

Chairs and Secretaries, please share with **ALL** your u3a members

East of England Region u3a

June 2024 Monthly Bulletin Issue 6 Page 1

This monthly bulletin was compiled on 21.05.2024 and sent to National Office for distribution. It should arrive by the first week of the month. Deadline for copy for the next issue is the **21st June 2024**

East of England Region u3a Project 23/24

Here is the second (randomly chosen!) of our featured unique or unusual groups. We hope it will inspire more group leaders/co-ordinators to contribute. Following last month`s feature of Roy Turner`s Moto-Bikers group, he was contacted by two potential new members. Contact laurenehenderson1.east.u3a@outlook.com if you wish to contribute. See the live project here [uniqueandunusuallu3agroups2023projectsofar.pdf](https://u3asites.org.uk/uniqueandunusuallu3agroups2023projectsofar.pdf) (u3asites.org.uk)

Bus Pass Travel Group Chelmsford u3a



Most u3a members have a free bus pass but a combination of lockdowns, many bus companies not making it easy to find details of their services and frequent changes created a nervousness at trying the opportunities available. After a long gestation period, Chelmsford u3a had its first bus trip in March this year on what was probably the worst weather for years! Despite that, we have met every month attracting up to 20 members; sometimes there are more of us than regular passengers. We have a fixed meet and departure time but there is no obligation to stay as a group. Most do, but others go off to indulge their own interests.

A recent trip took us by Air coach to Southend-on-Sea, followed by rides on the open-top service along the coast and the Pier train. Decadent ice-creams, knickerbocker glories and cakes encouraged extensive memory recall of childhood and later visits.

Every trip has had its incidents, thankfully all minor. The excitement of trialling a new café, talking to other passengers in a queue or on the bus, a mad scramble to maintain a connection or waiting in a bus shelter for a late running bus - will it turn up - are not earth shattering but are wonderful conversation stimulants.

Leslie Wood, Chair of Chelmsford u3a says "what I like about it is that it has encouraged our members to make much more use of their passes. I got the feeling that they previously only used them to get the bus from their part of town to the city centre or to the hospital etc. In effect they have gained their independence again!"

Maurice Austin Group Coordinator Bus Pass Group Chelmsford u3a

East of England LEARNING EVENTS

East of England regional team, with the support of national office, are running a **workshop** over Zoom on Thursday, June 27, 2024, from 10am to 12.15pm on 'RUNNING YOUR U3A'. It covers all the basic details on being a trustee and day to day running of u3as. It is suitable for all u3a committee members, and potential committee members, and we recommend that you join us. The morning is being organised by the National Training Team specifically for the East of England Region. Do please circulate this information to all your present committee members and any other member who is thinking of joining you.

<https://www.u3a.org.uk/members-area/support/workshops>

U3A NETWORK LINK SUMMER MEETING Thursday June 13, 2024, 10:00-12:30

Allan Walmsley will open the meeting, discussing u3a Friends Extra, What is it?

Frank Bailey will take the second session to discuss Beacon for Networks.

There will be an Air and Share session to close the meeting. This is your opportunity to boast about what you have been doing as a network or to raise issues that concern you. Sharing and collaboration is what Network Link is all about!

<https://www.ticketsource.co.uk/u3a-thames-valley-network/t-avknpz>

NATIONAL LEARNING EVENTS

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Monday 3rd June 10 June 17 June 24 June 1 July 8 July All 11:00am	Mindfulness and Meditation In this series, Dr John Darwin, Mike Pupius, Ruth Lees and members of the Sheffield u3a Mindful Ageing Group will introduce mindfulness and meditation, using 'Five Ways to Wellbeing' as a basis. They will explore these questions and suggest ways in which you can practice mindfulness as an aid to ageing well. Every session will be practical!	Mindfulness and Meditation Series Tickets, Mon, Jun 3, 2024 at 11:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-862031277757?aff=oddtcreator
Tuesday 4 th June 10 - 11am	Taking revenge: Artemisia Gentileschi's Quest for Justice Catherine Stevenson of Newcastle u3a presents the second in the series National Gallery Treasures to Celebrate its 200th anniversary: a journey through some masterpieces of Artemisia Gentileschi, a pioneering female artist. We'll discover her triumph over personal tragedy and her use of the canvas as a battleground for justice revenge.	Taking revenge: Artemisia Gentileschi's Quest for Justice Tickets, Tue, Jun 4, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/taking-revenge-artemisia-gentileschis-quest-for-justice-tickets-853543741307?aff=oddtcreator
Tuesday 4 th June 10am - 12pm	Flight Inspirations Aviation Group Meeting: Sir Geoffrey de Havilland organised by Don Mobley of Stowmarket u3a and Barbara Cordina of Lea Valley u3a. The significance of Sir Geoffrey de Havilland's accomplishments in aviation cannot be overstated. His pioneering designs not only advanced the field of aeronautical engineering but also played a crucial role in shaping the course of aviation history.	Flight Inspirations Aviation Group Meeting: Sir Geoffrey de Havilland Tickets, Tue, Jun 4, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-group-meeting-sir-geoffrey-de-havilland-tickets-899807276787?aff=oddtcreator

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Wednesday 5 th June 10 - 11:30am	<p>AI Chatbots, asking the right questions</p> <p>In this event we will explore how to get the most meaningful answers from Microsoft's Copilot. This event assumes that you have already started using Copilot. If you have NOT yet started using Copilot then attended the 'AI Chatbots, a beginner's guide' event on the 10th May. After that date go to the AI library and follow the event presentation called, 'AI Chatbots, a beginner's guide'. Alan Freeland is part of the u3a Trust AI For Everyone Project Team.</p>	<p>AI Chatbots, asking the right questions Tickets, Wed, Jun 5, 2024 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/ai-chatbots-asking-the-right-questions-tickets-891482627537?aff=oddtcreator</p>
Wednesday 5 th June 2 - 3pm	<p>Making plans for the future from home, for free</p> <p>Planning can include a range of areas: future health and social care, dependencies (children, pets etc), your physical and digital assets and it isn't as complex as you might think. This webinar will include: writing a Last Will & Testament, prioritising goals in a Bucket List, making plans for your online accounts in a 'Digital and Social Media Will', how to document your funeral wishes and how to share relevant information with the people close to you and those involved with your care both now and in the future. James Norris is the founder of MyWishes and the Digital Legacy Association. He also holds the post as the Digital Research Fellow at Michael Sobell Hospice (London)</p>	<p>Making plans for the future from home, for free Tickets, Wed, Jun 5, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/making-plans-for-the-future-from-home-for-free-tickets-901455316117</p>
Friday June 7 2 - 3:30pm	<p>Help Us Remember with the War Memorials Register</p> <p>Callum Brogan, Digital Volunteering Project Manager at Imperial War Museum's War Memorials Register (WMR) will be introducing the work of the WMR and providing guidance on how you can help to record the unique historical details of the UK's war memorials.</p>	<p>Help Us Remember with the War Memorials Register Tickets, Fri, Jun 7, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/help-us-remember-with-the-war-memorials-register-tickets-886066868857?aff=oddtcreator</p>
Wed 12 th June 10:00am	<p>Laughter Yoga with Judith</p> <p>"We don't laugh because we're happy, we're happy because we laugh."</p> <p>William James</p> <p>Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a</p>	<p>Laughter Yoga with Judith (January-June) Tickets, Wed, Jan 10, 2024 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-june-tickets-769715629167?aff=oddtcreator</p>

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Wednesday, June 12 10 - 11:30am	<p>Vaccines</p> <p>About the series: This is a series of five sessions covering major advances in our understanding of the role of public health in preventing and treating disease.</p> <p>Talk 5: Antibiotics - discovery, mechanisms, and future issues. The novel vaccines developed to combat covid gave a big push to vaccine science. In this session we will discuss the history and science of vaccines and ask - what is a vaccine, how do they work and what does the future hold?</p>	<p>Vaccines Tickets, Wed, Jun 12, 2024 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/vaccines-tickets-906607436247?aff=oddtcreator</p>
Friday June 14 2 - 3pm	<p>London 2012 - A Games Maker's Story</p> <p>Join us to hear Elaine's story of her time as a Games Maker at the 2012 London Olympics.</p> <p>The whole of my life I've enjoyed sport whether it's been taking part, organising or spectating. When in 2005 London was awarded the 2012 Olympics and Paralympics, as a proud GB supporter my goals could only be 'I have to be there and I have to contribute'.</p> <p>Elaine Beech is a member of Llandudno Area u3a and Secretary/Treasurer of North Wales u3a Network</p>	<p>London 2012 - A Games Maker's Story Tickets, Fri, Jun 14, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/london-2012-a-games-makers-story-tickets-863924961817?aff=oddtcreator</p>
Tuesday June 18 2 - 3pm	<p>Expert tips and Essential Apps for Effortless Online Living</p> <p>Did you realise the wealth of built-in adjustments available at your fingertips? From enlarging text size to customising mouse pointer dimensions and even enabling message reading aloud on your phone, simple tweaks can vastly improve your computer or phone usability.</p> <p>Uncover the best and most useful Apps to make day to day life easier. Your host will be Alex Barker, Disability Consultant at AbilityNet.</p>	<p>Expert tips and Essential Apps for Effortless Online Living Tickets, Tue, Jun 18, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/expert-tips-and-essential-apps-for-effortless-online-living-tickets-881271285137?aff=oddtcreator</p>
Wednesday June 19 2 - 3:30pm	<p>Secrets of the Human Brain: Talk Six: Your Spinal Cord :This talk explains how our movements and sensations pass up and down the Spinal Cord, starting in the brain and passing through the spinal cord to our muscles. Spinal Reflexes are also explained. Dr. Bob Pullen is a retired University Lecturer who has spent many years giving lectures on the brain.</p>	<p>Secrets of the Human Brain: Talk Six: Your Spinal Cord Tickets, Wed, Jun 19, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-six-your-spinal-cord-tickets-780169256247?aff=oddtcreator</p>

<p>Thursday June 20 10 - 11am</p>	<p>Mindfulness and Meditation In this series, Dr John Darwin, Mike Pupius, Ruth Lees provide an opportunity for everyone who has taken our series on Mindfulness and Meditation to continue practicing together. We will also be introducing new practices in meditation, mindful movement and informal mindfulness. Members of u3a who haven't participated in the series are also welcome, but we recommend that you first take a look at the materials on the series website, https://www.mindfulaging.org/</p>	<p>Mindfulness and Meditation Continuation Session: June Tickets, Thu, Jun 20, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-june-tickets-905986769817?aff=oddtcreator</p>
<p>Thursday June 20 2 - 3:15pm</p>	<p>The Olympics: From Olympia, via Much Wenlock to the World with David Tordoff of Telford u3a. The presentation covers the importance in the ancient world of the Olympiads (293 of them!), the events, competitors and winners. It then moves through two incarnations in the Cotswolds and Much Wenlock and how the latter gave rise to the Modern Olympic Games. Finally it follows their start in 1896, some unbelievable events that have taken place plus the evolution up to the current day.</p>	<p>The Olympics: From Olympia, via Much Wenlock to the World Tickets, Thu, Jun 20, 2024 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/the-olympics-from-olympia-via-much-wenlock-to-the-world-tickets-862957708737?aff=oddtcreator</p>
<p>Friday June 21 9:30am - 12:30pm</p>	<p>Artificial Intelligence News: June What is People-centred AI? It focuses on creating artificial intelligence technologies that prioritise human needs, fairness, and understanding, ensuring they benefit and are accessible to everyone. Health and Social Care supported by AI assistance. u3a Equality, Diversity and Inclusion (EDI) policy delivered with the help of AI. AI training in your u3a. Barry Claydon is the u3a Subject Adviser for AI. Read his AI Subject Adviser page. u3a - Artificial Intelligence</p>	<p>Artificial Intelligence News: June Tickets, Fri, Jun 21, 2024 at 9:30 AM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-june-tickets-897036138237?aff=oddtcreator</p>
<p>Tuesday June 25 3:30 - 4:30pm</p>	<p>Laughter Yoga with Merrie Maggie - June Bring more joy and laughter into your life through Laughter Yoga - an aerobic exercise with playful exercises and hand claps combined with deep yogic breathing.</p>	<p>Laughter Yoga with Merrie Maggie - June Tickets, Tue, Jun 25, 2024 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-june-tickets-885608347407?aff=oddtcreator</p>

In future, the monthly East of England Bulletin will replace the East of England Newsletter.

If you have a news item, please send it to either Ray Hardisty Contact rayhardisty.east.u3a@gmail.com

or Laurene Henderson Contact laurenehenderson1.east.u3a@outlook.com

Wednesday	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Wednesday June 26 11:30am - 12:30pm	<p>Celestial marvels: Demystifying the Cosmos with Catherine Stevenson of Newcastle u3a and others. Embark on a celestial journey with us as we explore the wonders of the universe. This meeting is designed for both beginners and enthusiasts, offering a captivating introduction to the mysteries above.</p> <p>Our speakers will guide you through the cosmic tapestry from galactic marvels to exoplanetary adventures. Some of the mysteries are yet unsolved.</p>	<p>Celestial marvels: Demystifying the Cosmos Tickets, Wed, Jun 26, 2024 at 11:30 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/celestial-marvels-demystifying-the-cosmos-tickets-896077009457?aff=oddtcreator</p>
Thursday June 27 2 - 3:30pm	<p>Darkness on the Edge of Town: Bruce Springsteen and the American dream</p> <p>Springsteen experiences a fundamental sense of alienation in his early 30s, generated by his difficult relationship with his father and a growing sense of alienation from his cultural base.</p> <p>In this talk I show how his music first reflects this alienation (for example Born to Run and Darkness on the Edge of Town) and then moves beyond it, as he realises his mission to expose the distance between the American dream and American reality.</p> <p>Christopher Dowrick is a member of Orrell Park and District u3a. He is Emeritus Professor at the University of Liverpool, with a career focussing on mental health.</p>	<p>Darkness on the Edge of Town: Bruce Springsteen and the American dream Tickets, Thu, Jun 27, 2024 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/darkness-on-the-edge-of-town-bruce-springsteen-and-the-american-dream-tickets-877787645477?aff=oddtcreator</p>



Monthly meeting speakers

These links may be useful for your Speakers co-ordinators: <https://speakernet.co.uk/>

u3a Festival 24

Link for tickets - only a few left : [u3a Festival 24 Tickets, Thu 18 Jul 2024 at 13:00 | Eventbrite](#)

u3a Podcast

Check out the Youtube link : [u3a radio podcast May 2024 \(youtube.com\)](#)

u3a Week: 21 - 29 September 2024

Three months to go for u3a week! Check out news and resources here: [u3a - u3a Week](#)



East of England Region has three dates to run regional training forums on **Running Your u3a** in 2024. All 10am to 12.25pm: Thursday June 27, Monday Sept 16, Tuesday November 5.
EQUALITY AND DIVERSITY training coming soon...



A message from your Trustee
Maurice Austin
East of England



Circumstances have prevented me from gallivanting all over our six counties, but I have visited Garston, Ramsey, Dunstable Harlow and Sudbury and my home u3a in Chelmsford, as group Leader of Chelmsford Bus Pass Group. The Third Age Trust has seen me travel to Milton Keynes and London for board meetings.

The East of England has a small group of members who collate relevant information and distribute it in bulletin form; organise regular training and interest sessions by zoom and occasional special projects and events. This is all intended to be supportive of the excellent work done locally by the wonderful but independent u3as.

Contributions from u3as and/or individual members are always welcome. We would also welcome offers of help with the committee. We meet monthly, usually a third Monday morning by Zoom. As is so frequent in our lovely organisation, it is usually the busy people who get all the work.

I am keen that we spread the workloads so that no-one is overwhelmed! Unfortunately, our first bulletin under my watch, suffered a few problems! We were beset with some technical issues with differing machines not talking to each other, a whole medical textbook of illnesses including covid, and some people wanting some time off over the Christmas and New Year period!

This resulted in some of you not being able to link into some of the attractive events and activities; we shall endeavour to re-run these when appropriate. I do apologise for this, but would point out that the entire team are volunteers and I do want to place on record my appreciation of their dedication to the u3a and our Region.

I hope to be able to tell you a little about some of my visits to u3a's in future issues and hope to show a few photos, but that aspect will have to wait for a while as I don't seem to be able to download pics from my mobile phone. This issue is unrelated to the issues mentioned above but is just as irritating!

I would like to take this opportunity to thank everyone in u3a who give their time, expertise and life experience for the benefit of us all and also to ask those who currently 'just' participate to consider taking on one of the many roles available in u3a's. The more people who help, the more we can spread the load.

Our constitutions do stipulate certain time limits on role holders, so we need a constant stream of new volunteers to ensure continuity of our local u3as. The philosophy behind this rotation is to help the supply of fresh ideas as well as giving a needed rest to long-serving members.

Please do think about helping out.

Maurice Austin
Trustee, u3a East of England