

NEWS FROM THE EAST



August 2022

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

Great response to walking idea



OUR u3as have responded with enthusiasm to the plan of a booklet recording the walks carried out during September in connection with the first u3a week.

Compiling a record of all steps taken looks likely to be a positive asset to illustrate the region and a future resource.

And there are still plenty more group leaders to hear from!

With u3as in the East running up to eight walking cum rambling groups there are a lot of them across our six counties.

Regional trustee Barbara Cordina said she is delighted with the response.

“Everyone in contact so far has been very positive,” she added.

“I am sure the end result will not only be a superb record of all the walks and rambles taken during the week but also give some groups ideas for the future.

“And, of course, it can include any u3a members getting out and about.

“Gardening groups on visits, science groups on field research or art groups out in the open air, could all be included..”

Basic details and, hopefully, a photo or two are all that’s needed.

Details on page 10.

Walking netball for Herts

ENGLAND Netball is trialling Walking Netball in Hertfordshire and looking to help u3a groups in that county take part in the sport. Here’s the chance for many members to reconnect with something they may have given up on a few years ago.. **Details on page 4.**

101 years young

MILDRED Green joined u3a in Bury St Edmunds over ten years ago, and has been a member of the Travel Study Group for all of that time.

You may think that this is not particularly unusual – until you realise that ten years ago she had already celebrated her 90th birthday, and now, at the age of 101 she still regularly attends Travel Study Group meetings each month ... walking nearly a mile from her home to the hall where the group meets.

She also enjoys the monthly meetings and takes a keen interest in topics being discussed.

Last year, to celebrate her centenary, Bury St Edmunds committee granted honorary membership to Mildred.



When asked what she likes about u3a, she said it is that the u3a is educational and it keeps our brains alive. And thinking is better than sitting in front of the TV.

Pat Lees

Making national headlines

IT was a real pleasure to see the great achievement by one of our u3as making national newspaper headlines.

Indeed, the journalist concerned was so impressed by the item that he has asked us to provide him with more!

The story in question was the uncovering of a previously unknown medieval palace by the archaeology group of Burnham u3a.

We, of course featured that in this newsletter last year and the group put on a display in costume at our regional conference in May.

But the strengthened national office communications team thought it was well

DAILY EXPRESS

worth trying to get attention again and how right they were.

Staff at the Daily Express picked it up, featured the u3a prominently and did the group and their efforts proud.

So, with plenty of interest in this area, please would any other archaeology and science groups in the region please ensure we hear what they are involved in.

Ray Hardisty

Development puts history site at risk

HISTORIC Second World War air raid shelters are under threat from developers wishing to build on a site Halstead u3a members would like to see preserved.

Developers Halstead New Homes are seeking permission to build on land next to where a textile factory used to be.

To combat the threat of air activity against key targets, 15 underground air raid shelters were built along with a warden's hut above ground at the site.

The proposed development would see 31 new homes built at the expense of five of the shelters.



Lea Valley u3a mark 30 year anniversary

LEA Valley u3a held a garden party to celebrate their 30th Anniversary.

Chair, Glynis Evans, said that the event was well attended with lots of entertainment and cakes!





East of England Region

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



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



IS THERE ANY INTEREST IN HERTS U3A MEMBERS FOR WALKING NETBALL?

Walking Netball has been designed so that anyone can play it regardless of age or fitness level. From those who have dropped out of the sport they love due to serious injury to those who believed they had hung up their netball trainers many years ago, Walking Netball really is for everyone.

It can give those you feel isolated an outlet, provide an activity for those who do not deem themselves fit enough to run anymore, and offer a stepping stone for those looking for a pathway back into netball.

Walking Netball sessions are designed to be fun and flexible, and largely follows the same formats as any other netball session, including a warm-up and drills followed by a friendly game.

You do not need any special kit to take part, just clothes that you feel comfortable exercising in and suitable footwear (ideally trainers that lace up) and make sure you bring some water to your session.

A full description of the programme can be found at www.englandnetball.co.uk or contact Sally Whittle of England Netball on 07834 500189 who can provide help and support for setting up your own Walking Netball Group. Sally is happy to give a talk to your u3a and/or a free taster session within Hertfordshire.

Are you set for enjoying the first u3a week?

FINGERS crossed your u3a has everything in place to really enjoy the opportunities of celebrating our movement in the very first u3a week this year.

The week beginning Monday September 19 has been set aside for activities of your choosing following members' reporting on the success of u3a day last year.

Wednesday September 21 is still u3a day but, if wanted, u3as are encouraged to hold events on any days of the week.

And if you need advice, don't forget PR and Media Adviser **Ray Hardisty** and team member **Ann Long**, can be contacted.

Details of how to get in touch with both of them on the back page.



Ware u3a
choir
in
full
voice.

Ware's royal treat



All smiles ... Sheila Wingrove and Joy Stewart.

WEATHER forced Ware u3a celebrations for the Platinum Jubilee to hold an afternoon tea in Southern Malting in Ware.

The chosen date forecast (and delivered) rain.

We used a large airy hall as we are aware of some of our members health concerns.

130 members attended and we were well fed with home made scones, cake and a variety of wraps and sandwiches.

Entertainment was provided by our Ware u3a choir – with a remote conductor via a digital screen!

All of the feedback was positive and requests received to “do more”.

Jan Wing, Chair



Dressed to impress
Ron
Porter.



On display for members ... Ron Porter's special personal collection of royal items.

Training Day

for budding u3a (members only) archaeologists

Saturday 10th September

(NEW revised date)

9.30am to 5pm

Old St. Barnabas Church (demolished)

Mayland Hall, Mayland Hill, Althorne, Essex CM3 6EA



- ◆ Introduction and refreshments
- ◆ Finding your site
- ◆ How to start
- ◆ Surveying
- ◆ Equipment
- ◆ Laying out trenches and digging.



- ◆ Surveying and recording
- ◆ Finds/cleaning/labelling/photographing/storing
- ◆ Geo phys/metal detecting/drones
- ◆ Health and safety, risk assessments, permissions
- ◆ Funding and publicity
- ◆ Setting up your own group – have a go
- ◆ Research and organisations to contact. Fact sheets provided

u3a

AMPLE FREE CAR PARKING CLOSE BY

FREE REFRESHMENTS PROVIDED

teas, coffee and soft drinks

TOILETS

GAZEBO FOR SHELTER

BRING YOUR OWN KNEELING MAT, CHAIR AND PACKED LUNCH, EQUIPMENT AND TUITION PROVIDED PLEASE NOTE ADULTS ONLY

Places are limited and **MUST** be pre-booked - suggested donation of £10 on day

- ◆ **FULL DETAILS ON BOOKING** email Sue – sjrspiers@gmail.com

Burnham u3a Archaeological Group - HANDS ON DIGGING!

Our interest groups do matter!

WE all know that it is easy to come up with ideas for interest groups but incredibly difficult to encourage members to actually lead or facilitate them, writes **Ray Hardisty**.

How many long running and successful parts of our u3as fold and die when an existing leader becomes ill, moves away or simply has to retire through age?

But the July Regional Forum of the na-

tional Interest Groups Matter was well attended and showed the thought being given to our offering after two years of covid.

It's an area that can always be refreshed, revised and updated.

The workshop is full of tips and advice for how the whole committee can help, not just the Groups Co-ordinators.

Next one is national on September 21.

Unique celebration

HERE are two opening appeals over early proposals for a unique celebration of a historic national landmark by members of the u3a.

“We are hoping to attract many u3as, interest groups, or individual members to an event probably in May next year showcasing u3a activities on and around Hadrian’s Wall,” writes Sue Russell, chair of Network Link.

“Judging from early comments, it could appeal to many different types of activities grouped together at different locations, using the wall as a background or platform.

“There are plans to video the event using drones, and to create maximum national publicity to help raise the national profile of the movement.



“Please advertise this widely within your u3a and encourage groups or individuals to send any ideas to Ann Keating at ann.keating@u3a.org.uk and, in the East, barbara.cordina@u3a.org.uk

How the event could shape up

ANN Keating, chair of the u3a Communications and External Affairs Committee, writes:

“Wouldn’t it be a great idea if the u3a movement could somehow play a role in the history of Hadrian’s Wall?”

“We could bring together u3a interest groups from around the UK for a series of connected events.

“A special day on and around the wall could feature activities from history and social history groups, geography, geology, art, amateur dramatics, climate change, archaeology and research groups, and

many more, with walking groups linking the activity areas.

“A team of trustees and volunteers are already looking at options, but recognising the organisation required and the weather along Hadrian’s Wall, it seems unlikely the event can take place before the spring.

“Nevertheless, we need to encourage u3a and interest groups to register an interest as soon as possible so if you have any ideas or want to get involved we’d love to hear from you before the end of August.

Contact ann.keating@u3a.org.uk and barbara.cordina@u3a.org.uk

Verulam made me very welcome

I HAD the pleasure of joining Verulam members for their monthly meeting and what a welcoming group they are.

They meet in a beautiful church in St Albans which, on the day of my visit, was almost full.

Their chairman, Rick Hanson, is clearly very popular and was constantly in demand during the meeting, so much so that I was

unable to find him when I was leaving.

He emailed later to apologise.

This is clearly a very proactive and enthusiastic u3a.

I spoke to many of the members and they are all clearly very happy with ‘their’ u3a.

Well done to everyone and keep up the good work.

Barbara Cordina



Maldon street party



MALDON and District u3a got together to jointly celebrate the Queen's Jubilee and the u3a's 40th anniversary at a monthly meeting with a difference.

The hall was laid out suitably decorated with flags and bunting using the theme of a street party.

As well as enjoying an excellent afternoon tea, plenty of sandwiches, sausage rolls and cakes, we were entertained with a presentation of stories and memories provided by members of the Queen's 70 years. It was also lovely that some of these contributions were related to the audience by the story tellers themselves, which added something extra to the event.

A great afternoon enjoyed by all.

There is a flipbook link with all the stories on the Maldon and District u3a web site at www.maldonu3.co.uk

Shirley Macro, Chair

Equality for all in our u3as

I AM sure we all feel our u3as are open and available to all, writes **Ray Hardisty**.

So what do we need with our own Equality, Diversity and Inclusion policy?

I attended the first of the new nationally organised workshops on the topic to find out.

With my own u3a already saving monthly meeting priority seats for the hearing and visually impaired; ensuring we have Meeters and Greeters to assist those members needing help and operating buddies for new members, I felt sure we are doing

pretty well to make ourselves friendly and welcoming. Wrong!

Everything being done is fine but there is so much more that can be done once a policy has been agreed and is in place.

Like, for instance:

- * Are the interest groups we offer what those of different ethnicity wish to join?
- * What does our publicity material say about us being white and middle class?
- * Do we actively set out to recruit those of different race or creed?

The next workshop is on **November 24**.

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.

barbara.cordina@u3a.org.uk

Help, advice and assistance for u3as across the East

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

40th Anniversary and U3A Day Ann Long annlong.east.u3a@gmail.com

Regional event bookings Marilyn Walker marilyn.walker.east.u3a@gmail.com

Jean St Clair jeanstclair.east.u3a@gmail.com

www.u3asites.org.uk/east-of-england/home