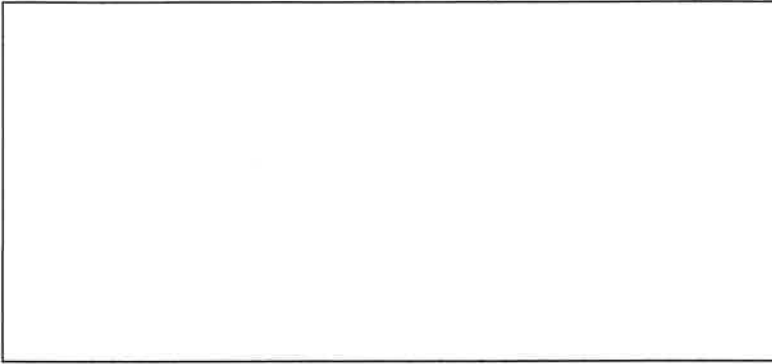




Bournemouth and District Group

Notice of 29th November 2022 Annual Lunch - back page

CSPA, Head Office, Grosvenor House, 8th Floor, 125 High Street, Croydon, CR0 9XP. Tel: 020 8688 8418

We're back from September onwards after the summer break.

As those members who have come along have liked the new venue we shall continue to meet there. We shall be holding our meetings at 10.45 am on:

the **fourth Tuesday of the month** in the lounge of:

St Mark's Church, Wallisdown Road, Talbot Village, Bournemouth, BH10 4HY.

This is on the ground floor in the newer part of the building,

I have included the directions again for those who have not yet come to the meetings.



Bus stop: St Mark's Church. As well as the normal public buses you can catch any UNI bus: they are not just for students. <https://www.unibuses.co.uk/services>

Parking at the church is at the back as well as the front of the building.

November has 5 Tuesdays – our meeting is on the fourth Tuesday the 22nd.

No meeting: December 27th Christmas Bank Holiday. Meetings all other months.

Secretary: Liz Malin, Harvest Cottage, North Street, Winterborne Kingston, Blandford Forum, Dorset, DT11 9AZ
Tel: 01929 472441 Email: lizmalin1@gmail.com

Bournemouth and District CSPA: Programme

27th September 2022 - Sandra Simmonds

"Life Under the Veil" (Iran)

Sandra talks about her life in Iran prior to the revolution in 1979 and her escape with her family back to the UK.



25th October 2022 - Mike Spencer

"Dorset's Lost Villages"



The map of Dorset has changed over the centuries. Many settlements that existed 1,000 years ago have disappeared or changed beyond all recognition. In this talk we look at some of these historic settlements, where they were, what life was like in them and why they disappeared.

22nd November 2022 - Stephen Brown

Dorset Butterfly Conservation



**BUTTERFLY CONSERVATION
DORSET BRANCH**



Working to save Dorset's butterflies and moths. 75% of British butterflies and 66% of common moths have declined in living memory. Dorset Butterfly Conservation's efforts include conservation work, monitoring butterflies and moths, and raising awareness of the problems they face. There are lots of ways you can help.

**29th November 2022 - Annual Lunch at the Elstead Hotel Bournemouth
- see back page for details**

No meeting 27th December as it is Christmas Bank Holiday.

Programme for 2023 will be in the next newsletter.

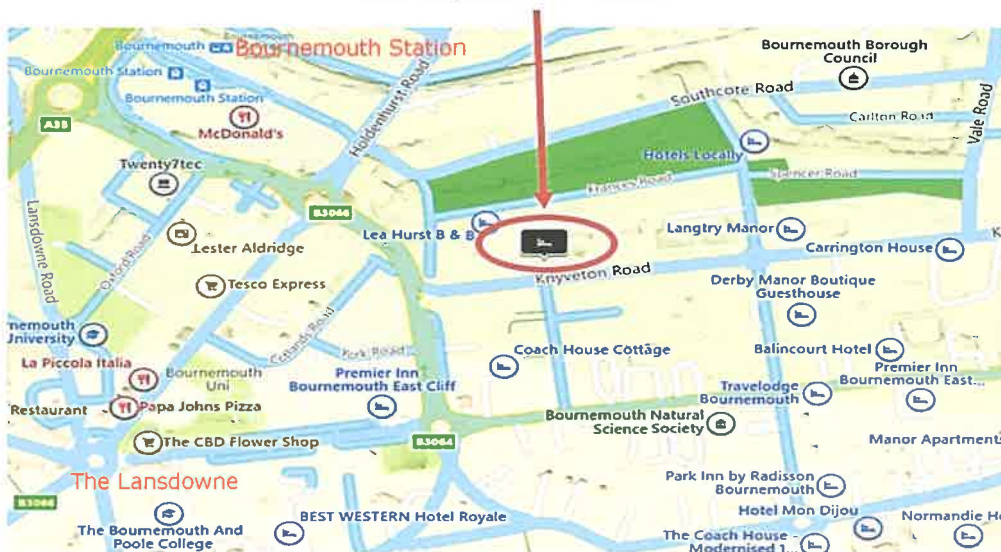


CSPA Travel Insurance

In response to membership comments about the new travel insurance arrangement, Lighthouse, launched on 5 April – particularly feedback about the unsatisfactory customer service – (some of which was from Bournemouth members and forwarded by us to HQ) the CSPA has been exploring alternative offerings with the Civil Service Insurance Society. The proposals will include annual and single-trip travel cover, travel insurance agreed with CSIS with wide age coverage and medical condition acceptance. Further information will be posted on CSPA website late in September and through an email newsletter and a group circular. (Article on page 3 of 'The Pensioner')

The latest Group Circulars are printed out and available at Bournemouth meetings as well as being on the CSPA website.

The Elstead Hotel



We can't use our customary hotel for our lunch as it is currently hosting refugees, so on 29th November we are at The Elstead Hotel

Knyveton Road Bournemouth BH1 3QP <https://the-elstead.co.uk/>

Bournemouth and District CSPA
Annual Lunch
Tuesday 29th November 2022
12.00pm for 12.30pm
The Elstead Hotel
12-14 Knyveton Road
Bournemouth, Dorset
BH1 3QP
Tel: 01202 293071



3 courses plus tea/coffee mince pies: £26.50 per head total
Price includes gratuities for the restaurant staff and a raffle

Starters

- * Duck and Port Pate Served with Melba Toast
- * Goats Cheese and Red Onion Tart
- * Spiced Parsnip Soup

Mains

- * Roast Breast of Turkey served with Traditional Trimmings
- * Salmon with Hollandaise Sauce
- * Mushroom and Stilton Wellington

Carrots and Brussel Sprouts with Chestnuts
Roast and New Potatoes

Desserts

- * Christmas Pudding with Brandy Sauce
- * Cappuccino Cake
- * Strawberry Cheesecake

Tea/coffee – mince pies

If you would like to attend, write your choices on the booking form below. Please make a note of what you have chosen. Send your forms and payment direct to Liz Malin. We do not normally send an acknowledgement. If you require one, please send a stamped self-addressed envelope with your payment.
Please note: the hotel will charge in full for any cancellations after Thursday 17th November.
Payment by 15th November please. Cheque payable to: CSPA Bournemouth.
(Please give details on a separate sheet for any more than 2 attending)

NameTel: Email:

Address:Postcode:

Please reserve places at the lunch on 29th November 2022. Cheque for: £ enclosed,

Please put name under 'Person' if booking for more than one.	Person 1	Person 2
Starter		
Main		
Dessert		

Send to: Liz Malin, Harvest Cottage, North Street, Winterborne Kingston, Blandford Forum, Dorset, DT11 9AZ
Tel: 01929 472441 Email: lizmalin1@gmail.com