

NEWS FROM THE EAST



September 2022

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

Be sure to register to vote at the AGM



IT is important to vote on behalf of your u3a at October's AGM. Votes can be sent in advance by proxy, on the day via Zoom or in person at Milton Keynes. All relevant information is being sent by the Third Age Trust. Your votes are important so make sure your voice is heard.

Barbara Cordina

Your chance to quiz the Trust

ASK the Trust is a topical and important opportunity to meet a panel of Trust members and submit questions on all topics, including the AGM.

Whatever is important to the Networks, Clusters and all of us in the u3a movement.

We will get the most out of this if you ask a question rather than just comment - because that gives the panel a better chance to respond.

Chair of the Trust, **Liz Thackray** gives more details below on how you book a place and submit your questions.

She says: "Here is an opportunity for you to ask what matters to you

"During recent months we've been asked many questions relating to the Trust.

"Some have been about understanding what the Board, staff team and volunteers do - while others have been more critical.

"These conversations are invaluable and

the Trust would like to provide more opportunity for engagement with and feedback from members.

"So, Network Link is hosting a panel discussion Ask the Trust on September 15, from 10am to 11.30am.

"The panel will include Sam Mauger, me and others.

"Please submit your questions by September 7 so we can ensure the right people are on the panel to address the questions.

"There will be some opportunity for responses from audience members.

"We look forward to seeing many of you on September 15. If this session proves a success, we will aim to repeat it."

Send your questions to networklink@u3a.org.uk

Book your place:
<https://www.eventbrite.co.uk/e/ask-the-trust-tickets-406115942717>



More help needed to link with East u3as



YOUR Regional Team is looking for new recruits to improve the service to u3as throughout our six counties.

Now that normal activity has been resumed across the region after two years of pandemic restrictions, more help is needed to keep in touch with all the u3as in the organisation's second biggest region.

The sad loss of Networks in the two largest membership counties of Essex and Hertfordshire, has made the need even more pressing.

Easy to arrange with territory assignments but it needs individuals to cover them. Cambridgeshire and Suffolk have no Team member living in them.

We are certain we have u3a members with an outlook outside their u3as who have experience that could be very useful in assisting others

Every month stalwarts come to the end of committee life in their u3as when they have served the maximum length of time on committees.

The knowledge they have built up is invaluable and could be shared.

The regional role is not 24-7.

Liaisons you agree to can be followed up in mutually convenient times to suit you and your u3as.

And the outcomes can be beneficial from the satisfaction of helping others to assisting the regional generally.

You will, of course, join the national Volunteer Team and undergo formal training which is usually half a day online but this will be followed up by you keeping yourself informed of the u3a through regularly attending national and regional forums.

One of the existing regional team members will mentor you and support and advice is freely available.

A monthly team meeting ensures we all keep in touch with each other and Regional Trustee Barbara Cordina.

Ray Hardisty, PR and Media

Have a chat about taking on the role

THOSE interested in joining the Regional Team can find out more from Regional Trustee Barbara Cordina

She will have a chat with you about what she

sees as the future of the team and the contribution you could make.

Please get in contact with her on the email address below.

barbara.cordina@u3a.org.uk

Hadrian's Wall links

HADRIAN'S Wall may be 300 miles from the East by car ... but it has more links with us than you might think.

So, as a national u3a working group looks at how to celebrate the wall close to where it is, a regional project team is discussing how our six counties could be involved.

Early ideas are:

-)] Setting up a fact-finding trip to the wall with educational visits, talks and activities.
-)] Advising u3as on organising their own versions of the break.
-)] Investigating ideas for written projects on Roman sites in the East and how they could link with the wall.
-)] Amalgamating any written efforts into both a final document and, possibly, for use as the basis for a talk that could be offered to our u3as.
-)] Investigating how craft talks or demonstrations on such topics as Roman jewellery making could be sourced and offered.
-)] Identifying ways those u3as in towns and areas of Roman activity could link up for mutually beneficial interests in 2023.



There was a great deal of Roman activity around our six counties.

Colchester, for example, was the first Roman city. Verulamium gave birth to St Albans and, of course, Norwich and Norfolk was home to the scourge of the Romans, Queen Boadicea (or Boudicca).

So please join in this special task and finish project. All ideas welcome. Contact Regional Trustee Barbara Cordina.

Email: barbara.cordina@u3a.org.uk

Ray Hardisty, PR and Media

Calling fellow u3a short break organisers

INFORMATION about trips undertaken by other u3as in the region to the area around Hadrian's Wall is being sought by working group member Jane Crumpton-Taylor.

She would be pleased wants to hear from you about details of transport, agents and what the trips entailed,

Jane is already planning an excursion to

the wall in 2023 for members of her own u3a, Sudbury

She hopes this may be extended to neighbouring u3as if there is a demand.

And wants to liaise with other u3as thinking of setting up a trip to the wall.

Please contact her on:

jane@crumpton-taylor.com

Libraries lifelong learning theme offers u3a links

LIBRARIES Week is an annual showcase and celebration of the best that libraries have to offer, writes **Ray Hardisty**.

In 2022, it takes place between the October 3 and 9, celebrating the nation's much-loved libraries and the central role that libraries play in supporting life-long learning.

Organisers want to showcase how libraries

are inspiring learning for all and helping individuals to unlock and fulfil their potential at every stage of life.

It gives a chance for our u3as to contact their local libraries to see how u3as could be involved in supporting the theme.

Here is a link to that site:

<http://librariesweek.org.uk/>

Showing what the u3a is all about

Shopping in Leigh

SEPTEMBER'S three day celebration of Shopping in Leigh exhibition to mark both u3a week and the 40th anniversary grew from the national Shopping Project.

The research for that initiative by **Leigh-on-Sea** and **Leigh Estuary** has been used to create displays on how shopping at the main centre has changed over the years.

Grant help from Leigh Town Council and the regional u3a team combined with financial help from their two u3as has meant the event can not only be staged but fully promoted too.

It is an example of the way u3a members have come together to both research and recognise the community contribution by local independent retailers.

There is not only a timeline of traders but personal contributions of memories, photographs and artefacts.



Thursday the 22nd, the first day, is being kept for u3a members and special guests to enjoy, while Friday and Saturday the 23rd and 24th will be open to the public.

All materials, included items not on display, are destined for Leigh Heritage Centre, the Essex Records Office and, of course, the Shopping Project web pages.

Christine Major

Background to Ware u3a's Showcase

WARE u3a are pulling out all the stops to ensure their information day on u3a day itself lives up to its Showcase billing.

-)] Members have been asked for reminiscences from early days of the Ware u3a particularly for some photos and anecdotes.
-)] Photos sourced of current groups for A1 or A2 posters like keeping fit, pilates and meditation, play reading, book groups linking to theatre, sci-tech and local history as well as examples of u3a holidays and trips.
-)] Short talks on interest groups will be peppering the day.
-)] There will be stalls for the different types of groups, manned for short periods to talk to visitors.
-)] The local CVS is to help by running a digital skills session where people can find out

more about the sessions on offer and perhaps get help.

-)] There will be stands by the Police Neighbourhood Team, Fire and Rescue information.
-)] Access to two or more TV screens to run short films and presentations showing Ware's range of activities.
-)] A collage has been prepared of the recent monthly talks .
-)] Postcard invites have been left in local venues, relevant organisations and larger businesses with staff nearing retirement, inviting people to attend.

It's all running from 10am to 4pm with a special visit from the Mayor of Ware due at 2pm.

Marilyn Walker
Regional Support Team Member



Double celebration

LEIGH Estuary u3a Summer Lunch celebrated two events ... the 10th anniversary of our u3a and the national u3a 40th anniversary.

Sea shanties were sung at the end of the three course lunch at Saxon Hall by the Hoy Shanty men and the reason for each song was given

The event was organised by myself, Maire Berry and Bob Hill, pictured with balloons.

Barbara Santarelli



National training sessions

NATIONAL online workshops taking place in September and open for any u3a members to book are::

September 9: **Running your u3a** – information for trustees to help them understand their role and responsibilities

September 20: **Recruiting and Valuing Volunteers** – how to recruit, retain and support volunteers across a u3a

September 21: **Interest Groups Matter** – for Committee Members, Group Leaders, Group Co-ordinators or anyone thinking of taking on one of these roles

September 29: **Keeping It Legal** – information about the key areas all u3as need to be aware of and understand, including data protection, equity and inclusion and safeguarding

The workshops are a great way to learn and to meet other members from across the u3a movement.

For further details, timings, and links to book please visit:

www.u3a.org.uk/advice/work

Barbara Cordina

Professional photographer Russell Sach took photos for the front cover of September's Third Age Matters.

He spent over two hours at Mayland. Taking us firstly in costume then pictures of members working at their jobs around the site.



Dressed to impress

EXCAVATION and research of the current dig site of **Burnham u3a Archaeological Group**, is in full swing.

We work two full days a week at a former church in Mayland, Essex, and have uncovered a number of finds.

They include 13th and 14th Century decorated floor tiles, three medieval book clasps, a jetton (a coin like token) and the first robbed out walls and porch of the demolished church.

We've also found a large amount of medieval pot sherds, and carved stone.

During the work, we are also taking part in the national Discovering England's Burial Spaces project, researching and recording the churchyard and grave markers.

Back On August 3 the four of us who give talks and presentations about our excavation of the medieval palace at Southminster Hall last year, travelled up to Preston, Lancashire, for the Shared Learning national u3a conference.

Full training day

A Training Day for u3a members in the East on September 10 is fully booked with a waiting list.

We aim to inform and teach u3a members who might want to set up their own group how to go about it with hands on practice of digging, recording, metal detecting and other aspects of archaeology.

We're going from strength to strength, with more talks booked for the autumn and probably more training days planned for next year.



Peter Burton, Friar Tuck; Zoe Bridges, Lady of the Manor; Sue Spiers, Saxon Serf and Terry Cook, Bishop of London.

We gave a 40 minute presentation in full costume, making a grand entrance and were very well received.

We were demonstrating how we learnt from the senior archaeologist, then used our knowledge and ability to train new members, teaching them the skills enabling our group in our current and future projects to be as professional as we can.

Page of reports from Sue Spiers



Russell Sach's selected Third Age Matters photo.



Backtrackin' launched on the music scene at Aylsham u3a's summer picnic.

Aylsham entertainers

"I'M thinking of getting a little band together.".... a simple sentence I have dropped into conversations about music many times at various gatherings in Aylsham over the years.

A band, not a study group.

Then back in February a good friend said to me. "Well, when ARE you going to get your band together Allan?"

I still had my drums and a call to fellow **Aylsham u3a** members who could play or sing resulted in two replies, from Kelly and David, playing bass and rhythm guitars.

So I posted a thread on the Nextdoor forum and had a great response from; Jonny (keyboards), James (vocals), and Daniel (trumpet). After two rehearsals though, Daniel decided it wasn't for him.

I chose three songs, 'Cry To Me' 'Tulsa Time' and 'Knock on Wood' for everyone to listen to and learn their parts.

My good chum Glyn said he would like to take care of the sound mixing for us.

Although at this time we lacked a full band, our first rehearsal was on March 8.

I then had a call from John (Sax, Harmonica and percussion) so he and Kelly rehearsed with us as well.

James said his chum Paul played lead guitar and would like a try out with us.

This first full band rehearsal was on April 19 and Backtrackin' started

Having sat in at one of our rehearsals u3a Social Secretary Ian invited us to play at the **Aylsham u3a** picnic at Top Farm if we could get 20 songs learnt in time.

Which we did!

We thoroughly enjoyed playing at the picnic and are still rehearsing.

A chance remark by a waitress when Chris and I had lunch at The Artisan Cafe Alby resulted in another gig for us at their BBQ evening. A professional date!

What next?

Allan Groombridge

Dates for the next regional workshops

TWO more Regional Workshops are being organised online by the Regional Team, especially for members of our own u3as.

They both start at 10am. Invitations and full details nearer the dates.

Here are the basics:

Tuesday, September 27, Growth Matters

Covering ideas and information to help you grow your u3a the benefits of this including having a bigger pool of volunteers,

interest groups and ensuring your u3a continues to thrive. It also looks at some of the challenges and how these can be overcome.

Thursday, October 13, Keeping It Legal

Information about the key areas all u3as need to be aware of and understand - insurance, data protection, equality and inclusion and safeguarding. It also looks at practical steps to ensure compliance and where further information and support is available.



Saplings site ... volunteers who planted in the rain and summer view of thirsty woodland.

Anniversary specials



MEMBERS of **Hitchin u3a** used an August afternoon tea to check on the saplings they planted in the spring as part of the national 40th anniversary year.

The mix of Rowan and Silver Birch, donated by North Herts District Council, form part of the Willian Arboretum.

They were planted by stalwarts in the pouring rain but in August looked rather thirsty.

If there are problems the u3a already has an offer of a donation to replace them to get back to the 40 originally planted.

Advice will be taken from tree experts if the need arises.

Other 40th anniversary events planned include, a 12-mile walk around Hitchin Loop finishing in the Market Square on Saturday September 17.

A stall in the square on Tuesday September 20 together with an interest groups display at the Sun Hotel.

And a curry and quiz night in The Wetherspoons' garden on Friday September 23.

Heidi Ebrahim, Maggie Killingbeck and Marilyn Walker

Team building publicity initiatives

CHISWELL Green u3a has been featured in the local magazine 'Chis Chat' which is delivered free to homes in the area and copies are available in shops, dentists etc.

Additionally we have arranged for the feature to be in the similar magazines 'Park Street News' and 'Voice of Bricket Wood' which are neighbouring districts and very much part of our catchment area.

Importantly we are also looking internally to recognise the ongoing efforts of our Group Organisers through the recent difficult times with a special coffee morning.

A similar arrangement is being followed for new members to become better ac-

-quainted with the committee members.

We see this as integral to the welcoming climate we now enjoy and the retention of current members alongside the publicity to draw in new members.

At the same time we have arranged to participate in the September walk initiative being promoted by the East of England regional u3a team.

Tony Jackson

Members are also currently being invited to show personal skills and talents by speaking for 15 minute slots at the regular monthly meetings.



Peterborough's 30th



THURSDAY August 4 was a celebration day for **Peterborough u3a** – their 30th Anniversary.

It took the form of group presentations in the main hall of Fleet Community Centre.

Groups varied from Music and Dancing to MotoBikers and from Art to Science and Engineering.

Side rooms were used for membership renewals and new member enrolment.

In total, 130 members renewed and 39 new members joined.

My thanks to Alan Locke, the Peterborough Committee and Group Leaders for the warm welcome I received.

Presentation photos can be seen at

https://youtu.be/p_GyP9k2Muk

Brian Lowes, East of England Team Member

Anniversary bridge festival

BRIDGE players with u3as are going to have some friendly-competitive fun celebrating the 40th Anniversary of our movement with a week-long Bridge Festival.

If you're already playing online there will be opportunities to play the same set of daily hands (simultaneous pairs) on Bridge Base Online (BBO), Bridge Club Live (BCL) or RealBridge

If you're playing offline, you'll be able to enjoy Bridge from the comfort of home, at your local village hall or other venue or at one of the new Bridge hubs.

A unique feature is that the daily results will be uploaded to a central scoring system and individual rankings published on a national basis.



Commentaries will also be provided explaining how the experts would have played the set hands.

Registration for the Festival has now begun and closes on September 9. Details at: www.bridgewebs.com/u3abridgegroup

Steve Carter, Bridge Subject Adviser

Making headlines!

LOCAL papers in Suffolk have responded to requests to promote the u3a in its 40th Anniversary year with enthusiasm.

Contacts and liaison have seen items appear in editions of the Suffolk Free Press on u3as throughout the county.

Hundreds of words and some 13 photographs have shown u3a members taking part in a wide selection of activities.

And, due to its wide catchment area, even Diss from south Norfolk got a mention too.

The spotlight was on Bury St Edmunds, Sudbury, Haverhill, Newmarket, Stowmarket, Lowestoft and towns covered by East Suffolk including Ipswich, Felixstowe and Woodbridge, plus Saxmundham, Aldeburgh and Framlingham.

And the press items have been combined on the Suffolk News web site of Iliffe Publishing to give a comprehensive look across them.

Including all 13 pictures.

Suffolk News web page link below.

Ray Hardisty, PR and Media



Two of 13: Sudbury Amblers and Diss birdwatchers.



<https://www.suffolknews.co.uk/bury-st-edmunds/news/want-to-learn-a-new-skill-without-the-pressure-look-no-furt-9269710/>

Help, advice and assistance for u3as across the East

Your regional team at the East of England U3A

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