

## Chairman's Update May 2024

**u3a Epsom & Ewell**

<https://epsomandewellu3a.co.uk/>

Email enquiries to: [u3aepsom@gmail.com](mailto:u3aepsom@gmail.com)

*LEARN, LAUGH & LIVE*

Welcome to our May newsletter.

Another packed issue of group activities, social events, residential trips and a new addition from Magic Moments, Christmas panto time, is almost upon us.

This month is one of the busiest in our u3a calendar as we host our annual Open House showcase. We hope you can join us and spend a couple of hours learning about the group and social offerings of our u3a.

As ever I need to remind you that my term in office is almost over and it's time for someone new to take over the reins.

Page eleven gives you a brief overview of what's required and page seven gives you some insight into how the current committee have gelled together and formed a good working relationship and more importantly a firm friendship.



Featured in this  
issue:

Open House

Regency Dance

Jazz

Coffee Club

Exploring London

Church Crawlers

Italian Improvers

Surrey Fire &  
Rescue

Committee  
vacancy

**On Monday May 13<sup>th</sup> from  
10.00am-12.00 noon we  
will host our annual Open  
House Showcase at Bourne  
Hall in Ewell Village.**



Your committee, and especially, Libby our groups coordinator has been working very hard getting ready for this annual event. We have almost 40 group leaders who will be attending to promote their particular interest and although their own group may be full, they are willing to discuss with members how they run their group and offer advice on how to set up new groups, the highs and the lows of being a group leader and more importantly the fun and satisfaction that can be gained from feeling valued and making friends.

Also, this year we are pleased to welcome the Surrey Fire Brigade who will be in the Rose Room promoting their free Safe & Well campaign.

Please come and chat to them about how to keep yourself safe in the home.



**Our usual refreshment offering will be  
available from 10.00 – 12.00 noon**

**Please remember your cup if  
possible. Thank you.**

The Third Age Trust runs regular Online Learning Events that are advertised on their page of our website. These events are free for members to attend and offer a very wide range of subjects. One of the most recent at the beginning of April was entitled: An Introduction to AI Chatbots.

This fascinating event had 254 attendees from across the UK. The lecture lasted for 90 minutes with the host explaining to participants about how to use copilot a Microsoft AI platform.



When asked the question – What does a U3A member look like? the AI responded with the image on the left.



The AI then asked if we would like to add colorful and cheerful which produced the picture on the right.



However, when asked what an AI looked like it? It responded with the picture on the left.

We think the top right of those four is probably a u3a AI.



## Regency & Traditional Dance Group

This is a new group for our u3a.

Come along and try some 19<sup>th</sup> century Regency era dancing!



Think of Jane Austen films and dancing cotillions and quadrilles! Don't worry though – we start with some easy country dances of the era and build up to these more intricate forms of the dance.

Many studies have shown that dance is not only a physical exercise but it has great wellbeing benefits too. It coordinates the mind and body as we remember dance sequences.

Next meeting:

Dates: Wednesday May 22nd

Time: 1.30 – 3.00pm

Cost: £3 per person

Venue: Main Hall at the All-Saints Church, Fulford Road, Ewell, Surrey KT19 9QZ



Our teacher and leader is Libby Curzon who has been teaching and calling Regency balls in the London area and beyond for over 10 years. Libby is a firm believer in the benefits of dance. She has a group in Surbiton called Mrs. Bennet's Ballroom.

Please rsvp to Libby

[curzone@hotmail.com](mailto:curzone@hotmail.com)



Present

# NORFOLK + A MURDER MYSTERY

## WHAT'S INCLUDED

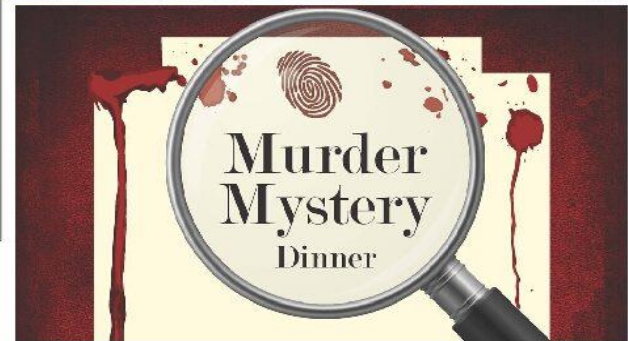
5 days / 4 nights' duration  
**Thursday 17th—Monday 21st October 2024**  
 Return Executive Coach Travel from Epsom/Ewell  
 4 nights half board  
**3\* George Hotel Norwich**  
 Excursion package as detailed overleaf  
 Sample excursion package as detailed overleaf



Houghton Hall

## PRICES & SUPPLEMENTS

Price based on **30 passengers £799pp** Two share  
No single supplement—specific singles 6 rooms  
 Sole use supplement **£79** (4 nights) 14 rooms  
 Deposit **£200pp** (non-refundable/non-transferable)  
 Balance due in full by **23.08.24**  
 Optional Travel Insurance **£45pp**  
*No upper age limit (conditions apply).*



## HIGHLIGHTS

- Ely Cathedral & Stained Glass Museum
- Legends & Lavender Tour + Cream Tea
- Houghton Hall & Gardens
- City of Norwich
- Felbrigg Hall & Gardens (NT) *optional*
- Blickling Hall & Estate (NT)
- Southern Comfort Paddle Boat Cruise
- Murder Mystery Dinner Event
- Constable Country Guided Tour
- Flatford Mill (NT)



Southern Comfort

## HOW TO BOOK

Contact: [epsomsocial@gmail.com](mailto:epsomsocial@gmail.com)

Complete the attached booking form and return with your non-refundable deposit + Insurance premium if required.  
 This tour is operated by Simply Groups, Dalton House,  
 1 Hawksworth Street, Ilkley, LS29 9DU  
 Tel. 01943 605999. Email: [info@simplygroups.co.uk](mailto:info@simplygroups.co.uk)



Ely Cathedral



Norfolk Lavender



**SIMPLY GROUPS**

Simply the Best!

The Specialist Group Tour Operator



## Church Crawlers

Our church for April was a re-visit to All Saints in Kingston Upon Thames. For this visit we started in the coffee shop where 17 members gathered for coffee, cake, and chat.

This is a beautiful church with numerous memorials and stained-glass windows, including one which the faces of the Saints are actually the vicar, the curate and the man from the water works. Very Victorian apparently.

One of the reasons that a re-visit seemed appropriate was because a further three of the Kings' tapestries have now been completed. There are three more to do, and hopefully they will all be in place by 2025, which is the 1100 anniversary since the crowning of Athelstan on September 4<sup>th</sup> 925.



Kingston is where the first Kings of England were crowned. Up to eight Kings have apparently been crowned in Kingston, the most notable being that of Athelstan in a ceremony which laid the foundations for our modern coronation service.



In April several committee members enjoyed a short holiday together at Warners Norton Grange on the Isle of Wight. As any of our members who have been to a Warners facility will know, the quality of accommodation and food is very good. Although the weather was a little bit chilly it didn't stop us exploring Sandown and Shanklin, both of which are sadly in decline like a lot of seaside resorts.

We had a day trip to Osborne House, the seaside home of Queen Victoria and Prince Albert. The house is lovely and well worth a visit.

The view is from the terrace where we had coffee.



We also had time to visit Yarmouth castle which was only a short walk away from Norton Grange. Some committee members decided to get into character!!

And even though this is an adult only venue some of us discovered a very nice swing which the chairman was roped in to push.



Exploring London 13 - In April we returned to the City of London, but this time to the west of St. Paul's Cathedral. This area was the traditional centre of London's printing, publishing and newspaper industries. In a small space there are so many interesting statues and buildings, with the ancient standing side by side with the ultra-modern. We again came across a Gillie and Marc exhibition 'Wild about Babies' and Gill explained how the sculptures were created.

A visit to the Stationer's Hall exterior introduced us to Wynkyn de Worde the 'Father of Fleet Street' and the first to popularise the products of the printing press. We later crossed Holborn Viaduct, constructed over the steep sided Holborn Hill and Fleet River, elaborately decorated both on its side and underside.



Our exploration continued around many side streets, alleyways and courtyards to the north and south of Fleet Street before we visited the café in the Salvation Army headquarters for a well-earned, very reasonably priced lunch.





# EPSOM HOT JAZZ CLUB

(Sponsored by Epsom & Ewell u3a Jazz)



## **Tuesday 14<sup>th</sup> May** **The Pete Rudeforth Band**

*Pete Rudeforth - trumpet;  
David Horniblow - clarinet  
Andy Flaxman - trombone  
Tim Huskisson- piano  
Sandy Burnett - double bass  
John Ellmer – drums*

## **11 June The Forest Hill Owls**

*Chris Lowe trombone; Tom Dennis trumpet; Michael McQuaid reeds;  
Martin Wheatley bjo/gtr; David Horniblow bass sax; Nicholas D Ball drums*

## **9 July Rico's Hot Five – Jazzing Jolson**

*Enrico Tomasso trumpet; Julian Marc Stringle reeds; Paul Morgan - bass,  
Richie Bryant - drums, and Liam Dunachie - Keyboards*

**Tickets £15 (£17 non u3a members)**

**free parking & tea break refreshments**

**All Saints Community Hall, Fulford Road, West Ewell KT19 9QY**

**Doors 1.40 - Music 2 - 4.20 pm - Info 0791 3655**

**458 [m.stevensatlap@gmail.com](mailto:m.stevensatlap@gmail.com)**

**Website: [epsomandewellu3a.co.uk/jazz/](http://epsomandewellu3a.co.uk/jazz/)**

**Hever in Bloom  
Thursday June 27th  
2024**

**£54.00 per person**



**Our trip to Hever Castle includes return coach travel and driver gratuity, admission to the castle and gardens, a self-guided garden tour and a two-course lunch.**

**Itinerary for the day: Arrive at Hever Castle at approx. 10.30am. Time for a coffee and a comfort break before our self-guided garden tour at 11.00, lunch served at 13.30 in the Pavilion restaurant and head for home at 16.00.**

**Hever in Bloom showcases the glorious award-winning gardens at the height of their summer beauty. You will be able to enjoy one of the finest displays of more than 5,000 roses in Kent, the Garden of England.**

**The roses at Hever are particularly admired, with more than 5,000 beautifully displayed bushes creating a kaleidoscope of colour and wonderfully perfumed aromas. As the days lengthen, the Mediterranean-style planting within the Pompeii Wall bursts into life and the herbaceous border displays hundreds of different perennials, each vying for attention.**

**Head into the Castle and you will see wonderful floral displays in selected rooms that simply enhance the beauty of the historic Castle.**

***We recommend that you allow 1.5 hours to explore the gardens.***

**Please speak to a committee member for availability.**

# ***Can you spare 49 hours per year?***

As you should all now be aware, in October this year our chairman will complete his term of office. The chair of our U3A is elected for a three-year term with an option to serve for a fourth and final year if they wish to do so.

Serving on a u3a committee, especially Epsom & Ewell can be very rewarding. We currently have a full committee who work together to oversee the smooth running of our organisation.

Serving as chair of our u3a is not an onerous task. To put it into perspective we'd like you to consider the following:

***Over the course of a calendar year there are 8760 hours***

***(8784 in a Leap year)***

***Of those hours if you sleep on average 8 hours per night***

***you are left with 5840 waking hours***

***(5856 in a Leap year)***

***Serving as chair requires approx. 49 hours per year***

***that's less than 1% of your waking hours per year.***

Those 49 hours break down as follows: 2 hours on alternate months for a committee meeting, 3 hours per month for our speaker events and 4 hours when we have our open house event.

Over the past 38 years our previous chairs have nurtured and encouraged our u3a to grow from the fledgling few members in 1986 to the 1014 we have today. Please consider carefully whether you could be the next member to take on the role of chair.



Presents

## THE YPRES SALIENT + GHENT

### WHAT'S INCLUDED

5 days / 4 nights' duration  
**Tuesday 29th April—Saturday 3rd May 2025**  
 Return Executive Coach Travel  
 Return Eurotunnel crossings to Calais  
 4 nights B&B  
**3\* Novotel Ieper Centrum Flanders Fields**  
 + 1 x group dinner at a restaurant in Ypres  
 Excursion package as detailed overleaf



Ghent

### PRICES & SUPPLEMENTS

Price **25+** passengers **£899pp** two share  
 Single supplement **£119** (4 nights) - max. 14 rooms  
**Pre-bookable excursions to:**  
 Ghent Boat Cruise + Ghent Altarpiece **£ TBC**  
 Deposit **£150pp** (non-refundable/non-transferable)  
 Balance due in full by the **08.03.25**  
 Optional Travel Insurance **£50pp**  
 No upper age limit (conditions apply)  
*Includes Insurance Premium Tax (IPT) @ 20%.*



Altarpiece

### HIGHLIGHTS

- Battle of Britain Memorial Kent
- In Flanders Fields Museum Ypres
- Battlefields Tour + Tyne Cot
- Ghent (+ optional cruise/altarpiece)
- Hoge Crater Museum Guided Tour + Lunch
- Passchendaele Memorial Museum
- Talbot House



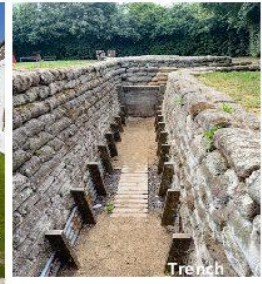
Menin Gate

### HOW TO BOOK

Complete the attached booking form and return with your non-refundable deposit + Insurance premium if required to:  
**Simply Groups Ltd, Dalton House, 1 Hawksworth Street, Ilkley, LS29 9DU**  
 TEL 01943 605999— [info@simplygroups.co.uk](mailto:info@simplygroups.co.uk)  
 Any queries contact **Jenny Baldrey:**  
[jennybaldrey@btinternet.com](mailto:jennybaldrey@btinternet.com)



Tyne Cot



Trench



**SIMPLY GROUPS**  
Simply the best!

The Specialist Group Tour Operator





## Architectural Explorers



This month the group took a trip to Dorking to see the development of the town through the years in its major buildings.

We looked at the art deco halls, the mill, and the incredible St Martin's Church and many other properties, all excellent examples of their era. We then found one of the oldest pubs in the area for a decent bite to eat.

## Gertie's Gardeners

We did our usual tidy up, dead heading and weeding. Then we scattered loads of seeds that had very kindly been donated by one of our members.

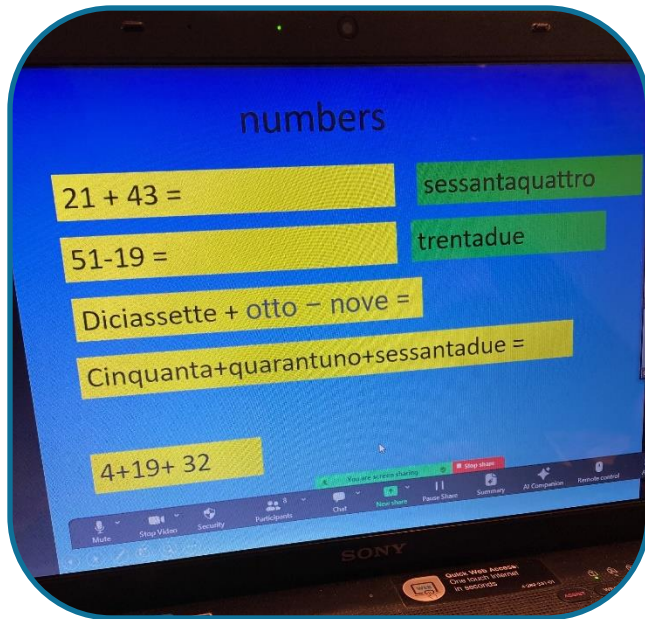
Keep an eye on the garden, we have no idea what will germinate as the soil is not amazing but if everything comes up there'll be a riot of colour.



## Italian Improvers

This group has been going since September 2019 and started as Italian Beginners.

We meet most Fridays. (depending on how many members are on holiday, on cruise ships etc.)



We meet on Zoom as one of our members now lives in Nottingham, nearer to her family, and Zoom means that she can continue to enjoy the group.

The slide on the left was just one of the fun moments recently when the challenge was the math's followed by the Italian.



Sadly, walking with your Bus Pass Group 4 was a victim of bad weather this month and members took a raincheck.





## Garden Visiting Group

Our group decided to go local and further afield this month.

Locally, we went to Ham House to see the bulbs and a very precocious Wisteria that was already flowering in the café garden.



Further afield, we went to Hever castle for their spring event for bulbs, bluebells and the very interesting Italian walled garden.





# Route 406 heritage day

## Sunday 9 June 2024

IT'S  
**FREE**

- Kingston, *Cromwell Road* ⇨
- Surbiton Hill
- Tolworth Broadway and station ⇨
- Ewell Village
- Epsom town centre
- Tattenham Corner
- Tadworth ⇨
- Reigate ⇨
- Redhill *bus station* ⇨

We will be running buses from the 1940s to the 1990s from about 09:00 to 17:00, which will be joined by other buses from private owners. It's completely free and you can ride with us all day.

This special service is not part of Transport for London but will run alongside the regular TfL route 406 on which normal fares apply.

Come for a ride on heritage buses through Kingston, Ewell, Epsom, Reigate and Redhill as part of our programme of bringing buses out of the Museum to run again in and around London



Please support our volunteers by visiting the London Bus Museum. We are open Daily and located within the Brooklands Museum,

LONDON  
**BUS**  
MUSEUM

# **Brighton Pavilion**

**Wednesday**

**July 10<sup>th</sup> 2024**

**£39.00 per person**

Price includes return coach travel, driver gratuity, entry to the Pavilion and a self-guided audio tour.



Join us for a day trip to Brighton. We plan to arrive in Brighton at approx. 10.3am to give members time to enjoy a coffee and a comfort break.

At 11.30am we have booked an audio tour of the Brighton Pavilion in order that members can move around at their own pace rather than being hurried along in a group.

After your tour there will be free time to enjoy lunch and hopefully a stroll in Brighton in glorious sunshine (British weather permitting)

We will then head for home at 4.00pm



**Our Christmas special**

**Musical Museum at Brentford**

**Wednesday November 27<sup>th</sup>**



**Our itinerary is still being finalised.**

**We expect the cost to be approx. £54 per person**

**We plan to arrive at the museum at approx. 12.30 for coffee and a comfort break, followed by a tour of the museum.**

**This will be followed at 2.30pm by a concert with afternoon tea served at approx. 3.15pm after the first interval.**

**The concert is due to finish at 5.00pm when we will board the coach for our homeward journey.**

**Coach pickups will be North Cheam, Ewell Village and Epsom**

**We are limited to one coach for this trip so please save the date.**

**Tickets will go on sale June 1<sup>st</sup>**



The theatre trip offering for April was a trip to Woking Theatre to see Bonnie and Clyde.

Most people know the story of Bonnie Parker and Clyde Barrow and their infamous crime spree which began in 1932 and continued until their deaths in 1934.

The show had completed a successful run in the West End and is now on a provincial tour. Our members enjoyed a very well organised afternoon out with Andrew and Magic Moments.

Our very popular coffee club, run by Rosie and Sue have arranged their next few meetings.



Monday May 20<sup>th</sup>  
Wednesday June 26<sup>th</sup>  
Tuesday July 16<sup>th</sup>



Please remember to contact Sue if you have never attended before in order that she and Rosie can welcome you.

Don't forget coffee club closes for August as Roots café closes for the summer holidays.



**Magic Moments**  
Showcoaches and Tours

**WEDNESDAY 18th  
DECEMBER 2024  
WOKING THEATRE  
1.00pm Matinee**

Once upon a time in a land far away, Princess Aurora is given a twenty-first birthday present by her evil aunt Carabosse. By pricking her finger on an enchanted spinning wheel, she is placed under a cruel curse and forced to sleep for 100 years.

Leading the cast will be stage, screen, and pantomime legend, the one-and-only Christopher Biggins as The Spirit of Dreams, along with Steps singer and musical theatre star Faye Tozer as Carabosse and illusionist, puppeteer, and actor Richard Cadell (accompanied by his friend Sooty!) as Muddles.

Can true love survive and break the spell? Who will outwit the evil Enchantress and foil her wicked plans? All will be revealed in this spectacular pantomime packed with magic, music, comedy, and special effects.

**£43.50 PER PERSON**

Excursion price includes: Stalls ticket Rows G, F, H, K and L, return coach travel, and administrative charges. (Does not include driver's gratuity, discretionary to individuals)

#### COACH BOARDING POINTS

10.45am NORTH CHEAM, London Road – Bus Stop, Outside Costa Coffee

10.55am EWELL, The Spring – Bus Stop, Opposite Bourne Hall Bus Shelter

11.00am EWELL, Epsom Road – Bus Stop, by the top of Mongers Lane

11.10am EPSOM, High Street – Bus Stop, Outside Santander

11.15am ASHTEAD, High Street – Bus Stop, Opposite Betting Shop

(Time has been allowed for pre-show wander/refreshments, traffic permitting)





## **Surrey Fire & Rescue Service**

### **Safe and Well Visits**

*See us at Epsom & Ewell u3a*

**Open House Showcase – Rose Room**

Many fires at home start accidentally and can have a devastating impact on the occupants and their possessions. Knowing how to reduce the risk of fire in your home is an important part of living safe and well. The best way to keep safe from fire, is to understand common fire hazards and reduce the risk from them in your home.

As part of Surrey Fire and Rescue Service's work within the local community, we offer a service called a 'Safe and Well visit'. This is a completely free service and is designed at providing safer living environments for people in the community that require extra care and support. Currently, we work closely with Local Authority Teams, Surrey County Council Community Departments, Adult Social Care and associated community scheme providers, in providing person centred risk assessment, fire safety advice and accompanying fire safety resources, such as smoke detectors, carbon monoxide detectors, fire retardant bedding / throws etc. Any resource provided by us will be fitted and is completely free of charge.

One of the biggest barriers we face with this service, is that it is unknown by many, or is greeted with scepticism by many members of the community, who we quite rightly tell to be wary of scams. Safe and Well visits are carried out by Surrey Fire and Rescue Officers, Partnership Officers and in some instances, our volunteers. All our staff carry identification cards and will produce these at the start of the visit. We will visit you in your home at an arranged time, day or night. The visit is friendly and informal, and there's no need to tidy up or provide refreshments, we are here to keep you safe.

**u3a**  
Epsom & Ewell

# TIME ON YOUR HANDS?

# Open House

[epsomandewellu3a.co.uk](http://epsomandewellu3a.co.uk)

Bourne Hall, Ewell

Monday, 13 May 2024  
from 10:00 to 12:00

Learn about your local u3a activities and events. Enjoy a free drink and biscuits

Do something brilliant today

**u3a**  
Epsom & Ewell

## PAUL BARWICK



# ALEXANDER LITVINENKO: THE SPY WHO SOLVED HIS OWN MURDER

The 2006 assassination of ex-Soviet spy Alexander Litvinenko involved a rare radioactive poison, Polonium 210. Our presentation looks at the life of this Russian intelligence agent and the reasons why a vengeful president wanted him silenced. We examine the mission of the two Russian agents sent from Moscow and the Police operation to track down his killers. Finally, we ask if Mr Litvinenko's family will ever see proper justice for this hideous crime.

Bourne Hall Monday 3 June

In April the first group of members enjoyed a visit to the Speakers Apartments in Parliament. We have received very positive feedback that the tour was very informative and the guide was really good.

We have three more groups of members due to go in August.

We do have a couple of cancellations available.

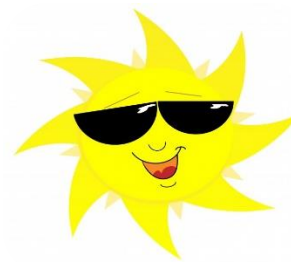
Please speak to a social committee member at our Open House event if you are interested to check availability.

This month promises to be busy as the social committee host the Thames at War River cruise with lunch on May 8<sup>th</sup> followed by our Annual Open House Showcase on May 13<sup>th</sup> and our ticket only theatre trip to see Wicked at the Apollo theatre on May 22<sup>nd</sup>.

We're awaiting dates for the final Mosque tours; Marie has been in contact with Farukh following the conclusion of Ramadan and Eid.

Take care and stay safe,

Tony



The South East Forum of the U3A run a Summer School each year at the University of Chichester.

This year's event will run from Monday 2<sup>nd</sup> – Thursday 5<sup>th</sup> September.

Costings for this year are:

Residential En suite £390

Residential standard £360

Non Res. With dinner £195

Non Res. No dinner £140

Full details of the fourteen subjects on offer this year can be found on their website via the link below.

<https://u3asites.org.uk/southeastu3aforum/events>