

NEWS FROM THE EAST



June and July 2022

Your regional team keeping in touch with u3as across the six counties of the East of England

Royal dancing

ROYAL connections are something extra special for Dunstable U3A.

Its sequence dance group has stepped up to master a new format for 2022 called the Platinum Waltz in honour of the Queen's Platinum Jubilee.

The music was composed by David Read (an organist) and the steps choreographed by a dance teacher.

The group obtained the music and script from David and have been learning the new waltz.

David sent a copy of the music to the Queen and had a positive reply.

Now various dance groups which have been



learning the sequence have sent their videos to David who is making a compilation DVD of all groups (including Dunstable's) to send to the Queen.

So, fingers crossed, Dunstable U3A could become even more famous.

See the sequence on Dunstable's Facebook page at:
<https://www.facebook.com/dunstableu3a/>

Ray Hardisty

More Jubilee activity around the region inside ... some joint with Picnic in the Park

Eric's link with the East

Founding member of the u3a, Eric Midwinter, was a special guest at 40th anniversary celebrations of Harpenden U3A.

Details on Page 2



Interest Groups Matter forum

MAKE sure you all spread the word about the subject of the next regional online forum on July 14, 10am to 12.15pm. It is dealing with interest groups and all matters about them, so is of interest to committee members, group co-ordinators and group leaders. Details have been emailed to secretaries, chairs and treasurers.



Harpenden's 40th

I HAD a very pleasant lunch with members of Harpenden U3A to celebrate their 40th Anniversary.

Harpenden was one of the very first u3as to be formed with Eric Midwinter, a founding member, introducing the concept of the u3a movement to his home town of Harpenden.

I had the pleasure of lunching and speaking with Eric as well as the local Mayoress and members of the Harpenden committees, past and present, together with many members.

All being well, I plan to visit Harpenden in the near future for one of their main



meetings to chat with more members of this very long-standing u3a

Barbara Cordina

Open day brings 17 new members!

LIMEBOOK U3A held an Open Day at Maldon Town Hall to help celebrate our 10th anniversary

As a result 17 new members have joined Limebrook and total membership is back to pre pandemic levels; a remarkable achievement!

Others may be in the pipeline.

Everyone who came along made a point of saying how friendly and welcoming our u3a is and how impressed they were with the range of activities and opportunities available.

The event, which was advertised in local shops and local media, was very well supported by our membership and there were displays and information from all 20 of our interest groups.



As well as being provided with free refreshments, visitors were given a copy of our latest newsletter and committee members and interest group leaders were on hand to provide further their information and answer any questions which arose.

Thanks to all members who helped to make the day so successful and for all the support they give to ensure the continued growth and success of Limebrook.

Brian Harris, Chair

Jubilee Tea parade



Great Yarmouth U3A



DESPITE being a week after Jubilee Day, the patriotic enthusiasm had not waned and the bunting and flags were out in force for Great Yarmouth U3A royal celebrations.

Our members were suited and booted in red white and blue and we waved our union flags to the strains of our Ukulele Group. 'Sweet Caroline' has never sounded sweeter.

With poetry reading, Jubilee quiz, prizes

for the best dressed, and a delicious Jubilee-themed afternoon tea, all finished off with a rousing chorus of 'God Save The Queen'. It was a momentous occasion, celebrated in the true manner of u3a, 'Learn, Laugh, Live'.

We definitely did all of those things for our Jubilee celebration.

Terry Wing, Chair

National mentions

IT was great to see the East of England Region making sure the rest of the u3a family can see how active and versatile we are in the June edition of the u3a Newsletter. Dunstable, Chelmsford and the conference were all featured.



Benfleet celebrates



BENFLEET U3A held a Picnic in the Park at the recreation ground behind Richmond Hall in Benfleet.

Attended by more than 100 Benfleet U3A members, family and friends plus guests from other local u3as the event marked the 40th anniversary of the u3a and the Queen's Platinum Jubilee.

The weather was bright and sunny, we couldn't have asked for more.

Popping prosecco bottle corks could be heard over the local birdsong and our Jubilee cake, baked by Suzanne, was duly cut, distributed and eaten to the music of Queen – rounded off by God Save the Queen at the end of the afternoon.

A lovely occasion on a lovely day.

Within our u3a we also completed other jubilee activities including Jubilee flower arrangements; culinary delights including a Union Flag tray bake and drawings of Jubilee topics.

Alan Aldridge

Leigh-on-Sea publicise in the park



Spreading the word about the u3a are Daphne, Viv, Sheena and Sally

THIS is the Leigh-on-Sea U3A stall at our Picnic in the Park shared with others.

We had a lovely afternoon, despite some heavy rain from time to time!

The event itself was very well planned by Leigh Town Council.

There was a lot of interest in our organisation, with the promise of some new members, and offers from potential speakers at our monthly meetings.

Sally Hayes



All set for a talk about 70 royal years.



Celebrating the u3a and the royal jubilee at the same event!!



PICNIC in the Park 40th Anniversary celebrations doubled with the Queen's Platinum Jubilee for Chelmsford U3A.

The weather was kind and members enjoyed their picnics sitting in the garden of Galleywood Heritage Centre whilst listening to Broomfield U3A ukulele band and a community choir called Big Sing.

Later everyone moved into a marquee for talk by Paul Robbins about the Queen's 70 year reign.

Committee members and volunteers worked hard to provide a colourful and enjoyable day - with tables decorated with wild flowers and balloons and bunting in the marquee and display area.

Tea, coffee and delicious home-baked cakes were provided by heritage centre volunteers.

Members personal memories of the Queen's coronation were on display along with contemporary pictorial news items of the event in 1953.

There was lots of information about the benefits of becoming a member of the u3a.

Baddow and Galleywood U3A was also represented.

Two competitions were available; one being a free raffle to win a hamper courtesy of Chelmsford Star Co-Op, and the other a guess the weight competition to win a £20 M&S voucher.

Special guests were Mayor and Deputy Mayor of the City of Chelmsford and Barbara Cordina, u3a East of England Trustee.

Lesley Wood

I was delighted to be able to join Chelmsford u3a for their Picnic. The afternoon was a real success and I was so pleased to be part of it.

Barbara Cordina



Photo round-up from the special afternoon marking two major milestones



East of England Region

eastofenglandregion.u3a@gmail.com / www.u3asites.org.uk/east-of-england



Supporting Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk u3as

CALLING ALL U3A WALKING GROUP LEADERS IN THE EAST OF ENGLAND



As our region's contribution to **u3a week** this year I shall be collecting details of walks completed by our u3as during the month of September and will collate them into a booklet for circulation.

All I would need from you is a brief outline of the walk, the date, the distance covered, the number of participants, and if possible a photo or two.

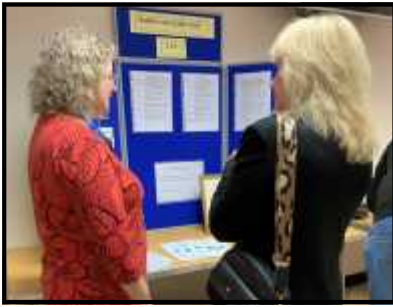
Let's spread the word about EofE walkers and our lovely countryside.



Please send to:
Barbara Cordna – Trustee - barbara.cordina@u3a.org.uk



Regional trustee Barbara Cordina takes a personal view around the East of England



I MET members of Baddow and Galleywood U3A at the Chelmsford Picnic in the Park. My photo shows their display and their membership secretary, Mary Cordeiro.

Members of their photographic group roamed around taking photos to record the event including one of me and the chair of Chelmsford, Lesley Wood.

I look forward to following this up with a visit to Baddow and Galleywood in the near future at one of their meetings.

Tactfully, an invite would be nice.

HERE's a u3a member's creation I think we can all learn from and find useful.

He believes we can help to motivate future generations by passing on love and respect for Nature.

So, he has set up the Grand Nature website - <https://grandnature.github.io/> – a collection of nature-related activities which grandparents can carry out with youngsters to detach them from their screens for a while.

He would also be very pleased to hear from you via the site if you would like to contribute to the collection.

Trevor, Wyre Forest U3A



Chelmsford U3A membership secretary David Marsh was a car park marshal at our Regional Conference – thank you much appreciated.



AN interesting article from the Daily Mirror in August 1982 which highlights the 'new' U3A and refers to Eric Midwinter, one of our founding members. 40 years have passed since then and the success of the U3A is beyond doubt. Our thanks to those who worked so hard 40 years ago to form this outstanding movement.

Third Age Matters queries

HERE for your information are answers from the national finance team to regular queries that u3as have been raising over Third Age Matters.

How much does Third Age Matters magazine cost?

There is no charge for the magazine. The charge is for distribution only and in 2022/23 is £3.35 for five issues.

It is paid in advance and collected at the start of the financial year for the coming year.

The charge is based on the number of copies mailed on the last issue in the previous year.

At the following year end a balancing invoice or credit is issued to u3as to adjust for the actual number of copies mailed in that year.

Gift aid and Third Age Matters - If, for example, we collect £15 as an annual all-inclusive membership subscription fee, must we deduct the cost of Third Age Matters (TAM) from this sum before claiming Gift Aid?

No, your u3a has decided your members should receive Third Age Matters as part of their membership to u3a. This therefore does not need to be deducted from their annual subscription.

It is not a benefit, but a part of their u3a membership.

If, however, your u3a collects or identifies the £3.35 separately, then it cannot be regarded as part of the subscription and therefore cannot be claimable against Gift Aid.



Learn how to uncover the past ... and understand it

Training event

BUDDING u3a archaeologists are being invited to a special training day, run by u3a members.

Burnham U3A Archaeological Group, which made headlines with discoveries last year, the aim is to pass on their knowledge to others.

It will cover:

-)] Introduction
-)] Find your site
-)] How to start
-)] Surveying
-)] Equipment
-)] Laying our trenches
-)] Digging

And also include:

-)] Surveying and recording
-)] Dealing with finds
-)] Metal detecting
-)] Use of drones
-)] Geo phys



There will be free refreshments and toilets. Equipment will also be provided.

The day is Saturday August 20 from 9.30am to 5pm.

And it is at Mayland Hall, Mayland Hill, Althorne, Essex, CM3 6EA.

Donation of £10 suggested.

Booking is essential with Sue Spiers at sjrspiers@gmail.com

Jane makes news

COMPLETING a survey for the national u3a led to Jane Giffould featuring in her local Essex paper, the Halstead Gazette.

Information she supplied on wanting to attend a mountain climbing course in Germany leading to her contacting Halstead U3A which then encouraged her to start a German language group to assist others as well, in a publicity press release.

National workshop

THE next online event being run by the u3a Equality, Diversity and Inclusion Awareness Committee is on Thursday, July 28, from 10am until 12.30pm on Zoom.

It is an introductory presentation to the topic you must register to attend.

Booking details can be found on the national web site under these tabs: [Events – Online – Tutorial - Workshops to support your u3a](#)

Anniversary quilt is now on display

OUR u3a 40th Anniversary Quilt was unveiled last month ... made up of 40 blocks designed by u3as from across the UK including Potters Bar and Shenfield in the East.

It has received excellent reviews and superbly reflects the skills, experience and contribution of u3a members.

The quilt will now travel to Oxford where it will be displayed at the Witney Blanket Hall from August 10 before going on to other locations and permanent display.



Explanatory booklet for quilt visitors

THOSE who view the unique celebration of 40 years of u3a history will have the benefit of an explanatory booklet.

It features all 40 panels designed by u3a members, details the creators, their u3a, the title of their craft and what it covers.

Sylvia James of Potters Bar describes Variety Adds Spice To Positive Ageing ... submitted by an interest group ... and Shenfield's Brenda Major, her individual entry, Never Too Late.

Free sources of help, advice and assistance to u3as across the six counties

Your regional team at the East of England U3A

Trustee Barbara Cordina barbara.cordina@u3a.org.uk

Regional Team Co-ordinator Hilary Holt hilaryholt.east.u3a@gmail.com

Regional PR and Media Adviser and Newsletter Ray Hardisty rayhardisty.east.u3a@gmail.com

Beacon and Equality, Diversity and Inclusion Adviser Brian Lowes brianlowes.u3a@gmail.com

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