

# Tonbridge U3A



2018 - 2019

# HANDBOOK

# TU3A Management Committee

## 2018 - 2019 Elected Members (Trustees of the Charity)

<b>Chair</b>	Frani Hoskins <i>franihoskins@yahoo.com</i>	01732 354311
<b>Vice Chair</b>	Vacant	
<b>Secretary</b>	Jane Lloyd	
<b>Treasurer</b>	Lionel Shields	
<b>Membership Team</b>	Miriam Crundwell	
<b>Travel Team</b>	Margaret Pavlidis	
<b>Group Co-ordinator</b>	Katharine Coleman	
<b>TU3A Journal &amp; Handbook Editor</b>	David Perry	
<b>Theatre Visits</b>	Linda Slaney	
<b>Communications Co-ordinator</b>	Sue Terry	
<b>Volunteer Co-ordinator</b>	Lionel Austin	
<b>Events and study days</b>	Vacant	
<b>Without portfolio/ Publicity</b>	Vacant (Co-opted)	

# TU3A History and Aims

Tonbridge University of the Third Age (TU3A) is one of over 1000 U3As linked to the Third Age Trust (TAT). The guiding principles of our U3A can be summarised as a self-help organisation providing informal educational, creative and social opportunities in a friendly environment. University is used in its original sense - a local gathering of people to share knowledge - and the U3A neither requires nor awards any qualifications. It is open to all those in their third age when full time employment has ceased. For those preparing for retirement from work, National Associate Membership is available.

Our U3A is a registered charity, run by the Management Committee whose members are Trustees and have specific responsibilities.

We join with all other U3As in Kent in the Kent Network which is incorporated in the SE Forum. Both organise Study Days and the Forum organises Conferences and Summer Schools which are open to all members. The whole SE region is represented on the National Committee by a Regional Trustee.

TU3A has grown to its present membership of over 1300 from the original 200 members in 2000.

There are more than 110 interest groups, meeting in members' homes, in halls or out on visits.

In addition, Theatre and Travel Outings are open to all members, as are the speaker meetings, which are held on the first Wednesday of most months.

Instead of a speaker in September, there is an Open Afternoon when members, both new and renewing, can find out more about specific groups by speaking to the groups' organisers. In December we hold a Christmas Event.

In keeping with its guiding principle, TU3A is run by and succeeds through the contribution of volunteers. Therefore members are encouraged to start up new groups to study subjects of interest to themselves, or to help or host existing groups, or to join teams organising events or carrying out administration.

# Benefits to Current TU3A Members

1. **Monthly meetings:** First Wednesdays 2.00pm to 3.45pm with guest speakers, followed by refreshments and the opportunity to introduce yourself to Committee Members or our Meet & Greet team, Group Organisers and other members. Angel Centre car parks are Pay & Display.
2. **Travel Team Outings most months & several Theatre Visits:** Details and application forms provided in the monthly Journal, on the website and on notice boards at the monthly meeting.
3. **Annual Handbook:** Management Committee contacts and general information. Lists of dates, topics or places for the next year's monthly meetings and outings. Description of each group's activities with Organiser's contact details. Published in August each year.
4. **Groups:** Currently standing at more than 110 interest groups. Contact the Group Organiser to join (listed in the Handbook and updated in the Journal and on the website). New arrangements are considered if Groups reach capacity. Contact the Group Co-ordinator if you have problems joining a group. Details of meeting dates, location and topic are obtainable from Group Organisers.
5. **Short Courses and Study Days:** National, Regional and Local. Advertised in TU3A Journal and on the TU3A website, Third Age Matters (see 10 below) and their websites.
6. **TU3A Journal:** Monthly publication providing information on current and future TU3A events. Sent as pdf by email and available on website. Also provided in print for collection at monthly meetings or posted to those preferring this version.
7. **[www.tonbridgeu3a.com](http://www.tonbridgeu3a.com)** members-only area gives up-to-date details of interest groups, TU3A events and outings, U3A short courses and study days as well as some relevant local non-U3A events and information, while ensuring member-sensitive data is not available.
8. **Members' Welfare:** Please inform a committee member if you know of any member who is in hospital, unwell at home or bereaved. We will arrange a phone call, visit or card with the good wishes of the Committee and members.
9. **Third Age Trust:** Our national representative body provides support and resources. Often referred to as U3A "National". Contact details in the Journal.
10. **Third Age Matters Magazine:** posted 5 times a year from National U3A Office.

# Monthly Meeting Speakers 2018 /19

Meetings open to all members

**2.00pm to 3.45pm**

First Wednesday of the month

**Medway Hall, Angel Centre, Tonbridge**

## 2018

<b>October</b>	Mark Bathurst	<i>History &amp; Restoration of the Dunkirk veteran, the Medway Queen</i>
<b>November</b>		<i>World War 1 Exhibition</i>
<b>December</b>	All TU3A members	<i>Seasonal entertainment, mulled wine and mince pies</i>

## 2019

<b>January</b>	Ian Porter	<i>Infamous East End Murders</i>
<b>February</b>	Martin Heard	<i>Venice and the British (topic tbc)</i>
<b>March</b>	Mel Rees	<i>My Family and Other Setbacks</i>
<b>April</b>	Pat Bryer	<i>Choice Joyce - A Flavour of Joyce Grenfell</i>
<b>May</b>	Peter Woodley	<i>Behind the Scenes at the BBC</i>
<b>June</b>	Russell Bowes	<i>Food of the Gods - the utterly delicious history of chocolate</i>
<b>July</b>		<i>AGM with Home Grown Entertainment</i>
<b>August</b>		<i>No meeting in August</i>
<b>September</b>		<i>Open Afternoon</i>

# Travel Team Outings 2018/19

The Travel Team, led by Margaret Pavlidis, aims to plan a monthly outing throughout the year. This includes a Stay-Away of seven or more days alternating between the UK and the continent. The team's forward planning is done in March with the application forms appearing in the appropriate month's Journal. The outings are open to all members of TU3A who send in the application form. Friends need to apply in the same envelope.

If there are more applications than places there will be a ballot that will take place after the closing date for entries. The names of the unsuccessful applicants will go forward to the next balloted outing; provided that they have applied to go, they will be given a place. After this their automatic right to a place will no longer apply.

The Stay-Aways are advertised in advance on a first come basis as block bookings for hotels cannot be made at the last minute and rooms are only held for a short period.

It is the policy of the TU3A Travel Team not to accept any responsibility for the care of individuals travelling with us and that if there are any existing physical or mental problems they must travel with someone who will care for their well being.

## Proposed Outings for 2018/19

<b>Month</b>	<b>Destination</b>
<b><i>October 2018</i></b>	<i>Syon House and Garden</i>
<b><i>November 2018</i></b>	<i>The Tower of London</i>
<b><i>December 2018</i></b>	<i>Christmas Concert at the Kew Musical Museum and the Kew Gardens Christmas Lights</i>
<b><i>January 2019</i></b>	<i>The Postal Museum and Postal Train</i>
<b><i>February 2019</i></b>	<i>Isle of Sheppey Tour and Music Hall</i>
<b><i>March 2019</i></b>	<i>Supreme Court and Another</i>
<b><i>April 2019</i></b>	<i>Arundel Castle</i>
<b><i>May 2019</i></b>	<i>Pashley Manor and Leonards Lee</i>
<b><i>June 2019</i></b>	<i>5 - 12 June - Northern Spain</i>
<b><i>July 2019</i></b>	<i>RHS Hampton Court Flower Show</i>
<b><i>August 2019</i></b>	<i>Kelmscott Manor and Buscott Park</i>
<b><i>September 2019</i></b>	<i>River Cruise (Waverley Paddle Steamer)</i>

## Theatre Visits

The Theatre Visits Team arrange several theatre visits a year. We aim to provide a varied programme covering serious drama, comedies and musicals. These are usually matinees and mostly in London when we travel by train, either independently or as a group. We occasionally include a visit to a local venue. For the past few years we have included a day trip by coach to Chichester. Time is allowed for sight-seeing and lunch before attending a matinee performance at the Chichester Festival Theatre.

In the past year visits have included *Motown*; *The Kite Runner*; *An American in Paris*; *Witness for the Prosecution*; *Fiddler on the Roof (Chichester)* and *Dream Girls*.

By booking tickets as a group we obtain seats in the Stalls or Dress Circle at a greatly reduced rate. Details and travel arrangements are sent with the tickets. Information and Booking Forms are included in the monthly TU3A Journal. If a visit is over-subscribed, a ballot is held and a waiting list maintained for returned tickets. Anyone on the waiting list has priority for the following visit.

Theatre Visits are open to all members of Tonbridge U3A.

Theatre Visits Organiser: Linda Slaney

## Volunteering

We are all volunteers and the U3A relies on members' willingness to assist with the many and varied tasks on and off the Committee and in Groups.

Specific tasks are listed in the "Situations Vacant" page in the monthly Journal. Committee members are always happy to discuss volunteer opportunities. Members prepared to offer help with organising a group or with other administration roles are particularly appreciated. Volunteering is usually a lot of fun and gives you the opportunity to get to know many more members. So please do enquire where and how your skills would be valued, or how you could learn new ones, such as by shadowing.

**Volunteer Coordinator:**

Lionel Austin

# Communications

With 1,300 members and more than 110 groups, communication between Management Committee, Group Organisers, other volunteers and members is maintained through the monthly Journal, with quicker and more detailed information on the website.

## TU3A Journal

Our Journal is provided at the start of each month either as a pdf by email or as a printed copy collected at the monthly meeting or sent afterwards by post. It is also published on the Members-only section of the website. You are encouraged to take the Journal by email to save costs, but can register for the printed version if that suits you better.

The Journal conveys messages from our Chair and other officers, occasional reviews and photos of recent events, notice of future activities, including the Monthly Meetings, listings of Study Days, news from the Groups and Travel Team Organisers, booking forms for Outings and Theatre Visits.

## Public Website

The TU3A website at [www.tonbridgeu3a.com](http://www.tonbridgeu3a.com) gives an overview of the range of activities provided by Tonbridge U3A. The public area serves as a useful introduction to potential members, giving information about our groups and events as well as application forms for joining TU3A. Member-sensitive data is not available.

## TU3A Website - Members only area

Registered members have access to the Members-only content with on-line copies of current and past Handbooks and TU3A Diaries, Newsletters and Journals, together with application forms for travel, theatre and other events.

Group Organisers are able to ask website administration to update their individual pages and attach documents at [u3aton@gmail.com](mailto:u3aton@gmail.com)

For instance, copies of the lyrics for the choir can be downloaded in pdf form. To register, use the log-in information supplied when you joined or e-mail [u3aton@gmail.com](mailto:u3aton@gmail.com) to check your registration details.



# Legal Arrangements

The Third Age Trust provides us with insurance policies to cover Public and Products Liability, Money Cover, All Risks Equipment Insurance, Home Contents Cover, Charity Indemnity Insurance and Tour Operator's Liability. An overview of these and helpful FAQs is available on our website or from a Committee member, to help you establish what cover is provided for you attending or running groups.

In the event of an incident, an **Incident Report** must be completed (from the website or Treasurer) and then sent to the Treasurer.

# Finance

**Membership Fee:** £15 per person or £25 for two at the same address; 1 September - 31 August. Half fee charged if joining after 1 March. Payment by Standing Order only.

If you pay Income Tax at least equal to the tax that Tonbridge U3A can reclaim, please **Gift Aid** your subscription. Your declaration remains valid until it is cancelled.

Under Charities regulations, U3As are not permitted to use their funds to make **donations** to other charities.

Each U3A event and each Group needs to be **self-financing**. Members attending groups in homes are requested to give **40p for their host's expenses** or **20p per mile for a lift**. Members attending groups in rented halls will be asked to contribute to the fee as well as for any refreshments.

We welcome **guests** at our monthly talks and appreciate £1 donation. If someone new comes regularly, we would ask them to join.

The Management Committee reserve the right to cancel or refuse membership at any time.

# Joining Groups and Setting Up New Groups

In the rest of this Handbook, all of our groups are listed in A - Z order with descriptions of their aims and activities. Details of the dates, location and contact details of Group Organiser(s) as at the time of publication are also shown. Any and *only* changes to a group's information published in this Handbook (including changes to contact details of a Group's Organiser), will be printed in the monthly Journal.

When you wish to join a group, please contact the Group Organiser. Although a lot of members sign up at the Open Afternoon in September after meeting the Organisers, you can join most groups at any time of the year.

Where the group is unable to take more members, due to space or nature of the group, they may hold a waiting list you can join. For this reason, if you stop attending groups, do let them know you will not be returning, so they can welcome new members.

If a group is full, do contact **Groups Co-ordinator Katharine Coleman** so she can see if enough other members and an Organiser can be found to set up a second group.

We use the same process for a new special interest group on a different topic, or sometimes the **Events Team** (e-mail [u3aton@gmail.com](mailto:u3aton@gmail.com)) helps arrange a set of meetings on a new subject, which then evolves into an ongoing group.

U3A does not pay tutors but groups do not have to depend on finding an expert in their U3A; there's a Resource Centre at National Office that can support everyone wanting to learn and share the teaching.

**TU3A depends on the willingness of members to share their skills, organise new opportunities and provide hospitality.**

## Accidental Chefs

We meet on the third Friday of each month at 12.30pm. A maximum of 12 will meet at the home of a member of the group. Each host suggests a theme. The recipes are shared and small samples of each one will be tasted by all.

## Ambling

Ambles start at 10.45am and are about 3½ miles in length. The walk leader is shown in the monthly Diary. A degree of fitness is required in order to negotiate stiles and hills. We usually end up with a pub lunch at 1.15pm. Most routes are pre-walked for safety reasons. Average numbers 12+.

## Antiques Fairs and Auctions

A new group for those people who have a love of antiques. We aim to visit either an auction or antique fair or a town with a large number of antique shops and visits will include having lunch if possible. We are aiming to arrange a meeting every two months. Dates and venues will vary and members will be informed accordingly.

## Art Appreciation

Meetings will be held on the 3rd Friday of each month. Venues will be variable - either an arranged visit or at a member's home - dependant on the subject. We welcome member's suggestions and ideas to help develop the itineraries, for example, a particular interest you may have which would also be of interest the group or an exhibition you have heard of which we could visit and discuss. Interested parties should contact one of the Organisers (details above). We hope that you can join us.

## Art to Share & Care

This is a support group for solitary painters to which every member contributes.

Our objectives are:

- To encourage painting
- To offer supportive comments on the work

- To make suggestions for possible improvement

Ways of achieving these objectives may be:

- By re-presenting adjusted work for further appraisal
- Discussing ways of working
- Exchanging experiences with old and new materials
- Visiting current exhibitions

We have monthly meetings on Monday mornings 10.00am-12.00 noon in each other's homes. There may be an occasional charge to cover photocopying. Details of dates and places in the monthly Diary.

### Art Viewing 1

Our aim is a shared enjoyment of art in all its forms. Each member is encouraged to do a presentation on an aspect of art that appeals to them using PowerPoint, slides, DVDs etc. Sessions are followed by friendly discussion and questions. We also make visits to galleries, museums and historic houses.

### Art Viewing 2

We enjoy all forms of art and the stimulus from learning together.

The style of our meetings:

- one member may research and present a subject – the rest of the Group participates with enthusiasm
- 2 or 3 outings a year, organised by members of the Group
- at some meetings we bring along an interesting picture or object to talk about

Meetings are held every 3 weeks on Mondays (2.00pm to 4pm). We have ended up taking an interest in art and artists that we may never have done alone.

### Art viewing 3

In this group we share with each other our enjoyment of all forms of art. Each member can volunteer to research and present a topic of their choice, for discussion by the whole group. We also visit galleries, museums and historic houses. Meetings take place in various members' houses every third Friday in the month.

## **Birdwatching**

For new and also keen birdwatchers. We meet at 10am on the first Wednesday monthly generally finishing at 1pm. We visit a different site each month. Distance walked varies but usually 2 miles or so with frequent stops.

## **Book Circle 1**

This Group meets at 2.00pm on the second Wednesday of each month at different members' homes. We read and discuss one book each month. Normally this is a modern novel but occasionally we may choose a classic, or a work of non-fiction.

## **Book Circle 2**

We meet in members' homes on the third Wednesday of each month at 2.00pm. We read and discuss a wide variety of books both fiction and non-fiction.

## **Book Circle 3**

The group meets on the second Thursday of each month at 2.15pm in members' homes. Members choose books to discuss at the meeting, including both established and modern writers and may be fiction or non-fiction. We also have a summer outing to a literary venue in the South East.

## **Book Circle 4**

We meet on the second Tuesday of the month at 2.30pm in various members' homes. We read a variety of books and discuss over tea and cake!

## **Book Circle 5**

We meet on the third Thursday of the month at 10.30am at members' homes. We read and discuss a variety of books chosen by the members.

## **Bowling - Lawn Bowls 1**

Meet at Riverside Lawn Bowls Club.

## Bowling - Lawn Bowls 2

Tonbridge Bowling Club hold sessions for new bowlers on Tuesday afternoons and Thursday evenings in Summer, which are available to U3A members. So we meet from May to September at 2.00pm on Tuesdays and on Thursdays from 6.00pm until dark. Free coaching and bowls available. Tonbridge Farm Sports Ground, Darenth Avenue, next to the Angels Football Club.

## Bowling - Short Mat Bowls

Meet most weekdays, from October to April each year in the clubhouse at Tonbridge Bowling Club. Equipment and bowls are provided, plus coaching.

## Bowling - Ten Pin Bowling

Weekly Ten Pin Bowling sessions, every Tuesday 11.00am and Wednesday 10.00am at the Bowlplex Stadium, Knights Park, Tunbridge Wells. Cost is currently £6.50 for two games. Bookings are made a week in advance. Players of all levels of experience are welcome.

## Bridge - Beginners

We offer bridge tuition starting each September primarily for those who have little or no previous experience in the game. This follows a teaching plan set out and approved by the English Bridge Union, Members being given prepared hands to bid and play and exercises to work on between sessions. There are usually three groups, at different levels, each meeting roughly monthly on Mondays. Anyone who wishes to refresh their basic knowledge of bidding and card play is invited to apply.

## Bridge - Chicago

Meetings are held at different homes over the month, normally weekly. We have room for only 1 or 2 tables at most houses.

## Bridge - Duplicate

We meet on the first and third Thursday of each month at 9.45am for a 10.00am start to play friendly duplicate bridge

finishing by 12.30pm. Playing partners are arranged at each meeting so individual players are welcome. We play in Tudeley and usually have 6 to 8 tables. Hands are drawn from the British Simultaneous Pairs competitions and the published BGB booklets are available afterwards for comparison. Annual fee to cover costs. Players of all standards welcome.

### Bridge - Intermediate

For Bridge players who want to improve their skills. We try to meet twice a month on the second and fourth Thursday afternoons in members' homes. Each meeting has a topic, often suggested by members. After a short presentation, we play prepared hands on the topic.

### Bus Walks

We are a small group of walkers who organise walks and visits using bus transport. We usually go out on the second Thursday of the month, and occasionally on other days. Some members offer to lead a walk or visit and all are welcome to suggest ideas for our programme. Our walks are usually between 3 and 6 miles. We often take a picnic lunch. We are happy to welcome members who wish to join us only occasionally.

### Canasta

Meets on the first and third Monday of the month 10.30am to 12.30pm at the Angel Indoors Bowls Club, Avenue de Puy, Tonbridge.

### Card Making

Card Creations using recycled cards, card materials and decorations to create Christmas, birthday and occasion cards. Meeting on the second and fourth Tuesdays at 10.00am to 12 noon.

### Chess

We meet on the fourth Monday of the month at 2.00pm. Players of all levels (including beginners) are invited to join us and have a go.

### China Discovered

We are a group with a variety of eclectic China related interests. Meetings have covered topics ranging from the Chinese Language to the country's forestry industry, presentations by members on their favourite books with a Chinese theme,

films and a meal to celebrate Chinese New Year. We welcome new members, especially those who would have something to contribute to our programme. We normally meet on the third Monday of the month between 2.00pm and 4.00pm in Hildenborough. An annual fee of £10 covers all meetings, excepting the New Year meal. Draft programme available from the organiser.

### **Choir**

The choir meets twice a month on the second and fourth Friday morning in Tonbridge from 10.00am to 12 noon. Our leader is a very experienced choir master. No previous experience of singing is necessary; the emphasis is on enjoyment and learning some singing techniques along the way. We sing a wide variety of popular music. A small charge is made each term for expenses.

### **Church Building Tours 1**

Group 1: Visits are on the fourth Thursday of the month. We are interested in church architecture and history and aim to uncover and recognise the clues that help us understand how the church and its surroundings have evolved. We visit at least one church each month with a talk and/or guided tour, with a pub lunch afterwards which is optional. We make individual donations to the church during our visit.

### **Church Building Tours 2**

Group 2: Visits are on the second Monday of the month. We are interested in church architecture and history and aim to uncover and recognise the clues that help us understand how the church and its surroundings have evolved. We visit at least one church each month with a talk and/or guided tour, with a pub lunch afterwards which is optional. We make individual donations to the church during our visit.

### **Circle Dancing**

The circle is an ancient and universal symbol of wholeness and unity. Dancing in a circle is one of the oldest ways to celebrate community and togetherness. We dance traditional dances from many diverse cultures but also dances that have been recently choreographed to classical music or modern music from around the world. The dances can be



meditative or lively, peaceful or playful, but always fun. This group has been flourishing since 2003. We meet usually on the first and third Tuesday of the month in Tonbridge, from 2.30pm to 4.00pm. Wear loose comfortable clothing and either dance in bare feet or soft flat shoes. New dancers are always welcome in this friendly group. No previous experience or partner is required, so come along and join us. We also hold a Dance Day every year in the Spring. The Dance Day gives us an opportunity to repeat dances that we know and love, as well as to tackle more challenging dances. Everyone brings vegetarian food to share for lunch. Hot and cold drinks are provided and there is always plenty of time for a chat as well as to dance. Ring or email Anne any time for more information, or visit [www.circledancegrapevine.co.uk](http://www.circledancegrapevine.co.uk)

### Coastal Walks 1

For those who like a moderate ramble by the Sea. Walks generally average 5-7 miles and take place in Kent, Sussex or parts of Essex. We meet four times a year on the 2nd Tuesday of June, July, August & September. Taking a packed lunch, we car share to the coast, then get public transport to the beginning of the walk and follow the coastline back to the car with a couple of rest stops on the way.

### Coastal Walks 2

For those who like a moderate ramble by the Sea. Walks average 5-7 miles and take place in Kent, Sussex or parts of Essex. We meet four times a year on a Friday of June, July, August & September. Taking a packed lunch, we car share to the coast, then take public transport to the beginning of the walk and follow the coastline back to the car with a couple of rest stops on the way.

### Country Dancing

English traditional dancing is an enjoyable social experience and good exercise for the U3A age group. Music is vital to dancing and the reels and jigs really make you want to get moving. Nothing too strenuous however but great exercise and great fun. So come along and join in – no special shoes or even a partner needed. We continue to meet on the second and fourth Mondays each month from 3.00pm to 4.00pm in Tunbridge Wells.

### Country Walks

The group meets on alternate Monday mornings throughout the year for 5 to 7 mile walks in the country and occasionally on the intervening Mondays for longer walks, 10 to 14 miles. Walks generally take place in Kent, Sussex and Surrey. Group members are encouraged to lead. Walks can be taken from books or chosen from maps. We respect the 'Country

Code' and encourage car sharing to the starting point. Our aim is enjoyment, exercise, the countryside and companionship.

## Creative Writing

This group exists to help and encourage any member who is interested in working in any form of the written word, whether fact or fiction, novel or short story, stage or tv drama, reportage, autobiography or verse. At each monthly meeting members present what they have written during the previous month. Inevitably there has to be a limit to the number of members, to give each enough time to make their presentations and the rest time to discuss them. At the moment, for that reason, the group is full.

## Croquet

We meet in Tunbridge Wells on the 1st & 3rd Tuesdays, 2.00pm to 5.00pm from mid-April to September/October, depending on the weather. The cost is £5, including tea and cake. All are welcome and no experience is necessary, as all coaching is provided for this fun social game; just bring flat-soled shoes, such as trainers.

## Cycling

We go on a ride every second and fourth Wednesday in the month, throughout the year. We avoid cycling in wet or icy weather. Rides are usually between 12 and 18 miles round trips and stops for coffee and lunch are very sociable. We generally start at 10.00am or 10.30am and will return home by approximately 2.00pm to 3.00pm.

We ride at an easy pace and will wait for those falling behind. We try to avoid steep hills, but do not hesitate to walk or wait for others where necessary. Bikes used are mostly hybrid or mountain bikes. We make use of off-road trails or quiet back roads but occasionally we have to go on short stretches of busy roads.

Because some cycle routes/trails are further afield it will be necessary to transport your bike by car to meeting points.

Bike rides we have done in the past (some more than once) amongst others are:

- Cuckoo Trail from Heathfield towards Eastbourne and also to Pevensey Bay
- Forest Way from Groombridge to East Grinstead
- Bexhill to Hastings
- Penshurst to Tonbridge

Each member has a turn to organise a bike ride, i.e. find a route and inform other members of meeting points, etc. Help is given if necessary. Details of rides are usually given to members about a week before the time.

## Drawing for Fun

A friendly group for self-motivated people who enjoy drawing. Beginners may find Betty Edwards' book 'Drawing on the Right Side of the Brain' useful. More advanced members enjoy pursuing their own projects. We meet on the second and fourth Thursday mornings in Tudeley. We pay for room hire and refreshments. The purchase of art materials is, of course, the responsibility of each member.

## Embroidery

Two similar groups meet fortnightly on Thursday and Friday mornings in Tonbridge. A different theme each year suggests a starting point for inspiration. Members decide, from research, what form their piece of embroidery will take and work from initial design through to the completed piece. Groups are suitable for beginners or those with experience – we learn from each other and from the many books available. Ideas are linked to historical examples where appropriate and reference is made to other cultures and countries. Embroidery is a far wider subject than most people realise and offers opportunities to develop existing skills and to learn new ones. A good stock of threads, fabrics, beads and other embellishments is maintained which anyone is welcome to use in exchange for a modest donation to the 'kitty' kept to replenish supplies.

## Engineering

For those interested in all aspects of Engineering (Mechanical, Electronic, Electrical, Civil etc.) We meet once a month on the first Thursday at 10.30am at the Humphrey Bean (Wetherspoons), Tonbridge High Street. We also arrange visits to sites of interest.

## Family History - Beginners

A group for those starting their family history or those unfamiliar with recent changes in accessing records: covering certificates, census, parish registers and records, recording your tree, military, wills, how to visit archives and reading old handwriting. Charge for photocopied notes of under £4 in total. We meet in Tonbridge on the first Monday of the month at 2.00pm.

## Family History - Intermediate 1

A self-help group who wish to progress their family history beyond basic experience. Meetings explore members' interests, helping with specific "brick wall" problems, to encourage the building of skills in accurately conducting

genealogical research. We aim to get more depth and detail to our family trees. From September the new meeting date will be at 2.30pm on the 3rd Thursday of each month, instead of the 4th Tuesday.

### **Family History - Advanced**

For those who have covered all the basic sources of information from the census and civil registration and are hoping both to go back beyond c1837 and to “put flesh on the bones” using a variety of sources. Meetings normally concentrate on one or two specific topics, including members’ brick walls. They may take the form of talks by individual members or group discussions. First Thursday of the month at 2.00pm.

### **Finance & Economics**

Meeting every two months, usually on the third Thursday 2.30pm in North Tonbridge. The primary objective is to broaden members’ understanding of economic affairs on a world scale and their impact on financial markets. At times, discussions may extend to broader matters relating more to domestic and international politics. The Group does not operate as an investment club, nor discuss specific investment opportunities. Meetings usually start with a short discussion of the then economic situation and background to financial markets. This is then followed by a longer session on a specific topic relating to economics, finance or investment, the whole meeting lasting some two hours.

### **French Conversation 1**

Meeting on the second Tuesday of the month, 2.00pm to 3.30pm to explore a theme related to France or French culture/language decided by the group members, for the first half, followed by a conversation of general interest where every member of the group is prompted to have a go. French is maintained throughout.

### **French Conversation 2**

We meet at 10.00am in Tonbridge on the second Tuesday of each month. We choose a subject for the next meeting and most members prepare what they will say (in French!). New members welcome.

### **French Conversation 4**

This group meets on the first Monday of each month from 2.30pm to 4.00pm. The usual format is for each member to come prepared to talk for a little while on any subject of their choice, e.g. holidays, historical events, books, films, visits, family occasions etc., which might then be followed by some relevant discussion. Often a crossword is involved. Venue varies. Consult Diary or contact Jill or Paula.

## Galleries, Exhibitions & Museums

We enjoy learning more about the arts and crafts, in an informal way, through our many and varied visits which occur on the first Friday of the month. Those who find material relevant to the visit bring it along for others to read on the journey. Where convenient, we use public transport to reach the venue (bus passes are useful) but, on occasion, we share vehicles to reach our destination. If any member hears of a venue they think is of interest, we can arrange a visit. The venue and method of transport will be published in the monthly Journal with the time and place to meet. I do ask people to telephone me if they are coming.

## Gardening

We meet once a month, sometimes afternoons and sometimes mornings, but the day and time are not fixed. Plans include nursery visits, private visits to 'Yellow Book' gardens, plant swapping, garden planning, ideas of members' gardens. A group to share a love of gardening. Car sharing and lifts possible.

## Geology

Our overall theme is Landscape Geology of the UK, but we also add international areas of interest. We basically follow the syllabus of the OCR (Oxford & Cambridge & RSA) A-S level Geology course, in order to provide sequence and structure to our meetings (without the exam of course). This covers Plate Tectonics, Rock Forming Minerals and the Basic Rock Categories. We also address Sedimentary Structures – glacial, fluvial, desert, shallow & deep marine basins, Metamorphic and Igneous Processes & Products and Environmental Geology. We focus on Practical Geomorphology to understand the processes that produced the Landscapes & Landforms that exist in a region, especially in our local countryside. We also address current/topical geologic issues and invite expert guest speakers to attend and present speciality subjects. Weather permitting, we try to make at least one or two field trips per year. We meet monthly, the third Tuesday afternoon in Tonbridge between 2pm and 4pm.

## German Conversation 1

The Group is designed for those with at least a modest working knowledge of written and spoken German, so unfortunately, this class would not be suitable for beginners. We practice to improve our conversational skills and have tips on grammar, pronunciation and the German way of life from experienced speakers. Last Tuesday morning of the month at 10.30am.

## German Conversation 2

Small, friendly group which meets at 10.30am on the first Thursday for coffee and German conversation. Everyone contributes to the discussions on a chosen theme, plus general topics, including word games. For those with at least a modest working knowledge of written and spoken German. The group practises to improve our conversational skills and learn tips on grammar, pronunciation and the German way of life from native and experienced speakers.

## Golf

A game is organised at a designated golf course on the fourth Tuesday each month. Players at any level welcome, no handicaps required.

## History 1, 2 & 3

These three Groups are arranged for those with a genuine interest in Modern History. Our format is quite traditional – lectures and printed notes – but members participate most actively in questions, comments and discussion. We conclude each year's studies with lunch and a quiz. There is a small charge for photocopying of notes and maps.

**Group 1** started in 2000 and meets fortnightly on Monday afternoons

**Group 2** started in 2001 and meets fortnightly on Tuesday afternoons

**Group 3** started in 2007 and meets on the first Thursday afternoon of the month.

## History 4

For those who have an interest in all periods of history. The topics we study are determined by the interests of the group members. The format is a lecture as well as questions, comments and discussions. October to May monthly on the second Wednesday 10.30am–12.30pm in Bidborough.

## History - Local 1

As interested amateurs we take turns doing research to present a topic or lead a walk. Our aim is to create an interesting and sociable time where we can learn about our locality and discuss memories of the area.

Usually at the group organiser's home in Tonbridge at 10.30am on the last Friday each month.

## History - Local 2

This group began in 2015 and meets every first Monday of the month at 2.00pm in north Tonbridge. We each choose and research a subject, place or person of personal interest and share our findings in sociable company. We are planning to visit local places this year.

## History - Local 3

Meetings are held on the fourth Thursday each month from 10.00am to 12 noon. For venues contact the organiser.

## History - World Affairs

This is an open group and any Tonbridge U3A member is welcome at meetings, but please contact the organiser first. Meetings are normally in Tonbridge. We watch and discuss programmes about some aspect of world affairs, past, present or future. Look for dates of meetings in the latest Tonbridge U3A Journal.

## Industrial Heritage

The Group is for people interested in our industrial past and what can still be seen of it in the world around us. Meetings are either talks, or visits to places of industrial history interest. We are interested in all branches of industry, from agriculture to transport, manufacturing to mining and particularly those with local connections. Talks are held in Tonbridge on the fourth Wednesday at 10.45am. An annual membership charge covers room hire and refreshments.

## iPad Group

A "drop in" self help group meets in Tonbridge on the 2nd & 4th Wednesday from 10.00am to 12.00 noon. The aim is to exchange knowledge as well as getting help with problems and queries.

## Jazz Forum

For anyone who likes Jazz and/or wishes to know more about Jazz, sessions include talks and demonstrations on topics such as jazz styles, musicians, singers and many others, by members or guests. Monthly, on the second Thursday from 3.00pm to 5.00pm in Hildenborough. Average attendance is about 25. £1 is invited for expenses of any guest musicians

or equipment. Visits to jazz concerts, clubs or other jazz related events could be arranged if that would interest members. All welcome.

### **Kayaking**

The group meets at the Tonbridge Canoe Club (TCC), New Wharf Rd; nearest car park is at the swimming pool. There is also a public slipway for paddlers bringing their own boat. We usually paddle on the Medway, but some of the more experienced members also do tours on the Cuckmere, Stour, Military Canal etc. We usually meet on the third Friday of the month. Days and times may alter due to seasons/trips. In the summer we usually meet at 4.00pm (winter 3.00pm). Please always check with me, as I need to organise the boats. The contribution is £5 for boat and kit hire.

### **Knitting**

The object of the Group is to enjoy the company of like-minded people, learn from each other and swap ideas, at our meeting on the first and third Thursday of the month.

### **London Walks 1**

With easy access to arguably the most interesting and historic city of the world, this friendly group was formed in 2000 to find out more about London. We take it in turns, individually or in small groups, to choose, plan and lead the monthly walks, dates of which vary. On the third Friday of each month we have our Walk Talk meeting in Tudeley, during which we make plans for future walks and after coffee continue with a London Studies session. £7 annually for hall hire and refreshments. We pay our own travel expenses. New members most welcome.

### **London Walks 2**

This group meets on the first Thursday of the month for a walk in London. Members of the group take turns to research an area and do a pre-walk to find a suitable venue for lunch and sort out travel plans.

### **London Walks 3**

We walk on the third Wednesday or Thursday on alternate months. Details of the date and two organisers planning that month's walk are listed in the latest Diary. As with Group 2, it is kept informal.



#### London Walks 4

Ten walks a year, monthly from February to November. We usually walk on the third or fourth Thursday or Friday each month. We normally meet up in London at 10.30am, have a modest walk of up to three miles including lunch. In the autumn we have a trip to a London theatre and in January a lunch at a local hostelry. Any costs for entry to places of interest limited to £10 per person or as agreed by the members participating.

#### London Walks 5

We explore different areas of London alternating between the second Thursday and the second Friday of the month. Usually working in pairs, we take turns to organise our outings. This includes deciding the route and places to visit, and usually needs a trial run to check out travel arrangements and identify locations for breaks etc. Costs are kept to a minimum and include travel, refreshments and occasionally entrance fees.

#### London Walks 6

Walks on first Tuesday of the month organised and planned by different members of the group to explore areas of London of their choice

#### London Walks 7

We explore London on the first Tuesday of each month from February to November inclusive. The walks are informative and relaxing and usually include a place of interest. We hope members will choose to organise one of the walks and do the research for travel and a lunch venue.

#### London Walks 8

We meet on the third Tuesday of the month during February to November inclusive. Interesting and informative walks round different areas of London are planned and led by members of the group either individually or in pairs.

#### London Walks 9

Newly formed group needing a few more members. We meet on the fourth Wednesday of the month at Tonbridge station to walk on designated routes around interesting parts of London. Walks are planned individually by members. Details of up and coming walk in monthly Journal.

## **Mah Jong 1**

Meetings are at 10.00am on the first and third Wednesday mornings of each month in Tonbridge. Free car park. Fee for the hall. Members play at different levels. Beginners welcome.

## **Mah Jong 2**

We meet on the second and fourth Wednesday each month in Tudeley. There is a fee for the hall. Plenty of free parking. All welcome and tuition given to new players. After play we have been known to visit our local!

## **Meditation 1**

This group meets on the last Monday of each month at 10.45am in Tonbridge. We aim to explore different methods of attaining a relaxed meditative state which is so beneficial to mental and physical health.

## **Members On Their Own - MOTO**

Meets every third Wednesday of month in Tonbridge 10.30am to 12.00 noon. Room fee is £1.

## **Music Appreciation**

We meet each month in Tonbridge. Everyone welcome, but please contact the organiser if you plan to come. Come when the subject interests you. We watch recordings and also attend concerts in Tonbridge by Tonbridge Music Club, Tonbridge Philharmonic Society, and at Tonbridge Parish Church.

## **Opera & Ballet**

This is an open group. Any Tonbridge U3A member may attend a meeting, if the subject interests them, but please let the organiser know. We watch recordings and sometimes arrange outings. Meetings are on the second Monday each month at 10.00am, usually in Tonbridge.

## **Patchwork & Quilting**

Group 1 meets on the first Tuesday of the month from 10.00am to 12.00 noon in Weald.  
Group 2 meets fortnightly on Tuesday afternoons in Weald or Tonbridge.

Beginners work on a year-long project making a sampler quilt, sewn either by hand or machine, using their own cotton fabrics. More experienced quilters work on their own projects, with support and advice from the rest.

### **Philosophical Investigations**

This discussion group seeks to better understand the nature of the ideas that shape our world and our relationship with it. We do so by investigating the writings of philosophically minded thinkers and by challenging often unquestioned beliefs. The group meets at 10.00am to 12.00 noon on the second Friday of the month in Tudeley. Sept to July. £1 per session for hall hire.

### **Photography & Video Filming**

This group meets on the second Wednesday of each month at 2.00pm, including some outings when appropriate. Activities include discussions, practical workshops, demonstrations and talks about aspects such as framing up shots, lighting, sound and various techniques for correcting items that could be improved, including the use of photo and video editing programmes. We arrange visits to locations for a shoot and also visit exhibitions to see other people's work. Each month we have a theme for an exercise, usually three photographs or one minute of video. The results are generally viewed at the next month's meeting. All levels, so that we learn from each other.

### **Play Reading 1**

We meet in Hildenborough to read a variety of plays together, from Shakespeare to modern. No acting talent is required. Meeting on the second Thursday of the month at 10.00am - 1.00pm.

### **Play Reading 2**

We meet in Hildenborough to read a variety of plays together, from Shakespeare to modern. No acting talent is required. Meeting on the second Monday of the month at 10.00am - 1.00pm.

### **Poetry for Pleasure**

The purpose of the Group is simply to enjoy reading poetry, without serious analysis. We choose a theme in advance and do our best to find poems which are relevant to it, usually reading two or three each. 10.00am on the third Thursday each month in Hildenborough.

## Poetry Writing

A self-help group for anyone interested in learning more about the craft of writing poetry. Suitable for beginners and more experienced writers wishing to improve their knowledge and skills. We bring along any poetry writing we've done to get constructive feedback from other members, carry out exercises in poetry writing and look at different aspects of poetry through reading published poems. The content of sessions is agreed between members, any of whom can suggest and lead on a theme. We meet on the fourth Tuesday each month between 2.00pm and 4.00pm in Hildenborough.

## Recorders - Improvers

First and third Monday afternoons from 2.00pm until 4.00pm in Hadlow.

## Recorders - Extra

This group is for people who are no longer complete beginners. We meet on the fourth Monday of the month from 10.00am to 12 noon in Hildenborough.

## Recorders - Intermediate

This group is for recorder players with some experience to enjoy playing music together, mostly in three or more parts. Between us we can play four different sizes of recorders. We meet on the 2nd and 4th Tuesdays in the month from 10.00 am to 12.00 noon in Hildenborough.

## Reiki

We meet on the 4th Wednesday afternoon of the month at 2.30pm to discuss Reiki and to share Reiki treatments.

## Rummikub 1

Playing every Monday 2.00pm to 5.00pm in Hadlow. Easy to learn and simple to play while chatting. Like the card game Rummy, but with coloured numbered plastic tiles, collecting sequences or groups of numbers.

## Rummikub 2

The group meets on the second and fourth Friday 10.00am to 12 noon in Tonbridge.

### Rummikub 3

1st & 3rd Friday 10.45am. New members welcome.

### Science Group 1

Based around a series of lectures on DVD and lecture notes, we learn about the whole sphere of science from the nature of light to DNA and the essence of life, evolution and genetics, to the brain, magnetism and electricity. Just as importantly, we discuss any topic a member wants to raise, either to learn themselves or to help the rest of us to learn or both.

### Science Group 2

Based around a series of lectures on DVD and lecture notes, we learn about the whole sphere of science from the nature of light to DNA and the essence of life, evolution and genetics, to the brain, magnetism and electricity. Just as importantly, we discuss any topic a member wants to raise, either to learn themselves or to help the rest of us to learn or both.

### Scrabble

A friendly group for anyone who enjoys a good game of Scrabble. We meet on the first and third Wednesdays between 2.00pm and 4.00pm in the home of members able to host.

### Sequence Dancing

This group is run by Paddock Wood U3A but is open to TU3A members. It is held on the first and fourth Thursday each month from 2.30pm to 4.00pm in Paddock Wood. No experience or sequins needed.

### Singalong

The Group meets on the third Wednesday of each month at 2.30pm in Tonbridge. Small fee for the hire of the hall and printing song sheets. Please bring your own refreshments if needed. Players and singers most welcome. Enjoy an entertaining afternoon of music and laughter.

### Spanish Conversation

Informal Spanish group starting in the Autumn. This is for anyone interested in keeping up with their Spanish using

everyday conversation with each other. Any level welcome. First and third Tuesdays of each month at 3.00pm in Tonbridge.

### Storytelling 1

Meets second Wednesday of the month at 2.30pm. Contact the organisers for venue address in Tonbridge. Come along and join the fun.

### Table Tennis 1

Angel Centre 10.00am to 12.00pm every Thursday unless notified in monthly Diary. Session cost £1.

### Table Tennis 2

We meet in Tonbridge to play every Monday 10.00am to 11.30am. Cost is about 50p to £1.

### Table Tennis 3

Tonbridge every Monday 11.30am to 1.00pm.

### Tai Chi & Qi Gong

Tai chi and Qi Gong provide a gentle form of exercise with many health benefits: better balance and concentration, improved muscle control and general well-being. The apparently simple aim of regulating posture, breathing and mind combine to become an enjoyable challenge. A class for those with some experience of Tai Chi and Qi Gong is held each week in Autumn and Spring terms on Tuesday mornings in Tudeley. A new beginners class now follows immediately after that class, teaching a slow, smooth and continuous Sun form of Tai Chi developed by Dr Paul Lam to help people with arthritis, lower back pain and to reduce the incidence of falls. It has been shown when regularly practiced to strengthen muscles, improve balance and can relieve stress – all this in an enjoyable way. More detail on exact term dates will be sent to group members. In summer, both classes combine to enjoy practising outdoors. Past experience is not necessary, just an open mind, plenty of perseverance and, ideally, a sense of humour. The cost is £15 paid at first of each group of 5 sessions. New members are welcome throughout the year, when space permits.

### **Take One Day (Current Affairs)**

We meet on the morning of the third Wednesday of each month. Two days before the meeting every member buys and reads a different paper that has been allocated to them on a rotation basis. Each month a different member chooses three topics from their paper and lets the others know what these are. At our meetings, members share the views of their paper regarding these topics, after which we have a general discussion.

### **Take Another Day**

Meetings take place at 10.30am on the second Thursday each month in Tonbridge. Each member buys and reads a nominated newspaper on the Tuesday before the meeting. Members choose three topics from their nominated paper which they feel will be of interest to fellow members and will lead to lively discussion within the group.

### **Take One More Day**

Overflow from 'Take Another Day' – mostly using same formula, though we do have more variation in choices of reading material. We meet at 10.30am on the fourth Thursday of the month.

### **Ukulele**

We meet on the first and third Thursday each month from 7.00pm until 9.00pm in a local pub. We learn and play a variety of well known songs and have been invited to perform at a number of charitable gigs which usually take place during the afternoon.

### **Wine Appreciation 1**

The Wine Appreciation Group (WAG) is for people who have an interest in and enjoy wine; appreciate it more by learning the various methods of producing different wines from vineyards in this country and abroad and of course, tasting and comparing. A small charge is made to cover the cost of the wine etc. We meet in Penshurst on the first Friday of each month at 2.30pm.

### **Wine Appreciation 2**

We meet on the first Tuesday of each month at 2.00pm.

