

TUNBRIDGE WELLS U3A NEWSLETTER March 2020

www.tunbridgewellsu3a.org



LEARN, LAUGH, LIVE

CHAIRMAN'S UPDATE

I'm writing this on the last day of February and the hail storm has just cleared! We've had such a wet and depressing month that I'm really grateful for all the U3A groups and activities that I'm involved in, which have meant I've got out and mixed with friends, had some exercise and increased my knowledge too. I hope that this is your experience of our U3A as well.

With that in mind, I'm sure we're all hoping that the Coronavirus outbreak is contained and we can continue meeting in our groups. National Office has sent some updated information that you can find on page 2 and 3. The First Aid Course that we put on in February was very well received, but there wasn't sufficient interest for us to justify putting on another one. So for the benefit of the majority of members who weren't there, I have summarised the key messages and put some other useful sources of information in the article on page 3.

I'm very pleased and relieved that someone has answered my plea for a replacement secretary, so hopefully all our committee roles will have nominations at the AGM on June 18th. Please do put the date in your diary and as an encouragement to attend, we will be supplying strawberries and fizz again.

Finally, we've secured a very interesting speaker to give a one-off talk on the 28th April. Everyone who has heard Wing Commander Colin Bell talk has said what an inspirational speaker he is, so even if you've already heard him, I'm sure that you'll wish to come again. Details are in the newsletter.

Sue Brimlow, *Chairman*, Tel: 01892 863691

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COMING UP

MONTHLY MEETINGS

at 2.30pm at the Camden Centre

Thursday 19th March
The Forensic Investigation of Homicide, a talk by David Tadd

Thursday 16th April
Dig for Victory,
a talk by Russell Bowes

MONTHLY COFFEE MORNINGS

at Trinity from 10.30 – 12.00

Friday 27th March



Friday 24th April

OUR OUTINGS

There will be outings on

Thursday 26th March
Anglesey Abbey & Lode Mill

Wednesday 22nd April
Spike Heritage Centre and Dapdune Wharf, Guildford

Thursday 14th May
Uppark House and Gardens
application form on p.12



Glen Bowman from Newcastle, England/CC BY
From Wikimedia Commons

Coronavirus Advice

The following advice was received just too late to be included in the last Newsletter. The Update which follows it was received on 28th February. With the rapid spread of the disease, it goes without saying that you should always obtain the very latest advice. Editor

Following the confirmed cases of coronavirus in the UK, the Government and NHS have issued advice for members of the public. The Third Age Trust wants to share this advice with you.

Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

The UK Chief Medical Officers are advising anyone who has travelled to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and is experiencing cough or fever or shortness of breath, to stay indoors and call NHS 111, even if symptoms are mild.

More information about the virus, as well as symptoms and advice, is available to view at:

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>,

or on the NHS England website at: <https://www.england.nhs.uk/2020/02/statement-from-nhs-england-and-nhs-improvement-on-coronavirus/>.

Coronavirus Advice Update

from Healthwatch - the NHS consumer watchdog.

What's the risk of catching coronavirus in the UK?

The NHS and Public Health England are well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

The UK Chief Medical Officers have raised the risk to the public from low to moderate. But the risk to individuals remains low. If you have arrived back to the UK from mainland China and other specified areas, follow the advice for [returning travellers](#).

How is coronavirus spread?

Like the common cold, coronavirus (also known as Covid-19) infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact. You can also be infected by touching contaminated surfaces if you do not wash your hands.

The risk of being in close contact with a person with coronavirus or contaminated surfaces is very low at the moment, as members of the public who have visited Wuhan, Hubei province, China are currently in isolation.

Symptoms of coronavirus

The main symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

When to call 111

Based on the scientific advice of the Scientific Advisory Group for Emergencies (SAGE) the UK Chief Medical Officers are advising anyone who has travelled to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and is experiencing cough or fever or shortness of breath, to stay indoors and call NHS 111, even if symptoms are mild.

Do not go to a GP surgery or hospital. Call 111, stay indoors and avoid close contact with other people.

Please note that in some parts of Wales you may have to call NHS Direct Wales 0845 46 4

[Read here for Latest Advice in full from Healthwatch](#)

How to avoid catching or spreading germs?

Do:

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.
- Try to avoid close contact with people who are unwell

Don't:

- Do not touch your eyes, nose or mouth if your hands are not clean.

REPORT ON THE BASIC FIRST AID COURSE

More than 30 Group Contacts and members attended a basic first aid course last month. The trainer was very easy to understand and gave us the reasons behind the actions we needed to take, which made them easier to remember. For example, a faint is caused by a lack of blood to the brain, so lying the person down with their legs elevated will speedily make them feel better (not sitting with your head between your knees!).

The priorities of treatment are to make sure that oxygen gets into the blood and is carried to the brain. He gave us an acronym to follow, to make sure that we carry out actions in the right order: **Drs ABC**

D	Before approaching the casualty assess for danger , such as live electricity cables
R	Speak to or gently tap the casualty to see if you can get a response or are they unconscious.
S	Shout for help and ask someone to phone for help whilst you attend to the casualty
A	If the casualty is unconscious and on their back tip their head back and their chin up to open their airway .
B	Check by sight and hearing whether the patient is breathing normally. If they are then turn them on to their side in the recovery position.
C	If not, perform CPR . Kneel beside (or behind if space is restricted) the casualty, keep your arms straight and position yourself vertically above their chest. Place the heel of one hand in the centre of the chest, with the other on top and press down hard on the breastbone to a depth of 5-6cm, release the pressure and repeat at least 30 times. 'Staying Alive' by the Bee Gees is the right rhythm. This is hard work and the casualty needs to be on a firm surface to make sure the compression is effective. If a mask is available you can give 2 breaths into the patient's mouth or nose every 30 seconds.

He also gave us advice on how to deal with bleeding and fractures.

If you are involved in an emergency whilst on a walk and do not have mobile reception then you can still dial **112, the Europe wide emergency number**, and you will be put through to emergency services. **What3Words** is a very useful free app to help pinpoint your location, which can help the emergency services find you too.

As the majority of our members were not able to attend, you can click [here](#) to download a free guide from St Johns Ambulance. The link also provides other information and you can download their app to your phone too.

Sue Brimlow

BARN DANCE

A few tickets for the Barn Dance are still available

Tickets for one non-U3A friend or partner per application are now available but you must book at by 14th March at the latest to allow the organisers time to order food for you!



The application form is on page 11 but if there isn't time for it to arrive by 14th March, telephone Wendy Nice on 01892 863717 or Carol Woodman on 07710484065.



A FASCINATING TALK TO LOOK FORWARD TO IN APRIL

In lieu of our spring seminar, we are taking the opportunity to invite a local speaker who has won as many plaudits for his talk as for his wartime record. Please join us for an inspirational talk on Tuesday 28th April in the Main Hall, Camden Centre. The doors will open at 2.15 and the talk will start at 2.30.

OVER BERLIN AT NIGHT IN A MOSQUITO BOMBER



Flight Lieutenant Colin Bell DFC will relate his personal experiences as a young Bomber Command pilot under attack during World War II

He will describe how morale was maintained during the fighting of a defensive war to protect the home front involving heavy aircrew losses

We are asking for a minimum **£4 donation** (payable on the door) as Colin is raising funds for Hospice in the Weald. Members are welcome to bring a non-member to this event.

OUTINGS NEWS

This year saw a flying start to our outings with a memorable visit to Canterbury and The Marlowe Theatre to see Swan Lake. Several members were involved in setting this up but special thanks must go to Betty Wyatt and Rosemary Rees for leading on the day. Do read the write-up which follows.

Thursday 26th March will see an excursion to National Trust Anglesey Abbey and Lode Mill (organiser Linda Trowel 01892 528680). Then on Wednesday 22nd April we go to Guildford to visit two places - The Spike Heritage Centre and Dapdune Wharf (main organiser Stella Westrup 01892 523413). At time of writing both of these outings were full but you can always check with the organiser to see if a place has become available or if there is a reserve list.

We will be well into Spring by Thursday 14th May for our coach trip to Uppark, A National Trust House and Garden in West Sussex. Uppark is an interesting, beautiful place to explore and, in May, many flowers and shrubs should be in bloom. The organiser is Robby Holmes (01892 544095) and the application form can be found at the end of this newsletter. **This will be a popular day out, so apply early.**

Pat Micklewright on behalf of the Outings Committee
For Joan Young, Outings Co-ordinator

REPORT ON THE OUTING TO SEE SWAN LAKE

The weather was perfect for February – deep blue sky and a crispness in the air. The coach arrived on time and we enjoyed a very pleasant journey to Canterbury. We arranged to meet at the Marlowe Theatre at 2.15pm which would give us time to explore Canterbury and have some lunch.

After an enjoyable stroll around the shops and museums, we stopped for lunch at the Thomas Becket – a few yards from the Theatre. The food was pretty good and we met a few other ladies there.

At 2.15 we all congregated in the foyer of the Theatre and waited to be shown to our seats which, as a group booking, had been allocated to U3A by the Theatre. I must admit to feeling rather disappointed at finding that some of us had been given seats in the front row overlooking the orchestra pit! At the end of the performance, however, we turned to each other and agreed that in our opinion the seats had been excellent. We thoroughly enjoyed being able to see everything and liked the whole performance very much even though it was a slightly different interpretation. I have seen many versions of SWAN LAKE over the years, but this must rank in my mind as being one of the best – especially the ending.

The coach was waiting for us as arranged and we had an uneventful journey home. Thank you to the ladies who organised it.

Kay Johnson

SHORT BREAKS NEWS

May **Devon** 5 days. (Waiting list)

and

November 25th -27th

THURSFORD CHRISTMAS SPECTACULAR

(ONLY 1 double/twin room left)

Waiting list started.

Magical surroundings of **mechanical organs** and **fairground carousels.**

130 dancers, singers and musicians, **65** musical numbers.

1.5 million rhinestones, **2,000** pom-poms, **100** metres of feathers!!

3 hours singing, **dancing**, music, **humour** and variety!

COST £254 per person. Includes coach, gratuities, 2 nights Grade 11 listed Heacham Manor Hotel (Half board), Thursford ticket, Entry to Ely Cathedral and Stained Glass Museum, Bury St Edmunds Christmas Markets, and Glass Blowing Demonstration at Langham Glass.

DO NOT DELAY For a booking form please contact: [Sandra McDonald](mailto:Sandra.McDonald@outings.org) 01892 752196

GROUP REPORTS

BEE WALKING STARTS AGAIN IN MARCH – WHY NOT JOIN THE GROUP?

BUMBLEBEE SPECIES OF BRITAIN



WHITE-TAILED BUMBLEBEE
BOMBUS LUCORUM



EARLY BUMBLEBEE
BOMBUS PRATORUM



COMMON CARDER BEE
BOMBUS PASCUORUM



BUFF-TAILED BUMBLEBEE
BOMBUS TERRESTRIS



GARDEN BUMBLEBEE
BOMBUS HORTORUM



RED-TAILED BUMBLEBEE
BOMBUS LAPIDARIUS

Can you tell a bumblebee from a honey bee?

Did you know there are 24 species of bumblebee in Britain but we usually see only the most common 8 types?

Did you know a honey bee can only sting once and then it will die but a bumble bee can use its sting multiple times?

Nor did I until I started counting bumblebees with the **Bee Walkers** group. We go on a short walk across the Tunbridge Wells

Common every month following the same route and count how many bumblebees we see and what type of plants they are on.

The fun comes in trying to identify the bees! Our findings are recorded on the Bumblebee Conservation Trust website as part of a nationwide project. If you would like to join us, contact me, [Bridget Sands](#), or phone 01892 546161.

BREAKFAST BRUNCHERS tucking in. Healthy porridge or the full English. So much choice. A sociable way to start the day. Working our way around Tunbridge Wells monthly. Becoming professional breakfast critics!

Sandra McDonald

Did you know that the **Breakfast Brunchers** is not our only foodie group? There are also several **Pub Lunch** groups, and the **Food Appreciation** group while for the drinkers, we have **Craft Beers** and **Wine Appreciation**. For the complete list of all our groups, go to the [TWU3A website](#).



UPDATE ON GROUPS

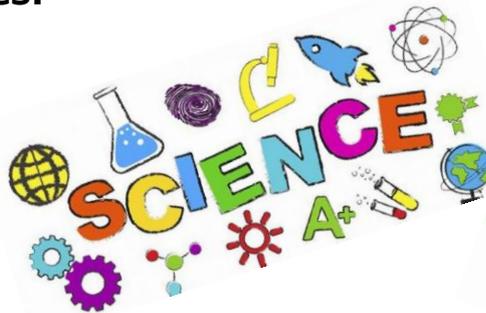
Lots of suggestions this month for new groups

A Stringed Instruments Practice Group
Nordic Walking
Antiques Fairs and Auction Visits
Russian
Cooking Lunch
Beginners German



And as several of our groups are full we are also offering to start new groups on the same lines:

A new Pub Lunch group
A new Walking group
London Explorers 7
Science and Technology 2
Food Appreciation 2
Crochet 2



Recorders 2

Spanish Beginners 3

We have spaces in the following groups. Please get in touch with the contact for more details.

Craft Beers [Mike Minihane](#) 01892 534212

Patchwork [Sally Turner](#) 07803 844 392

London Explorers 3 [Laurel Soden](#) 01892 662 198

London Explorers 6 [Helen Seddon](#) 07866 677012

Wine Appreciation 1 [David Britton](#) 01892 528785

Wine Appreciation 2 [Ian Seddon](#) 07815 188471

Tennis/Bat and Chat – opening again soon. Laura Collins 07802 643696

Latin and ancient Greek [Carol Boyd](#) 07734 600122

Cycling [Richard Martin](#) 07803 267706

Rummikub [Sandra Chandnani](#) 01892 538655

For more information please contact [Jan Sumner](#),
Groups Coordinator or phone 01892 860554



Erratum: Many apologies to Lindsay Hasell whose name was incorrectly spelt in the last issue of the Newsletter.

REPORT ON THE FEBRUARY MONTHLY MEETING

Our guest speaker in February was Martin Lloyd, formerly of the Immigration Service, whose topic *Passports: Assassins, Traitors and Spies* enticed over 120 listeners into the Camden Centre on a blustery day. Mr Lloyd brought out key events in the history of Passports through three stories. The plot by Count Orsini to murder Napoleon III in Paris in 1858, which involved international acquisition of grenades, demonstrated the free movement in Europe at the time. Photography, not previously required, was introduced following the exposure of a German cyclist who claimed to be an American citizen in Britain 1914; in fact he had travelled using a stolen visa. Lastly the conundrum of William Joyce's execution for treason (he was the notorious Lord Haw-Haw of "Germany Calling" fame) when he was neither born in Britain nor actually a British citizen was explored. The twists and turns of law were expertly enumerated and passed on in a highly polished presentation; various books were on sale which promised more detail and a wide range of subject matter. The issue of British passports now being made overseas, which was raised during question time, was explained in terms of global acquisition and price. In conclusion: a crisp and amusing account of a topic which afforded interest and lived up to its title. There was much discussion over tea.

Bob Kenward

FORTHCOMING MONTHLY MEETINGS

19 th March	"The Forensic Investigation of Homicide", a talk by David Tadd.
16 th April	"Dig for Victory", a talk by Russell Bowes.
21 st May	"The Role of the Kent, Surrey, Sussex Ambulance Trust", a talk by AAKSS.
18 th June:	AGM

A MESSAGE FROM THE EDITOR:

Every month this notice

A Message from the Editor:

*Members' photos and articles about group activities, places visited and anything relating to U3A events are always welcome. We can't guarantee to print them but will do our best if space allows. If anyone objects to their photo being reproduced in this Newsletter, they should contact the editor. All contributions to the **April** Newsletter should be e-mailed to [Eryll Fabian](#) by 31st March. at the latest (**earlier submissions will be welcome!**) or phone 01892 513805.*

appears at the bottom of the Useful Information page of the Newsletter. For the last two months, however, I have received very few reports of group activities. This may be largely due to the weather as outdoor activities, which lend themselves to photography, have been curtailed this month, but it would be good to receive more.

The Newsletter is only as interesting as the contributions which you send in, so please do keep them coming!

NATIONAL U3A EVENTS

From time to time we publish details of events which are being organised by the Head Office of U3A and which are open to all members. For example, some of us are going to the Royal Institution on 16th March for three lectures entitled *U3A Explores Science at the Ri*. However, very often they are fully booked by the time this Newsletter reaches you.

To avoid disappointment, those of you with access to the internet should check the [U3A website](#) to find out what is available. On the Home page, click the three blue lines in the top right corner of the page and scroll down to Events.

If you would prefer to receive regular updates about national events as well as other interesting information, why not sign up to the monthly national newsletter? It's easy and free, see below.

Go to [Sign up for the National Newsletter](#) and complete the form.



National Newsletter



Membership of TW U3A automatically makes you part of the national U3A family, and gives you the opportunity to use the U3A's resources and to take part in many national U3A events, such as summer schools, workshops, lectures and concerts. ***Very few of us take advantage of this!***

To receive the monthly national newsletter which includes information about these events and other initiatives, **sign up**. It's easy and free: Go to www.u3a.org.uk, and click on U3A Email Signup under Quick Links at the bottom of the home page, or use the link already quoted in the article above: [Sign up for the National Newsletter](#).

SUMMER SCHOOLS

Many of you will remember the enthusiastic article by Diane Thomas which appeared in last October's Newsletter about her attendance at the Summer School in Cirencester. **National Summer Schools** should be ready for booking in late February so look out for [details on the website](#). This year they take place:

Monday 3 August to Thursday 6 August 2020
Aston University, Birmingham, B4 7ET
Monday 7 September to Thursday 10 September 2020
Royal Agricultural University, Cirencester, GL7 6JS

The [South East U3A Forum](#) also organises a Summer School at Chichester and this year it will take place from **Monday 15 to Thursday 18 June**. Details can be found on their website but here are the courses which are being offered in Chichester:

Hatha Yoga for the Third Age
Cycling
Researching Your Family History
Needlecraft
19th and 20th Century British Poets
Four Centuries of the British Raj in India & its Aftermath

Folk Dancing
The Fascination of Maths
Natural History
Ukulele for Beginners
Writing Life & Family Stories

Useful Information and Important Messages Events in March and April

We have the following events arranged for March and April:

17 th March	New Members' Meeting – by invitation
19 th March	Monthly Meeting: The Forensic Investigation of Homicide , a talk by David Tadd
21 st March	Barn Dance – application form on p. 11
27 th March	Coffee Morning at Trinity
16 th April	Monthly Meeting: Dig for Victory , a talk by Russell Bowes
17 th April	Group Contacts' Lunch – by invitation
24 th April	Coffee Morning at Trinity
28 th April	Over Berlin at Night in a Mosquito Bomber , a talk by Colin Bell -- £4.00 at the door

Forthcoming Events For Your Diary

21 st May	Monthly Meeting: The Role of the Kent, Surrey, Sussex Ambulance Trust , a talk by AAKSS
3 rd June	National U3A Day
14 th June	Carvery Lunch at the Masonic Hall – details later
18 th June	AGM – details later
15 th July	BBQ at the Nevill Golf Club – details later
26 th Sept.	Afternoon tea and Board Games – details later
17 th Oct.	Quiz Night – details later
11 th Dec.	U3A Christmas Lunch – by ticket

New Members

We are pleased to welcome the following new members who have joined since 1st February:

Michael Banks	David Lucy	David Russell
Evelyn Birkett	Anne Newman	Joanna Russell
Lesley Glencross	Rita Phillips	Ian Rutherford
Steven Glencross	Veronica Pickett	Jackie Sherman
Michael Hind	Sylvia Price	Delia Stabler
Caroline Jones	William Price	Kathlyn Stone
Graeme Jones	Christopher Reece	Ceri Walkin

Your Committee

Chairman	Sue Brimlow	01892 863691
Vice-Chairman	Adrian Twiner	01892 459352
Secretary	Wendy Maher	01892 325272
Treasurer	David Brimlow	01892 860598
Group Coordinator	Jan Sumner	01892 860554
Membership Secretary	Ruth Johnson	01892 523097
Outings Coordinator	Joan Young	01892 546687
Business Secretary	Adrian Twiner	01892 459352
Newsletter	Eryll Fabian	01892 513805
Short Breaks & Holidays	Sandra McDonald	01892 752196



LEARN, LAUGH, LIVE

SPRING BARN DANCE

Date: Saturday 21st March 2020

Time: 7.30 to 10.30

Venue: Langton Green Village Hall TN3 0JJ

Price: £15 to include fish and chip supper.

Bring your own drinks, nibbles and glasses



Abbey Capers will be providing the music once more and have promised that they'll gear the evening to our capabilities and will alternate between dance and music to listen to, if we need time to get our breath back. Priority will be given to U3A members, but if numbers permit you are welcome to bring a guest.

To reserve a place please complete the slip below and send it with your cheque made payable to **TW U3A** to:

Wendy Nice, 22 Asher Reeds, Langton Green, Tunbridge Wells, TN3 0AN, telephone 01892 863717, or on the day phone Carol Woodman on 07710484065. Receipts will be emailed or enclose a stamped self-addressed envelope if you prefer confirmation by post.



Please retain the above for information

I/We wish to attend the U3A Barn Dance and enclose a cheque for £15 per person made payable to **TWU3A**.

Name(s): _____

Address: _____

Telephone No: _____

Email address: _____

Details of any dietary requirements _____

I enclose a cheque for £..... (£15 per person)

A fair amount of walking involved

U3A Members Only

A visit to Uppark, A National Trust House and Garden in West Sussex

Thursday, 14th May, 2020.

In May, we shall be travelling to West Sussex to visit Uppark House and Garden. High on its vantage point on the South Downs ridge, Uppark has views as far south as the Solent. Outside, the intimate garden is being gradually restored to its historical design.

Filled with purchases from the Grand Tour, Uppark's Georgian interiors illustrate the comfort of life 'upstairs' in contrast to the 'downstairs' world of its servants. Highlights include one of the best examples of an 18th-century British doll's house in the country.

On arrival at Uppark, there will be time for a coffee. The Servants quarters open at 11.30 am with the ground floor of the house opening at 12.30 pm. (The top floor is occupied by the family). Lunch will be free flow – the café (licensed) offers light refreshments, hot or cold lunches and afternoon tea. There is a guided tour of the Garden at 2.00 pm. Otherwise, the afternoon is free for you to explore as you wish.

There is more detailed information available on the Website, which you might like to read before the day.

- 9.00 am** Coach leaves Crescent Road, Tunbridge Wells.
- 9.05 am** Coach leaves St Johns Church
- 9.10 am** Coach leaves Southborough Fountain
- 11.05 am** Arrive at Uppark
- 11.30 am** Servants quarters open
- 12.30 pm** Ground floor of the house opens
- 3.30 pm** Coach departs for Tunbridge Wells.
- 5.20 pm** Arrive back at Southborough Fountain
- 5.25 pm** Arrive back at St Johns Church
- 5.30 pm** Arrive back in Tunbridge Wells

COST (for National Trust members) £15.00 which covers the cost of the coach and gratuities. (You must bring your National Trust card).

Non members of the National Trust will have to pay an additional £12.80 on arrival at Uppark, to cover the cost of entrance into the house and garden.

Applications (including cheque made payable to "Tunbridge Wells U3A" and s.a.e. for reply) to: Robby Holmes, 14 Albany Hill, Tunbridge Wells, TN2 3RX, Tel. 01892 544095

Any queries on the day to Joan Young (mobile) 0750 4919081

Please note that once monies have been paid out in advance, full refunds will usually only be given if your place can be filled by another U3A member.

Members are advised that neither the TWU3A nor the outings organiser will accept responsibility for any mishap of whatever nature during the outing. Members are advised to consider personal insurance cover.

Tunbridge Wells U3A Outing to Uppark, Thursday 14th May 2020

Please reserve place(s) for this visit.

I/we enclose a S.A.E. plus cheque for £15

I/We shall join the coach at: Crescent Road St Johns Road Southborough Fountain
Delete as appropriate

Name/s:..... U3A Membership no/s.....

Address:.....

Post Code Tel. Number.....

Signed: Date: