

Eastbourne Central u3a Autumn / Winter Newsletter 2025

The bells of waiting Advent ring,
The tortoise stove is lit again
And lamp-oil light across the night
Has caught the streaks of winter rain
In many a stained-glass sheen
From Crimson Lake to Hooker's Green.

The holly in the windy hedge
And round the Manor House the yew
Will soon be stripped to deck the ledge,
The altar, font and arch and pew,
So that villagers can say
'The church looks nice on Christmas Day.'

Christmas by John Betjeman from *The Best of Betjeman*, Selected by John Guest (Penguin Books and John Murray, 1978).



The clocks have turned back and after a mild start to November we are beginning to experience the first cold snaps of winter. In the last month, we have enjoyed talks from Maureen Stiller on Jane Austen and Steve Hall on Animation – A Light-hearted History with the chance to handle old optical illusion instruments that all had names ending in -scope.

Coming Soon:

Coming up, we have **Andy Thomas talking about Christmas – A Festive History on Thursday 27th November at 2 p.m.** In this uplifting presentation, he will uncover the fascinating background to the festive season, exploring its customs and showing why this celebration in all its guises, still has positive meaning today. This could be good preparation for the Christmas Quiz, more on which anon. On **Wednesday 3rd December** at 10:30 we can drool as **Ian Dowding talks about Banoffi Pie and Other Adventures.** Ian has spent most of his life cooking in restaurant kitchens and for a period owning one of them. In 1972 he was partly responsible for the creation of the dessert called Banoffi Pie which became popular all over the world. Our talks programme will resume after Christmas with **Joe Mendell talking about America's Presidents – In Bits & Pieces on Wednesday 7th January 2026 at 10:30 a.m.**

Christmas Quiz

On Wednesday 10th December at 2 p.m. Barbara Hadlow will be hosting our popular Christmas Quiz. **Please note that this is a Wednesday afternoon, not a Thursday as is usual for our second meeting of the month and starts at 2 p.m. not the usual time for a Wednesday meeting.** Drinks and refreshments will be served, and the winning team will take away a small token to acknowledge their smart thinking. There is no charge for this event. There are still some places available so email Erik Starkie at ebu3a@btinternet.com or phone him on 07583 962864. Don't worry about having a team. Sign up as an individual and as you arrive on the day, we will put you into a team with five other clever people.

Eastbourne u3as

We have been working together with the other two u3as in Eastbourne to promote our organisations. You may have seen our article in October's Bournefree magazine. We have produced advertising **posters and leaflets** for distribution around the town, as shown to the right of the text here. Copies of these are available at our meetings. If you know of somewhere to display the posters or leave a pile of handouts, please take some away from the

learn, laugh, live
u3a Eastbourne

Retired? Semi-retired?

No longer working full-time or raising a family?
Now's the time to make the most of life. u3a gives you the chance to develop your interests, make new friends and enjoy yourself.



There are three u3a groups in Eastbourne. Each u3a is home to a number of interest groups, such as history, music, languages, pub games, walking, dining, Tai chi, bowling, art and many, many more.



There are also regular talks from professional speakers on a wide range of subjects.
Cost of membership is very affordable from only £12 a year.

To find out more about u3a in Eastbourne,
email email@u3aeastbourne.org
or visit www.u3aeastbourne.org



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reception desk at our regular meetings.

Groups and Talks Booklet

We are not issuing the booklet that gives details of our groups and talks this year to cut printing and postage costs. All the most up to date information is available on our website. However, if you do not have online access, we will make a printed copy available **on request** at the reception desk at our meetings.

Our Local Network

I meet every two months with representatives from nine other u3as, who together make up the **East Sussex East** network. They are good at making me aware of the issues in running a u3a and in offering advice and support. Recently we have been discussing safeguarding. We would like to run First Aid Training courses for committee members and group leaders. If you would be interested in attending one of these, please let myself or Kath Boak (Groups Coordinator) know. Please be aware that this training might be held on a Saturday.

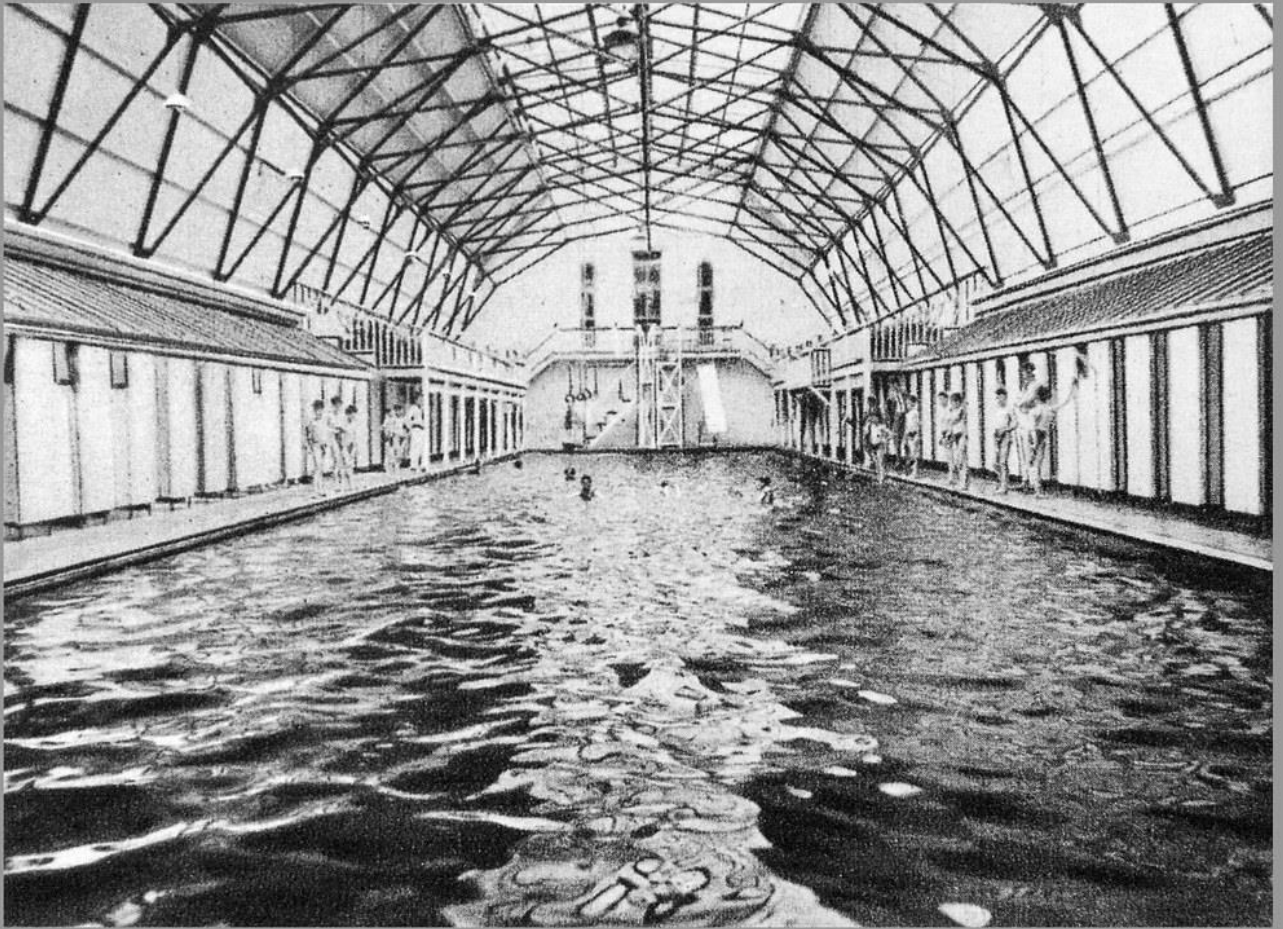
Other local clubs hold details of each member's ICE details (who to contact **in case of emergency**) to which group leaders have access in case of a member having an accident or being taken ill at a meeting or on an outing. Let me know how you feel about this so that our committee can decide on a way forward. Personal details given would be held on our Beacon membership list to which members of the committee and group leaders have access and are bound to follow GDPR regulations on privacy and data protection.

The ESE website www.e3a.site.uk has details of the South East region's Summer School which will be held at the University of Chichester from 7th to 11th September 2026. This is a popular event, and books up early so follow the links so that you can sign up as soon as details of activities are published. ESE is also planning a History Study Day in Spring or early Summer, and I will send you details as soon as the venue and options for activities are decided. This follows on from our first ESE study day which offered a Singing Workshop in Hailsham.

Local History Group:

Each newsletter, we like to talk about the recent activities of one of our groups. This time we focus on the Local History group. Kim Adams writes...

"The Local History Group meets monthly on the **third Wednesday** of the month at 2.30pm at St Saviour's church hall and usually attracts around 40 members to hear an illustrated talk on a local history topic, followed by questions and comments.



The theme for this year's talks is 'Workaday Eastbourne', looking at how ordinary people in Eastbourne lived their lives, including the jobs they did, their health and how they spent their time. Recent speakers have included Warwick Davis talking about Eastbourne's Public Baths and how people relied on the public provision of bathing facilities for cleanliness as well as for recreation. In November Kim Adams presented a talk on 'Convalescence and Care' which looked at how the mild climate and healthy surroundings made Eastbourne a popular place for people needing to convalesce from illnesses or operations, and how the All Saints Convalescent Hospital, the Summerdown Camp, the Chaseley Trust and the Hydro Hotel, amongst other places, met that demand.

There's no meeting in December but topics to look forward to in the first three months of 2026 include 'Commercial Activity', 'Eastbourne's Hotels and their staff' and 'A Grand Day Out'. The Local History Group is **open to new members** - please use the contact form on the u3a Eastbourne Central webpage if you would like to join."

Energise Sussex Coast

At the beginning of October, we had a presentation from this organisation. Amanda Farthing, our Membership Secretary, writes...

Martin showed that their local company can give people help and advice on how to use energy wisely. His presentation spoke of how insulating our properties was beneficial to help with heating, as well as how his organisation can offer support to members who have worries about their energy bills. Energise Sussex Coast can talk to suppliers to sort out various issues on behalf of those concerned and may be able to bring down the costs of electricity, gas and water. It runs a **FREE** Energy Advice service - telephone **01424 390062**.



And finally...

As we head into December and the end of another year, on behalf of Eastbourne Central u3a, I thank you for your support over the last 12 months. I wish you and all your families and friends a **Merry Christmas and a Peaceful and Prosperous New Year.**

Kevin Davis
Chairman Eastbourne Central U3A.