

**Our July Monthly Meeting is on Monday 6th.** Doors open 9.45am, talk time 10.30am to 11.30am. Tea/coffee and biscuits will be available.

The subject is:

**“Dame Vera Lynn Children’s Charity” with Sophie Barriball.**

A brief introduction. The charity supports children with cerebral palsy, chromosome abnormalities (such as Downs Syndrome) and rare genetic disorders (including Angelman Syndrome and Rett Syndrome). Families from across the south of England access the service, travelling from Sussex, Surrey, Kent, Hampshire and South London. The team assess every child individually, creating a bespoke programme of therapy to support their individual needs.

**History Study Day– St Wilfrid's, Thursday 16 July at 10.30**

10.15: Doors open, drinks available

11.00: Gordon Parry talks about Railway Development in Mid Sussex

12.30: Lunch– bring your own please– and drinks

1.30: Geoffrey Mead talks about Road and Transport Development in Mid Sussex

3.00: Close

Cost-£5 only! While people who booked previously have paid by BACS, "new" attendees can pay on the day.

**Bingo, Irish Bingo and Chips**

**St Wilfrid's Hall, Wednesday 22 July from 6.00–8.00**

This should be a fun evening! £15 entrance, including supper from Jupp's.

Choose a meal from [www.juppsfishandchips.com](http://www.juppsfishandchips.com) then tell Steve Furber and pay Burgess Hill U3A, 30.99.50, 86486260, quoting BINGO.

The food will be delivered at 6.15. We will then play both Bingo and Irish Bingo, a sort of reverse version of the traditional game!

Contact Steve on [steve.furber@hotmail.co.uk](mailto:steve.furber@hotmail.co.uk) to express an interest.

**Really Useful Group Leader**

Members of this important group are often to be seen helping out at various events, welcoming people or providing refreshments. Jan Bartlett will be stepping down as Leader soon. Would you like to take on her mantle? Please get in touch if you're interested, [steve.furber@hotmail.co.uk](mailto:steve.furber@hotmail.co.uk)

**Pickleball Group**

The group is now active and meets on Monday afternoons at the Triangle Leisure Centre.

Our members play doubles, so four players are on court at a time, using a smooth-faced paddle to hit a perforated, hollow plastic ball over a 34" high net. The space we have provides three courts, which means we can accommodate a number of players, so if you're interested in joining the group please contact David Grigg ([davidgriggu3a@gmail.com](mailto:davidgriggu3a@gmail.com)).

Paddles and balls are provided but you are welcome to use your own equipment if you prefer.

## Grumpy Old Men

We are looking for a few members to create a further Grumpy Old Men group. If you would like to join with others to 'put the world to rights' please contact David Grigg ([davidgriggs3a@gmail.com](mailto:davidgriggs3a@gmail.com)).

"We yell at the clouds and complain of our aches,  
Convinced that the world is just full of mistakes"

## Mandala Art

Following previously mentioned items, we are now hopeful of forming a group potentially looking at a wider range of pattern art subjects, including Zentangle, Neurographic Art, just doodling or just creating patterns.

All are relaxing forms of art and require only pencils, pens, markers etc and possibly a geometric compass but none requires special equipment to get started.

If this appeals to you as a possible topic, please contact David Grigg ([davidgriggs3a@gmail.com](mailto:davidgriggs3a@gmail.com)) in the first instance.

**Rutland's Riches Holiday**

**23 – 27 September 2027**

**£699 pp in twin/double  
£100 sole use room supplement**

Contact Marilyn Renwick

01444 232002

[renwick@onetel.com](mailto:renwick@onetel.com)

Our 5 day 2027 holiday with Woods Coach Travel will be based at the 4\* Delta Marriott Hotel in Peterborough. Accommodation in twin or double rooms is £699 per person, with a £100 sole use room supplement for those wishing a single room.

This price includes all coach travel including taxi pick up and drop off from your door, half board accommodation and all entry fees including visits to Barnsdale Gardens, Burghley House, a ride on the Nene Valley Railway and a cruise on Rutland Water. There will also be free time in Stamford and Peterborough. The outward journey will be via Audley End House, near Saffron Walden, return journey via St Albans.

**This tour includes visits to gardens, towns, a heritage railway and a boat trip. This means that all participants will need to be able to manage some stairs, some walking (possibly on cobbles or uneven ground) and boarding/disembarking unaided the coach, a heritage railway carriage, and a boat.**

**The hotel does not have a lift but some ground floor rooms are available.**

Full details and booking forms will be available from late July from Marilyn Renwick and also from Marilyn at the monthly meeting at Cyprus Hall on Wednesday 2 September 2026.

**See page 4 for WoodsTravel, Rutland's Riches**

## Social Media Officer

Do you know your X from your FB?

Can you publicise our activities and encourage people to sign up to them?

Then you're the person we need!

Please contact Steve Furber.

## **WANTED- Volunteers and items! Summer Tea Party St Wilfrid's Hall, Saturday 1 August from 2.00- 4.30**

Helpers needed on the day to:

- serve refreshments
- set up tables etc
- put furniture away and tidy up.

Contributions required:

- Tombola prizes- bottles etc
- Cakes

Please let Jan Bartlett (01444 233271) know what you can offer.

You can also bring contributions along to the Monthly Meeting on Monday, July 6.

**Farney Close School, Bolney** is looking for a Trustee to join its Board.

Farney Close is "committed to provide outstanding education, care and support for children with a range of special educational needs." I have further information for anyone interested. Contact me on [steve.furber@hotmail.co.uk](mailto:steve.furber@hotmail.co.uk).

### **Support at Home**

If you wish to remain in your home but are physically disabled and find it difficult to manage, call the Adult Care Point on 01243 642121 or visit [www.westsussexconnecttosupport.org/living-independently/reablement-and-recovery](http://www.westsussexconnecttosupport.org/living-independently/reablement-and-recovery) to be referred to an Occupational Therapist. They can assess whether your home can be adapted to meet your needs. If so, contact the Council's Housing Standards Team 01444 477292 or visit [www.midsussex.gov.uk/housing-council-tax/disabled-facilities-grants](http://www.midsussex.gov.uk/housing-council-tax/disabled-facilities-grants) for Disabled Facilities Grants info. Telecare and Lifeline services can also help you to live independently and stay in your home through a telephone-based alarm system providing rapid response at any time, day and night. Go to [www.which.co.uk/reviews/assistive-technology/article/how-to-buy-the-best-personal-alarm-aiDEp0U1Tdr2](http://www.which.co.uk/reviews/assistive-technology/article/how-to-buy-the-best-personal-alarm-aiDEp0U1Tdr2) for info. If your phone line has been changed to fibre, please phone your telecare provider to ensure it is still connected.

If you need help and support to improve your quality of life, remain independent and stay safe and well at home, or if you need advice and support because your home is difficult to manage and want to know about the choices available, email [housingadvice@midsussex.gov.uk](mailto:housingadvice@midsussex.gov.uk) or call 01444 477 574. If you have savings under £23,250, contact WSCC for a care needs assessment to see if you are eligible for free care at home.

Finally, if you need help with small tasks at home, Age UK has a Home Help service for many small tasks in the house and garden. Call 01903 726276 or email [helpathome@ageukwsbh.org.uk](mailto:helpathome@ageukwsbh.org.uk). Or try the lovely ladies at Home and Company who do home help and do personal care such as hair and feet, call 01273 434190.

Contributors: Steve Furber, David Grigg, Peter Mitchell, Marliyn Renwick, Elizabeth Taylor

Our weekly newsletter is sent via Beacon, at the end of each week.

Please submit your contributions/s to Peter Mitchell at [mitchell@platform11.org.uk](mailto:mitchell@platform11.org.uk)

# Burgess Hill U3A & Woods Travel



## RUTLAND'S RICHES

23 September 2027 - 5 Days

£699 per person sharing twin or double - £100 per person single supplement

Inclusions: Coach Travel \* Half Board \* Audley End \* Nene Valley Railway \* Rutland Water Cruise  
\* Barnsdale Gardens \* Burghley House & Gardens

### Day 1: Thursday

We meet you from your taxi, and once on board our coach, we make our way to Audley End House, one of England's grandest mansions. Here, admire the interiors of what was once one of the largest and most opulent houses in Jacobean England. Later, we continue to Peterborough for our 4-night stay.



### Day 2: Friday

Take a trip back in time on the delightful Nene Valley Railway with its heritage steam and diesel locomotives. In the afternoon we have free time in Peterborough, a city steeped in history including its cathedral which dates to 654AD. We return to your hotel in time for dinner.

### Day 4: Saturday

This morning, we visit Barnsdale Gardens. Originally created by Geoff Hamilton for the Gardeners' World TV show, Barnsdale is home to thirty-eight pocket-sized, themed garden 'rooms,' built in his trademark, practical style, and full of inspiration for garden-lovers. Later this afternoon, enjoy a relaxing cruise on Rutland Water, one of the largest artificial lakes in Europe set in over 3,000 acres of beautiful rolling countryside. We return to the hotel with time to freshen up before dinner.



### Day 3: Sunday

We start our day with a visit to the wonderfully conserved town of Stamford. Next, we visit Burghley House, a grand 16th-century Tudor Mansion, home to generations of the Cecil family. The house has over one hundred rooms and is set in 18th-century parkland and gardens with a fallow deer park. We return to your hotel in time for dinner.

### Day 5: Monday

Leaving our hotel after breakfast, we make our way to the historic cathedral city of St Albans, where you have time for lunch and sightseeing, before continuing our journey to meet your taxis, arriving mid-afternoon.

**BOOKING FORMS AVAILABLE FROM MARILYN 01444 232002**

### DELTA BY MARRIOTT HOTEL PETERBOROUGH \*\*\*\*

Set in 11 acres of landscaped grounds with its own ornamental lake, this hotel offers the Cast Iron Grill Restaurant, two bars and a light and airy garden lounge and conservatory. All rooms have TV, Wi-Fi, telephone, hairdryer, ironing facilities, safe and hospitality tray. Leisure facilities include an indoor pool, fitness centre, sauna, steam room, and Jacuzzi. There is no lift, but some ground floor rooms are available. [www.marriott.com](http://www.marriott.com)

