



**Chair Chat October 2018**

“The Silent Scourge of Loneliness” is a term that we have heard and read about over the last few years. Loneliness feels draining, distracting and upsetting, whereas desired solitude feels peaceful, creative and restorative. The Government has now appointed Tracey Crouch as a Minister of Loneliness. Silverline was created to help older people feel less isolated and lonely. Loneliness is detrimental to health, mental and physical. Feeling lonely can affect all ages, it isn't just an older age phenomenon. And of course one can feel lonely amongst a lot of people.

There are lots of organisations to become part of, but taking the first step, however small, to combat loneliness is the hardest. There are so many things one can do, for example volunteering with the Royal Voluntary Service, joining one of the many groups that are based in the local library, exploring a hobby.

The U3A have just produced a booklet entitled Learning not Lonely, highlighting some new research. U3A members reported major benefits to being part of the U3A in terms of confidence, combatting loneliness, feeling supported in new communities, learning new skills, sharing some of your talents and interests, feeling valued and enjoying life.

For many members joining the U3A after the loss of a partner, divorce, retirement from a very busy active working life, can be a life saver. Friendships formed in your local U3A stretch far beyond the monthly activities.

Because we know what a difference to our lives joining the U3A has made, we are participating at The Ageing Well event at Bexley Civic Centre on 20<sup>th</sup> October, so that we can share our great experience of the U3A with more people. Perhaps we can make it possible for other people to take the daunting first step to become part of a great organisation, and Bexley in particular, which we know is the best!

**Sandra Goulding**



**TERRY MOSELEY**

What can I say to do justice to Terry and all he has done for our U3A? He has been energetic, full of enthusiasm, kind and supportive, he has been full of ideas for new initiatives, which is always good for any organisation.

He started the Choir, which has brought pleasure to so many people – singers and audience.

He is the leader of the Heritage Railway Group and of course our Speakers' Secretary. He has arranged for an eclectic mixture of monthly speakers and good entertainers for our social occasions. And recently we enjoyed a very successful Croquet Game and Picnic at Hall Place.

We will miss him but we know he will be happy in his new home in Devon, where there are several Heritage Railways waiting for his help and a new theatre which needs volunteers too. He also tells me that they do not have a U3A locally so watch this space for a new one to be started. They are lucky to have him joining their community.

On a personal note I would like to thank him for his support to me as a new Chairman trying to find my feet, and I knew I could rely on Terry for advice and wise words.

Farewell and we wish you good fortune in your new adventures. **Sandra**

*We are now in need of a Speakers' Secretary.* The role involves organising speakers for the monthly meetings in Roberts Hall, meeting the speakers at the hall and ensuring that all the equipment that is needed is available. They will also be responsible for the sound system. They will be a member of the Executive Committee and attend monthly committee meetings.

Terry has booked speakers until the end of 2019 and he will be attending meetings until the end of the year and is happy to give any help he can.

There is no reason why this could not be a job share as happened previously.

It is a vital role within our U3A and anybody who feels they could take on this role would be most welcome.

Please contact me or Terry if you have any questions or require any more information.

Yours hopefully

**Sandra**

**Monthly Meetings and Speakers:**

The main meeting is held on the 2<sup>nd</sup> Thursday of every month at 2 p.m. (be there by 1.45 pm to get a seat!) at Roberts Hall behind Christ Church, Bexleyheath Broadway.

October 11	<b>AGM</b>	with The Play Readers Group
November 8	London Transport Museum	TBA
December 13	Christmas Social	With Ukulele Group Tuning Fluid

**Local Lights**  
Your next trip to  
**The Orchard**

***Abigail's Party by Mike Leigh***

**2.30pm Wednesday 3rd April '19**

**Book for this iconic comedy, set in 1970's suburbia with a heady mix of classic disco, and cheese and pineapple sticks!**

**Book and pay at this meeting please. Feel free to invite a friend. Note cheques are payable to U3A Bexley. If you would like your ticket posted, then please provide a sae.**

**Group rate: £21... a bargain!**

**Organiser Carole**

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**THEMED WALKS**

Early in August, due to the unusually hot summer, our walk was cancelled. Towards the end of August, on a more temperate day, we visited Barnes. We met at Waterloo station, caught a train to Hounslow and got off at Barnes Bridge station, opened in 1916. After descending 35 steps down we followed a small metal plaque on the pavement indicating \*Barn's Trail". We walked along one side of The Terrace, the opposite side was a raised riverside walk along the Thames.

Our first stop was at "Orange Pekoe", a small waiter service cafe, with a narrow room and space for only a few small tables, but with a wall of mirrors at the other end, where we watched ourselves walking in! On one wall, a small shelf had a display of a few pieces of an old china tea set, all very quaint.

We started our walk along a street with terraced houses and small shops. The name "Little Library" on one shop caught my eye, though there were no books to be seen through the big window and the open door. We went in to inquire and were astonished to hear that it was a GYM. Once inside, we could see numerous exercise machines and a few in use. Soon we left the road and turned into Railway Side passage. On our left was a long row of terraced houses each with a small front garden, and all houses facing a vast area of allotments. At the end of the passage a big metal gate led into Barnes Primary School; it all looked community orientated. Further on we continued along another narrow passage in between the houses on one side and a very tall, thick hedge on the other. The "Barnes Trail" led us into Brookwood Avenue, a wide road with tall trees lining the pavements, and finally into Barnes Green. At the entrance was an attractive wood carving of a butterfly, and nearby a Methodist Church. As the doors were wide open we walked in only to be met by a smiling attendant who told us that the church was upstairs and closed. However, she was willing to get the keys and take us upstairs. The church was a large hall, with a big organ and numerous chairs facing the table-altar, with tables and chairs at the other end. We thanked her and left.

We continued our walk now through the Green where the early yellow Autumn leaves covered some areas. The path led us to a bridge over Beverly Brook with clear running water, which eventually flows into the Thames. From that point onwards the narrow path went through the forest of many big, old trees, here and there the metal benches, each with a plaque "in loving memory..." offered a peaceful rest; it was quiet; there were very few other walkers. Eventually we left the forest and followed the path along the Multi Sports Courts complex, where a lot of activities and moving bodies could be seen on the field. Then we were back on the main roads - Rock Lane and Church Road. We stopped at St Mary Barnes Church, but it was closed; however, the interior was visible through the glass door. The church was built in the 15th C, destroyed by fire in 1978 and rebuilt, with now only one original tower surviving. At lunch time we reached 'The Sun Inn' situated opposite a small green and a pond where some water birds could be seen; it offered a lovely view from the pub. After lunch we made our way back to Barnes Bridge Station via Barnes High Street and The Terrace. We passed by two houses with Blue Plaques, commemorating those who had lived there: Gustav Holst (1874-1934) a composer and Ninette Devalois (1898-2001), the Founder of the Royal Ballet. - Over all, it was an enjoyable day out.

Tomira Carson

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### ***AGEING WELL***

Ageing Well is an event organised by Bexley Council and takes place at the Civic Centre on 20<sup>th</sup> October 11am - 4pm. It is opportunity for older people to discover what goes on in the borough which would be of interest to their age group.

Lots of different organisations from all parts of the borough will have a stand there, including Bexley U3A.

Do come along and if you could spare 30 minutes to man the stand with other members you would be most welcome.

Sandra

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### **TOWN AND AROUND**

*All outings at own risk*

**THERE APPEARS TO BE A MISCONCEPTION THAT OUR OUTINGS ARE ALWAYS FULL. IF YOU ARE UNABLE TO COME TO THE MEETINGS YOU MAY PHONE OR E MAIL MAIRE CARR ANY TIME**

**Monday 19<sup>th</sup> November. Tallow Chandlers Hall.** Meet Cannon Street by first Freedom Pass free train 10.15/10.30 for a guided tour of this interesting Hall, the original was burnt down in the Great Fire and the present building dates from 1672. £6.00

NO OUTING IN DECEMBER

**Monday 14<sup>th</sup> January 2019. The Palace of Westminster.** Meet Charing Cross at approx. 10.15 using first Freedom Pass train available. Walk down Whitehall (or bus), to meet our guides for tours of the House of Commons and House of Lords. Free entry courtesy of the Rt. Hon Sir David Evennett MP for Bexley and Crayford. However a £3.00 donation please which we will pass on to Greenwich and Bexley Community Hospice.

**PAYMENT, PREFERABLY BY CHEQUE MADE OUT TO U3A BEXLEY, MUST BE MADE AT TIME OF BOOKING.** See notices in Roberts Hall for more details. **If you are on the reserve list for a trip please keep day free, or let Maire know as soon as possible if you are unable to come.**

Please make a note of our Mobile telephone numbers, which are printed in the Newsletter so we can be contacted by phone or text even on the day of the visit.

<b>Organiser: Margaret Collins</b>		
<b>Bookings: Maire Carr</b>		
<b>Money: Sabine Wayt</b>		

## TOWN AND AROUND

### Visit to Harrow School, Harrow on the Hill

By Margaret Collins.

On a lovely September day we arrived at Harrow on the Hill station, to have our lunch, and a wander about the large shopping centre before boarding our bus up the very steep hill to meet our guides for our tour of this historic school.

The whole Harrow School is spread over most of the village on the very top of the hill. Separate buildings for separate uses, classrooms, art block, chemistry block, music block etc. as well as thirteen boarding houses for about 70 pupils (and some staff) in each straddle the High Street. Boys aged 13 to 18 have their own rooms, and each house has its own colours and customs overseen by the House Master. Our guide took us into the New Speech Hall, a wonderful red brick William Burges building of 1877 which has a statue of Queen Elizabeth I on the outside to celebrate the 300<sup>th</sup> anniversary of the original charter being granted. This is a building on a very steep hilly slope and cleverly it was built in a D shape with tiered seating into the hill where all the 829 pupils can meet for assembly, concerts, cinema, or plays. Our guide told us of the musical traditions in the School, with many choirs, bands, orchestras, boy bands, and jazz being taught by professional tutors to any of the boys who are interested. We also were told of the many distinguished old boys including eight former British or Indian Prime Ministers including Winston Churchill. Five overseas Kings attended as boys, three Nobel Prize winners, and members of the past and current Houses of Parliament have all been pupils. Around the walls are portraits of past distinguished old boys, also heraldic shields of some of the families of past pupils, but most poignant was the plaque to the 25 VCs that were awarded to old boys who were members of the Officer Corp at school prior to WW1.

The school was founded in 1572 under a Royal Charter granted by Queen Elizabeth 1 to John Lyon, a wealthy local farmer, who wished to fund a school for 40 local boys. However, construction of the first school building did not take place until after he and his wife had died in 1608. When the school opened the primary subjects were Latin and archery. Over the next few years the school became very popular, and the headmaster allowed “foreigners” (which were boys from the surrounding areas) to attend which boosted his income, and allowed the fabric of the school to be increased to allow them to board. However the endowment was shared with the lesser part going to the school and the majority going for the upkeep of the road between Harrow and London to allow farm produce to get to London quickly and in the early years this caused financial problems to the school.

We moved down steps to peer at the War Memorial (architect Sir Robert Lorimer) under a portico which is under renovation and covered in scaffolding, which has the names of some 650 old boys who lost their lives in WW1.

We crossed the road, and were taken to a view point where we could see a panoramic view of London – the Shard, Canary Wharf, the Walkie Talkie and Wembley Stadium Arch were all very clear. The flint and stone Chapel, designed by George Gilbert Scott, had superb stained glass windows, including one of John Lyons and his wife. We were told that this Chapel was licensed to hold Anglican and Catholic Services, and other faiths would be invited to attend a debate on Sunday morning to discuss their beliefs, or to attend Synagogue or Mosque locally if they wished. The boys have two uniforms, during the day white shirt, tie, grey trousers known as “greyers”, black shoes, and optional blue jumper, and dark blue jacket known as a “bluer” and a Harrow Hat. This is a shallow varnished straw hat with a dark blue band which must be worn when in the High Street moving between classes. The tutors were known as Beaks and tradition dictates that boys should tip their hat if they meet a Beak wearing his gown. On Sundays and other special occasions the boys were expected to wear black tailcoats, morning trousers, white shirt, tie, single breasted waistcoat and top hat until lunchtime. Fees can be up to £40,000 per year. At the back of the Chapel were plaques commemorating boys who had died whilst attending the school.

The guide showed us the outside of the red brick Vaughan Library designed by George Gilbert Scott, which apparently is spectacular inside, however it was in use by the boys at the time of our visit.

We then crossed over the road again and were taken to another view point to see the theatre building, where the boys, sometimes augmented by girls from another independent school put on spectacular shows, musicals, and plays to which parents were invited. Lawrence Fox, Richard Curtis and Benedict Cumberbatch are old boys who have made their mark on theatre. The playing fields at the bottom of the hill were visible, and there is a great tradition of sport with some 24 tennis courts, a swimming pool, squash courts, gyms as well as cricket, rugby and athletics.

One half of The Old Schools at the very top of the hill was completed in 1615 soon after an additional wing and portico were added to cope with the influx of “foreigners”. We were invited to sit on the old school benches in the room known as The Fourth Form school room, (very uncomfortable) and viewed the black panelling which is completely inscribed with names of old boys including Byron, Sheridan, D.H. Lawrence and Churchill. The birching stool was up near the tutor’s pulpit, and the birch was behind glass in the locked cabinet. This room was used in the Harry Potter film which had recently been on the television.

Our last call was to the School Shop to see the many items on sale there, and to reflect on the extreme wealth of the families who send their children to this school. Thank goodness for state schools for the rest of us!

**An Invitation to New Members** - I am proposing to arrange a coffee morning for new members during November. This will be an informal occasion where new members can “get to know each other” and ask questions regarding groups, or other information about the U3A. I shall arrange a venue in Bexleyheath to meet. I already have some interested members’ names that were left with me at our last New Members Meeting in Geddes Place. I shall be contacting you shortly when I have arranged a date, time and where to meet. However, for those of you that could not attend the New Members’ meeting, or have recently joined our U3A please email me or ring me (after 6 pm) with your contact details if you are interested, and I shall get back to you.

**Maureen Wright – Secretary**

### **Executive Committee 2017 - 2018**

Chair	Sandra Goulding		
Vice Chair	<b><u>VACANCY</u></b>		
Secretary	Maureen Wright		
Treasurer	Ron Clayton		
Membership	Douglas West		
Speakers	Terry Moseley		
Group Liaison	Pat Fearnside		
E-mail & IT	Nino Parascandolo		
Social Secretary	Thelma Wilkes		
Catering	Vi King		
Hall Manager /Database	Nino Parascandolo		
<b>NON-COMMITTEE ROLES</b>			
Meet & Greet	Edna Sutton		Please let Edna know of personal events e.g. significant birthdays, anniversaries, condolences, etc. so that she can send cards.
Newsletter Editor	Mary Jupp		

***Please submit all contributions to November newsletter by***

***Midday - Tuesday 23<sup>rd</sup> October***

***Please ensure you contribute before the cut-off***

***and have an email acknowledgment from me that I have received your contribution! Thank you - Mary Jupp***