

Chair's Update June 2024

u3a Epsom & Ewell

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

Email enquiries to: u3aepsom@gmail.com

LEARN, LAUGH & LIVE

Welcome to our June newsletter.

Your executive committee are delighted to announce that at our July committee meeting we will be welcoming two new committee members.

Sybi Trowsdale and Pam Buckmaster will be standing for election at our AGM in October. Sybi will be standing as chair and Pam will be standing as membership secretary.

The committee are looking forward to working with them both and hope that as members you will make a point of introducing yourselves and making them welcome.

We still need a vice-chair and also help with other areas covered by the committee.

We are currently working on some changes to ensure that our u3a continues to run smoothly and that members can continue to enjoy everything our u3a has to offer.



Let's play Bridge

A new group for complete bridge beginners is starting June 6th

Contact Marion for more details.

If you're an intermediate player then why not join our Tuesday Bridge group on Tuesday mornings at Epsom Sports Club

£3 per session

Contact Christine Grimwood

Full contact details for all Bridge groups are on our website.



Our Open House Showcase

A very successful morning with 22 new members signed up on the day and a further 5 during the month.

Surrey Fire and Rescue were kept busy in the Rose Room and will shortly be starting their Safe and Well visits to members who registered with them for this free service.



Our group leaders were pleased with the response for group enquiries.

These will be followed up in the coming weeks.



The entertainment was provided by our Songbirds, Singing for Pleasure, Ukulele Group and Libby's Regency Dancers.



Thank you to all our group leaders, committee members, and Really Useful group for their efforts, and thank you to all current members and new members who attended our annual event.

Proposed changes to the Third Age Trust

Firstly, an explanation of who are the Third Age Trust and what do they do.

There are over 1000 independent u3a's in the UK with over 400 thousand members, most u3a's are registered as charities in their own right. The Third Age Trust is the umbrella organisation that arranges things such as our public liability insurance, trustee indemnity insurance and offers guidance on policies etc.

Following several years of scrutiny, the Board of the Trust have been undertaking a consultation on governance of the organisation. The present structure was seen as out of date and the elected board did not have the necessary skills and experience for today's charity requirements. The proposal below will be discussed by the current board of trustees in June and if it goes forward will be voted on at the Third Age Trust AGM on 16th October.

The proposal includes:

A smaller board of trustees experienced in oversight and compliance who would have legal responsibility to ensure charity and corporate law is followed, ensure financial integrity and approve the trust budgets.

A u3a council to represent the member u3a's and focus on giving a voice to local u3a's needs, and wider u3a priorities and initiatives.

Trustees and council members would be elected from the u3a members across the nation.

Our Epsom and Ewell executive committee will discuss this proposal at our next committee meeting. Each u3a has a number of votes at the Trust AGM depending on their size, we have 3 votes to cast.

For any members who would like more details of these changes, the relevant documents regarding the proposals are available on our website on the dedicated 'Fit for the Future' tab.

None of this will directly affect us as each u3a is an independent part of the overall movement but it is important that members are kept up to date with developments at Trust level.

Present

NORFOLK + A MURDER MYSTERY

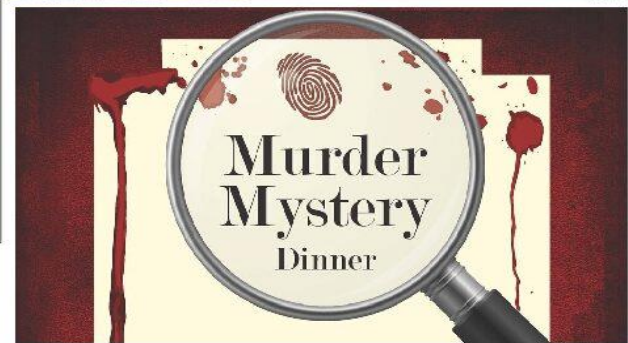
WHAT'S INCLUDED

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



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)



HOW TO BOOK

Contact: 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



SIMPLY GROUPS

Simply the Best!

The Specialist Group Tour Operator



Regency & Traditional Dance Group



This recently started new group is proving to be quite popular.

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.

Main Hall, All Saints Church, Fulford Road, Ewell KT19 9QZ

1.30pm-3.30pm - £3 per person

The group started meeting once a month but by popular request from the members will now be meeting fortnightly.

Upcoming dates are June 5th, 19th, July 3rd and 17th



Date for your diaries:

There will be a Regency Ball at the Horton Centre on Saturday July 20th - £48 per person

Tickets will go on general sale on June 4th (Friends of Horton have priority tickets available on May 31st)

Please contact Libby for further details. curzone@hotmail.com

Walking with your Bus Pass 4

They say that fresh air and sunshine are good for you. Well, we were fortunate enough to have a beautiful morning for our return trip to Morden Hall Park. We met up at the café for coffee before taking a gentle stroll along the footpaths, across the tram route and on to Abbey Mills. It was interesting to hear from members who remembered the area from their childhood as 'the cow field', another who had brought her pupils on visits and some who had shopped at the markets at the Mills in its heyday.

Jane our walk leader also explained some of the history of the river and the area. On our return we walked through the boardwalk which is very lush with all the rain this year.





The social committee outing for May was our Thames at War River cruise.

A beautiful sunny day, lunch served in mess tins and a running commentary from the captain of things to see along the river.



Lunch was sausage meatloaf, mashed potatoes and fresh vegetables followed by jam roly-poly and custard.



Windsor Castle from the river on a lovely sunny day out with u3a friends.

Our ticket only theatre trip for May was Wicked at the Apollo Victoria.

This visit was possibly the week after all schools had finished their SAT's exams and therefore hundreds of children were out for an afternoon treat on the same day as us.

Children's
Day



They were however incredibly well behaved and were filling up all the seats quite a few rows behind us and in the circle.

Well done Fiona for booking us some very good seats.

The show was very good and the lead actors certainly had some amazingly powerful singing voices. A lot of us have seen the show before but it's definitely a show you can enjoy time and again.

The applause at the end of the show was well deserved and the children certainly showed their appreciation.



EPSOM HOT JAZZ CLUB

(Sponsored by Epsom & Ewell u3a Jazz)



Tuesday 11th 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

Website: epsomandewellu3a.co.uk/jazz/

In May Tony led Exploring London 8 for a walk from Waterloo, through Charing Cross passage to the newly refurbished Embankment café for morning coffee and then a stroll through Embankment Gardens with a detour across the road to look at Cleopatra's needle and the 'dolphins' on the benches.



At least they're meant to be dolphins but they have scales and serpent's tails, so not exactly a true likeness.



We looked at the numerous statues in the gardens which include: Robbie Burns, The Imperial Camel Corps memorial sculpture, Robert Raikes, Sir Wilfrid Lawson, Richard D'Oyly Carte and finished at the memorial to Sir Arthur Sullivan of Gilbert and Sullivan fame.



Sullivan's memorial is a weeping Muse of Music, who is so distraught her clothes are falling off as she leans against the pedestal.



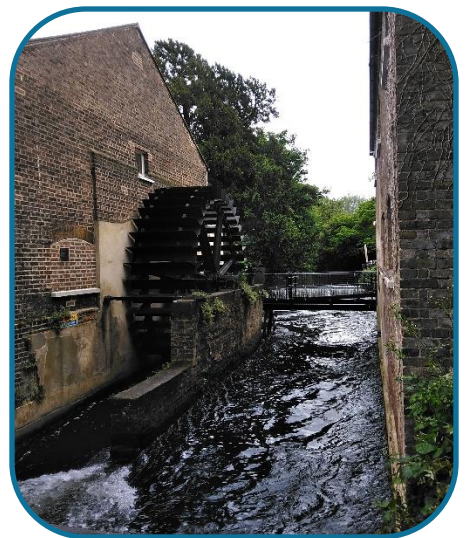
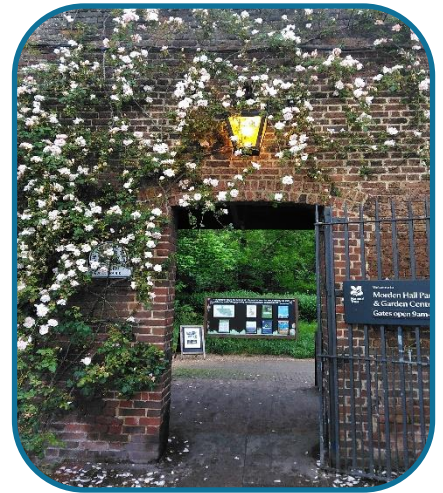
At the bottom of the pedestal is a mask of Pan, sheet music from the Yeoman of the Guard and a Mandolin inscribed with the sculptor's name W Goscombe John A.R.A. 1903 which is the year it was erected.

WALKING WITH YOUR
BUS PASS 1

Ten of our group boarded the 293 bus from Epsom to Morden, and then into Morden Hall park last Wednesday. If you do not know this area, it is a truly beautiful National Trust Park, crossed by the River Wandle and many small streams. Although it was a little drizzly during our morning, we enjoyed the lush green of the park. Shortly on entering we discovered the old water mill which once powered the Snuff mills, turning tobacco into snuff during the 18th and 19th centuries. We had a brief sighting of the original Morden Hall, which was once a school, then a military hospital during the first World War and later a hospital for women and children.

Our group crossed over the River Wandle over the famous White bridge, then entered the rose garden, which is just beginning to burst into colour. This garden will be well worth a visit in a week or two, if the sun decides to reappear! Our walk ended with coffee and cake in the Stable Yard Cafe. Nearby there is also a small, but attractive, garden centre and gift shop. A lovely morning walk, only slightly curtailed by the drizzle.

There is much to discover on the history of the park - just ask Google.



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
 Any queries contact **Jenny Baldrey:**
jennybaldrey@btinternet.com



Tyne Cot



Trench



SIMPLY GROUPS
Simply the best!

The Specialist Group Tour Operator



Ten Pin Bowling

Our ten-pin bowling group meet at 2.30pm every Tuesday afternoon at the Charrington Bowl in Tolworth.

This is an established group and has space for more members.

Contact Jon via the website



Our u3a committee meets bi-monthly and have for the last two years held our meetings at Birchgrove, Lower Mill in their library.

As our committee has now returned to pre-pandemic numbers the library is unfortunately no longer large enough for our needs. We are very grateful to Lower Mill for accommodating us and thank them for their hospitality.

We have therefore been searching for a larger alternative venue and are very pleased to have arranged with Atkinsréalis at Woodcote Grove to use one of their boardrooms for our future meetings.

This is a free service that they offer to locally based charities.

Thank
You



Where can you visit and see a tribute to Bob Marley, Guy the Gorilla, a couple of Sphinxes, an abandoned aquarium and prehistoric animals? The answer is Crystal Palace Park.

The whole area has seen many years of neglect and grand plans that were later abandoned. It is now maintained by the London Borough of Bromley in partnership with Crystal Palace Park Trust. Lottery funding has seen a start on the work to repair and restore the dinosaur area whilst plans to restore the Victorian grade 1 listed Italian terraces have been submitted.

The group found the area fascinating and for those who enjoy walking it forms part of both the Capital Ring walk and the Green Chain route.

Gail guided us around a large section of the park and explained its uses and changes over the last 175 years. Some of the group had lived near to the park in younger years and one remembered going there to watch motorcar racing on the Crystal Palace circuit.

Gails full report is on page 15.



Exploring London 13 visited Crystal Palace Park, starting our walk from Crystal Palace Station, which was built when the Great Exhibition was moved from Hyde Park in 1854. Our first visit was to the restored dinosaurs' statues. Benjamin Waterhouse made the statues with the help of Richard Owen who invented the word "dinosaur" in a first attempt to see what they looked like. To promote the statues a New Year's Eve dinner was held with 11 diners sitting inside the Iguanodon. The area was landscaped from rocks quarried in the UK. Though now covered by weeds you can still see the layers. We leisurely strolled through the park, stopping for refreshments, and then visited the War memorial for the Royal Navy Volunteer Reserves in the Great War. The Crystal Palace concert bowl has now been replaced by the music platform (called the Rusty Laptop by locals). In the past famous musicians played here. They included Bob Marley, Elton John and Vera Lynn. We made our way to see the terraces and Sphinxes. The Sphinxes have been restored and painted red, as they are based on the red granite Great Sphinx of Tanis in the Louvre Museum. The Italian terrace is still to be restored. The Crystal Palace TV transmitter built in 1950 replaced John Logi Baird's TV station and transmitter in 1933, built on part of the site of the 120,000-gallon sea water aquarium in 1871. Sea water was brought in by train from Brighton. When the public lost interest in 1890, the tanks were drained and monkeys occupied the tanks. The remaining foundations are next to the transmitter.

We made our way past the surviving Italian mosaic subway (being restored) of the low-level train station, to a French Café St Germain for an enjoyable lunch, completing our walk to Gipsy Hill Station, with a view across London. Unfortunately, the weather was cloudy so we could only see vague shapes on the horizon.



Walking Cricket

Joining the u3a introduces you to a variety of interesting activities. Through the u3a I joined the Walking Cricket group. It is run under the umbrella of Epsom Cricket Club in conjunction with Surrey County Cricket Club and involves regular training sessions, indoors during the winter and outdoors during the summer. There are also games arranged against other clubs.

It is open to all genders who are interested in playing the game and are over 60 years of age.

A team consists of 8 players and everyone contributes by batting, bowling and fielding. As the name suggests the most important rule is to walk at all times and not to run.

Recently the team Epsom Thoroughbreds were involved in a knockout competition. Epsom got to the final and won, becoming the Surrey Walking Cricket champions, retaining the trophy they had won the previous year.

The aim is to get everyone involved as much as possible and make it enjoyable for all.

If anyone is interested in participating, please refer to u3a website for more information.



David Wheeldon

Team member

Brighton Pavilion

Wednesday

July 10th 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. 10.30am 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

Last few places available

Our Christmas special



Musical Museum at Brentford



Wednesday November 27th



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 book early to avoid disappointment.

Tickets on sale from June 1st

£52 per person

Includes return coach travel, afternoon tea with concert and driver gratuity.



Exploring London 11 have been out and about during April and May.

**They have visited St James Palace and
the Electric Cinema in Notting Hill.**

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



Wednesday June 26th

Tuesday July 16th



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)

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

u3a
Epsom & Ewell

JUDE HAYLAND



WRITE ON!

An introductory talk on writing and what this creative activity can offer all of us in our lives. Whether we are writing for profit, pleasure or personal achievement, writing offers everyone an intimate, consoling and satisfying experience at every age. In this talk, we look at getting started – at the reasons why people write, the creative process, the stimulus, genres and forms available.

Bourne Hall Monday 1 July at 10:30

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 the June Bourne Hall meeting if you are interested to check availability.

Quite a month one way and another.

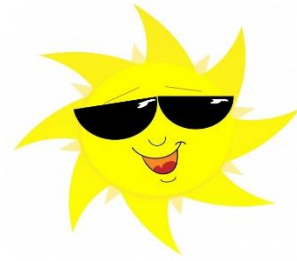
A really successful Open House, a beautiful day out on the river with lunch and wall to wall sunshine and a successful trip to the theatre to see Wicked.

The social committee's final event for the year, a day trip to the Musical Museum on November 27th goes on sale June 1st.

We still have places available for both of the residential trips that are being organised for us by Simply Groups, and there are tickets available for Sleeping Beauty at Woking Theatre with Magic Moments in December.

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 2nd – Thursday 5th 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>