsApp group which we use to arrange "meetings" and we have found that we can reproduce the atmosphere of a "real" game through the use of:

Free software (BridgeBaseOnline -BBO) which works on a PC, laptop or tablet. We can get you set up with access to BBO.

Video conferencing through WhatsApp – again we can help you set up.

In short to get the most out of the Bridge Group you need access to:

- A PC, laptop or tablet, and
- A smartphone
- Internet connectivity

The Bridge Group is always on the lookout for two categories of members:

Playing members:

Those with at least rudimentary knowledge of Bridge, who know (or once knew!) the basic essentials of bidding and card play. The knowledge may be decades old – but we will help you recover your distant memories

New Learners:

Those with no experience of Bridge, but who have heard that this is the best of all card games and are keen to join in. You will, hopefully, have some experience of other games (such as Whist, Trump or Solo etc. If you know any of these you are halfway there: Bridge is just Whist on steroids!

We will run introductory courses (face to face) once we have four or five learners, after which you will join the main group.

Whether you're an experienced player, an improver (like most of us), or a complete newbie, please come and join us! As an added incentive, we have no subs or other costs (other than the 50p tea money if we meet in each other's houses)! So what have you got to lose?

Dave Westall
Bridge Group

iPad

The iPad Group could take some additional members. We usually meet on the second Friday p.m. of each month in a conference room at Rayleigh Fire Station, for which there is no charge as the u3a is a charity. The group is very informal and we discuss anything relevant to iPads.

Maritime History

We would like to welcome a couple of new members. We are a small group interested in all things maritime (navy, merchant and ocean information). Each member gives a short talk (items of their choice) every few months and we keep all past talks on a drop box. Sometimes we will watch video recordings that might be of interest. This group does not organise visits but where members have visited maritime locations they are encouraged to share their experiences.

Photographs (Friday)

We are a small friendly group of enthusiastic photographers who enjoy taking our cameras out and learning from each other. I would say we would be described as people who enjoy taking our cameras for a walk. An expensive camera is not a necessity and even a mobile phone will suffice. New members welcome.

Table Tennis

We are a friendly group, that meets twice a month on the 1st and 3rd Friday of the month at a local Gymnasium Hall. Mixed standard of play which includes male and female.

Ten Pin Bowling

Meets fortnightly on a Tuesday from 11.00 am at CJ's in Hockley

If you are interested in joining any of these groups, please get in touch with Carol Bright our Group Co-ordinator.

QUIZ – LITERAL TRANSLATION OF COUNTRY NAMES

Given the historic literal translation, give the modern name of the country

1. Land of the long white cloud	2. Little Venice
3. Land of the Franks	4. Red like an ember
5. Island of copper	6. Land of many rabbits
7. Lion mountains	8. Land of the Angles
9. Land of the single house	10. The village

Answers on page 21

NEWS FROM THE GROUPS

ART APPRECIATION GROUP



The Art Appreciation Group have recently visited The National Portrait Gallery in London. The gallery has been through a major overhaul with a new layout and main entrance. It displays portraits from Tudor times to current celebrities by famous and lesser-known artists. It is a great chance to see how well-known people from history looked as well as viewing more recent depictions of politicians and cultural icons – all in a modern setting. A really good day out was had by all.





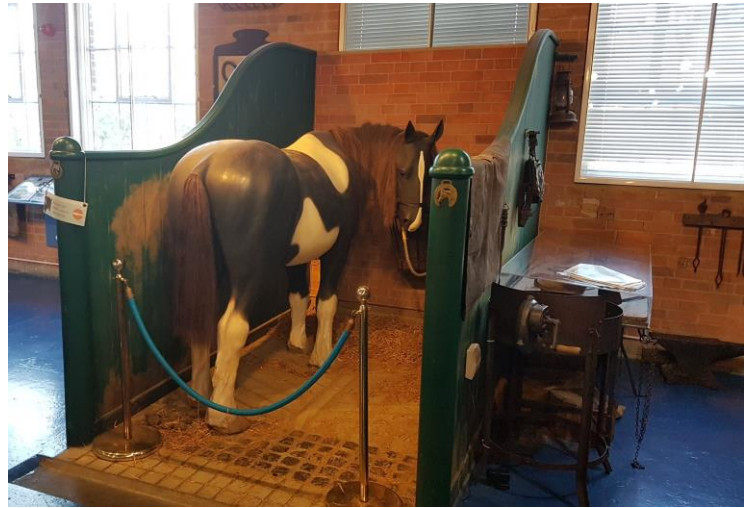
Joshua Reynolds's painting of "Mai" a Polynesian in the 1770's famous for showing a person from Polynesia at an early historic time in a very respectful and authentic way.



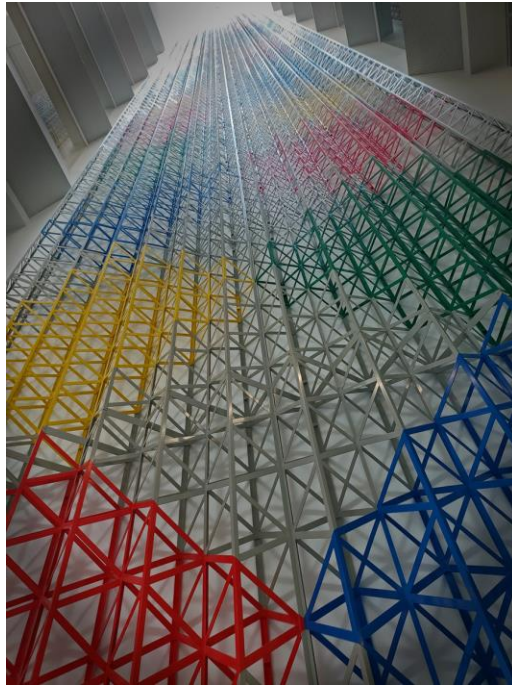
Geoff Pearce , Group Leader

OUT AND ABOUT GROUP
VISIT TO THE LONDON CANAL MUSEUM & THE AGA KHAN CENTRE

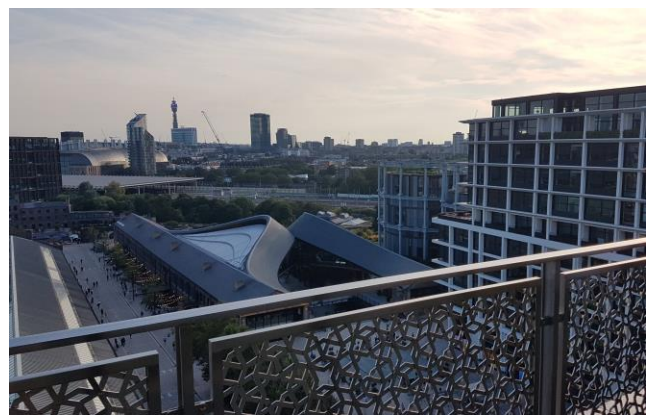
Well it was, or very nearly, the hottest day of the year when we gathered together for this visit. We had a smooth journey to the London Canal Museum. A lovely old building right in the heart of the Kings Cross regeneration area. An industrial museum built nearly two hundred years ago and focusing on the canals and the lives of the canal workers. Built of thick brick it was so cool and interesting, giving us an insight into the canal life of that era when horse power was just that! It showed the equipment used, with many maps and practical displays. Not saying one of our members was that old, but she found a map of her old university halls and was able to retrace her steps on the route to lectures. A lovely memento of the day.

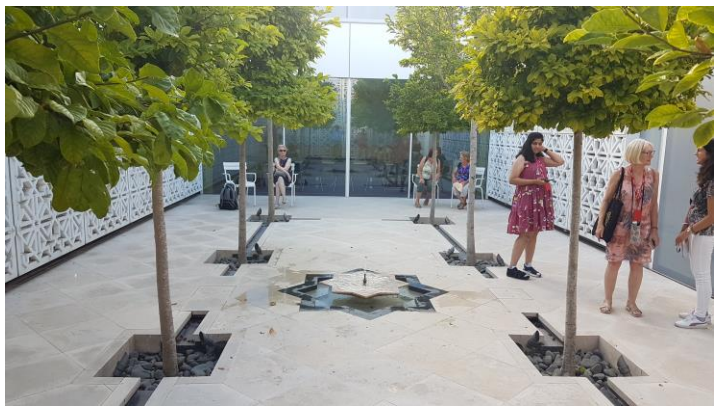
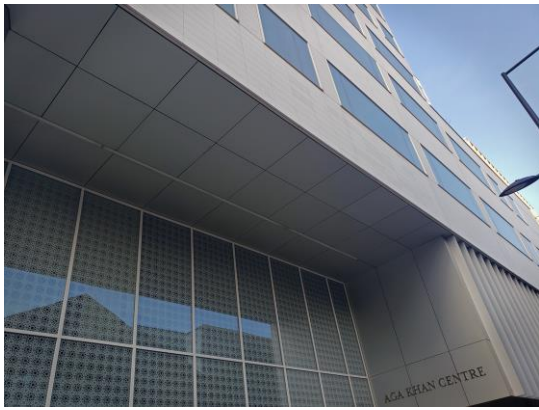


After a short introduction by one of the volunteers we split into two groups with one going on a river cruise towards the Islington Basin enjoying a welcome tea or coffee as they did so, while the remainder were free to take in all the displays the museum had to offer. We then changed places. Regrouping for the short walk to the Granary Basin, passing on the way the new Google building. It was great to learn that even they, with all their resources had to comply with Building Regs. It must not be too high so is like a horizontal sky scraper and will, in time, have trees and a leisure area on the roof to keep the eyeline clear to St. Paul's Cathedral. We also passed the old Guardian and Observer newspaper offices which is now Kings Place Music Centre, the site of the first purpose-built theatre since the Barbican. At the Granary Basin we separated to find food and follow the numerous interests along the edge of the Regents Canal.



We re-grouped at the end of the working day to visit the Aga Khan Centre, completed in 2018 and what a magnificent building designed by the famous Japanese architect Fumihiko Maki. The building is entirely enclosed on nine floors with outdoor gardens and balconies on several floors. The air conditioning was certainly the highlight of this tour followed by the coolest drinking water. Again, we were treated to such an interesting tour under the guide of a volunteer, who herself is a full-time student. We learnt that the centre caters for three main interests one of which is the university for 200 students using all that space and with stupendous facilities. From there we also took in the magnificent London skyline as some of our photos show.





We returned home by various routes very warm and tired, but from the comments received a very enjoyable day. The river cruise also offers afternoon tea on board - I understand that is being revisited in the very near future by two of our group. There is also a mince pie cruise later in the year.



Both venues were so accommodating and went out of their way to make the day so pleasant. The morning tour costing £10 per head and the Aga Khan Centre free-of-charge. The Granary Basin was a lovely spot to while away some time sitting in the shade, people watching and wanting to join in the fun of the water spouts playing their tune. Surely a very reasonable way to spend time in our capital city?

Carol & Gillian



LOCAL HISTORY GROUP

On the 8th September, despite the heatwave, the Local History Group remained cool and were taken on a virtual walk from Rettendon Turnpike into Wickford by two members of the Wickford Community Archive Group and a slideshow of old photographs depicting buildings and points of interest along the way. Although we are neighbours, who knew that Wickford Memorial Gardens were one of the biggest in the country? The presenters have been invited back when our old slides of Rayleigh will be shown on 10th November. However, before then our next meeting will take place on 13th October at 2.00 pm at Rawreth Village Hall when our old friend Andrew Summers will give a talk and slideshow entitled “The Riddle of Boudica” exploring the legacy of the various uprisings against the Roman occupation of Britain.

Looking further ahead, the Group’s Christmas Lunch is booked for 1 o’clock on 8th December back at our favourite venue of The Rettendon Lodge on the Burnham Road, SS11 7QT which we will share with the Church Visits Group. Any members of these groups who wish to join us and have not previously done so, may I remind you that I require a £15.00 non-returnable deposit at the next monthly or group meeting.

Ken Paton
Group Leader



SUNDAY WALKING GROUP



**The great elephant hunt, seafront and the Garrison
Photographs by Geoff Mead**

IPSWICH AND THE RIVER DEBEN - 1st SEPTEMBER 2023



Fortunately, Bob bought his coat so the rain wasn't too bad. Trains were on strike, but our coach was only slightly delayed in arriving at The Grange, so it was a really great day out.

We arrived at The Hold, the new building that houses Suffolk's archives, for tea, coffee and other necessities before meeting our three guides who would take separate groups of us on a walking tour of the dockside and town centre of Ipswich.

I was in Eric's group, and we headed straight for the dockside. He described how sometime in the seventh century, a group of Saxons sailed up the River Deben and made a settlement which, in due time, evolved into Ipswich. Over the ensuing centuries, river trade became the basis of the town's wealth. Religion was an important part of life and two Augustinian Priors were established as well as those of the Whitefriars, Greyfriars and Blackfriars.

In the course of time, the river, and, hence, the docks, became shallow, largely through unwanted ballast being dumped over the side of vessels. The river was re-routed and the docks dredged to make them more accessible but, with the ever-increasing size of vessels, trade gradually drifted away and the port is now more of a recreational facility. However, many of the mercantile buildings remain.

Eric then took us further into the town itself and pointed out the many Tudor buildings that remain, most of them having originally been the workplaces and homes of wealthy merchants. In the 1920s, members of the local civic society, being concerned about the destruction of many of these old buildings, commissioned the construction of a whole area in the traditional Tudor style.



Judging by the number of times his name appears across the town, Ipswich's most famous son must be Thomas Wolsey. He was born into a wealthy landowning family and rose to become both Chancellor to King Henry VIII and a Cardinal in the Church. He founded a college in the town, but then spectacularly crashed out of Royal favour when he failed to get Henry's marriage to Catherine of Aragon annulled. He retreated to York, but was later recalled to London to face charges of treason. He fell ill on the journey and died in Leicester on 29th November 1530. He was buried at midnight in an unknown grave. How the mighty are fallen!



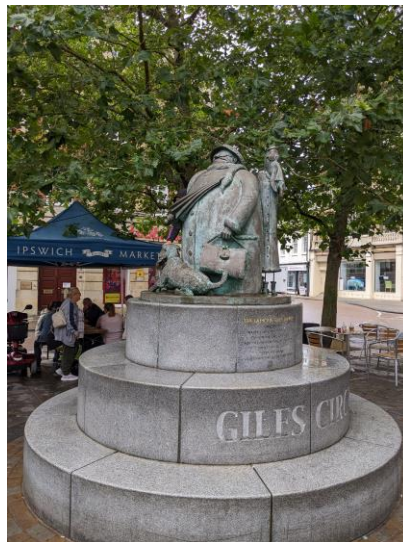
In the centre of the town is a modern Norman Foster designed structure known as the WTW building built for, what was then, Willis Faber and Dumas, well known for their insurance business. However, the current descriptive leaflet makes full use of modern corporate gobbledegook stating that “we provide data-driven, insight-led solutions in the areas of people, risk and capital. Leveraging the global view and local expertise of our colleagues...” blah, blah, blah, etc. etc.!! (translations into intelligible English will be gratefully received).



Back to history, we took a look inside the Unitarian Meeting House, a light and airy building opened in 1700, a time when there was much persecution of those who did not follow established Christian teaching. Eric pointed out the spyhole through which the congregation could check that all was safe before leaving the building.



Continuing along, we came to the Giles statue, commemorating “grandma”, the character who appeared in many of the cartoons Giles produced for the Daily Express. After a few more sights, Eric took his leave of us and we went our various ways in search of lunch.



Back at The Hold, our coach was waiting to take us to Waldringfield Boatyard where we boarded “Jahan” for a cruise down the river, almost to its mouth and back with Brian skippering the boat as well as giving us a very full commentary on the downstream voyage.

The boatyard had, in a previous life, been a cement works with huge kilns belching out smoke. When these came to the end of their useful life, the local Territorial Army were invited to practice their demolition skills! The sailing club located next to the boatyard had produced many exceptionally skilled sailors including Olympic competitors.



Sailing down the river, on a very high tide which gave us exceptionally good viewing, Brian described the local saltmarshes and the many bird species to be seen including grey herons, egrets, cormorants, not forgetting the seals who would pop their heads up looking like Labradors wanting to be stroked! Further down, he pointed out the massive cranes of the Felixstowe container port in the distance and, on the opposite bank, a group of semi-detached houses built for RAF personnel involved in the development of radar in the immediate pre-war period. Only nine dwellings were needed, hence the half of a pair of semis which was built looked faintly ridiculous!

Arriving at the site of the Felixstowe/Bawdsey ferry, we did a smart U-turn, increased the engine revs to counter the outflowing tide and began the return trip. Brian promised us a break from his commentary so we could enjoy the scenery but did point out, as we passed, Maid Marion, one of the "Small Ships" which had taken part in the Dunkirk evacuations.

We arrived back at the boatyard in time to see numerous mullet having their afternoon snack of their smaller cousins. We were told that this was a daily occurrence and sometimes the water just boiled with their feeding frenzy.

Back on the coach, we had a calming trip back to Rayleigh. Many thanks to Jackie for all the organisation and to Ann for keeping us in line on the day.

Glyn Overy



ANSWERS – TWO TO DO

<p>1. Flour and fat (when flour is cooked in fat, the fat coats the flour's starch granules. This helps keep lumps from forming when the roux is combined with liquid such as milk or stock.</p>	<p>2. Robin and Maurice (Barry is three years older. The trio had a younger brother, Andy, who died in 1988).</p>
<p>3. Dry powder extinguishers (which have a blue label), & CO2 extinguishers (black label). Water, foam and wet chemicals should not be used.</p>	<p>4. Humerus (upper arm bone) and Scapula (shoulder blade).</p>
<p>5. Hale and Pace</p>	<p>6. Rory and Tony</p>
<p>7. 31 and 37</p>	<p>8. January & February. This increased the calendar from 10 months to 12, making September (7) the 9th month, October (8) the 10th month, November (9) the 11th month and December (10) the 12th month. They also changed Quintillis and Sextillis into July (Julius) and August (Augustus).</p>
<p>9. Improper or top-heavy fraction.</p>	<p>10. Nottingham Forest and Notts County.</p>



GARDENING NOTES

JOBS FOR THE GARDEN IN OCTOBER

- Lift Gladioli corms, Begonia and Dahlia tubers. Leave Dahlia tubers upside down in trays until dried out, then dust with sulphur powder to prevent rot. Wrap all in newspaper and store in a cool frost-free area. Label plants if you want to remember colours for next year.
- Plant out any bare root trees and shrubs.
- Plant out any perennials or biennials you have grown from seed this year.
- Plant Spring bedding such as Wallflowers, Bellis, Primulas and Winter Pansies.
- Prune late flowering Clematis.
- Prune climbing and rambling Roses when they have finished flowering and tie in stems to prevent wind damage.
- Clear up all fallen leaves to prevent diseases such as black spot from overwintering. **DO NOT PUT THESE LEAVES IN THE COMPOST OTHERWISE YOU WILL INFECT YOUR COMPOST WITH THE DISEASE.**
- Generally tidy round to keep weeds at bay and mulch plants.
- Usually this is the time for a last mowing of the lawn. Keep the lawn clear of dead leaves.



ANSWERS – COUNTRY NAMES

1. New Zealand (the name given to the North Island of New Zealand when the Maori navigators first saw signs of the new land).	2. Venezuela (The native stilt houses reminded European explorers of Venetian architecture).
3. France – (The Franks, a Christian Germanic people, established the strongest kingdom of early medieval western Europe).	4. Brazil (the word brasa is formed from Old French brese (“ember, glowing charcoal”).
5. Cyprus (famous in antiquity for its copper resources. The very word “copper” is derived from the Greek name for the island, Kupros).	6. Spain (named by the Carthaginians about 300B.C. They called it Ispania (sphan, meaning “rabbit”) as there was an abundance of rabbits.
7. Sierra Leone (Portuguese explorers named a mountain range Lion Mountains. The country took its name from this).	8. England (the Angles were Germanic invaders, giving the country its later name Angle land).
9. Monaco (Greeks named it after a God “Heracles Monoikos” (or “Heracles of the Single House”).	10. Canada (The name is likely to have come from the Huron-Iroquois word “Kanata” meaning village or settlement).

CHURCH VISITS GROUP
ST. MARY & ALL SAINTS CHURCH – RIVENHALL



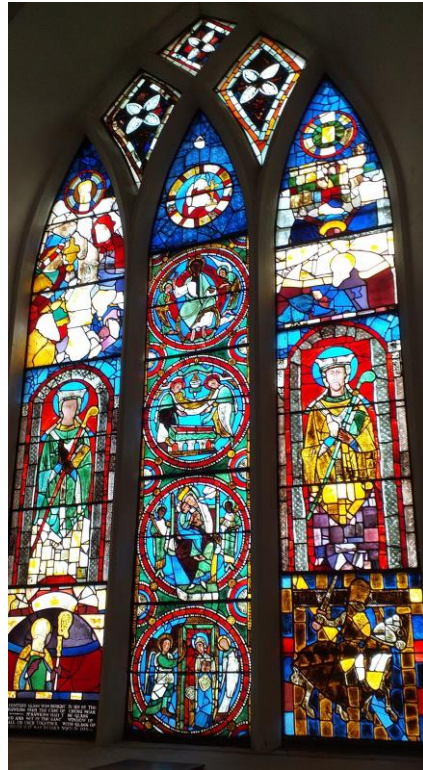
Our September visit was to the church of St. Mary & All Saints in the village of Rivenhall. The weather forecast was not very good – high winds and possibly torrential rain. This very gaunt and plain building stands on high ground in the middle of fields and quite isolated from any dwellings. We were quite literally blown away as we found our way through the churchyard to the porch and the calm of the interior. We were welcomed by our guide Oliver Clark who told us all about the treasures held within.

The church was very bright and light with its plain Victorian windows. The first treasure we saw was the Royal Coat of Arms to King James II a very rare survival. The King was a Catholic and the Arms had been hidden by a local Catholic family and were in private hands for centuries, but had been left to the church in the will of a local lady. As we moved down the nave we were shown the Saxon windows – uncovered and restored, there were also vestiges of medieval wall paintings on the north wall. The underlying structure of the church is late Saxon c. 980, but the church had been built on the site of a Roman villa – some Roman bricks had survived in the external walls.



There were numerous hatchments (funeral coats of arms), memorials to local gentry and in the chancel an alabaster tomb of Ralph Wiseman and his wife Elizabeth d. c. 1598 with the kneeling figures of their six children. This tomb had, some years ago, been carefully dismantled and taken to the V&A for a major exhibition.

The glory of the church, however, was the wonderful East Window containing the earliest medieval glass in England. The panels had been purchased in France in the 1800's by the then vicar and reinstated in the church. One of the panels depicted a knight riding backwards – evidently a symbol of the Knights Templar and on the coat of arms of Temple Barns.



The impressive organ loft housed an organ which had come from St. George's Chapel Windsor.

Despite its gaunt and unimpressive exterior the church did not disappoint with its ancient history and treasures.



Our lunch venue was "The Green Man" at Little Braxted. Recently refurbished we enjoyed an excellent meal in this lovely little pub which can be highly recommended.

Ann Rawlinson
Group Leader

OBITUARY

It is with sadness that we record the passing of our member Joyce Bunn. Joyce had been a member of Rayleigh Grange since our early days. Our sincere condolences to her family.



FROM THE EDITOR

What a very full and interesting edition our October newsletter is – thank you to all our contributors. You will have seen from the foregoing that not all our groups are full and there are places available on several groups who would welcome new members. So why not bite the bullet and try something new and look out next month for details of some exciting new groups.

The next monthly meeting at the Grange will be on Wednesday 1st November with a talk by author “Daisy Bourne” – Peggy Rosalie Griffin on The First Essex Witch Trials who makes this serious subject both interesting and humourous.

The deadline for receiving articles for the November 2023 Newsletter is

Thursday 26th October 2023

rgu3newsletter@gmail.com

Ann Rawlinson

Newsletter Editor

GROUP CALENDAR

If you are interested in joining any of these Groups please contact the Group Co-ordinator

GROUP	DAY	TIME	GROUP LEADER
ART APPRECIATION	3 rd Wednesday	2.00 – 4.30 pm	Geoff Pearce
BADMINTON 1	Thursday – Fortnightly	10.00 am	Jacqui Butcher
BADMINTON 2	Wednesday – Fortnightly	10.00 – 12.00 pm	Geoff Pearce
BIRD WATCHING	4 th Wednesday	10.00 am	Peta Turner
BOOK GROUP 1	4 th Tuesday	2.00 – 4.00 pm	Angela Bartlett
BOOK GROUP 2	Last Thursday	3.30 pm	Jackie Dillnutt
BRIDGE	2 nd Wednesday	7.30 pm	Dave Westall
CANASTA 1	2 nd Monday	2.30 – 4.30 pm	Doreen Brown
CANASTA 2	3 rd Monday	2.00 – 4.00 pm	Edna Webb
CANASTA BEGINNERS 1	3 rd Wednesday	2.00 – 4.00 pm	Ann Clarke-Overy
CANASTA BEGINNERS 2	2 nd Wednesday	2.30 – 4.30 pm	Jane Gee
CHURCH VISITS	3 rd Wednesday	10.00 – 1.30 pm	Ann Rawlinson
CINEMA	Wednesday (various)	Afternoon	Christine Shaw
CRIBBAGE	4 th Thursday	10.00 – 12.00 pm	Susan Neil
DISCUSSION	3 rd Thursday	10.00 – 12.00 pm	Doreen Brown
FAMILY HISTORY 1	1 st Monday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 2	1 st Tuesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 3	2 nd Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 4	4 th Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FILM APPRECIATION	3 rd Monday		Joan Hanscomb
FUTURE LEARN DISCUSSION	As and when	4.00 – 5.00 pm	Pam Green
GARDEN GROUP	Various		Theresa McAninch
IPAD/TABLET	2 nd Friday	2.00 – 4.00 pm	Mark Wiseman
KNIT & NATTER	2 nd Thursday	10.00 – 12.00 pm	Ann Clarke-Overy
LOCAL HISTORY	2 nd Friday	2.00 – 3.30 pm	Janet & Ken Paton
LUNCH SUNDAY	3 rd Sunday		Susan Neil
LUNCH WEEKDAY	2 nd Wednesday		Edna Webb
MAHJONG	Tuesday – Fortnightly	10.00 – 12.00 pm	Keith Robjent
MARITIME HISTORY	1 st Monday	2.30 – 4.30 pm	Sue Howarth-Reading
MINDFULNESS/MEDITATION 1	2 nd Friday	10.00 – 12.00 pm	Carol Bright
MINDFULNESS/MEDITATION 2	4 th Monday	2.00 – 4.00 pm	Carol Bright

OUT AND ABOUT	Various Days		Ann Clarke-Overy
PHOTOGRAPHY MONDAY	Various		Geoff Kittle
PHOTOGRAPHY FRIDAY	3rd Friday	10.00 – 12.00 pm	Maureen Cheesewright
		Contact via WhatsApp	
RUMMIKUB 1	1st Monday	2.00 – 4.00 pm	Jane Gee
RUMMIKUB 2	2nd Thursday	2.00 – 4.00 pm	Pam Green
SCRABBLE	3rd Monday	2.00 – 4.00 pm	Wendy Bedwell
SHAKESPEARE APPRECIATION	3rd Friday	10.30 – 12.30 pm	Paula Whittle
SHORT MAT BOWLS	Tuesday – Fortnightly	2.00 – 4.00 pm	Susan Neil
SINGING FOR PLEASURE	1st/3rd Tuesday	10.30 – 12.30 pm	Joan Wayman
TABLE TENNIS	1st/3rd Friday	1.30 – 3.00 pm	Maureen Saveall
TENPIN BOWLING	Tuesday – Fortnightly	11.00 – 3.00 pm	Jacqui Butcher
TEXTILE & CRAFT	1st & 3rd Friday	2.00 – 4.00 pm	Chris Roffey Sarah Kay
THEATRE/EVENTS	Various times & days		Doreen Brown Edna Webb Susan Neil Ann Clarke-Overy
TRIVIAL PURSUIT	4th Tuesday	2.00 – 4.00 pm	Steve Barns
WALKING MIDWEEK	3rd Monday		Gwen Bushell
WALKING SUNDAY	Last Sunday	10.30 – 12.30 pm	Christine Shaw
WINE THURSDAY	Various	7.00 pm	Susan Neil Ann Newman
WINE FRIDAY	Various	7.00 pm	Susan Neil Ann Newman
WOMEN IN HISTORY	Last Friday	2.30 – 4.30 pm	Lynda Rooke
u3a MONTHLY MEETING	1st Wednesday	1.30 – 4 .00 pm	Various Speakers

For specific dates please liaise with your Group Leader.