

**Monthly Meeting**

**April 2026**  
 Thursday 2<sup>nd</sup> April at 2:15pm  
 Community House, Peacehaven  
 (formerly The Meridian Centre)



**Rosie Ann Page**  
*Singer*

**Monthly Meeting**

**May 2026**  
 Thursday 7<sup>th</sup> May at 2:15pm  
 Community House, Peacehaven  
 (formerly The Meridian Centre)




**Roy Peachey** talks about the charity

Please remember to bring your own cup/mug for tea/coffee

**Monthly Meeting**

**June 2026**  
 Thursday 4<sup>th</sup> June at 2:15pm  
 Community House, Peacehaven  
 (formerly The Meridian Centre)

**Tales from the times of the Raj**




A talk by  
**Rukshana Masters**

**Monthly Meeting**

**July 2026**  
 Thursday 2<sup>nd</sup> July at 2:15pm  
 Community House, Peacehaven  
 (formerly The Meridian Centre)

**The Crop Circle Mystery**




A talk by  
**Andy Thomas**

**Monthly Meeting**

**August 2026**  
 Thursday 6<sup>th</sup> August at 2:15pm  
 Community House, Peacehaven  
 (formerly The Meridian Centre)

**Scam and fraud advice**



**PC Richard Amos**

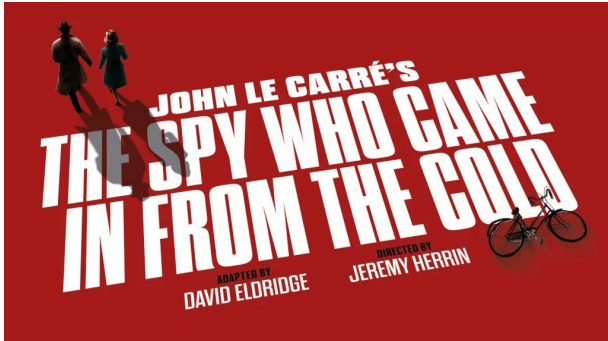
**N & P Coffee Morning**

<b>Newhaven</b>		<b>Peacehaven</b>
4 <sup>th</sup> Tuesday each month	10am ↓ 12 noon	2 <sup>nd</sup> Tuesday each month
<b>The Bridge Inn</b> Bridge Street		<b>Peacehaven</b> Stonehouse Carvery
Opposite Denton Island bridge		South Coast Road

Join us for a chat and a cuppa 

For information on Groups and Events visit <https://newhaven-peacehaven.u3a.site.uk>

**The Spy Who Came In From The Cold—Wednesday 3rd June 2026 2:30pm**



**Theatre Royal Brighton. £49**

Disillusioned British intelligence officer Alec Leamas is ready to come in from the cold – until veteran agent George Smiley persuades him to take one final mission against the East German Secret Service. Deep undercover, he finds his convictions tested and his defences breached by Liz Gold, a quietly defiant librarian whose compassion threatens to thaw his frostbitten heart. Following a sold-out run at Chichester Festival Theatre and a hit West End premiere, this gripping new play written by **David Eldridge** (*Beginning, Middle*) and directed

by **Jeremy Herrin** (*A Mirror, People, Places & Things*) is now on a UK tour. Based on the worldwide bestseller and named in TIME Magazine's All-Time Greatest 100 Novels, **The Spy Who Came In From The Cold** is a riveting journey through the fog-shrouded terrain of Cold War espionage, deception, and moral compromise.

**Optional lunch at Pinocchio's, 12 noon.**

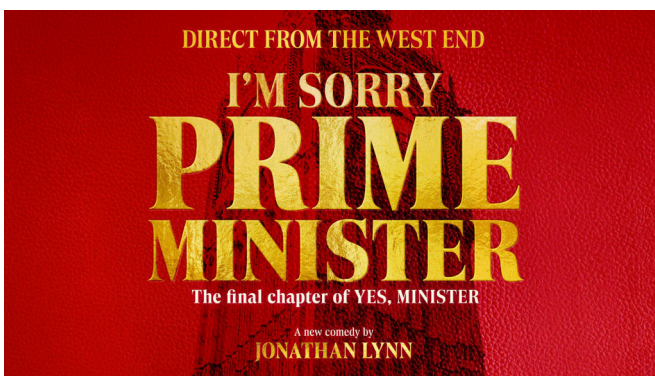
**The Haunting of Hatlock Hotel Saturday 6th June 2:30pm Community House,**



**Peacehaven £12.50**

This June Peacehaven Players will present "**The Haunting of Hatlock Hotel**", a brand new jukebox musical by Judith Foot. With show-stopping favourites like *Tragedy* and *Can't Help Falling In Love*. Packed with eccentric characters, ghostly goings-on and toe tapping tunes, the story follows the spirited Elizabeth Hatlock—quite literally—after she returns as a ghost to watch over her beloved family hotel. With mystery shoppers, paranormal investigators, a lingering trapped spirit, and a niece who may be more hindrance than help, expect plenty of laughs, a dash of mystery, and songs guaranteed to lift the mood.

**I'm Sorry Prime Minister Wednesday 15th July 2:30pm**



**Theatre Royal Brighton. £42.95**

Jim Hacker is back – older, but perhaps not wiser, and still utterly baffled by the real world. Hoping for a quick retirement at the tranquil Hacker college, Oxford, Jim instead finds himself facing the ultimate modern crisis: cancelled by the college committee. Enter the delightfully devious Sir Humphrey Appleby who has lost none of his love for bureaucracy, Latin phrases, and well-timed obstruction. Can Humphrey out manoeuvre the meddling students, the Fellowship, and reality itself? Or is it finally time to say, "*I'm Sorry, Prime Minister...*"?

From the BAFTA Award-winning co-creator of *Yes, Minister* and *Yes, Prime Minister*, Jonathan Lynn, comes the long-awaited final chapter of British political satire – and it is as cunning, cutting, and catastrophically funny as ever. Brimming with razor-sharp wit, nostalgic brilliance, and more double-speak than a press briefing, this is political comedy at its most timeless – and timely.

Book now for a night of laughter, legacy, and one last glorious round of red tape, *I'm Sorry, Prime Minister*.

**Optional pre-theatre lunch at Pinocchio's**

## **Mamma Mia! the musical Thursday 16th July 2026 2:30pm Congress Theatre**

BENNY ANDERSSON & BJÖRN ULVÆUS'  
**MAMMA MIA!**  
THE SMASH HIT MUSICAL BASED ON THE SONGS OF ABBA®



### **Eastbourne. £43.20**

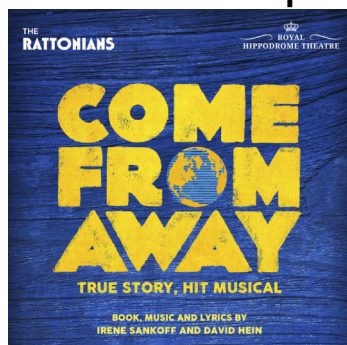
From West End to global phenomenon, MAMMA MIA! is Judy Craymer's ingenious vision of staging the story-telling magic of ABBA's timeless songs with a sunny, funny tale of a mother, a daughter and three possible dads unfolding on a Greek island idyll.

To date, it has been seen by over 65 million people in 50 productions in 16 different languages. In 2011 it became the first Western musical ever to be staged in Mandarin in the People's Republic of China. MAMMA MIA the musical became the 8th

longest running show in Broadway history where it played a record-breaking run for 14 years. The movie version is said to have been the highest-grossing live-action musical film of all time upon its release in 2008. A second film, Mamma Mia! Here We Go Again, opened in July 2018 and is the most successful live musical movie sequel of all time.

**Optional lunch at Pomodoro e Mozzarella, 12noon.**

## **The Rattonians present Come From Away Saturday 1st August**



### **Royal Hippodrome Theatre. £23**

**7,000 stranded passengers. One small town. A remarkable true story.** Winner of four Olivier Awards including Best New Musical, this smash hit show shares the incredible real-life story of the 7,000 air passengers from all over the world who were grounded in Canada during the wake of 9/11, and the small Newfoundland community that invited these 'come from aways' into their lives with open hearts.

Experience this joyous story and soaring music as spirited locals and global passengers come together to forge friendships that will stay with them forever. The first female American Airlines captain, the quick-thinking town mayor, the mother of a New York firefighter and the eager local news reporter are among the many real characters

caught at the start of the moment that changed the course of history and whose stories became a true celebration of hope, humanity and unity.

This uplifting musical is being brought to the Royal Hippodrome stage by The Rattonians, who are so excited to be the first local group in Eastbourne to produce this incredible show.

**Optional Lunch**

## **The Bodyguard Thursday 20th August 2:30pm Congress Theatre. £43**



The international, award-winning smash-hit musical The Bodyguard is back! Starring international leading actor \*Sidonie Smith (Sister Act, Chicago, Jesus Christ Superstar) as Rachel Marron and Matt Milburn (Coronation Street, Hollyoaks) as Sy Spector.

Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love.

A BRILLIANT! (The Times), breathtakingly romantic thriller, The Body-guard features a whole host of irresistible classics including Queen of the Night, So Emotional, One Moment in Time, Saving All My Love, Run to You, I Have Nothing, Greatest Love Of All, Million Dollar Bill, I Wanna Dance With Somebody and one of the greatest hit songs of all time – I Will Always Love You.

DISCLAIMER \*The role of Rachel Marron will be played by Mireia Mambo at selected performances. Cast and performance schedule subject to change without notice.

**Optional lunch at Pomodoro e Mozzarella**

Visit <https://newhaven-peacehaven.u3asite.uk/> or use the QR code



### **To make a payment via the u3a Bank Account**

Account: Newhaven & Peacehaven u3a  
Account number: 83005390  
Sort code: 60-16-41

**Use a reference that tells us what the payment is for.  
Do not use your name as a reference.**

**Theatre**  
Group

## High Society Thursday 12th November 2:30pm Congress Theatre. £41.60



Clear your diary, because you're invited to the most swell party of the year, Cole Porter's, High Society.

Hot on the heels of The King and I and Fiddler on the Roof this Autumn's most eagerly anticipated production delivers another glorious dose of Golden Age musical theatre escapism across the UK and Ireland.

For the matinee, it is likely Felicity Kendal will lead the 28-strong cast as glamorous socialite Tracy Lord in this lavish new production, where plans for the society wedding of the year descend into chaos as old and new flames vie for attention, and a sharp-eyed tabloid reporter hunts for scandal at the waterfront estate.

Brought to life by a multi award-winning creative team, including Rachel Kavanaugh and choreographer Anthony Van Laast and with a score

overflowing with the best of Cole Porter's songbook including Just One Of Those Things, Let's Misbehave, Love Paris, Who Wants To Be a Millionaire?, Well Did You Evah?, True Love and many more, Cole Porter's High Society declares the Season officially open!

Optional lunch at Pomodoro e Mozzarella, 12noon.

## Legally Blonde Thursday 17th December 2:30pm Theatre Royal Brighton.



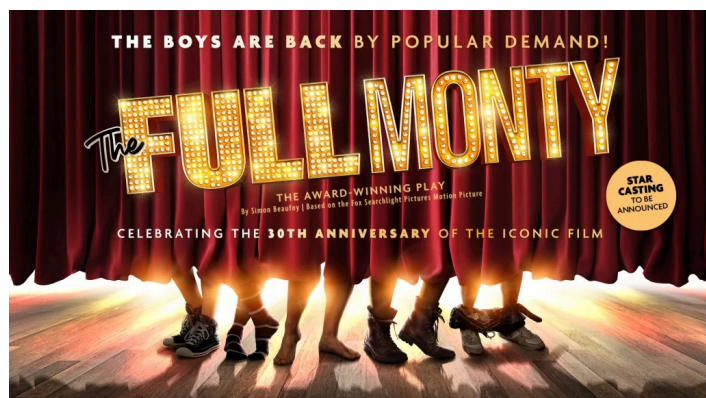
£49.50

The iconic international West End and Broadway smash hit musical comedy Legally Blonde The Musical is back in fashion with a huge new production. For our performance the role of Elle will be played by *Hannah Lowther*.

This ultimate feel-good rom-com, based on the award-winning film starring Reese Witherspoon, follows Elle Woods on her transformation from It Girl fashionista to legal ace at Harvard Law School, all in the name of love. Elle must prove she is more than blonde ambition, swap the changing rooms for the courtroom and learn that 'being true to yourself never goes out of style.'

Optional lunch at Pinocchio's, 12 noon.

## The Full Monty Thursday 11th March 2027 2:30pm Theatre Royal Brighton £39



Celebrating the 30th Anniversary of the iconic film, The Everyman Theatre, Cheltenham And Buxton Opera House in association with Mark Goucher And David Pugh Present The Full Monty. Back by popular demand, the boys are returning with a major national tour!

There are no heroes in Simon Beaufoy's heartfelt play, just a group of lads trying to regain their dignity and pride. This fast and funny play is still very much of our time, as again we are hit by a cost-of-living crisis. Gaz and his mates are down on their luck and feel they have been thrown on the scrap heap, but they are determined to fight back and

bare a little more than they ever thought they would have to.

Just like the the 1997 smash hit film, this production is a rollercoaster ride of ups and downs, laughs and heartbreak.

## An invite from 5 Deans u3a to join them for some of their events.

<https://brighton5deans.u3asite.uk/>

### PAYMENT DETAILS FOR ALL 5 DEANS OUTINGS AS FOLLOWS

Contact [Rosroshalls@usa.net](mailto:Rosroshalls@usa.net) or Linda [lindainbrundall@aol.com](mailto:lindainbrundall@aol.com) to book your place.

Once confirmed please pay by:

\*\*BACS to – u3a The Five Deans – Sort Code 20 12 80 Account no.30314129.

Your payment needs a reference, given in the outing information. Please notify us when payment is made.

### Ightham Mote (NT) and All Saints Church TUDELEY



#### Tuesday 14th April

The cost including coach and driver's tip, entry to Ightham Mote, a group donation to All Saints and the charge for the Guide is **£32 NT members and £50 for non-NT members.**

Depart Peacehaven opposite Peacehaven Evangelical Church 132 South Coast Road, free car parking nearby, at 8.45am then Saltdean Lido at 9am arriving at Ightham Mote which is a perfectly preserved,

700 year old medieval moated manor house with beautiful gardens, lakes, streams and springs, an orchard and flower gardens. There are all the usual NT facilities. The house is tucked away in a secluded valley near Sevenoaks. We will make our way after lunch to the small village of Tudeley to visit All Saints Church where there are stunning stained glass windows by the famous artist Marc Chagall. We will have a guided talk on arrival and have a little extra time to linger in the church before leaving for home.

As there is nothing else to do in Tudeley – and no toilets, I would suggest that we lunch and use the facilities before leaving Ightham Mote.

### Holiday to the North East

**11th –14th September £499 per person (single supplement £81)**

Visit Bakewell, Durham, Scarborough, Whitby, York & tickets for Kynren.

A 4 day / 3 night break in the North East including include tickets to see Kynren – An Epic Tale of England. Billed as the most spectacular open-air live show.

Departing on Friday 11th September from Peacehaven and Saltdean, we will travel north with a lunch break in the

Peak District town of Bakewell, home of the famous pudding. Saturday we spend the day in Durham, dominated by the Cathedral with over 900 years of history. After an early dinner we head to Kynren and, as dusk turns to darkness, it takes you on a spellbinding voyage through history, myth and legend. Sunday begins with a scenic drive over the Yorkshire Moors via Pickering to the resort of Scarborough. From here we have a coastal drive to Whitby, a maritime town steeped in history with a maze of narrow streets full of shops. Monday we set off for home with a lunchtime stop in York.



We will stay at the Leonardo Hotel in Middlesbrough, a centrally-located 4-star hotel with lift, Freeview TV, bar, wi-fi, pool and gym.

All this for £499 per person (single supplement £81) – price includes coach travel, tickets to Kynren, all excursions as listed and accommodation on a bed, breakfast and evening meal basis. This price is based on a minimum of 30 people, it will be lower if more than 30 are booked.

The company can only hold the coach, hotel and Kynren bookings for a short amount of time so if you would like to reserve a place please contact [Linda Fisher](mailto:Linda.Fisher) as soon as possible so that we can decide if we have a viable trip. You will then be given a booking form and ask for a £50 per person non-refundable deposit.



### u3a Treasurer Announcement

We are very pleased to announce that **Rob Meech** has kindly offered to take on the role of Treasurer from October.

As our u3a has grown, we now run far more trips, outings, and holidays than we did just five years ago. Because of this increase in activity, the committee has been reviewing how we manage our finances.

We have identified the need for a dedicated **Bookkeeper**. This person would be responsible for recording payments and maintaining accurate financial records using our computerised system. Training can be provided, and the role can be adapted to suit the volunteer's skills and availability. We think that this is likely to take up 5 hours spread across each week.

If you might be interested, or would simply like to know more, please do contact me—I'd be happy to give you further details.

Tony Garwood

### Volunteer Opportunity: Archivist

We are also looking for an **Archivist** to gather and organise information on our u3a from the last 20+ years. This includes collecting photos and documents, with the possibility of digitising material for easier storage and retrieval.

If this sounds like a role you might enjoy, please contact Nigel.

### u3a Membership Subs 2026/2027

We have agreed a temporary reduction of subs for next year for current members. This is because we have built up a large surplus. The reduction in fees will only benefit members who joined before 31<sup>st</sup> March 2026.

#### SUBS: Current u3a Members for 1<sup>st</sup> September 2026 – 30<sup>th</sup> August 2027.

Individual Member £10.      Joint Member £18.      Associate Member £6.      Joint Associate Member £10.  
Historical Associate Member £5.      Joint Historical Associate Member £9.

#### SUBS: New u3a Members joining between 13<sup>th</sup> July 2026 – 30<sup>th</sup> March 2027

These will not be reduced.

Individual Member £15.      Joint Member £27.      Associate Member £11.      Joint Associate Member £19.80.

#### SUBS: New Members Joining during between 1<sup>st</sup> April, and 12<sup>th</sup> July 2026.

These will not be reduced. For the period up to 31<sup>st</sup> August 2026.

Individual Member £7.50.      Joint Member £13.50.      Associate Member £5.50.      Joint Associate Member £9.90.

A full sub must then be paid on 1<sup>st</sup> September 2026.

Subs for 2027/2028 will be decided by the Committee at the beginning of 2027.



### New Interest Groups for Newhaven & Peacehaven u3a

There have been some suggestions for new Interest groups for our u3a. They are:

Tai Chi, Line Dancing, Craft, Steam Engines and Bus Pass Outings.

This last suggestion includes a group of you getting together to go to a venue of your choice using your bus pass – of course that means the travelling cost is nil.

Also, Peacehaven Library have contacted us suggesting that a u3a group might like to use the Library for a Knit and Natter Group.

Please let Tricia or Marian know if you are interested in any of these new groups.

Just a reminder if there is a group that you would like to join which is already in existence and is full please contact Tricia or Marian – Interest Group Co-Ordinators and we will put you on a list. When we get three or more names we will start another group.

Contact details:

Tricia Shepherd email: [johnandtricia@tiscali.co.uk](mailto:johnandtricia@tiscali.co.uk) or tel: 01273 516079

Marian Stanley email: [marianstanley43@gmail.com](mailto:marianstanley43@gmail.com) or tel: 01273 611068

# Interest Groups April 2026

Group	Information	Contact	Venue	Cost
Art Club	An interesting informal class. Waiting list only.	Graham Heys on 01273585999 <a href="mailto:graham.heys@btinternet.com">graham.heys@btinternet.com</a>	Hillcrest Centre, Newhaven Every Tuesday of the month 2pm to 4pm	£3
Board Games Group	New Group for playing various board games. September to March. 4th Monday and Wenesday of month.	Sally Freeman on 01273513707 <a href="mailto:sallyfreeman1@btinternet.com">sallyfreeman1@btinternet.com</a>	Monday: The House Project  Wednesday: The Good Companions pub	£2   <b>Please buy a drink</b>
Book Group Newhaven	Enjoy reading a book and then join in the lively discussion. Waiting list only.	Delia Boatin on 01273 514303	Members' homes 2nd Monday of each mointosh.	
Book Group Peacehaven	Enjoy reading a book and then join in the lively discussion	Val Tyler on 01273 517885	Meeting at a member's home last Tuesday of month 2pm to 4pm £1.75 per year +£0.60 per month for the book	
Breakfast Club	Join us for breakfast and a chat.	Heather Booth on 01273 588288	4th Wednesday of the month at the Stonehouse Carvery Peacehaven	
Bridge Club	Social bridge in a friendly and supportive environment, suitable for those with a basic knowledge of Bridge.	Jacque Webber No contact required. Just go along and give it a try.	The Good Companions pub Roderick Avenue, Peacehaven. Every Tuesday 2pm to 4pm	<b>Please buy a drink</b>
Canasta		Pauline Steele 07523649299	2nd and 4th Thursday 2pm-4pm  The House Project	£3
Cribbage & Darts	A card game that involves playing & grouping cards in combinations which gain points.;	Nigel Barnes on 07963431887	The Good Companions pub, 3rd Thursday of the month. 1:30pm	<b>Please buy a drink</b>
Crochet Group	Both experienced and less experienced crochers are most welcome.	Angela Barnet on 07788230523	Peacehaven Carvery 1st Tuesday of the month 2pm to 4pm	<b>Please buy a drink</b>
Discussion (1) Peacehaven	Members bring along clippings from newspapers to be discussed.	Jacque Webber on 07428159444	Jacque Webber's home. 3rd Thursday of the month 2pm to 4pm	
Discussion (2) Newhaven	Many topics discussed, some topical, some serious and others that are light hearted.	Marian Stanley on 01273 611068	Newhaven Coffee House 3rd Wednesday of the month 10:30 to 12:00	<b>Please buy a drink</b>

# Interest Group April 2026

Group	Information	Contact	Venue	Cost
<b>French Conversation</b>	New members welcome to this chatty social group	Jackie Finnie on 01273513771	Hillcrest Centre cafe Newhaven, every Thursday 10:30	
<b>Gardening</b>	We are a friendly group sharing tips and advice. Seed swaps, plants etc. Spaces available	John Shepherd on 01273 516079	Third Wednesday of the month 10:30 to 12 noon at The House Project	£2
<b>Keep Fit</b>	Gentle exercises set to music by qualified and insured instructor. No need to book, just turn up	Jacquie Webber on 07428159444	Telscombe Civic Centre. Corner - South Coast Road and Central Avenue. Plenty of parking space. Every Thursday 10:40 to 11:45	£5 per session
<b>Laptops, Tablets &amp; smartphones</b>	No need to worry. You can master your device. Prospective members should contact Tony before attending	Tony Garwood on 07428122161	Monday afternoons 14:00 to 15:30 1st Monday Tablets (group 2) 2nd Monday Laptops 3rd Monday Smartphones 4th Monday Tablets	
<b>Lunch Bunch</b>	Monthly Group lunches in local venues	Sharon Ahearn on 01273 589953 or <a href="mailto:sunview70@yahoo.co.uk">sunview70@yahoo.co.uk</a>	Monthly meals out at a variety of local pubs and restaurants	Variable
<b>Mahjong</b>	Learn and play Mahjong	Joan Farrimond on 01273 580143	Every Friday. The House Project 2pm to 4pm	£2
<b>Meditation</b>	A group run in conjunction with 5 Deans that gives you a chance to try different meditation techniques	Kevin Knight on 012737 86488 or <a href="mailto:kevinknightu3a@outlook.com">kevinknightu3a@outlook.com</a>	Telscombe Civic centre 1st and 3rd Tuesday of the month 12pm to 3pm	Cost of the room
<b>Mid-Week Walking Group</b>		Val Francis 07914230525	Monthly on Wednesday mornings	
<b>Nature Ramblers</b>	Nature rambles around Castle Hill, near Newhaven Fort	Marian Stanley on 01273 611068	Co-op on the corner of Fort Road and Gibbon Road, Newhaven	
<b>Needles and Pins</b>	A group looking to include other crafts as well as knitting	Pat Bethel on 01273 758041	Pat's home 1st and 3rd Tuesdays of the month 10:00 to 12:00	
<b>Poetry</b>	Meeting to discuss and enjoy poetry	Carol Starkey on 07487434197	Meets fortnightly on the second and fourth Wednesday of the month at a members home	
<b>Rock Music Appreciation</b>	Meets monthly to listen, to enjoy and discuss rock music in its many guises	Tony Garwood on 07428122161	Monthly on the first Friday of the month 2pm to 4pm	
<b>Scrabble</b>	The Peacehaven Group have played Scrabble for a number of years	Yvonne Maclaughlan 01273 581523	Library, Peacehaven every Thursday 2pm to 4pm	
<b>Singing for Pleasure</b>	Men particularly welcome	Tricia Shepherd on 01273 516079	Anzac Room, Community House, Meridian Centre, Peacehaven. Every Monday of the month 10:45 to 12:00	£2

Group	Information	Contact	Venue	Cost
<b>Table Tennis</b>	Monday 2 – 4 pm	1st and 3rd Monthly	Hillcrest Centre, contact Jean Mobbs 07773609382	£5 per session
<b>Ten Pin Bowling Club</b>	This is a 5 Deans u3a group that N&P u3a members can join.	Allan Smallman on 01273 302967	Every other Tuesday of the month(unless school holiday) at the Hollywood Bowl, Brighton Marina 11:00	Venue Charge
<b>Theatre Group</b>	Visits to shows in Brighton, Eastbourne and locally.	Jacque Webber on 07428159444	Please see the relevant page of the Newsletter for details	Varies
<b>Ukulele beginners and advanced</b>	The Group is going from strength to strength.	Marian Stanley on 01273 611068	House Project, Peacehaven, 2nd and 4th Thursday of the month Beginners: 9:45 to 10:45 Experienced: 10:45 to 12:00	£2
<b>Under the Covers</b>	Thus is a book discussion group	Joyce Bourne on 07879441106	Peacehaven Carvery, third Thursday of the month 10:30	
<b>Walking</b>		Pam Thompson on 07816430171 <a href="mailto:pamthompson2@btinternet.com">pamthompson2@btinternet.com</a>	As announced	
<b>Wine Tasting</b>	Sample a selection of wines and learn more about wine.	Tony Garwood	3 or 4 times a year at Telscombe Civic Centre 2pm to 3:30pm	
<b>Writing for Fun</b>	A Writing Group	Lindsay Ferguson on 075013007713	Meets on the 3rd Thursday of the month in the Saltdean Tavern at 2:30pm	

## Nature Rambles

Come and join us on either Friday 15 th May, Friday 21st August or Friday 16th October 10.30 – 12 for a leisurely ramble either up Castle Hill in Newhaven or along the undercliff at West Beach.

Castle Hill Nature Reserve is the beautiful area leading up to Newhaven Fort We shall be led by Neil Greenaway from the Castle Hill Preservation Society who has extensive knowledge of the plants trees, birds, insects, history and geology of the area.

This is the sixth year that a member of the Castle Hill Preservation Society has volunteered to lead these rambles. We thank them very much. As the team are all volunteers we do ask those who are joining us to give a small contribution to the Castle Hill Preservation Society.

We meet at the corner of Fort Road and Gibbon Road in Newhaven.

Unfortunately, we can only have a group of 10 for each ramble and anyone who attends will need to have appropriate footwear as the terrain can be quite hilly and muddy. If you are interested in joining us on any of those days please contact me Marian Stanley email: [marianstanley43@gmail.com](mailto:marianstanley43@gmail.com) tel: 01273 611068.

I will need your mobile phone number and an emergency contact number. Not that we have ever had any accidents but we must adhere to the Health and Safety Policy.

I look forward to hearing from you – **Marian**.

## Summer Lunch – 26 Sunday 26<sup>th</sup> July £37

EBM Centre 12:30pm for 1pm



### Starter:

- Carrot & Coriander Soup (gf) (vg)
- Deep Fried Brie, Rocket Salad & Cranberry Sauce (v)
- Smoked Salmon with Zested Lemon Crème Fraiche (gfa)

### Main:

- Vegetable Lasagne (v) (gfa)
- Sea Bass with a White Wine, Lemon & Cream Sauce (gfa)
- Chicken stuffed with Mozzarella Cheese finished off in a Provencal Sauce (gf)

### Sweets:

- New York Baked Cheesecake (gfa)
- Apple & Cinnamon Crumble with Custard
- Selection of three cheeses, biscuits, grapes, celery & Onion Chutney (gfa)
- Ice Cream

Tea, Coffee and mints – raffle – Quiz [Booking Form](#)

LAST DATE FOR BOOKING: Thursday 2nd July 2026



### The Lunch Bunch

#### The Old Plough

**24th April 2026@ 12.15pm**

20 Church Street, Seaford,  
BN25 1HG

2 course Lunch menu with tip:  
£ 18 CASH

### MAIN COURSE:

Lasagne with cheesy garlic bread  
Fish and chips with minted peas  
Sausage and mash, red cabbage and gravy  
Hunter's Chicken served in bacon, cheese  
& bbq sauce, chips and salad  
Butternut Squash Ravioli with tomato  
and herb sauce (V)

### DESSERTS:

S'more Chocolate Brownie with vanilla ice cream  
Crumble of the Day with custard  
Sticky Toffee pudding with ice cream  
Just vanilla ice cream with strawberry sauce

Please order and pay by Tuesday **14th April 2026**

[Booking Form](#)



### The Lunch Bunch

#### Gyrohaven Greek Restaurant

**22nd May 2026@ 12.15pm**

200 South Coast Rd, Peacehaven  
BN10 8JN

(next to Sainsbury's Local)

2 course Lunch Menu +soft drink of your choice  
with tip. £18 CASH

\*\*Beer and wine also available.

Please order and pay at the Bar.

### MAIN COURSE:

*Souvlaki (Kebabs)* Chicken, Pork  
or Halloumi (Cheese) (V)

All served with salad, chips, pitta bread  
and secret sauce!

### DESSERTS:

**Taster Menu for Tables of 4** To include Baklava-  
Orange pie-Chocolate pie with ice cream  
Or just mixed ice cream

Please order and pay by **Friday 8th MAY 2026**

[Booking Form](#)

Contact: Sharon Ahearn Tel: 01273 589953 Email: [sunview70@yahoo.com](mailto:sunview70@yahoo.com)

## Chairs Report

Hello everyone,

A couple of days before writing this report we had a new member meeting at which 19 members attended. Some new suggestions for the interest groups which the committee will be looking into and some very nice feedback about what is already being organised.

As usual there's a lot going on: trips, holidays, local outings, lunches, theatre, and the interest groups. My thanks go to all involved and their tireless dedication to our u3a.

As you will be aware, we have had to stop using the Hillcrest Centre in Newhaven for our monthly meetings. A Fire Officer inspection dictates a maximum of 80 people in the Main Hall. I understand that the board of governors at Hillcrest is working to change this ruling.

In the meantime, we have been in contact with CTLA about transport from Newhaven to the community House in Peacehaven. Should you be interested in using this service, please let a member of the committee know.

Finally, I wish you all the best and hope to see some of you at any of the coming outings and meetings.

**Nigel Barnes**

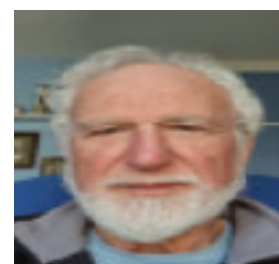


## Editorial

I apologise for any confusion caused by non-functioning hyperlinks: (blue lettering) in recent editions. We have changed redundant software for a more sophisticated, (complicated ) system.

The hyperlink problem has now been resolved and hope you continue to find Newsletter/Bulletin useful and informative.

**Robin DGLISH, Editor**



## Cora Stinton

I am sorry to tell you that Cora died just before Christmas 2025. She had been suffering from a nasty blood disorder for some time.

Some years ago she was the Secretary to our u3a Committee for 5 years, which is important and necessary in the management of our u3a. She was both dedicated and efficient in this role.

Before she retired she had been a busy dental surgeon as well as raising a family. She had a wide set of interests in her later years. She loved dogs, classical music ,singing and travel as well as being a keen local quizzer specialising in science and sport. Her general knowledge was good.

We send our condolences to her friends and family and to all who knew her in Newhaven and the local community.

**Sharon Ahearn**



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## Get Well and Sympathy Cards

If you know of any u3a member who is ill or in hospital and would appreciate a cheery card from us all at the u3a. please let **Marion Booker** know on:

**01273 587712 / 07772078052.**



## Committee Members



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When possible , please contact members only between the hours of 09:00 to 17:30