

E & E News - September 2024

**u3a** Epsom & Ewell

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

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*LEARN, LAUGH & LIVE*

Welcome to our September newsletter.

For August our members enjoyed Mary Smith's talk 'A Schoolgirl's War', a fascinating insight into the workings of a school during wartime. The queue to buy a copy of Mary's book went right across the stage and up the side of the hall. Probably a good thing that she'd brought two boxes with her as by the end she only had three copies remaining.

For September we have something completely different with a talk by Dr David T Jones entitled 'From Primordial Soups to Primates in Suits – Evolution of All Life on Earth'.

We are also fast approaching our October AGM which we hope will be well attended as we have a very interesting speaker to follow the business of the day.

On September 1<sup>st</sup> voting will open online in order to make it as simple as possible for members. Please make sure to vote even if you cannot attend the AGM as every vote matters.

**Late announcement: Social committee have two new Christmas events Nov 22<sup>nd</sup> Winchester Dec 7<sup>th</sup> Rochester. Check the website for details.**



A huge thank you to Sue Skelton for editing our newsletter for the last four years,

I'm sure we all appreciate the time she has taken to make it so interesting and informative.

## Exploring London 13

On a hot August day, EL 13 explored some of the 10 acres of The Regent's Park. Starting at the colourful Italianate gardens, they enjoyed the shaded Avenue Gardens with the Ready Money statue, before walking into Queen Mary's Rose Garden and the Japanese garden with its waterfall.

They walked across the sports pitches before leaving the park beside the zoo and walking up to the peak of Primrose Hill. At 210 feet it had magnificent views across the city. They descended the hill into Primrose Hill 'village', even finding a shady spot to eat a picnic lunch close to the colourful Georgian villas.



## NEW EXPLORING LONDON GROUP EL16

4th WEDNESDAY OF THE MONTH

LEADERS CAROL WILLIAMS AND LIBBY CURZON.

We met at Vauxhall bus station at 10.30am and took the underground Victoria line to Kings Cross station.

First, we looked at the lovely Gothic Victorian façade of St Pancras station and were able to tour the public areas inside by invitation. This included the wonderful restaurant, the bars and grand staircase. An unplanned unexpected bonus. It is now a five-star hotel in a grade one listed building.

After coffee at the Betjeman Arms Pub on the station's Grand Terrace, we explored the 9-metre bronze statue called the Meeting Place or Lovers statue, with an intriguing frieze around the base, an unusual war memorial. We heard the story about the station clock and a statue of John Betjeman who, with the Victorian Society, campaigned long and hard to prevent the façade being demolished as part of the redevelopment in the 1960s. The back stories were very interesting.

Then to Kings Cross station to see the modern ceiling with an unusual spiral design and special panels to reduce ambient noise.

Outside in the pedestrian complex we saw a huge replica of a birdcage which is illuminated at night and once a month hoisted into the sky and called the UFO. St Pancras Square presented us with nice restaurants, a water feature and head offices of prestigious companies such as Google and Universal Music.





*Exploring London 13 cont.*

The top of the square led to a bridge over the Regent's Canal, an open-air cinema and Granary Square, used for storage for just about anything in the past. Here were many small fountains, a children's paradise.

Next Coal Drop Yard, the main old industrial area with coal being brought from all over the country and deposited in hoppers where merchants in Victorian times would come with horse and cart to buy coal to power the whole of London. Later the mode of transport was modernised. Two tunnels leading off the square had many information boards about the history of the canal.

Then off to Cubitt Square to view three enormous gas holders, two being converted into luxurious apartments, a one bed unit is on offer for £1.8m. The third is being left as the original metal structure surrounded by a nice park. Finally, our walk ended on a bridge overlooking St Pancras Lock and the old lock keeper cottage looking very smart and pretty in the sunlight.

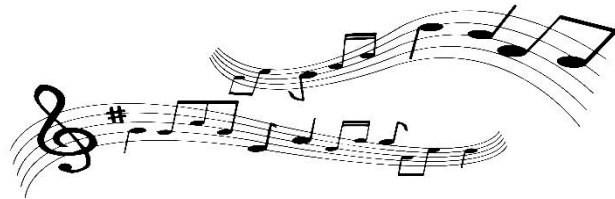
After we had lunch at the Barrel Vault, a Wetherspoons Pub we made our way home at 3.00pm.

The walk itself took 2 and a half hours at a gentle stroll.

*Written by Carol Williams*



## Singing for Pleasure



“Singing For Pleasure” sang to Members of the Epsom Methodist Church in July, it was a really hot afternoon, for those who were attending the “Holiday at Home” Event, they were on an imaginary Cruise Ship visiting different countries. We sang songs that they could all join in with, finishing with requests from the audience, which included “Run Rabbit, Run Rabbit, Run, Run, Run”; “Daisy, Daisy” and “Don’t Sit under the Apple Tree” which we didn’t have the lyrics for, but one of the Church members kindly put the words up on their big screen. Having been “sung out”, we ended the afternoon with tea and scones. A good time had by all; we were presented with a huge box of chocolates which the group will enjoy when we return in September.

*Jenny Sparrow*



## 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 - £4 per person

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

Upcoming dates are September 11<sup>th</sup>, 25<sup>th</sup>, October 9<sup>th</sup>, 23<sup>rd</sup>, November 6<sup>th</sup>, 20<sup>th</sup>.

There will be a tea dance at St Marks, Surbiton, Sat 28<sup>th</sup> September.



Please contact Libby for further details. [curzone@hotmail.com](mailto:curzone@hotmail.com)



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)
- Hooge Crater Museum Guided Tour + Lunch
- Passchendaele Memorial Museum
- Talbot House



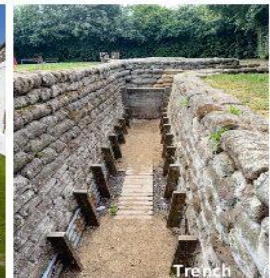
Menin Gate

### 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



Named at the  
**Group**  
 Leaders & Travel  
 AWARDS  
 2020

**SIMPLY GROUPS**  
 Simply the best!

The Specialist Group Tour Operator



Ukulele Group &  
Belly Dancing Group



The ukulele group and belly dancers were invited to entertain the passengers on a cruise to Egypt, and accepted with great enthusiasm!

Although it was almost as hot as Egypt, we were actually at Epsom Methodist Church where the participants enjoyed a whole week of cruising to different places, organised as part of their Holiday at Home programme. The belly dancing group gave a wonderful colourful display of dancing, and the uke group followed with an enthusiastic singalong which the cruise passengers joined in with gusto. Our version of Moon River even inspired two members of the u3a Ballroom group to get up and dance an impromptu waltz. We had great fun adapting the lyrics to well-known songs to fit with the theme ('Cruisin' Down the Nile' replaced 'Putting on the Style'). An exotic and enjoyable afternoon was had by all! One day we might get on to a real cruise if we all practice hard enough....

*Sue Overy*

*Group Leader Ukulele*





## Improv Comedy

This group is held on the 4<sup>th</sup> Friday of each month on Zoom and has been running for about three years.

It's a chance to have fun and be creative in a very light-hearted way. The members are from u3a's across the UK and the group is led by Jim Palmer who was the secretary of Horley u3a until recently before moving to Wales.

The next meeting of the group is on Friday October 25<sup>th</sup> @ 2pm, and the group would welcome more members.



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



**Tuesday September 24th**

**Monday October 21st**

**Wednesday November 20th**

**Monday December 16th**



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

## Speaker's apartments

In August three separate groups of members enjoyed visits to the Speaker's Apartments. This year marks the 75<sup>th</sup> anniversary of the creation of the modern Commonwealth with the signing of the London Declaration.

The behind-the-scenes visits were led by experienced guides. The tour starts at the Grand Staircase. The 22<sup>nd</sup> August visit was led by Iwan who was very informative and we learnt all about the works of Pugin and many others. There are numerous special items on display which includes a fighter pilot's helmet which was presented to Sir Lindsay Hoyle by President Volodymyr Zelensky on a recent visit. We visited the Crimson Drawing room which has numerous portraits hung around the walls, followed by the State dining room which was laid out for a banquet and was very elaborate.

We finished at the State Bedroom which is a strange mixture of furniture, it includes seating for guests, a grand piano and the State bed. The last item went missing for a number of years and was recovered when a newspaper article was published and a couple reported that they had purchased the bed at an auction 20 plus years ago and they had it in storage. It was subsequently returned to the crown estate, renovated and replaced in its rightful setting.

Aug 22<sup>nd</sup>  
Group



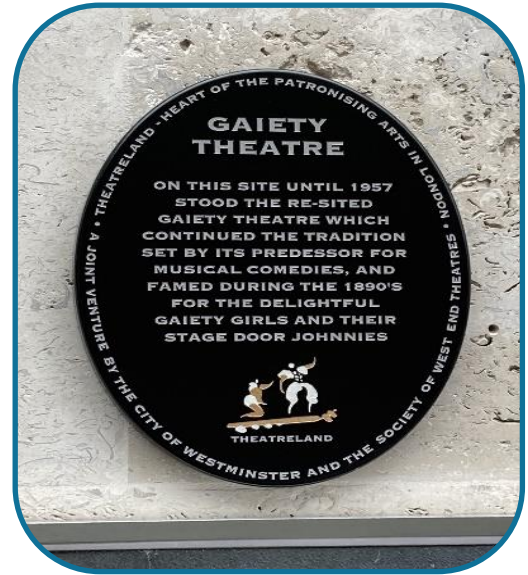
Aug 29<sup>th</sup>  
Group

## Exploring London 8

For August Carmel decided that, as it was rather hot, we would start our day with coffee at Shakespeare's Head which is a Wetherspoons pub with some very large tables that easily seated 12 of us and Carmel told us the story of the Strand. After coffee we ventured across to the Novello theatre where there is a plaque to the original Gaiety Theatre.

We passed the Indian Embassy which had a very high police presence on the day as they were expecting a protest march to arrive imminently.

We finished our day with a visit to St Clement Danes church which is the RAF church. A beautiful building set in the middle of the road and well worth a visit. Outside the church is the statue of Samuel Johnson, one of the most famous literary figures of the 18<sup>th</sup> century.





## Current Affairs Group

Our Current Affairs group leader has notified us that she has space for a couple more members. The group meets at Court Farm Garden Centre, off Ewell By Pass, on the second Monday of the month at 2pm. They have a nice light and airy café and plenty of parking.

Each participant suggests a topical subject, perhaps from a newspaper article or a recent television programme which is then discussed. This usually moves on to other topics. No preparation is expected.

Contact Maureen via the link on their interest group page of the website.



## Creative Writing Group

Our new creative writing group will be holding their first meeting on Friday October 4<sup>th</sup> at Stoneleigh Library from 2.30-4.30.

They have space for more members. There will be a small fee per member to cover the cost of the room hire.

The group will be suitable for beginners or experienced writers.

Everyone will take their turn in contributing their own ideas and inputs for the benefit of all.

Time will be made to get to know people and make new friends.

You can contact Will Ward for more details via the Interest Groups page of the website where Creative writing have their own page and a link to Will.



# EPSOM HOT JAZZ CLUB

*(Sponsored by Epsom & Ewell u3a Jazz)*

***Tuesday 10<sup>th</sup> September 2024***

***Spats Langham's***

***"Five nickels"***

***Tickets £15 (£17 u3a members)***

***Keeping the memory of Keith Nichols Hot Five Alive***

***Tom 'Spats' Langham - leader/vocal/banjo/guitar, Enrico***

***Tomasso – cornet, Trevor Whiting – reeds, Martin***

***Wheatley – banjo/guitar, Richard Pite - drums***

***Free parking & tea break refreshments***

***All Saints Community Hall,***

***Fulford Road,***

***West Ewell KT19 9QY***

***Doors 1.40 - Music 2 - 4.20 pm***

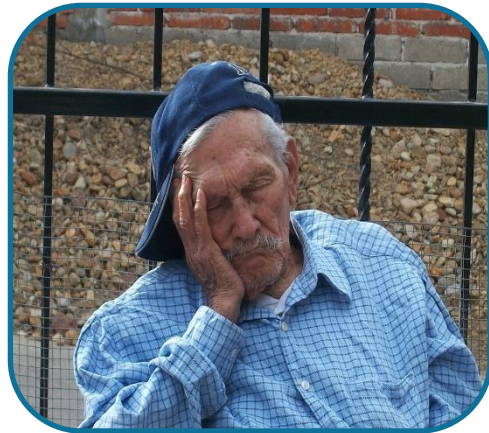
***Info 0791 3655458***

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

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

# AGM

**Monday October 7<sup>th</sup>  
2024  
10.30am**



On Monday October 7<sup>th</sup> we will be holding our AGM at Bourne Hall. We will deal with the formalities of the day as quickly as possible.

Doors will open at the normal time. Our AGM will start at 10.30 and we hope to complete business by 10.50 in order that members can have a comfort break before our speaker starts at 11.00.

Voting for the AGM will open on September 1<sup>st</sup> and we ask you to vote, please, as it's important that our AGM is quorate and that all the paperwork for the day is approved in order that it can be lodged with the charity commission.

We also have elections for committee members, some of whom will be new to the committee and some who have agreed to stand for a further year.

Voting papers will request you to approve the minutes of the last AGM, approve the Chair's report, and the Treasurer's report which has been checked by our independent examiner.

You will be able to vote for committee members etc. There is also a section in which you can raise any questions on the ballot paper, which we try to answer as quickly and fully as possible. These will be published on the website on the AGM page in order that all members are aware of questions asked and answers given.

We request that you do not ask questions at the actual AGM if possible as this slows down the business of the day and delays the start of our speaker.

*thank you!*



Facebook

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rounded rectangular background.

We know Facebook is one of those Marmite things about modern life that people either love or loathe.

However, for those members who do enjoy social media, the Epsom and Ewell u3a has for the last few years had a private Facebook Group that is open to members only.

We check that any members who request to join are current members of our u3a via our Beacon database.

We'd like the group to be more active and group leaders and members are invited to share anything that they think will interest other members.

The group is Private so any posts can only be seen by members of the group and we remind members that U3A is not religious or political, but you are free to share pictures of days out or comments about things you have enjoyed or local events.

We also have a Public Facebook Page; this is administered by one of our members who posts three or four times a week about u3a items of interest.

Page posts can be seen by the public at large and we use this as our advertising to the public of the role of the u3a within the local community and what we offer to our members.

For more details

email [u3aepsom@gmail.com](mailto:u3aepsom@gmail.com)

## Trust Online Learning Events

For members interested in the Zoom sessions hosted by the Third Age Trust, coming up in September we have:

Sept 3<sup>rd</sup> – Flight Inspirations Aviation Meeting: WW1 Aviation

Sept 9<sup>th</sup> – Yoga Network for group leaders – Online workshop

Sept 11<sup>th</sup> – Laughter Yoga with Judith

Sept 12<sup>th</sup> – Mods versus Rockers: A 1960's 'Moral Panic'

Sept 13<sup>th</sup> – City Streets, Scottish Islands & Silhouetted Hills: Bet Low (1924-1977)

Sept 16<sup>th</sup> – Exploring World Faiths – Charity Monday

Sept 17<sup>th</sup> – Staying Safe Online – A u3a Presentation with Q & A

Sept 19<sup>th</sup> – Mindfulness and Meditation – Continuation Session

Sept 23<sup>rd</sup> – Artificial Intelligence News

Sept 24<sup>th</sup> – Introduction to Cryptic Crosswords

Sept 24<sup>th</sup> – u3a Week – Barnsdale

Sept 24<sup>th</sup> – Laughter Yoga with Merrie Maggie

Sept 25<sup>th</sup> – Mindfulness and Meditation Series

Sept 25<sup>th</sup> – Upgrade Your Brain

Sept 25<sup>th</sup> – u3a Week – The Secret Lives of Garden Bees

Sept 26<sup>th</sup> – Decimals Numbers Old and New with Dr Knott

All of these sessions are free to u3a members. They do sell out quite quickly so it's worth keeping an eye on our website.

*Booking links are on the Trust Online Learning Events page*

**u3a**

Epsom & Ewell

**DR DAVID T JONES**



**FROM PRIMORDIAL SOUPS TO PRIMATES IN SUITS: THE EVOLUTION OF ALL LIFE ON EARTH**

David is an entomologist specialising in rainforest insects and soil ecology at the Natural History Museum in London. His talk discusses how life evolved more than 3.5 billion years ago, and how today humans share the planet with around 12 million other species. David will explain the origins of life in the oceans, the evolution of millions of species, the extinction of millions more, and the rise to dominance of homo sapiens.

**Bourne Hall Monday 2 September at 10:30**

**u3a**

Epsom & Ewell

**DR JAMES TAYLOR**



**GRACE DARLING AND THE FINE ART OF SAVING LIVES AT SEA**

2024 marks the 200th anniversary of the Royal National Lifeboat Institution. Our presentation today describes Darling's daring rescue of steamship passengers off the Northumberland coast in 1838. Discover more about her bravery and short life (died aged 26) living in the Brownsman and Longstone lighthouses. Grace became the poster girl of the RNLI and was the first woman awarded their medal for gallantry.

**Bourne Hall Monday 7 October at 10:30**



## Surrey u3a Network Study Day

**Understanding AI & Its Repercussions for Society,  
Now & in the Future**

**A Study Day led by members of the u3a 'AI for Everyone' team, with support from the University of Surrey and talks by Russell Whitworth, Ian Hawker, Peter Lord, Dr Andrew Rogoyski & Alan Freeland.**

**The Menuhin Hall, Stoke d'Abernon**

**Friday September 20<sup>th</sup> 2024**

**9.30am Registration – tea and coffee provided**

**Members £12 Guests £15**

**[Booking details on our website](#)**

That brings us to the end of another busy month.

Please remember to cast your votes for our AGM. The AGM pack which includes all the relevant paperwork is on its own page of our website and voting is as usual online to allow as many members as possible to cast their votes, irrespective of whether they are able to attend the AGM in person.

Take care and stay safe,

Tony

