

Newsletter

August 2026

If you don't need want a printed copy of this Newsletter tell us on u3anp@outlook.com

Monthly Meeting

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



King Arthur
History, Myth and Legend

A talk by
James Simister

Monthly Meeting

September 2026
Thursday 3rd September at 2:15pm
Community House, Peacehaven
(formerly The Meridian Centre)

Murder, Madness and Mayhem
the Belgian Royal Family



A talk by
Melanie Gibson-Barton

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

Monthly Meeting

October 2026
Thursday 1st October at 2:15pm
Community House, Peacehaven
(formerly The Meridian Centre)

u3a
Newhaven
and Peacehaven

**Annual
General
Meeting**

Monthly Meeting

November 2026
Thursday 5th November at 2:15pm
Community House,
Peacehaven
(formerly The Meridian Centre)

A Day in the Life of a Ranger
A talk by
Steve Webster



The Wildlife Trusts

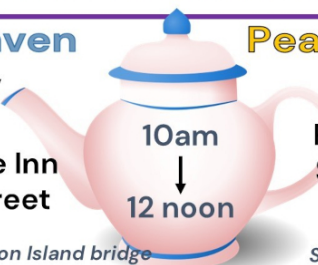
Monthly Meeting

December 2026
Thursday 3rd December at 2:15pm
Community House, Peacehaven
(formerly The Meridian Centre)

Christmas Meeting



N & P Coffee Morning

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

Join us for a chat and a cuppa 

For information on Groups and Events visit <https://newhaven-peacehavcen.u3asite.uk>



u3aNewhavenPeacehaven



@u3a_newhaven~peacehaven



our email u3aNP@outlook.com



Or use this QR code



Annual subscriptions are due on 1 September.

You can renew your subscription from 1 August.

*Please **do not** pay before 1st August.*

Subscription Rates

Established members

Joined before 31 March 2026,

Individual member: £10

Joint members: £18

Associate member: £6

Joint associate members: £10.80

WE WOULD PREFER YOU TO PAY BY BANK TRANSFER IF YOU CAN. Use the reference "Subs".

You can also pay by cash, cheque or card.

If paying by cash, please place it in a sealed envelope marked with your name.

This rate applies for one year only.

Recent members

Joined between 1 April and 11 July,

Individual member: £15

Joint members: £27

Associate member: £11

Joint associate members: £19.80

WE WOULD PREFER YOU TO PAY BY BANK TRANSFER IF YOU CAN. Use the reference "Subs".

You can also by cash, cheque or card.

If paying by cash, please place it in a sealed envelope marked with your name.

Historical associate members have been contacted individually.



u3a Matters – the magazine of the u3a movement.

The is published 5 times a year and posted direct to your home.

The cost if £4. you can pay for 2026/2027 editions at the same time as you py your subs.

You can also read past copies of the magazine online on the u3a website:

<https://www.u3a.org.uk/what-we-do/u3a-matters>

To make a payment via the u3a Bank Account Newhaven & Peacehaven u3a

Account number: 83005390 Sort Code: 60-16-41

Please use the event/play name as the reference. Do not use your name.

To Book contact Jacquie on 07428159444
or jacquiewr@hotmail.com

When paying for theatre trips in cash/cheque, please bring it in a sealed envelope marked with you name and event.
Please pay for all theatre trips in one go.

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 performanceschedule subject to change without notice.

Optional lunch at Pomodoro e Mozzarella

Stand or Fall Saturday 26th September 2:30pm Theatre Royal Brighton £56

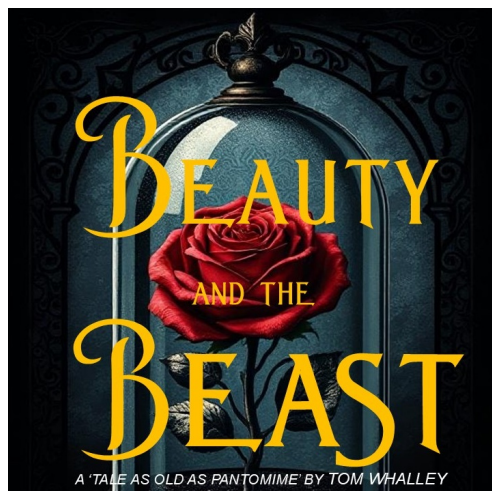


Dear England meets Brighton 'Til I Die via The Treason Show.

Written by Brighton Fringe Award winner Mark Brailsford (creator of The Treason Show), a lifelong fan who appeared in the hit show Brighton 'Til I Die, this brand-new play is a humorous take on the lighter side of following your team through thick and thin, as a beloved football club returns from the brink of extinction to soar once more.

Optional lunch at Pinocchio's, 12 noon

Beauty and the Beast Saturday 5th December 2pm Community House £12.50



This Christmas Peacehaven Players will present "Beauty and the Beast", a tale as old as pantomime by Tom Whalley.

Beautiful Belle dreams of living the adventures she reads about in her books. When she becomes the prisoner of a monstrous beast, her hapless father and best friends Brie and Dame Bonnie Baguette must rescue her from his clutches and from his collection of enchanted objects!

However, the beast was once a handsome yet vain prince cursed by a wicked enchantress; doomed to remain a monster until he learned to love. If he could have a change of heart before the final rose petal fell, the spell would be broken...but who could ever learn to love a beast?

**PEACEHAVEN
PLAYERS**
for entertainment

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 romcom, 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

Snow White Saturday 23rd January 2:30pm Theatre Royal Brighton £48



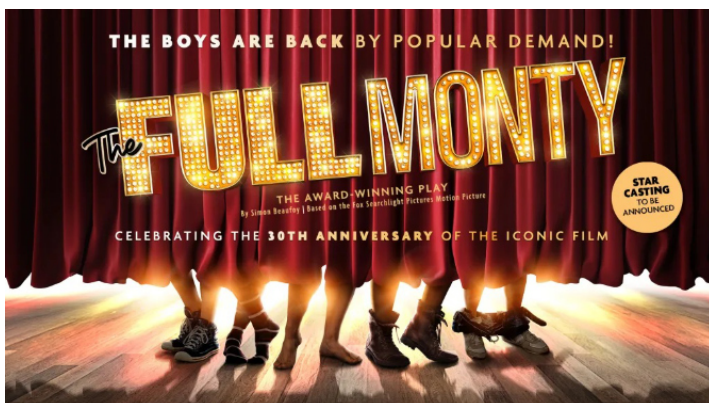
Varna International Ballet returns for a new season in 2027 brought to life by magical special effects. Step into a spellbinding world of beauty, jealousy, and true love. When the vain Queen's magic mirror names Snow White the fairest of all, envy turns deadly. Forced to flee, Snow White finds refuge with the lovable Seven Dwarfs and the creatures of an enchanted forest. But danger follows, and a poisoned apple casts her into a deep sleep. Only true love can break the spell. Filled with stunning choreography, vibrant characters, and the music of Tchaikovsky, Rachmaninov, Pugnini and Grieg, Snow White is a dazzling ballet for all ages — a story of hope, courage, and happily ever after.

Founded in 1947, the critically acclaimed Varna

International Ballet returns to the UK following a breathtaking debut tour. Renowned for its award-winning soloists and magnificent corps de ballet, the company has been delighting audiences for decades at home and abroad with its performances of the highest quality.

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

Optional lunch at Pinocchio's,

12 noon

The King's Speech Wednesday 31st March 2:30pm Devonshire Park Theatre Eastbourne £35.10



The world is listening...

A country on the precipice of another terrible war. An abdicated king. A constitutional crisis. And the only man who can provide hope for the nervous British public is Bertie – a man who is shy, unprepared for monarchy and, worst of all, has a debilitating speech impediment. With the future of the monarchy, and Britain itself, on the line, an historic radio address looms over a man who can barely stammer through full sentences. Desperate, Bertie and his family turn to an unconventional speech therapist from Australia to turn him into the king Britain can believe

in. As royal protocol meets unorthodox challenges, what emerges is an unlikely but deeply meaningful friendship. Adapted from the Oscar-winning film, this exciting new production from the acclaimed Barn Theatre blends humour, heart and high stakes in a beloved drama about duty, courage and finding one's voice.

Optional lunch at Pomodoro e Mozzarella, 12 noon

Singin' in the Rain Saturday 7th August 2027 2:30pm Congress Theatre, Eastbourne, £55



Journey back to the glamour of Hollywood in the roaring 20s with high-energy choreography and sumptuous set designs (including over 14,000 litres of water on stage), combined with all the romance and wit of one of the world's best-loved films.

Jonathan Church Theatre Productions presents The Chichester Festival Theatre, Stage Entertainment and Sheffield Theatres production of Singin' in the Rain, based on the classic Metro-Goldwyn-Mayer film. Screenplay by Betty Comden and Adolph Green. Songs by

Nacio Herb Brown and Arthur Freed. Performed by arrangement with Music Theatre International. A smash-hit in the West End and across the UK, this irresistibly charming show is coming to make a splash at the Congress Theatre in August 2027!

Beautiful, charismatic, and very much in love (if you believe what you read in the press), Hollywood's golden couple, Don Lockwood and Lina Lamont, have the world at their feet. But when "talkies" start to replace silent movies and an aspiring actress is drafted in to save the day, life as they know it is turned upside down.

Singin' in the Rain features the glorious MGM score, including Good Morning, Make 'em Laugh and the legendary

Chicago Wednesday 118th August 2027 2:230pm Theatre Royal Brighton £46.88



"Murder, gred, corruption, exploitation, adultery and treachery...all those things we hold near and dear to our hearts". So begins the international multi-award-winning musical, CHICAGO.

Set amidst the razzle-dazzle decadence of the 1920s, CHICAGO is the story of Roxie Hart, a housewife and nightclub dancer who murders her on-the-side lover after he threatens to walk out on her. Desperate to avoid conviction, she dupes the public, the media and her rival cellmate, Velma Kelly, by hiring Chicago's slickest criminal lawyer to transform her malicious crime into a barrage of

sensational headlines, the likes of which might just as easily be ripped from today's tabloids.

Created by the musical theatre talents of John Kander, Fred Ebb and legendary choreographer Bob Fosse, CHICAGO's sexy, sassy score with one show-stopping song after another includes "Razzle Dazzle", "Cell Block Tango", and "All That Jazz". With 6 Tony Awards, 2 Olivier Awards, a Grammy® and thousands of standing ovations, CHICAGO truly is "SUPERB" (Daily Telegraph). Don't miss out, book now! It would be criminal to miss it...

Optional lunch at Pinocchio's, 12 noon

Laptops, Smartphones and Tablets Support

From August, the way I provide technology support for u3a members will be changing.

Meetings will continue as usual throughout July, up to and including the scheduled Tablets Group meeting on Monday 3 August.

After that, I will offer support on an individual basis rather than through group meetings.

If you need help with a specific technology problem, you will be able to book a 30-minute slot with me. I will do my best to help. If I am unable to resolve the issue, I will suggest someone else who may be able to assist, usually a professional who deals with this type of problem. Please note that providers outside the u3a may charge for their services.

To book a 30-minute slot, please email me at tonygarwd@hotmail.com or call me on 07428122161. You can also contact me on WhatsApp if that is easier for you.

Tony Garwood



Holidays

Alvaston Hall Warners' Holiday 15th –19th March 2027 ££421 (£50 DEPOSIT)



We are still able to take bookings for double and twin rooms. Please contact Jacquie (07428159444) before making any payments.

Alvaston Hall is our choice for the u3a holiday March 2027.

Nineteenth century grandeur meets lush greenery at this striking Victorian retreat surrounded by award-winning peaceful gardens and the gentle hills of the Cheshire countryside.

5 Days (4 nights) half board.

Our optional excursions will be to Chester and Liverpool.

Executive coach travel. Live entertainment & bar. On site activities. You must also complete a [booking form](#).



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

Brighton 5 Deans

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

Contact Rosroshalls@usa.net or Linda 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.

Holiday to Chatsworth 4th – 7th December £449 per person

(single supplement £90)

Staying at the 4* Mercure Sheffield Kenwood Hall & Spa Hotel. The price includes dinner, bed & breakfast plus admission to Chatsworth House and Christmas Market. Single rooms are, as always, in high demand and will be allocated on a first come first served basis so please don't delay if you need a single room. If you would like to book a place, please contact [Linda Fisher](#) as soon as possible. You will then be given a booking form and asked for a £50 per person non-refundable deposit.





Contact Joyce on 07879441106 Email joycebourne11@gmail.com

Afternoon Tea at Hassocks Wednesday 9th September £15.25



I have provisionally booked afternoon tea at South Downs Nursery in Hassocks. This will be a "Car Share or local bus journey. The 270/271/272/273 bus stop is R1 outside The Royal Pavillion on London Road in Brighton. These buses stop immediately outside the venue. The journey takes approximately 30 minutes. Our tea consists of a selection of sandwiches, cakes, scones, jam and cream all with a hot drink. It will be served from 2.30pm.

There will be absolutely no refunds on this trip as it has to be paid for on ordering.

There is plenty to see and do at this vast nursery including a small museum of gardening, an Heritage Centre, a home & giftware shop, a farm shop as well as clothing and plants of all description.



Contact: Sharon Ahearn Tel: 01273 589953 Email: sunview70@yahoo.com

The
Lunch Bunch

The Spanish Lady Pub Friday 28th August @12:15pm 4 Longridge Ave., Saltdean BN2 8LH
2 Courses and tip £20 Places available: 30.

Please order and pay for your drinks at the Bar

[Booking Form August](#) Please pre-order and pay before **Thursday 13th August**

* Vegetarian Quiche with new potatoes & salad (V)

MAIN COURSE

- * Homemade Cottage Pie with vegetables
- * Fish Pie with vegetables
- * Scampi, chips and salad

DESSERTS

- * Trifle
- * Bread and Butter pudding with custard
- * Apple pie with custard

Vicini, vicini Friday 25th September 2026@ 12.15pm 30 High St., Seaford. BN25 1PL

2 courses and 10% service charge: £28

Places available: 30. This time seated at tables of 10.

[Booking Form September](#) Please pre-order and pay before 10th September 2026.

MAIN COURSE

- * Mama's Lasagne: Traditional beef and pasta dish topped with mozzarella
- * Pollo Dolce Vicini: Chicken with gorgonzola cheese in creamy mushroom sauce
- * Pollo Cacciatore: Chicken in tomato and roasted peppers sauce.
- * Pollo Prosciutto: Chicken in tomato sauce with ham and mozzarella (Chicken dishes served with sauté rosemary potatoes and small salad garnish.)
- * Cannelloni del Pastore: Filled with spinach and ricotta cheese (V)

DESSERTS

- * Torta Tenerina: Chocolate Brownie with ice cream
- * Tiramisu: Classic Italian dessert made from coffee, liqueur, sponge and cream
- * Profiteroles: Choux pastry balls in chocolate sauce.
- * Gelati: 3 scoops of vanilla,

Trawlers Fish and Chips Friday 30th October 2026@ 12.15pm 32 Church St. SEAFORD BN25 1LD

5 minutes from Seaford Station or No. 12 bus

Inclusive Price with tip Menu A £20 or Menu B £25 Pre-order in advance and pay in CASH.

Maximum 30 places available

[Booking Form October](#) Last day for orders and payment: Friday 16th October 2026.

**Tea, coffee, soft drinks, beer & wine are also sale. Please pay for your drinks when you order them.*

We are in a Private Room at the back and up a few steps.

Please note the toilets are down steep stairs in the basement. Otherwise, public toilets 3 minutes away.

MAIN COURSES

All served with small chips and mixed salad

Menu A £20

- * Seaford Special: Cod
- * Omelette: Mushroom and Tomato Omelette (V)

Menu B £25

- * Grilled Seabass served

- * Grilled Plaice Fillet

DESSERTS

- * Banana Split
- * Fruit crumble and custard
- * Lemon meringue pie with ice cream

Daytrip Organiser

Joyce Bourne is retiring after a most enjoyable time as "Day Trip Organiser" and so we would welcome a replacement as soon as possible please. It is a job that can easily be shared and is becoming less onerous as time goes on. There is far less to manage on the financial side now as the finance team have taken over that area. If you are interested please speak to any member of the committee.

Joyce has plans in place up to and including September. She is happy for anyone to see what she does, to help out as they start or to keep out of the way, whichever is preferred will be respected. Thank you all for your company on our past journeys. I hope you've enjoyed them as much as I have.

Joyce



Art Club Exhibition 26



Thursday 24th September

10am – 4pm

Room 5 The Hillcrest Centre
Bay View Road, Newhaven, BN9 9LH

Free admission

Everybody welcome



The Members' Magazine

Those of you that have emails will have seen my email dated 9th July regarding the introduction of The Members' Magazine. Several of you have contacted me saying how much you enjoyed the attached examples of the type of items to be included. If you have any similar items such as humour, anecdotes, quizzes, recipes, life experiences, reviews of a u3a outing etc. that you would like to share with our members please email them to

me at the email address below.

Best regards, John Harrison

harrystjohn2003@yahoo.co.uk

Phone Buddies

Are you unable to have access to the internet and/or do not have an email address? If so then you will not be able to access the Bulletin for Newhaven and Peacehaven u3a which is sent to all members via email at the beginning of nine months of the year. The other three months you receive a printed Newsletter. These Bulletins give an update on all our monthly meetings, theatre visits, outings, lunches and other information. We try as an organisation to be as accessible as possible and therefore we have a system called Phone Buddies. Phone Buddies are volunteers who have a list of 2/3 members who do not have email and when the Bulletin is published each Phone Buddy telephones their members and gives them the information. If you would like to receive the information that is included in the Bulletin by phone then please do let me know and I will assign you to a Phone Buddy Leader. Also, if you would like to volunteer to be a Phone Buddy Leader then please contact me. Your help with this will be greatly appreciated. Those of you who have been Phone Buddies for quite a while – huge thanks go to you for your help.

Marian Stanley 01273 611068

Raffle Prizes at the Monthly Meetings

Huge thanks go to all of you who have contributed to the prizes for the raffle at the monthly meetings. It has been most appreciated and raised money to help with our u3a's finances. From September the system for prizes will change. I will be given a budget per month by our Treasurer to buy the prizes for the raffle therefore there will be no requirement for any member in the future to donate a prize. Thank you again for all your help in the past with the raffle.

Marian Stanley

Nature Rambles

There are places available for the Nature Ramble around Castle Hill Nature Reserve in Newhaven on Friday 16th October. We shall be led by Neil Greenaway who is a member of the Castle Hill Preservation Society. As we slowly ramble around the hill he will be pointing out the wide variety of birds, insects, plants and trees that inhabit the Nature Reserve. He also has knowledge of the history and geology of the area.

We meet on the corner of Gibbon Road and Fort Road in Newhaven at 10.30 – the ramble lasts for approximately one hour and a half. You will need appropriate clothing and footwear as the terrain is quite hilly and can be muddy. The volunteers from the Castle Hill Preservation Society give their time free so we do ask that everyone who attends gives a small donation to this organisation. This is the sixth year that we have been organising these rambles and they are always very interesting.

If you would like to reserve a place please contact me by email: – marianstanley43@gmail.com or tel: 01273 611068 mobile: 07748753706

Help requested for research project

Dear Newhaven & Peacehaven u3a,

I am writing to request your assistance in sharing information about a research study we are conducting on concerns about falling in older adults. The study aims to understand whether witnessing or hearing about other people falling (e.g., friends, family members, or others) influences individuals' own concerns about falling.

We would be grateful if you could circulate the study information and survey link

(<https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-olderadults-worry>) to members of your group/organisation.

Participation is entirely voluntary, anonymous, and confidential. Members can access the survey online at their convenience, and there are no right or wrong answers – we are interested in participants' experiences and perspectives.

If you are willing to assist, we can provide you with the study information sheet that you can share with your members. We will be happy to answer any questions you may have about the study.

Thank you very much for considering this request. Your support would be invaluable in helping us understand concerns about falling and informing future falls prevention strategies.

Kind regards,

Ellie Johnson (ej158@leicester.ac.uk) and Dr. Matt Hill (mwh20@le.ac.uk)

School of Psychology and Vision Sciences (SoPVS)

University of Leicester



[Clink Prison & Tower Bridge](#) Tuesday 15th September £30 admission plus public transport fares



The Clink Prison was established in 1144 making it one of the first prisons in England and gives its name to the well known phrase 'put in the Clink'. Over the years it has held a variety of prisoners such as debtors, heretics, thieves, drunks, harlots, Catholics involved with the Gunpowder Plot, Pilgrim Fathers etc. The Clink Prison endured until 1780, when it was burnt down during the anti-Catholic 'Gordon' riots.

Tower Bridge was built in 1894 to facilitate improving traffic movements across the Thames. Your ticket will include

access to the High Level walkways, North and South Towers and atmospheric Victorian engine rooms. Our ticket includes a free audio guide. A lift can be used to access walkways and towers.

We travel by bus from Peacehaven to Brighton Station. Steyning Avenue Bus stop at 07.45am. The ThamesLink train to London Bridge Station. Then we walk to the Clink Prison Museum and later Tower Bridge. Lunch will be at the Cross Keys pub.

Party limited to about 12 people. Please be aware that a fair amount of walking is involved in this outing.

Contact Viv Carrick 07725732811 or email vjcarrick@hotmail.co.uk

Interest Groups August 2026

Group	Information	Contact	Venue	Cost
Art Club	An interesting informal group. Every Tuesday of the month 2pm to 4pm	Graham Heys 01273585999 graham.heids@btinternet.com	Hillcrest Centre Newhaven	£3
Board Games Group	A group playing various board games. September to March. 4th Monday and Wenesday each month. 2pm to 4pm	Sally Freeman 01273513707 sallyfreeman1@btinternet.com	Monday: The House Project Wednesday: The Good Companions pub	£2 Please buy a drink
Book Group Newhaven	Enjoy reading a book and then join in the lively discussion. Waiting list only.	Delia Boatin 01273 514303	Members' homes 2nd Monday of each month.	
Book Group Peacehaven	Enjoy reading a book and then join in the lively discussion. Last Tuesday of month 2pm to 4pm.	Val Tyler 01273 517885	Member's home	£1.75 per year & 60p per month for the book
Breakfast Club	Join us for breakfast and a chat. 4 th Wednesday of the month.	Heather Booth 01273 588288	Stonehouse Carvery	Cost of meal
Bridge Club	Social bridge in a friendly and supportive environment. Suitable for those with a basic knowledge of Bridge. Every Tuesday 2pm to 4pm	Jacquie Webber No contact required. Just go along and give it a try.	The Good Companions Pub Roderick Avenue, Peacehaven.	Please buy a drink
Canasta	Play and learn the card game. 2nd and 4th Thursday 2-4pm	Pauline Steele 07523649299	The Good Companions Pub	Please buy a drink
Cribbage & Darts	A card game that involves playing & grouping cards in combinations which gain points. 3rd Thursday of the month. 1:30pm	Nigel Barnes 07963431887	The Good Companions Pub,	Please buy a drink
Crochet Group	Both experienced and less experienced crochers are most welcome. 1st Tuesday of the month. 2pm to 4pm	Angela Barnett 07788230523	Peacehaven Stonehouse Carvery	Please buy a drink
Discussion (1) Peacehaven	Members bring along clippings from newspapers to be discussed. 3rd Thursday of the month 2pm to 4pm	Jacquie Webber 07428159444	Jacquie Webber's home.	
Discussion (2) Newhaven	Many topics discussed, some topical, some serious and others that are light hearted. 3rd Wednesday of the month 10:30 to 12:00	Marian Stanley on 01273 611068	Newhaven Coffee House	Please buy a drink

Group	Information	Contact	Venue	Cost
French Conversation	New members welcome to this chatty social group every Thursday 10:30	Jackie Finnie 01273513771	Hillcrest Centre cafe Newhaven	
Gardening	We are a friendly group sharing tips and advice. Seed swaps, plants etc. Spaces available 3rd Wednesday of the month 10:30 to 12 noon	John Shepherd 01273 516079	The House Project	£2
Keep Fit A group run in conjunction with 5 Deans u3a	Gentle exercises set to music by qualified and insured instructor. No need to book, just turn up. Every Thursday 10:40 to 11:45	Jacquie Webber 07428159444	Telscombe Civic Centre. Corner – South Coast Road and Central Avenue.	£5 per session
Lunch Bunch	Monthly Group lunches	Sharon Ahearn 01273 589953 sunview70@yahoo.co.uk	A variety of local pubs and restaurants.	Variable
Mahjong	Learn and play Mahjong. Every Friday 2pm to 4pm.	Joan Farrimond 01273 580143	The House Project	£2
Meditation A group run in conjunction with 5 Deans u3a	Gives you a chance to try different meditation techniques. 1st and 3rd Tuesday of the month 12 noon to 3pm	Kevin Knight 012737 86488 kevinknightu3a@outlook.com	Telscombe Civic Centre	Cost of the room
Mid-Week Walking Group	Monthly on Wednesday mornings.	Val Francis 07914230525		
Nature Ramblers	Nature rambles around Castle Hill, near Newhaven Fort	Marian Stanley 01273 611068	Meet at Co-op on the corner of Fort Road	Donation
Needles and Pins	A group looking to include other crafts as well as knitting. 1st and 3rd Tuesdays of the month 10am to 12 noon.	Pat Bethel 01273 758041	Pat Bethel's home	
Poetry	Meeting to discuss and enjoy poetry. Second and fourth Wednesday of the month.	Carol Starkey 07487434197	Members' home.	
Rock Music Appreciation	Meets monthly to listen, to enjoy and discuss rock music in its many guises. First Friday of the month, 2pm to 4pm.	Tony Garwood 07428122161	Tony Garwood's home.	
Scrabble	The Group have played Scrabble for a number of years. Every Thursday.	Yvonne MacLaughlan 01273 581523	Peacehaven Library.	

Group	Information	Contact	Venue	Cost
Singing for Pleasure	Men particularly welcome. Every Monday 10:45 to 12 noon	Tricia Shepherd 01273 516079	Anzac Room, Community House, Peacehaven.	£2
Table Tennis	Play Table tennis for fun. 1st and 3rd Monday each Monthly 2 – 4 pm.	Jean Mobbs 07773609382	Hillcrest Centre.	£5 per session.
Ten Pin Bowling Club This is a 5 Deans u3a group that N&P members may join.	Every other Tuesday (except for school holiday). At the 11am	Alan Donalson 07760490375	Hollywood Bowl, Brighton Marina	Venue charge.
Theatre Group	Visits to shows in Brighton, Eastbourne and locally. See website and pages of this Newsletter.	Jacquie Webber 0742815944		Varies
Ukulele beginners and advanced	The Group is going from strength to strength. 2nd and 4th Thursday of the month Beginners: 9:45 to 10:45 Experienced: 10:45 to 12:00	Marian Stanley 01273 611068	House Project, Peacehaven	£2
Under the Covers	This is a book discussion group. 3rd Thursday of the month 10:30am	Joyce Bourne 07879441106	Peacehaven Stonehouse Carvery	Please buy a drink
Walking	As announced.	Pam Thompson 07816430171 pamthompson2@btinternet.com		
Wine Tasting	A self-informing group who sample a selection of wines and learn more about wine 3 or 4 times a year.	Tony Garwood 07428122161	Telscombe Civic Centre.	£2, plus cost of wine.

Editorial

The long list of groups offers so much choice, why not try something new in

September. The Singing for Pleasure group needs more men:

why not give your lungs a workout and enjoy the music.

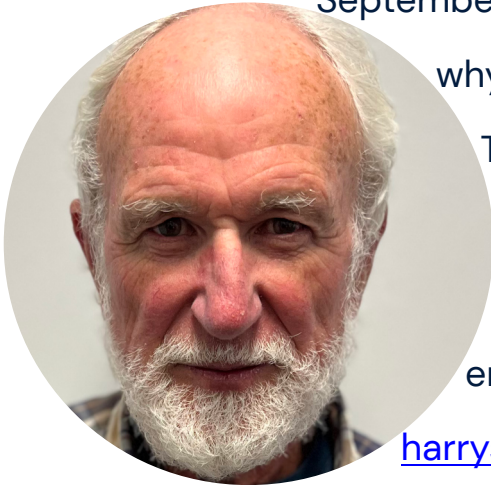
There's also the new online Members Magazine to

enjoy. The Newsletter and Bulletin give the facts and

figures but the Members magazine is more for your

entertainment please submit items to:

harrystjohn2003@yahoo.co.uk



Thanks

Robin

Chair's report



At the time of writing the weather is very hot, so I hope all members are coping with the heat. All of you that see me regularly will realise that I love the sun and being outside. Which, judging by the numbers attending trips and outings so do many of the membership. At the time of writing, we are still looking for someone or more than one to take over from Joyce, arranging the day trips. These outings are very important to our u3a and I hope that this position is filled very soon.

Joyce has done a wonderful job over the last few years, thinking up the trips and then planning them. I would also like to acknowledge Viv Carrick for his contribution to organised outings. Thank you both.

I would like to thank all the members that contribute to the smooth running of our u3a. Not just the committee members but all the helpers who volunteer their services when most needed to make sure events etc. run smoothly.

Finally, I would like to wish you all a great summer, look after yourselves in the sunshine. But most of all I wish it would rain

Thanks
Nigel



01273 587712 / 07772078052



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