

Message from the Chair.

Dear Friends,

I hope the summer season is proving enjoyable and that you are looking forward to more u3a experiences this month.

Bookings for the new Courses and Activities Programme for 2023–24 opened with a flourish in August and I hope you managed to gain the places you are interested in. Please do not lose heart if you are having some difficulty as the hard working Courses Team of Ursula Steiger, Angela Tippett, and Jane Dennett are very willing to help you; for which we are all eternally grateful. Computers continue to mystify many of us, so please do not hesitate to ask for help. In a similar vein is there anyone willing to lead computer literacy sessions? I envisage members bringing their lap tops and iPads along and working through their questions sitting with more experienced members. Indeed, this could become an Interest Sharing Group. Let me know if you can lead such an activity please.

Our monthly joining day in August proved another success. We now number 1,067 members. Welcome! — and we continue to appeal to you all for help to run Canterbury u3a. There are lots of opportunities to help, so do talk to any committee members if you are interested in greater involvement.

Our next Wednesday afternoon meeting is on 13 September. We aim to start promptly at 2.00 p.m. with some general announcements before the Speaker is introduced at 2.15 p.m.

I look forward to seeing you.

Robin Terry



Important Dates

September Joining Session: Friday 1st September 10.30 to 12.00 at St. Peter's Methodist Church, High Street, Canterbury. Tell your friends and come along to support the Membership team.

Monthly meetings: Wednesday 13 September. 2 p.m. at St Mary Bredin Church, Nunnery Fields. 'Name-Dropping during Forty Years in Show Biz'. Keith Simmons.

Wednesday 11 October. Jane Scotchmer will talk on 'Burma/Myanmar: A Captivating Journey' .

Wednesday 8 November: A Quiz—same time, same place.



Thank You

Many members will at this point be putting courses in their diaries and looking forward to a new learning term and with it the opportunity to socialise and meet new and established friends. None of this could happen without the amazing commitment of our tutors and subject coordinators who are supported by our courses and venues team. The hours that have been put in to make it all happen are awesome and the work the tutors and activity leaders are undertaking is immense.

In case anyone is in any doubt, all are volunteers, no-one is ever paid in Canterbury and District u3a. All course fees are spent on the hiring of venues for courses that cannot be held in members' homes or other free venues.



Courses and Activities News.

New opportunities

As part of our partnership with the Gulbenkian Arts Centre at the University of Kent; we have pencilled 3 dates in the diary for a monthly cinema screening over the autumn period.

The provisional dates are:

Saturday 7 October at 3.00 p.m.

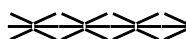
Saturday 4 November at 3.00 p.m.

Saturday 2 December at 3.00 p.m.

Parking is free on Saturdays. We are planning to have someone to introduce each film and then field questions and answers after the screening.

More details to follow once the films have been chosen (possibly from the Cinema Rediscovered list).

Robin



Note that we do not include contact details in this web version. Please see your personal copy.

Alexander Technique Introductory Workshop

FORMAT: Brief talk and group exploration with hands-on guidance.

DURATION: approximately one hour

DATE: Wednesday 18 October 14.00 to 15.30

VENUE: Friends' Meeting House, 6 The Friars, Canterbury CT1 2AS

MAXIMUM NUMBER: 15

What is Alexander Technique?

The Alexander Technique is a gentle approach that aims to re-educate mind and body through awareness and thinking activities. Most of us put excessive efforts habitually into daily movements which can jar our nerves physiologically and psychologically. Alexander Technique provides simple and practical tools to rediscover our poise, balance and self-control by helping us to be more mindful even the most mundane things. Your explorations may restore joy and freshness into hobbies you love or simple activities such as walking or sitting.

NHS recommendations: <https://www.nhs.uk/conditions/alexander-technique/>

Professional Organisation: <https://alexandertechnique.co.uk>

How can Alexander Technique help you?

Alexander Technique stresses that movement should be free (from unconscious patterns) and economical, needing only a minimum amount of work. With expansion of awareness and renewed directions, it is possible to change postural habits and redistribute muscular and mental effort more evenly and gently throughout body and mind.

The technique can benefit you in many areas, including:

Clear voice and smooth, even breathing

Sporting performance

Back pain management

Stress management

Confidence and self-esteem enhancement

Effortless poise and balance (you may even gain height after a lesson!)

This workshop will be led by our member Tat Yuen, who is a certified Alexander Technique Teacher, mSTAT, and he will be assisted for demonstration purposes by Cindy To, who is also a certified Alexander Technique Teacher mSTAT. If there is enough interest Tat is prepared to run a course in the near future. To BOOK A PLACE please email or telephone Christine Plant.



An Introductory Session to a Potential new Interest Group:

Enjoying English Folk Song

Do you remember going to folk clubs years ago like I do? This is a taster session to see if we can get a group together locally to meet and listen to recorded folk songs. Let's start with sea shanties as they seem to be popular at the moment. For this first session I will bring some recorded music to listen to, but if we get a group together, everyone could share their favourite songs and singers. We've booked the community room at Asda because it is free; tea and coffee is provided; there is internet access and plenty of parking, but buses go down Sturry Road too. I've chosen Tuesday morning 10 October 10.30 to 12 noon for this taster session, however, please get in touch if you are interested but can't do that time or day. Book direct with me please:

Helen Howard

This taster session is free and, if successful, will lead to an Interest Group being set up.



A Potential Tutors' Workshop

Have you ever thought about sharing an interest, or skills and knowledge with fellow u3a members? Have you wondered what is involved and how to start? — This may be your answer. We are running a potential tutors/activity leaders workshop on Thursday 12 October 10.30 to 12 noon at St Peter's Methodist Church, in the Blue Room. There will be sharing of experiences and plenty of support as well as coffee/tea and cakes.

Please let me know if you are interested and would like to attend, either by sending an email to usteiger@u3acanterbury.org.uk or by phoning 01227 711 536. I hope to see you there. *Ursula*



September Walk: Thursday 5 October at 10:30

A flat 5-mile walk (4 stiles, allow 2 hours) offering both countryside and coastal views. Our starting point is outside 'The Minnis', Minnis Bay, Birchington. There is free roadside parking on The Parade, CT7 9QP. Toilets are situated in the public car park to the rear of the pub. There are several cafés as well as the pub nearby for refreshments and/or lunch.

To book a place please contact the walk leader Pam Godden, after 20 September— email preferred, or phone.



Swimming

Wednesday 9 August saw the Sea Swimming Group's third 'fish & chips on the beach' of the season.

Sixteen of us tucked in after an early evening swim. I say swim, but everything from actually remaining in your deckchair through paddling to a real full lift-off swim is fine. Red seems a popular colour. . .

It's not too late to join in. There is all of September coming up, including another fish & chip evening. If you want to join in contact Helen Natrass



Book Review: *Wintering* by Katherine May.

This is a delightful book by a local author and a recommended read for anyone going through a difficult time and finding life tough. It is a gentle guide through the darker times and encourages the reader to face our 'winters' with positivity and even humour, to be kind to ourselves and to learn new ways of coping with 'cold and dark' days. I have learnt a lot from this gem and will read it again and again.

Published by Penguin and widely available, 272 pages.

Ursula Steiger



Spring Holiday: Friday 26–Tuesday 30 April 2024

Art, History and Industrial Heritage of South Yorkshire

There are still some places left for our spring holiday—a super-long-weekend after Easter 2024.

A superior 3* hotel in Retford, housed in an eighteenth century property, provides the base for our holiday.

Our comfortable coach leaves from and returns to Canterbury Bus Station.

5 days 4 nights half board: £599 per person in a shared room, single supplement £99.

There are some single rooms available.

Our itinerary includes Woolsthorpe Manor (NT), the Barbara Hepworth Gallery, Yorkshire Sculpture Park, the historic centres of Hull and Beverley, Kelham Island Industrial Museum, a cutlery factory, an afternoon in Bakewell, and the Portland Collection & Harley Gallery at the Welbeck Estate.

For a copy of the brochure including the booking form please contact Helen Natrass by email.

For those who don't use the internet, please send a stamped addressed envelope.



Thank you for all your contributions, from a couple of sentences up to 250 words.

Keep them coming, as this is your News Bulletin.

Send them to Ursula Steiger:

ursulae@btinternet.com.

And don't forget the photos; get that camera out and send us pictures of your u3a activities, as well as written items!

