

Monthly Newsletter: October 2026



Where was I when I took this photo? (Answer on page 6)

Monthly meetings and Coffee Mornings

Dates for your diaries below. All meetings are held at the Friary Hall, Haslett Avenue and start at 2.30pm, with the exception of the coffee mornings which run from 10.00am-12.30pm.

- **Friday 9th October** – Peter Griffiths, *45 Years in Aviation with a fear of heights – the second part of his flying experiences* (details on page 3)
- **Friday 13th November** – Annual General Meeting
- **Wednesday 18th November** – Coffee Morning, 10.00am-12.30pm
- **Friday 11th December** – Christmas Party
- **Friday 8th January 2027** – Daniel Sykes, Surrey Police, *Advice on Protection from Cyber Scams*
- **Wednesday 20th January 2027** – Coffee Morning, 10.00am-12.30pm
- **Friday 12th February 2027** – Bill Avenell, *That can't be Natural!*
- **Friday 12th March 2027** – Kathryn Ferry, *Sheds on the Seashore*
- **Wednesday 24th March 2027** – Coffee Morning, 10.00am-12.30pm
- **Friday 9th April 2027** – Tony Harris, *Titanic Conspiracy Theory*
- **Friday 14th May 2027** – David Taylor, *Friends of the South Downs*
- **Wednesday 19th May 2027** – Coffee Morning, 10.00am-12.30pm
- **Friday 11th June 2027** – Smith Raja, *Trekking the Himalayas*
- **Fri. 9th July 2027** – Roger Tristram, *Enzo Ferrari 'The Making of a Legend'*
- **Wednesday 21st July 2027** – Coffee Morning, 10.00am-12.30pm

Report on September's talk: Racing through the Southern Ocean



Ian Worley

The shops are full of Halloween merchandise, and charities are sending out Christmas catalogues, so that must mean ... it's September. The good news is, though, that our monthly talks have resumed, and we could all look forward to an interesting talk and a catch-up with friends over tea and biscuits afterwards.

Ian Worley took us back almost 50 years to the 1997/78 Whitbread round the world race, in which he participated as one of seventeen crew members of the sailing ship *Great Britain II*; a 78foot long racing boat. At the time he was recording the journey for the BBC *Grandstand* programme, so Ian's talk included some of the clips he filmed for that.

The race ran from Portsmouth to Cape Town, then Cape Town to Auckland, New Zealand, round Cape Horn to Rio de Janeiro, and finally Rio back to Portsmouth. On the way they encountered, of course, all sorts of weather conditions, including storms and extreme cold. And how did they get on? It was neck and neck with a ship called *Heath's Condor*, but *Great Britain II* won overall, just missing beating the previous record.

It's always the details that we remember, isn't it? For example, they ate tinned food rather than dried, because water was too precious to use for cooking. Bread soon went mouldy, but they ate it anyway; Ian used some to make toast to eat with a flying fish he cooked. There was one woman in the crew, Di, and – guess what? She was the cook. That's a sign of the times, isn't it? *(Cont. page 3)*

I do enjoy the occasional boat trip, but only if there's an engine, and land is visible at all times (e.g. the Isle of Wight ferry), so I'd no sooner follow in Ian's footsteps than fly to the moon, and I have a feeling I am not alone in that. Many thanks to Ian for taking us out of our comfort zone and describing his adventure so beautifully.

Jean Austin

**Details of speaker for monthly meeting on 9th October – Peter Griffiths:
45 years in Aviation (Sextant to Sat Nav)**

Members may recall that Peter Griffiths treated us to an entertaining talk last year on his 45 years in Aviation with a fear of heights. This talk is the second part of his flying experiences.

There will be a bookstall. Don't forget to bring your used stamps for Isabel's RNIB box and a mug.

2026-27 Membership Renewal

Firstly, a reminder to those who have not yet renewed their Membership to please do so.

Due to an unforeseen health problem within the Membership Team, this has slowed down the renewal procedure. We are currently taking steps to catch up with the delay.

The delay will have an impact on the issuing of new Membership Cards. Any members who have already sent in their renewal and payment and have an email address will receive their new membership cards with their emailed confirmation within the next couple of weeks.

For those without emails, your membership cards and confirmation will be distributed with the November copy of the newsletter.

Trustee Team

Coffee Morning on 23rd September

It was good to see some new members at our Coffee Morning at the Friary Hall on a sunny autumn morning.

The next Coffee Morning will be held on Wednesday 18th November from 10.00am-12.30pm at the Friary Hall.

Dates for 2027 Coffee Mornings can be found on page 1.



Welcome to new members

I would like to extend a warm welcome to our new members:

Masoud Ahary, Sharon Arthur, Bob Beeson, Joyce Bennett, Carol Cornwell, Joanna Elvidge, Chris Gould, Candice Handy, Richard Handy, Bharat Kadam, Martin Mintrim, Ann Mutluer, Sarah Page

Chess Group

The clock is ticking, the pieces are set, and a new year of Chess is officially underway for the u3a Chess Group! Whether you are looking to master the Sicilian Defense, sharpen your endgame tactics, or simply enjoy a friendly match over a warm cup of coffee, this year promises plenty of competitive energy and engaging camaraderie. We are thrilled to welcome everyone back to the boards for another fantastic year of strategic battles and intellectual growth.

This year brings some exciting fresh energy to our ranks, and we are delighted to announce that three new members have joined our chess community. Please join us in giving them a warm welcome at our next meeting; new opponents always bring unique opening styles and fresh tactical perspectives that elevate the games for everyone. Whether they are seasoned tournament veterans or enthusiastic newcomers to the game, their presence is a fantastic addition to our club's growing roster.

Please take note of an important logistical update regarding our meeting space. Due to scheduled building maintenance, we have temporarily moved to Room 7 for the foreseeable future. While the surroundings might be slightly different, the passion for the game remains exactly the same. Be sure to head straight to Room 7 for our next session so we can get the clocks started on time and make this our most successful and strategic year yet!

Phil Vandenberg

Please note: the Chess Group meet fortnightly on a Tuesday morning from 10.00am-12.00pm. To find out more about the Group, follow this link:

[Chess - Crawley](#)

Suggested new groups: Ballroom Dancing and Yoga

It has been suggested that we set up two new groups: Ballroom Dancing and Yoga. Is this something which would be of interest to members?

If so, expressions of interest to: peter.beckley@yahoo.co.uk

Amblers' River Wey walk on 4th September

Amblers enjoyed a walk from Guildford along the River Wey.

Thanks to [Phil Light](#) for the photo.



Crawley u3a website

This month I would like to draw your attention to the 'Our History' page: [Our History - Crawley](#). There you will find a link to a fascinating article by [Jan Morris](#) on Crawley u3a in Lockdown, along with links to some of the lockdown newsletters, if you follow this link: [Our History - Lockdown - Crawley](#).

Where was I? (Photo on page 1)

Another easy one this month! I was outside Goffs Manor pub, which is a 15th century Grade II listed building. The green plaque outside commemorates the actor Peter Vaughan who owned it from 1966 to 1986.

Urban Sketchers' visit to Horsham Fire Station on 18th September

Urban Sketchers paid a visit to Horsham Fire Station on 18th September. The artworks they produced on that visit can be seen on our Facebook page by following this link: [Crawley u3a | Facebook](#)

Thanks to [Teresa Jasper](#) for the photo.



Crawley u3a Facebook pages

I have given the link above to our main Facebook page where not only can you view the Urban Sketchers' artworks but also photos of recent visits by Out & About Groups to various places as well as [Monique Tovey-Mansfield's](#) photos of the Autumn outing to Hampton Court on 16th September.

Don't forget our Facebook Extra page where you can listen to a daily poem and test yourself on the occasional quiz as well as finding details of non u3a local activities: [Crawley u3a Extra | Facebook](#)

Walkers Extra walk on 24th September

Walkers Extra walked from Hayling Island to Emsworth via Langstone Harbour, stopping en route for lunch at The Royal Oak in Havant, enjoying perfect weather for their coastal walk.

Thanks to [Phil Light](#) for the photo.



Scamwatch

This month I want to discuss the TV Licence scam. Two emails recently landed in my spam folder claiming that my TV Licence payment had failed. As I had renewed my TV Licence five months ago and received confirmation of my successful payment from TV Licensing, I knew that it was a scam. Genuine emails from TV Licensing will only include your name and/or part of your postcode, neither were displayed in my emails. There are links in the scam email to 'update payment details' or 'change payment plan'. If you receive such an email, do **NOT** click on these links or any others in the email. Instead, forward to report@phishing.gov.uk

Winter Warm Up at K2 on Thursday 8th October

There will be a Crawley u3a stand at this event with [Jim McGough](#) and I as well as members of the Trustee Team in attendance. Having been for the last two years, it is a fun day and well worth attending. Don't forget to drop by and say hello to us!

Crawley Winter Warm Up

Winter Wellness Day: Energise, Connect, Enjoy

Join us for a friendly and energising day of activities for all abilities, including Tai Chi, Chair Based Ballet, Badminton and Yoga to Walking Cricket and Bowls. Connect with over 30 local organisations offering support and information tailored to you.

Enjoy entertainment including the 'West Sussex Rock Choir', a light lunch and great company.

Free and open to all, no booking required.

Time & Date	
Date:	Thursday 8th October
Time:	10.30am -3.30pm
Venue:	K2 Crawley, Pease Pottage Hill, Crawley, RH11 9BQ

For more event information contact:
jacqueline.thatcher@crawley.gov.uk | 07884 604918



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u3a Online Learning Events

Once again, there is an interesting array of free online talks, workshops and courses for members to enjoy. To see what is on offer, follow this link:

[u3a - Online learning events](#)

If I had to pick out one course this month, then it would probably be *Secrets of the Human Brain: Behaviour and Personality* which will be delivered by Dr Bob Pullen and will take place online on Monday 26th October from 2.00-3.30pm. To find out more or to reserve a space, follow this link:

[Secrets of the Human Brain: Behaviour and Personality Tickets, Monday, October 26 • 2 PM - 3:30 PM GMT+0 | Eventbrite](#)

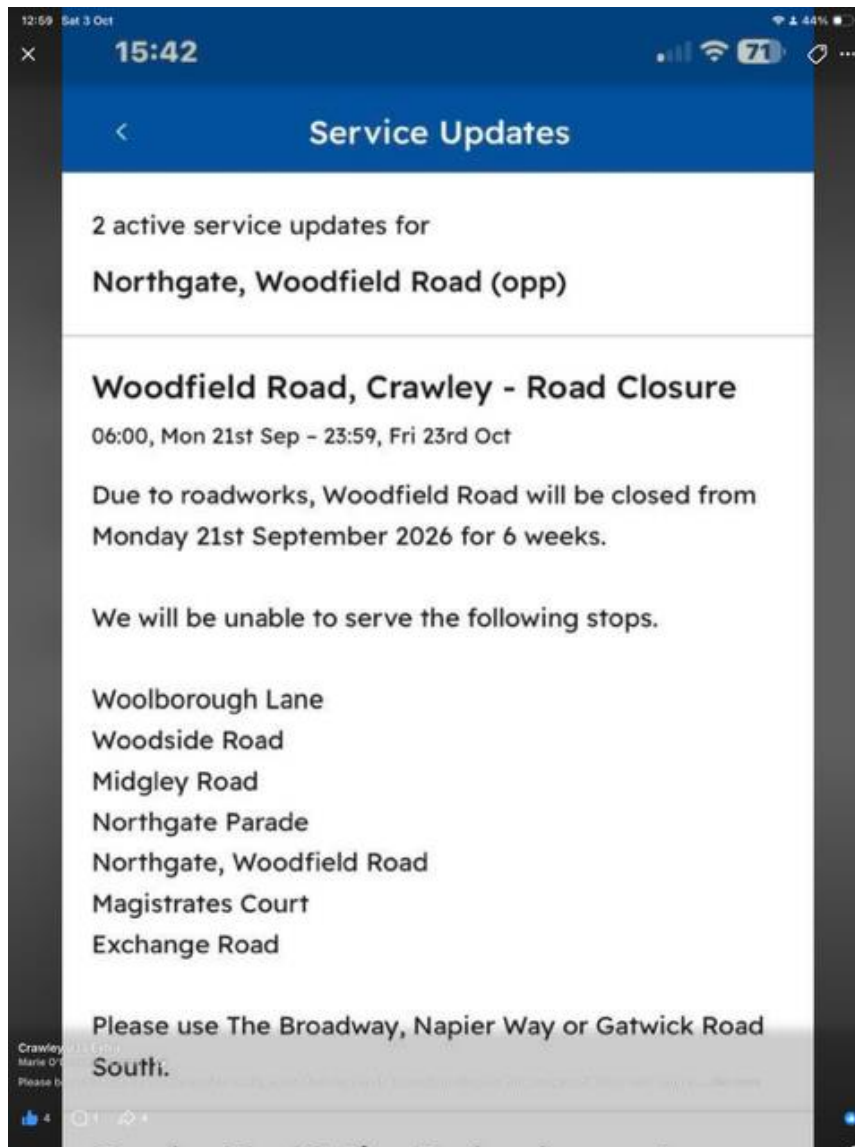
St Paul's Harvest 2026 Appeal

The photo below shows what is needed for this appeal. This year St Paul's are collecting on behalf of the Crawley Food Bank Partnership, which is run by Crawley Open House and the Easter Team. If anyone would like to donate, there will be a large box on one of the small tables in the Welcome Hall where you can place donated items. The appeal runs until 11th October.



St Paul's, Northgate: Woodfield Road closure

I would like to thank [Marie O'Donnell](#) for drawing this to our attention. I thought it would be useful to include it in this month's newsletter for the benefit of members who do not belong to our Facebook pages and for those without email.



Diabetes Group Crawley

For any of our members who have Type 1 or Type 2 diabetes, I would like to recommend the Diabetes Group Crawley. This friendly group meet regularly in Crawley, as well as holding online Zoom meetings. To find out more about the Group, follow this link: [Diabetes Group Crawley](#)

u3a and me: a survey completed by 10,485 u3a members

The results of this survey, which was open for six weeks in early 2026, make for fascinating reading, not least the statistics below:

- 95% of members say u3a has improved their life in some way
- 90% say u3a gives them opportunities to keep learning and stay curious
- 79% say u3a has expanded their social connections
- 77% say their sense of wellbeing has improved since joining
- 66% say u3a has helped them stay mentally and physically active
- 45% say being part of u3a has reduced feelings of loneliness or isolation

If you would like to read the whole report then follow this link:

[u3a - u3a and me](#)

November newsletter

The November newsletter will be emailed to members on Monday 2nd November, and posted or hand delivered to those without email shortly thereafter.

Sue Parker

Newsletter Editor

Crawley u3a

sueparker5@yahoo.co.uk

