

Message from the Chair



Welcome to our October newsletter.

I hope you all enjoyed the summer break, although I must concede that it was far too hot for some of us but, surprisingly, our gardens are showing signs of recovery and the gentle sound of lawnmowers is back.

The Committee have had several opportunities recently to meet with members, which we thoroughly enjoy. The Open Day on 17th August went really well with a definite buzz. The CVSSC ensures that we have space to move around although there were some complaints that it got quite noisy later in the day but it is only to be expected when a couple of hundred people get together. It is always good to catch up with our group leaders and I thank them for all they do for us.

We have had a lot of new members join this year and they were invited to a New Members tea and cake afternoon on 15th September. Around thirty were able to join some of the committee. Again, it was great to see it as a real social time and soon they were all chatting and getting to know one another.

This will be my final newsletter as your Chair as I will be stepping down at the AGM on 10th November, an event I hope many of you will be able to attend. I have had a great 7 years on the committee, most of which I have been privileged to be the Chair of an amazing committee. I have enjoyed it so much that I would encourage anyone to consider joining the committee and using your knowledge and experience to further enhance our amazing u3a.

I would like to thank you all for your support and wish you and the new Committee much enjoyment and success.

With Best Wishes
Veronica

Group Leader Coordinator's Update



The Relaxed Tennis group under Linda Arrowsmith are enjoying play at the Rudgwick Tennis club. Thus far, the weather has been amazing, the dust has finally disappeared from our racquets, and we are adapting to the autumn sunshine and enjoying both the challenge and the exercise. The Sussex countryside is absolutely marvellous, so come and join us while the weather holds. Play commences each Monday at 2pm and continues till 12th October.

Talking of the Sussex (and of course, Surrey) countryside, there are still a few spaces remaining on our walking groups so why not think about joining up for a stroll through it.

A gentle reminder - The AGM will be held on Tuesday 10th November so please put the date in your diary! See the Notice of AGM entry later in the Newsletter for more detail.

Robin: glcoordinator@cranleighu3a.org

Learn, laugh, live!

NEWS FROM OUR GROUPS

Wine Appreciation



Winemaking in Surrey can be traced back to Roman times but it is only since 1986, when vines were first planted at Denbies Wine Estate near Dorking, that winemaking in our county has really taken off. It is now estimated that there are 30 Surrey vineyards, although many are not commercial operations and, much as the Wine Appreciation Group would like to visit them all as part of our programme of biennial visits, we have opted, on occasions, to look further afield to find vineyards that can readily cope with our numbers.

After our first visit to Denbies in 2022, we went to Ashling Park in West Sussex in 2024 and, in August this year, to Ridgeview in East Sussex, where we enjoyed a really informative vineyard tour, followed by a tasting of six sparkling wines ranging in price from the £34 Bloomsbury, the official wine that was served at the late Queen's Diamond Jubilee, to the £75 Blanc de Blancs, which was served at King Charles' first state banquet. We move in elevated circles!

Whilst Denbies is now England's largest, single-estate vineyard, Surrey is a relatively small player in terms of vineyard area in the South-East; Kent, for example, has ten times the area under vines with 1,239 hectares, followed by West Sussex with 671, Essex with 469, East Sussex with 461, Hampshire with 426 and Surrey with 130 hectares.

Many of Surrey's vineyards are, however, well geared up for casual wine tastings and for food. It's a lovely way to relax and enjoy what, in many cases, are award-winning English wines.

Here are some local vineyards that you might consider visiting: -

Denbies Wine Estate, Surrey's oldest and largest vineyard

Greyfriars Vineyard on the Hogs Back, which planted its first vines in 1989

High Clandon Estate Vineyard at East Clandon - which planted its first vines in 2004

Albury Vineyard, an organic vineyard, which planted its first vines in 2009

Chilworth Manor Vineyard, which planted its first vines in 2013

The above vineyards are the five founding members of "Vineyards of the Surrey Hills" and they have since been joined by: -

Godstone Vineyards, which planted its first vines back in 1985 and the

Tanhurst Estate Vineyard & Café at Holmbury St. Mary, which planted its first vines in 2020.

Feedback from Wine Appreciation members suggests that, wherever you go, you'll have a great time!

Graham Pursey
Wine Appreciation Group Leader

Speaker Programme

Our next Speaker is Bobbie Darbyshire on Tuesday 27th October.

The Topic is "A beginning, a muddle and an End" and is about how an author moves from an idea through to the published book.

The Speaker in January will be something very different from the normal meetings and I will send out details to everyone in the next few weeks.

In April we will hear all about the adventures, or otherwise, of Charles Darwin by Ian Worley.

I am currently working on the speaker for July.

An interesting year ahead!

Veronica

Pilates

I've been reflecting on what an inspiring group the Mixed Ability Pilates sessions have become. It's a pleasure to see participants growing in confidence with the exercises and beginning to experience the benefits that regular Pilates practice can bring to strength, mobility and ease of movement. Weekly classes take place on Mondays and Wednesdays at 11.00-12.00 in the superb dance studio at Cranleigh School.

From gentle spinal mobility to building steady strength with light hand weights, every session is focused on helping you stay active, independent and energised in your everyday life.

The Pilates method will open up new insight into exercising as we age, (I'm also a u3a member). Every exercise is adaptable, and the focus is always on moving safely and effectively, so if you've been thinking about making a positive change for your strength, flexibility and wellbeing, I offer two free trial classes to U3A members, then it's £10 per class.

Please browse my website <https://pilatesprime.co.uk> .

Do get in touch with me if you need more information or have any questions.

Email: suehope21@gmail.com

Notice of AGM

Yes, it's that time of year again. Cranleigh and District u3A will be holding their Annual General Meeting at 2pm on Tuesday 10th November in Cranleigh Methodist Church, Cranleigh High St, Cranleigh, GU6 8RL for the following purposes:

To approve the minutes of the AGM held on 13 November 2025.

To receive the Chair's Annual Report for the period 1 September 2025 – 31 August 2026.

To receive and approve the Statement of Accounts for the said period.

To elect members of the Management Committee for the year.

To appoint an examiner for the Accounts.

To transact any other business.

The short meeting will be followed by brief musical entertainment by our Guitar Group following which, all - especially new members - are welcome to stay on for tea and biscuits, to socialise, and to ask questions.

Flower Arranging

Our U3a Flower Arranging group had their first meeting of the new year. What a great selection of colourful arrangements were worked by the class. The title was a Pumpkin Ring - which I think you can see was very easily shown in the designs.



The class were told of a proposed project for Christmas – watch this space!

Linda Loring

We have the opportunity of running some Self Defence classes this autumn.

The classes would likely take part at The Bandroom in Cranleigh and run for about 45-60 minutes on Thursday afternoons. Casual, light weight clothing and training shoes required.

The class size will be between 10-15 people. There is no cost for this activity.

Please let me know if you are interested in putting your name forward for one of these interesting classes.

Please reply to Viv@cranleighu3a.org

Musicals and Light Music Appreciation

If you like music, and that's probably most of us, why not try the monthly Musicals or the Light Music Appreciation groups? The former offers a chance to see some favourite musicals on a full-size screen while the latter promises a relaxed afternoon of music brought in by the members themselves.

Musicals: peter.fuller60@gmail.com

Light Music Appreciation: dcbonham149@outlook.com

And just a quick reminder Members – You can always go on our website <https://cranleigh.u3asite.uk/> for up-to-date information on groups, outings etc.

Request for Help – Tech Support

We are looking for one or two volunteer helpers to join our “tech team”, which works in the background to support a range of activities. The work of this informal team includes:

- Keeping our Beacon information system up to date
- Giving Group Leaders training on how to use Beacon
- Keeping our Website up to date
- Helping Group Leaders set up laptop projectors for presentations
- Doing projection from the control room at the Arts Centre
- Looking after our Google G-Suite account, setting up Gmail accounts and managing our shared cloud storage

None of us are experts. We are all learning as we go, doing what we can, and helping each other out. So, if you have an interest in IT, an inquiring mind, and a willingness to pitch in, you will be a welcome addition to the team.

If you would like to help, please contact Martin Hayton (07920 406444 or webmaster@cranleighu3a.org) for more information.

Articles for the Jan 2027 edition of the Newsletter to reach the editor by 20th Dec

If any members would like to submit an article relating to their group, please feel free to do so. It doesn't have to be a whole page.

We would love to hear from you.

Please prepare your text as a Word document, photographs in jpg or png format, and send them as separate attachments to your email to:

newsletter@cranleighu3a.org

Thank you!

Brian