



“All you need is Love!
But a little chocolate now
and then doesn't hurt!”

Charles Schulz

Welcome to all those who have recently joined our group, we hope that you get involved and make the most of the opportunities that the organisation offers. Our membership has now reached 400, a record since we began in 2013. If you are a seasoned member do look out for anyone looking a bit 'lost' at our open meetings and introduce yourself - remember how you felt on your first visit! Don't forget to check the website for details of all our activities, past, present and future!

The next Coffee Morning is on Wednesday 5th February at 10.30am

An excellent opportunity to chat with new friends over a coffee in the front room of Westerham Hall. Bring a friend along!



The next Open Meeting, held in Westerham Hall, is on Thursday 13th February at 2pm 'The String of Pearls' by Bob Evans



This is an illustrated, virtual journey along the A25 describing local history and points of interest about the villages and hamlets 'along the ridge' from Nutfield to Westerham. Bob was formerly the Director of Planning for Tandridge District Council and is currently the Chairman of Nutfield History Group as well as being a volunteer lay adviser to the Royal College of Anaesthetists.

Dates for your Diary

March 5th Wednesday – Coffee morning

March 13th Thursday - Open Meeting

'The History and Restoration of Paddle Steamer Medway' by Mark Bathurst

March 24th Monday - an afternoon on the theme of 'Ageing Well and Wisely'!

The speakers are **Professor Norman Lazarus** of Kings College, London - an energetic cyclist at 88 so clearly practising what he preaches! **Sally Salter** of Sevenoaks Primary Care - a Health Coach with a great passion for the outdoors. **Gaye Illsley** of Real Time Care Ltd on Lasting Powers of Attorney - who is passionate about helping people live independently for longer. Admittance is free - thanks to our grant from the National Lottery Communities Fund - with tea and cake included! This promises to be a very interesting and helpful event so do join us, you are very welcome to bring a friend.

'Help with Computers' Session 1 – 'Emails' at 10.00 Monday, February 10th



If you have booked in for the next computer help session please come well prepared! Only bring one device and make sure it is fully charged and you know any relevant passwords! In addition to Ian we will have 2 people 'on the floor' to help with minor difficulties such as not recognising an icon or pressing the wrong button! For this reason Android and Apple users will be separated - but not by much! Ian will try to cover as much as he can in the time allotted but as there are many variations between devices - and even models of the same one - your problem may not be resolved. Contact Stuart westerhamu3a@hotmail.co.uk for full details. For anyone who feels they would benefit from a one to one session it is possible to have a free hour at Oxted library on Thursdays (10.00-13.00). Call the library to book - 0345 600 9009.

u3a Surrey Network Study Days

For those of you seeking knowledge, you may be interested in these study days held on Fridays at the Menuhin Hall, Stoke D'Abernon. Currently the topics offered include: 'The "NewSpace" Revolution' (21/2) by Professor Craig Underwood, 'Bach's St Matthew Passion' (21/3) by Sandy Burnett and 'Vincent Van Gogh' (11/4) by Leslie Pitcher. You can attend in person for £12 or watch online for £7. More details are on the [website](#).

Local Theatre contact Jan westerhamu3a@hotmail.co.uk

Bromley Little Theatre is putting on Agatha Christie's 'The Mirror Cracked' in February and I will be attending on Monday 10th. As the tickets are only £14 (£10 for members) it isn't worth arranging a group booking but I will look forward to seeing you there. If you haven't been to this theatre before, it is quite an experience – complete with bar & tea/coffee and biscuits! They even have a 'Chat and eat Cake' table, on Mondays, to welcome any newcomers, who may be on their own! Check the [website](#) for details of their programme.

Drama for All contact Jan westerhamu3a@hotmail.co.uk

Matinee tickets, at £35, are available for '[The Retrograde](#)' on Wednesday, 30th April starting at 2.30pm. It is the story of Sidney Poitier, the first black actor to win an Oscar – but it came with strings attached! Let me know if there are any other plays you are interested in seeing. Have we any Shakespeare fans? 'Much Ado About Nothing' has rave reviews!

Articles Wanted contact Jan westerhamu3a@hotmail.co.uk

I am always on the lookout for items that would be of interest to our members. Please send me any contributions. No guarantee of publication but worth a try!

News from the Groups

Potential New Group 'Tai Chi' contact Stuart westerhamu3a@hotmail.co.uk

The interest in this new group has been overwhelming and has meant some rethinking to try to accommodate as many as possible. It is planned to hold an inaugural session on Thursday 27th February, at 10.00 am, in the main room at Westerham Hall but if you cannot manage that day and are still interested, please let Stuart know. The classes will be light and engaging, allowing each person to move according to their personal capabilities but will involve mainly standing exercises. Lionel has studied Tai Chi and Qi Gong for more than seven years and he will bring his experience of this form of exercise which is designed to improve mental health and general well-being.

Musical Theatre contact Chris westerhamu3a@hotmail.co.uk

Chris has a very full programme planned for this year commencing with 'Tina' (6/2) 'Devil Wears Prada' (12/3) and 'Starlight Express' (24/4). These will probably be fully booked by now but it is always worth asking to be put on the waiting list in case of last minute cancellations - and to join his mailing list to hear about future productions. Chris tries to organise a musical treat each month and such delights as 'Oliver', 'Evita' and 'The Great Gatsby' are in the pipeline!

Possible Quiz Group contact Colin westerhamu3a@hotmail.co.uk

There has been talk of setting up a quiz group but nobody seems sure about how to organise it! In the meantime there are 2 quizzes in February that you may be interested in. On Friday 28th at Westerham Hall the evening will raise funds for the upkeep of the hall. Tables of 6 or 8 - but if you have fewer, extra bodies can be supplied! - at £17.50 per person including a hot supper. We have also been invited to join the RSPB quiz at Otford Hall on Saturday 22nd. I am assured that the questions are not bird related! For details see their [website](#)