

u3a Horsham

Newsletter

May/June 2023



<https://u3asites.org.uk/horsham/home>

Registered Charity No. 1054606

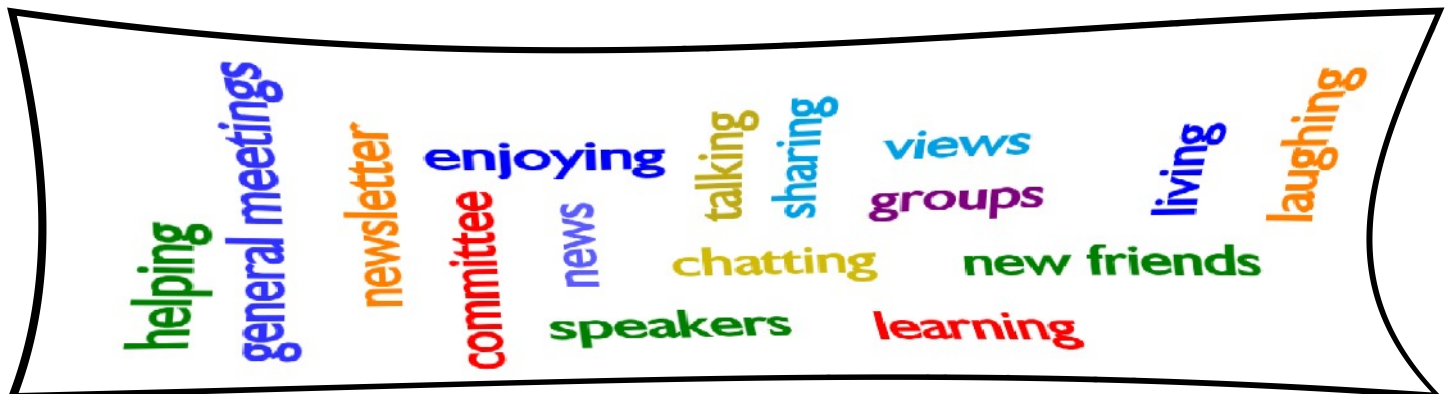
OPEN EVENT

u3a Horsham

WILL BE HELD

1 - 4PM TUESDAY 16 MAY 2023

AT THE HOLBROOK CLUB NORTH HEATH LANE HORSHAM RH12 5PJ



This event will give you a view of some of the activities already on offer which may be of interest.

Why not start your own group by sharing your knowledge, skills and interests with others in a friendly informal environment?

You do not need to be qualified; just have a willingness to learn together.

Refreshments will be available

The Holbrook Club is situated on bus routes 51, 61 and 200.
Ample free parking is available.

L e a r n L a u g h L i v e



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CHAIRMAN'S LETTER



Dear Member,

I was appointed chair of Horsham U3A at the March AGM. I offered my services in the absence of other candidates. I moved to Horsham from Plymouth in October 2021. I think that it is, therefore, appropriate to set out brief details of previous experience.

Personal Background

I am a retired chartered accountant. I spent almost all of my post qualification career in the profession in international practices. My experience was in staff training, technical support and personnel and office management together with business policy.

When I retired, I joined the independent Plymouth societies of two national charitable organisations. This first was a registered charity providing sheltered accommodation to elderly persons both male and female. I joined as a trustee. After some years I was elected as chairman of the Devon and Cornwall region which liaised between the societies in Devon and Cornwall and the main society. This appointment also involved being a trustee of the main national society which lasted over five years. I remained as a trustee of the Plymouth society and as chairman of the Devon and Cornwall region.

The second organisation was the Plymouth U3A, again a registered charity. I joined the Modern History and the Science and Technology groups. When I joined, the Modern History group was half-way through a BBC series "The People's Century." When it finished the group leader decided to retire. As a number of members had not seen all of the programme, I volunteered to re-run the series. I led the group from that time covering a number of different topics, until Covid interfered. We subsequently moved to Horsham. During my time in Plymouth U3A, I served a three-year term as chairperson and a year as interim treasurer. My connection with U3A is ongoing.

Initial Observations

The outbreak of Covid in the past few years has proved difficult for the U3A movement. Lockdown and distancing made it impossible to hold general meetings and difficult for many group activities to be maintained. Many members retired and many group leaders resigned. A reflection of the value that U3A provides to its members is the fact that membership numbers are returning to previous levels.

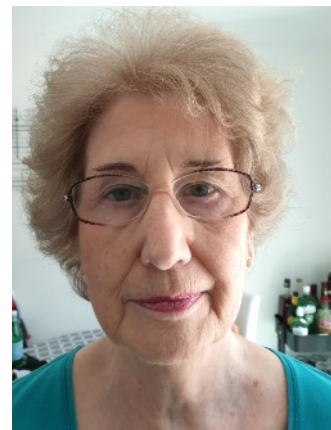
The Horsham U3A owes an enormous debt to Ian Cooper and the committee for ensuring that morale has been maintained, the Society remains in existence and the administration of the Society has been kept up to date.

Kind regards

George Stringer

Chair, Horsham u3a

SECRETARY'S NOTES



Thank you to all those who attended the AGM on 28 March, a brief resume of the meeting is as follows:

The minutes for last year's AGM were approved, as were the Chair's report and the Treasurer's report. Tim Hossack agreed to continue as independent examiner of the accounts, which were also approved. The changes to the constitution were also approved, these having previously been agreed by the Third Age Trust and the Charities Commission.

The following members of the Committee were appointed:

Chair	George Stringer
Vice Chair	Ian Cooper
Hon Treasurer	Mike Harrod
Hon Secretary	Shiela Campbell
Events Co-ordinator	Brenda Large
Groups' Co-ordinator	Pam Johnson
Membership Sec and Data Controller	Jenny Faulkner
Minutes Secretary	Esme Cloherty
Social Secretary	David Bowyer
Speakers' Secretary	Ann Valentine

Chair advised that next year's AGM would take place on Tuesday 26 March 2024. A question was asked about the Sussex u3a Network (SUN) and Chair confirmed that this had now folded and was being replaced by the West Sussex Network (WSN), hopefully to be based in Chichester and again arranging study days and other activities.

Members of the committee were all thanked, in particular Jenny Faulkner, our Membership Secretary. The meeting was then closed.

I should also like to mention those members who are not on the committee but without whom the u3a and general meetings would not run so smoothly.

Anne David does a splendid job producing the newsletters, and Tony Bailey keeps our website up-to-date. Pam and Mike Brakes regularly provide a selection of paperbacks to choose from, and Eunice Allen and Pam Lunniss are there to pour the teas and coffees. Doreen and David Kerr check you in on arrival, and Sandra Newbon with Esme Cloherty, meet and greet new members.

Tony Bailey, our Webmaster, would like to step down as soon as a suitable replacement can be found, so if you are interested, please contact Tony or Mike Harrod.

Kind regards

Shiela Campbell

Hon. Secretary



The committee wish to WELCOME all these first-time members who have joined us recently:

**Angela Bryant
Jean Case
Barb and Paul Charlton
John and Mariann Craik
Chris Foran**

**Jan Fatcher
Diane Gurling
Michele Jennings
Gerry Jones
Barbara Lawson**

**Irene and Peter Philpot
Graham Treharne
Martin Turner
Pamela Wigmore
Sandra Wylie**

FUTURE GENERAL MEETINGS

Dates for your diary:

- 18 July:** Canine Partners/Assistance Dogs
A talk about how this marvellous training is achieved, to help disabled people.
- 19 September:** 45 Years Flying and Frightened of Heights (Part II)
Peter Griffiths
- 21 November:** Grace Darling, Saving Lives at Sea -
Dr James Taylor



Please continue to send in your articles.

I would be pleased to hear any suggestions for changes you would like to see to improve your newsletter. Thank you, Anne.

spideranne@live.co.uk



Individual views, opinions and statements expressed in correspondence, letters, articles and other published material appearing in the Horsham u3a newsletter, are not necessarily those held by Horsham u3a or its committee.



IMPORTANT INFORMATION ABOUT GIFT AID DECLARATIONS

Have you ever completed a gift aid declaration form in favour of Horsham U3A?

giftaid

If so, and if you now no longer pay UK income or capital gains tax, please tell me right away so that none of us are in breach of HMRC's tax laws, which state that it is your responsibility to inform the charity if your circumstances change.

If you have never completed a gift aid declaration form in favour of Horsham U3A and you do pay UK income or capital gains tax, you could boost the charity's coffers at no extra cost to you by completing a gift aid declaration. To do this, please either download one by clicking the link to Gift Aid Declaration on the right-hand side of the Welcome tab on the Horsham u3a website:

<https://u3asites.org.uk/horsham/welcome>, or by contacting me or the Treasurer for one to be posted or emailed to you.

My address for return is: 8 Dutchells Copse, HORSHAM RH12 5PD.

Thanking you in advance for your co-operation. Jenny Faulkner Membership Secretary

Email: membership@horshamu3a.org.uk or Email: treasurer@horshamu3a.org.uk

We're back – the U3A Open Event Cakes and Bakes Stall!

Last time we had an Open Day, in November 2019, the Cakes and Bakes Stall was almost sold out before I could get to it. So I hope all you keen cooks and bakers will be able to contribute to the stall on **16 May 2023, 1- 4pm at the Holbrook Club**. We would love to greet our visitors with a table laden with small cakes, large cakes (sliced or whole) and biscuits.

**OPEN
EVENT**



Folk have asked if we could have some savoury items, so if you are a dab hand at cheese straws, sausage rolls, quiches or samosas, items like that would be very welcome.

Put a reminder in your diary to get baking and let me know nearer the time if you will be able to contribute something but can't bring it yourself on the day; I can collect it.

Brenda Large

Events Co-ordinator:

events@horshamu3a.org.uk



VISIT TO BLETCHLEY PARK

Dear Member

Horsham u3a proposes to run a day trip to Bletchley Park later this year. Because of the lack of response on our previous trips we would like an idea of how many members would be interested in going.

We don't want to make all the arrangements and then have to cancel the coach due to lack of support as this gives Horsham u3a a bad reputation with the coach companies. The cost of £39.00 has been calculated on filling a 50 seater coach. This includes admission to Bletchley Park and the driver's gratuity.

Please send me an email by return only if you would be interested in going on this outing, Email: social@horshamu3a.org.uk.

Please note that by replying now you are not committed to the outing and neither are you guaranteed a place. The outing will be advertised, with a date, in the next newsletter and places will be allocated on a first-come basis and you will need to be a paid-up member of Horsham u3a. We just need to gauge the level of support before going ahead with any bookings.

Thank you. **David Bowyer Social Secretary**



YOUR NEWSLETTER IS CHANGING

The next newsletter will be sent at the beginning of July but after that one, subsequent issues will be quarterly, starting from the **Autumn edition in September**.

Please keep this in mind when you are planning to contribute or share stories and news about your group.

From your **u3a** committee.

Please continue to send your articles to Anne at:
spideranne@live.co.uk

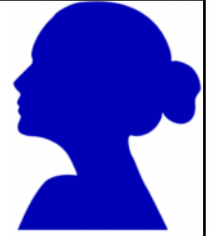




'FAMOUS WOMEN'

Talk by Mary Forlenza Following the AGM on 28 March 2023

Review by Marlene Chase



This month's talk highlighted the lives of some of the women who have made an impact on the status and rights of women today, and included others who have made a different kind of mark.

Mary started by referring to a book covering a thousand famous lives which she came across in her local library and which seems to have triggered her researches into the lives of women of significance.

First, however, she gave us some humorous anecdotes about today's mother/grandmother roles, compared to previous generations. She contrasted her grandmother's life (washday began on Monday and ended on Friday) with her own experience (all mod cons to ease housework burdens in the home but, instead, a relentless round of chauffeuring duties for each member of the family). She spoke of seeing a sticker on a car in front showing "If a woman's place is in the home, why am I always in the bl**dy car?!"

In the main part of her talk, Mary presented a diverse selection of women who have become household names or have had a subtler effect on later generations.

Her first choice was Erin Pizzey. We heard about her early life and the negative effects of harsh parenting, which led her to establishing the Chiswick Women's Aid (now 'Refuge') in 1971, a body which provides specialist support for women and children experiencing domestic violence and was the beginning of the women's refuge movement in England.

Her second subject was Caroline Norton, of a much earlier era (1808-1877), whose matrimonial difficulties prompted successful efforts to secure legal protection for married women. Her outcries at

being refused access to her children led to her Plain Letter of 1838, which in turn was instrumental in introducing the Infant Custody Bill. This is still valid today.

Mary went on to cover the endeavours of Marie Stopes who championed choices for women and birth control. Various subsequent court cases made people more aware of the factors involved.

As a contrast, her next subject was Anne Frank, whose influence via her diary in challenging opinion and prejudice only materialised after her death.

Number 5 in Mary's introduction of famous women was Coco Chanel. Generally it was felt that men were more comfortable in their clothes than women, so she set out to create clothing for women designed for comfort (e.g. the jersey dress), and made affordable fake jewellery fashionable.

In complete contrast again, Mary outlined the story of Rosa Parks, whose refusal to give up her bus seat in 1955 (Montgomery, Alabama, USA) helped initiate the civil rights movement. She became a symbol in the struggle to end racial segregation and inspired Nelson Mandela.

Mary did not attempt to follow that with another heroic example of women who have improved the female status, but gave us a humorous finale incorporating the clever observational one-liners of comedian Victoria Wood, finishing with a poem penned by a friend.

Her talk inspired both the male and female members of the audience. We came away feeling this was but a small sample of the repertoire of the women whose lives had made a difference and who fascinated her.

More another time?

GROUP NEWS

DIE-CUTTING DESIGNS FOR CARDS

Creating cards whether for a Birthday, Thank You, Sympathy, Get Well or simply a card to let someone know you are thinking about them, is a very pleasurable, satisfying hobby and one that has become very popular.

I would like to start a group for anybody who is either experienced or who is interested in learning the art of die cutting.

In order to facilitate the group, I would be grateful if anyone interested in joining would be able to offer their home as a venue.

The group would learn many techniques including – how to die cut, mat and layering, embossing folders, using pigment and alcohol inks.

If you are interested in joining me on this exciting new venture, please contact me by email: carol.dabbs1@gmail.com or phone me on 01403 252961. Thank you, Carol.



DISCUSSION GROUPS NEWS

The original group meeting on the first Monday in the month has been lively and they are interested in how members are doing and hopefully enjoying Spring.

The pub group meeting at The Topsy Fox in Southwater on the third Monday in the month had an in depth look at Water, High Salaries and this week Health. Among other subjects such as 'should all nurses be graduates?', I was most intrigued by the relationship between gut flora and our immune system, and the value to our wellbeing of laughter!



New subjects will be: Housing, Technology, Truth, New Foods.....
New members welcome!.

Rosalind Meigh rmeigh@outlook.com

USEFUL TELEPHONE NUMBERS FOR U3A NEWSLETTER READERS

From **Shiela Campbell**

Age UK Advice Line	01403 260560
Citizens Advice Horsham	0808 278 7969
Community Link Personal Alarms	01403 215230
Horsham Area Community Car Scheme	01403 250202
Horsham & Crawley Counselling Group	01403 217900
Horsham District Council (General)	01403 215100
Horsham Hospital	01403 227000
Horsham Library	01403 224353
Silver Line Helpline	0800 470 8090



ARE YOU GETTING MORE SCAM CALLS AGAIN?

This is a good site to check/report the numbers.

<https://who-called.co.uk>

Contributed by **Isobel**



I KNOW SOMEONE WHO CAN...

Gary Cooper holds the list of local contractors and workers who have been recommended by other u3a members.

If you are in need of having anything done, give **Gary a ring on:**

01403 241620.

He would also be interested in hearing from you with any recommendations.



MESSAGE FROM THE HORSHAM U3A COMMITTEE

COVID 19, flu and other viruses are with us and although some may display mild symptoms, it may be more severe for others.

Therefore, the Horsham u3a committee asks you to please not attend meetings and events if you feel unwell or have cold/flu symptoms.

We trust you will use your judgement to keep each other safe.

Thank you, *George Stringer* Chair, Horsham u3a.

Meet Your Committee for 2023/2024

Officers/Trustees



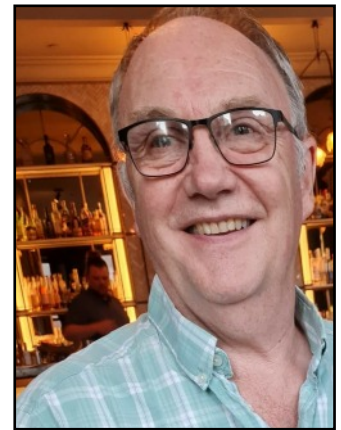
Chair
George Stringer



**Vice Chair and WSN
Representative**
Ian Cooper



Hon Secretary
Shiela Campbell



Hon Treasurer
Mike Harrod

Members/Trustees



**Membership Secretary
& Data Controller**
Jenny Faulkner



Minutes Secretary
Esme Cloherty



Social Secretary
David Bowyer
social@horshamu3a.org.uk



Speakers' Secretary
Ann Valentine



Events Co-ordinator
Brenda Large



Groups' Co-ordinator
Pam Johnson
groups@horshamu3a.org.uk

THERE IS A VACANCY ON THE COMMITTEE FOR A WEBMASTER

The Committee for 2023/2024

Officers

George Stringer	Chair	chair@horshamu3a.org.uk
Ian Cooper	Vice Chair	vicechair@horshamu3a.org.uk
Mike Harrod	Hon Treasurer	treasurer@horshamu3a.org.uk
Shiela Campbell	Hon Secretary	secretary@horshamu3a.org.uk

General Committee

Brenda Large	Events Co-ordinator	events@horshamu3a.org.uk
Pam Johnson	Groups' Co-ordinator	groups@horshamu3a.org.uk
Jenny Faulkner	Membership Sec & Data Controller	membership@horshamu3a.org.uk

Esme Cloherty	Minutes Secretary	minutes@horshamu3a.org.uk
Dave Bowyer	Social Secretary	social@horshamu3a.org.uk
Ann Valentine	Speakers' Secretary	speakers@horshamu3a.org.uk

All of the above can be reached via one single email address: committee@horshamu3a.org.uk

Non-Committee

Anne David (attends meetings)	Newsletter Co-ordinator	newsletter@horshamu3a.org.uk
Angie Cooper	Safeguarding Officer	safeguarding@horshamu3a.org.uk
Tony Bailey	Webmaster	web@horshamu3a.org.uk



If you have any news, views, comments or contributions,

THE FINAL DATE FOR THE NEXT NEWSLETTER IS:

Monday 19 June 2023

Please send articles for the newsletter to Anne:

newsletter@horshamu3a.org.uk



Committed to
Sustainability

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