

# Bulletin for Interest Groups



Group Co-ordinator

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Learn  
Laugh  
Live

## Message from the Chairman

Don't worry about developing rust rather than a tan as there's plenty here at Orpington u3a to keep you entertained. Sign up for one of our new groups or try out that group you've been meaning to join – you'll have so much fun you'll forget about the weather!

There was no better demonstration of this than at the recent 'Science – Fun for Everyone' event – see pages 11 & 12 for the photos to prove it! I would like to thank the members of the Science and Technology group for sharing their knowledge with us; the research they did to provide such wonderful presentations and for giving up their time. In particular, I would like to thank their Group Leader who organised everything with her usual good humour and aplomb.

We would like to provide more of this type of event, but with our small but dedicated Committee already working at capacity, we would need help. Please consider joining a Social Committee – we have lots of ideas!

Chairman

## HELP WANTED

The committee is looking for volunteers to form a **Social Events Team** to organise occasional events such as the very successful Science and Technology afternoon, perhaps coach trips and celebrations.

This would take the pressure off the main committee and allow us to concentrate on our roles.

If you feel you could help with this please contact any member of the committee.

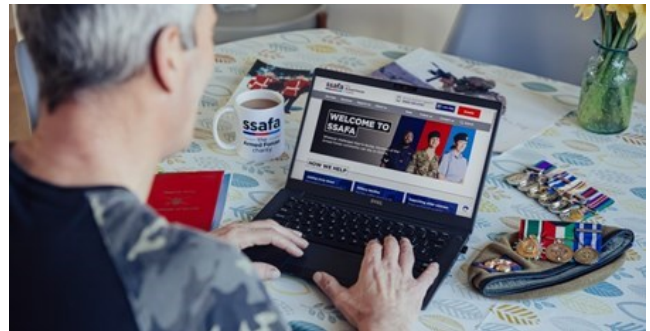
**Crofton Halls**

*Doors open  
at 2pm for  
refreshments  
until the main  
meeting starts  
at 2:30pm*

# General Meetings

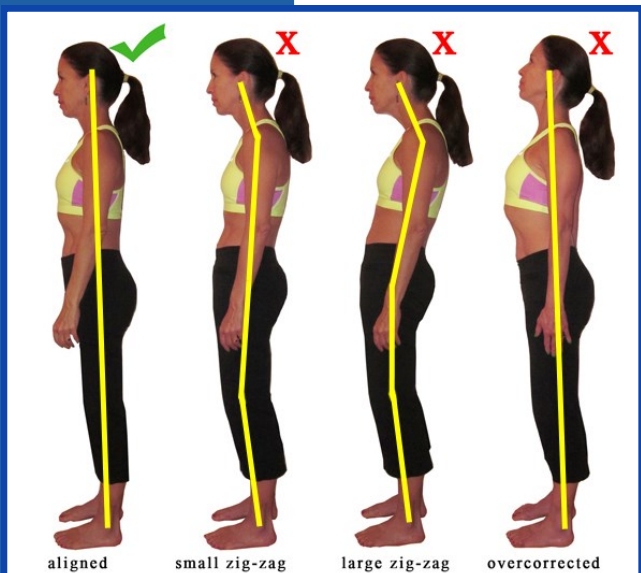
## 15th July – Soldiers, Sailors & Airmen's Families Association Louise Phelps

SSAFA has been supporting the Armed Forces for more than 130 years. It provides support to serving personnel, veterans and military families in various areas such as housing, disability, mental health and overseas deployment.



The challenges service leavers face are complex – from low income to life-changing injuries or hidden wounds, like depression or post-traumatic stress disorder.

SSAFA works in partnership with other military charities and specialist organisations to ensure that those who need help get support.



## 19th August Chiropractors and Postural Tips Dean Blackstock

Chiropractors have been around for over 125 years but who are they and why are they so focused on posture?

Join Dean Blackstock, a Chiropractor with two decades of experience on a brief tour of anatomy and posture and lifestyle tips.



**Meet and Greet** volunteers needed for the October, November and December meetings

## Monthly General Meetings

### Dates for your diary (2–4pm, Crofton Halls)

**16 September** A Policeman's Lot – can be quite an interesting one (Neil Sadler)

**21 October** Les Misérables to Lion King (Martyn Harrison)

**18 November** Fire – A Century of The Volunteer Fire Brigade (Jo Livingston)

**16 December** Christmas – A Festive History (Andy Thomas)

### Can you make a cup of tea?

### Do you have a friendly smile?

We always need help at the monthly General Meetings (3rd Monday of the Month) in Crofton Halls. We have a rota of volunteers to help with serving refreshments and greeting new members at the door. It's a great way to meet people.

If you're willing to help once in a while please contact the Vice Chairman



*On the Tuesday following each General Meeting we have a coffee morning at 10.30am in the BR6 Café, Orpington College – All members are welcome*

## How to Access Interest Group Information

There is a full list of existing Interest Groups with group information including times, days, venue and contact details for the Group Leaders **on the website**. As the contact details are confidential you will need to Login with your Username and Password to access this information.

Click [HERE](#) for the Interest Groups page on the website.

The Interest Groups List is updated regularly and is sent to all members, 3 times a year, **with the Newsletter**. All members will have been sent the 'Orpington u3a Interest Groups List' (a paper copy for those without email or Internet access).

Please keep the list safe so that you can **contact the Group Leader directly** (rather than via the Group Co-ordinator) if you have a question about their group.

Thank you

# Cinema - New Group

It has seemed to some of our committee members that there may be some demand for a new interest group based on cinema visits and we have a volunteer to start one up.

As cinema listings are on short notice and unpredictable, we thought that the new group would not have a regular meeting date but that outings would be fixed by members according to what was available.

There are several good cinemas within easy reach including:

- Orpington Odeon**
- Bromley Picturehouse**
- Bromley Vue**
- Sevenoaks Stag**

As well as National Film Theatre, Southbank and numerous commercial cinemas in Central London.

Perhaps the cinema outings could also incorporate a post-film visit to a nearby pub, cafe or restaurant so that members could discuss the film and plan future events.

If you are interested in cinema and would like to know more about the new group please contact the New Group Liaison Officer



## 1:1 - New Group

We have had a positive response to our newly proposed 1:1 scheme as follows:

**Skills & Activities offered:**

Former Librarian offers help with 'sorting' books

**Skills or Activities wanted:**

Member wishes to play board games with another

Member wishes to improve French conversation

Member wishes to play simple piano duets

A reminder that an activity or skill could be anything you wish to do with one other member.

If you wish to participate or you have any queries, please contact the New Group Liaison Officer

**EXCITING  
NEW 1:1  
SCHEME !**



# London Explorers

**Thursday 19 September**

**London Transport Museum Acton Depot Open Day**

From the arrival of the horse buses through to the opening of the Elizabeth line, public transport has connected the four corners of the capital for almost 200 years. This open day will give you the opportunity to explore the Museum Depot in Acton, west London, with its treasure trove of over 320,000 objects. Tubes, trams, bicycles, buses and cable cars have all played their part in helping residents and visitors navigate the capital. Discover this fascinating story and marvel at historic vehicles which helped keep the city moving.

These Open Days only occur a few times a year so this will be a great opportunity to explore the depot, which is only a few minutes walk from Acton Town tube. This will be a self-guided visit once we are there.

Tickets £13 for concessions and Friends of the Museum. Bookings can be taken at the General Meeting. Or contact the Group Leader, (details on website and Interest Groups list)



**London Region of U3As**

## **Meet the Scientists at the Natural History Museum** 23 July 13.00–15.00

This year, instead of the traditional Summer School, the London Regions of U3As has organised an exciting programme of 31 guided walks, visits and talks at museums/galleries in central London. Each event is about 2hrs long and led by qualified guides and lecturers. This event is part of the London Region Summer programme.

The Natural History Museum is not only a world class museum of life on Earth, but also has world leading researchers into life on the planet, past and present. This 'Meet the Scientists' event has been organised especially for u3a members by the Museum. There will be two talks by Museum scientists that explore climate change and the planetary emergency, and how the Natural History Museum and its collections can be instrumental in preventing biodiversity loss and understanding how life responds to a changing planet.

Natalie Cooper will talk from a life sciences perspective. James Witts who studies mass extinctions and climate change will be talking from an Earth science perspective. Tickets £10 pp.

Click on this link for the [Summer 2024 Events Programme](#) which includes further information on p.22 for this event, with a direct link to the Booking Form.



## MOTO 1 – Events

Breakfast at GPO restaurant in Orpington on **Thursday 20 June** at 10.30am and **18 July** at 10.30am

Brunch at Richmal Crompton in Bromley South on **Friday 21 June** from 10.30am, and **Monday 8 July** from 10.30 am and **Friday 19 July** from 10.30am



Monthly MOTO meeting on **Wednesday 26 June** from 2.30pm at Hulbert Hall, Orpington Methodist Church (celebrating our 3rd Birthday) and **Wednesday 24 July** from 2.30pm

Community Lunch being organised by London Borough of Bromley on **Saturday 29 June** at Queen's Gardens, Bromley from 11.00am

Coffee morning at Second Home in Orpington on **Saturday 6 July** from 10.15am and **Saturday 20 July** from 10.15am

Lunch at The Buff in Green Street Green, on **Wednesday 10 July** at 12.00 and **Wednesday 24 July** from 12.00

Sunday Lunch on **14 July** at Cyprianis in Locksbottom from 1.30pm

The Group has vacancies and we meet on the 4th Wednesday of the month from 2.30pm at Orpington Methodist Church. Please contact the Group Leader, (details on website and Interest Groups list)

## Big Lunch Events

The **Big Lunch Events** are being organised by London Borough of Bromley.

The Big Lunch is the UK's annual get-together for neighbours and communities, with millions of people connecting with others through friendship, food and fun. We know that adults are more likely to feel lonely or isolated if they are disengaged from the community.

This year we have partnered the Big Lunches with the [London Festival of Architecture](#) and hope to bring people together from across London to experience why Bromley is a top destination with so much to offer.

These **FREE** Big lunches will happen between 11 am – 1pm at the below dates and locations:

**Saturday 22 June** – [Chislehurst Common](#) – Round about green near Prickend Pond – 11 am – 1 pm

**Sunday 23 June** – [Crystal Palace Park](#) – Cricket Ground – 11 am – 1 pm

**Saturday 29 June** – [Queens Gardens](#), Bromley South – 11 am – 1 pm

**Please bring your own packed lunch**



MOTO 1 – Sunday lunch at the White Bear



MOTO 1 – Bring Your Own lunch

## Wellbeing Wednesday: Summer Lunch - 19 June

We are extremely excited to invite you to the very first Warm Wednesday: Summer Lunch, to be delivered by London South East London Colleges (LSEC), at their [BR6 restaurant](#), located at their Orpington Campus.

LSEC and the London Borough of Bromley have partnered together, as part of the [Tackling Loneliness Strategy](#) to deliver an event which allows people to come together, enjoy conversation and enjoy a warm, **FREE** home cooked lunch by culinary students studying at Orpington Campus. This event is part of the [Big Lunch](#) during the [month of community](#).

This event is for everyone across the community.

The Warm Wednesday Summer Lunch will be taking place on **Wednesday 19 June**, from **12:30 – 2pm**, with everyone from the community invited. There will be an option of: Roasted tartlet, scotch eggs, sausage rolls and strawberry cheesecake.

I will be on hand at the BR6 restaurant on the 19 June, armed with information promoting organisations, social groups, big lunches and more to help people connect with in their local community. **Helayna Jenkins:** [<Helayna.Jenkins@bromley.gov.uk>](mailto:Helayna.Jenkins@bromley.gov.uk)



## Beginners Folk Dancing - New Group

1st and 3rd Thursdays of the month 2 – 4 pm, Liberal Hall, Station Road, Orpington, BR6 ORZ  
Scientific studies have shown that dancing:

- Strengthens the bones
- Improves muscle tone
- Helps reduce the risk of osteoarthritis
- Reduces stress

Join us for an afternoon of fun, easy dancing. Dances are first explained and walked through, then the caller gives reminders during the dance. Contact the New Group Liaison Officer

## Rummikub 2



Rummikub 2 now meets on 2nd Monday of the month at 2pm.

There are 7 people in the group, so I have one vacancy.

I welcome reserves for when existing members are unavailable. Please contact the Group Leader, see website.

## Philosophy

The discussion subject of our friendly group was Thomas Young 13/6/1773 – 10/5/1829. This prolific scientist was shown to be a man of vision venturing and investigating subjects ranging from vision, light, physiology, musical harmony, obscure languages and the deciphering of the Rosetta stone, all of this at a very early age. He had read the Bible twice before he was four years old!

If you would like to ponder and discuss among friends the many facets of Philosophy please contact the Group Leader, (details on website and Interest Groups list)

## Gardening Made Easy

Our Wednesday group enjoyed a warm, friendly meeting this month. There were joint winners of the palm seedlings that members have been growing.

If you are interested in joining this group, there will be a chance for new members to meet on Monday afternoon 1 July at 2pm at my house. Please contact the Group Leader, (details on website and Interest Groups list)



## Wordsmiths

Wordsmiths – a creative writing group – is pleased to announce we have one or two vacancies for new members.

We are a friendly, social group which meets on the

last Friday of every month in a member's house in Locksbottom.

There is no critique; we merely enjoy listening to each other's pieces on a chosen topic.

Members are free to write prose, poems or plays.

Please contact the Group Leader, (details on website and Interest Groups list)



## Walks



Walks are on the 3rd Wednesday of the month, starting at 10am unless stated otherwise. For more information please contact the Group Leader, (details on website and Interest Groups list)

### Wednesday 19 June: Footscray Meadows near Bexley

Meet in Bexley Village High Street car park DA5 1LB which is on the left just past the arches as you enter the village from North Cray Road. Unfortunately, charges apply at about £3 or £4.

The walk is about 4.5 miles, level and no stiles, around the meadows and along the River Cray. Plenty of eating establishments in the village.

### Wednesday 17 July: Green St Green

Meet at the car park of the Queen's Head, Green Street Green for a 3.5 mile circular walk. Please note there is a £1 charge for using the car park (refundable against any spend in the pub).

*All walkers join the walks at their own risk. New walkers are welcome to join any of the walks but please telephone or email before coming on your first walk.*

*Please don't forget to leave your phone number if you have to leave a message!*

*Please ensure that you wear suitable footwear for the walks. Also please note the walk description is only a brief guide, not a complete breakdown of the walk.*



## Table Tennis, Short Mat Bowls and Badminton - Update

A reminder that our group breaks for the summer after our meeting on Friday 12 July, restarting on 6 September.

Until the break we only charge £1 per session which is great value!

Unfortunately take up for Badminton has been at best patchy so we don't currently plan to provide Badminton after the summer break.

However, the Beckenham Badminton Group is open to Orpington members. See the Orpington website for details: [Badminton, Short Mat Bowls & Table Tennis | Orpington U3A \(u3aorpington.org.uk\)](http://u3aorpington.org.uk)

Please contact the Group Leader, (details on website and Interest Groups list)

## Industrial Heritage – Water, Steam and Mechanical Music



The first day trip of our summer season took ten of us to the Museum of Water & Steam in the former Kew Bridge pumping station. The core of the museum's wide range of exhibits is its collection – the largest in the world – of Cornish steam engines. These are important because they mark the early 19<sup>th</sup> century transition from low pressure to high pressure steam power, which boosted the mechanisation of manufacturing and ushered in the railway age.

Normally these machines are only run once a month, but our visit happened to coincide with that of a large group of American engineering students for whom many of the engines had been put into steam. So, by pure luck, we got to see a good number of them fully steamed up and working.

A short walk along the road our trip continued with lunch at the Musical Museum, a place dedicated to the preservation of mechanical musical machines and devices and which deserves to be better known. Saturday morning cinema nostalgia reigned as a 1929 Wurlitzer rose through the stage of the museum's theatre to start our 1½ hour tour.

There continued demonstrations of a wide range of mechanical instruments ending with perhaps the strangest of them all – a machine that plays two violins and a piano accompaniment all together. Look! No hands!



For later this summer, I am looking into two other possibilities. A full day trip to East Kent would take in the transport museum near Dover and the story of the Kent coalfield as portrayed at the recently opened Kent Mining Museum near Deal. Also in prospect is an exploration of the Wandle River valley, for centuries past one of the most industrialised areas in London.

Interested? If so, just email me and I'll add you to our mailing list (email only, I'm afraid), please contact the Group Leader, (details on website and Interest Groups list)

## For the Love of Learning since 1597

**Gresham College** provides free educational videos and lectures.

Watch now: Explore the vast online collection which includes more than 3000 videos, featuring over 1200 speakers dissecting hundreds of topics.

Including: History; Astronomy; Maths; Computing; Environment; Medicine; Business; London; Law; Government; Science; Military; Rhetoric; Religion; Music and more.

Click [HERE](#) to browse all topics.





In June the Science & Technology group shared their knowledge and enthusiasm with other members for an afternoon of Science and Nature - and as advertised, we had plenty of Fun and Cake! It was great to see so many members getting involved and asking questions. There was a lot of planning and work behind the scenes so thank you everyone who helped make this event a big success.

# Science - Fun For Everyone!

**How does fermentation produce bubbles?**



**What makes a Davy lamp safe?**



**How can paperclips float on water?**

**What can Citizen Scientists do to help monitor pollution in our rivers?**



How did Faraday make the first electric motor?

What is magnetism?

What are memory alloys?



What is the best design for a paper plane?

How do bees help in food production?

How can we find out about owl lifestyle and diet?

How do optical illusions work?



How can you separate pigments in ink?

How are pH indicators used to test acidity?



**Deadlines  
for the  
next  
Newsletter  
and  
Bulletin**

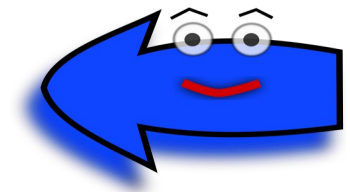
## Deadlines for the next publications

Note: usually the day after the General Meeting

**Newsletter 160 – 16th July 2024**

**Bulletin 7 – 20th August 2024**

**Please send all articles to the  
News Editor Team**



### Request from the Editors

Please send all articles and notices for the newsletter, and relevant correspondence to both Editors using the newseditor email address.

If one private email address is used articles could be missed by the other editor. This may lead to an article being omitted, particularly when one Editor is on holiday. Thank you

THIS BULLETIN CONTAINS PERSONAL INFORMATION  
IF YOU PRINT IT, PLEASE DO NOT LEAVE IT IN A PUBLIC PLACE  
AND DISPOSE OF IT BY SHREDDING. THANK YOU

JULY 2024

**u3a Orpington**

**learn  
laugh  
live**