



## EAST OF ENGLAND REGION



### OUT AND ABOUT WITH OUR TRUSTEE ACROSS THE REGION Aug/Sept 2022

#### Ware and Hertford u3as – Herts - 23<sup>rd</sup> August 2022

I was delighted to join members of these two u3as to watch a highly amusing and fast production of 'Midsummer Night's Dream' at a local venue. Big attendance and a good opportunity to mix with members. Highlight of the evening for me? When Puck sat next to me in the audience, very hot and sweaty, him not me! Good entertainment.



#### East Suffolk u3a – Suffolk - Open Day – 2<sup>nd</sup> September 2022



The journey to Kesgrave in Suffolk for myself and Marilyn Walker, a member of our regional support team, was well worthwhile. Brilliantly organised and very busy, East Suffolk highlighted the vast opportunities available to their members. They actually operate from 4 local venues, each of which offers a monthly speaker meeting, and members can therefore, if they wish, attend such a meeting every week. Also groups at all 4 venues are open to all members so the choice is huge! All of this is overseen by one committee who are very committed and clearly very proactive and hardworking. I have never seen so many group displays in one venue before and applaud everyone involved in this magnificent Open Day.

### Thetford u3a – Norfolk - 8<sup>th</sup> September 2022

Lesley Braund, current chairman of Thetford u3a, invited me to join their committee meeting because several new trustees had come on board at the last agm. She felt it would be beneficial for me to meet them and have a Q&A session to clarify any issues they wished to raise. A lively discussion took place when I did my best to iron out any issues and to support them and their future plans. I felt it was extremely worthwhile for all of us. I look forward to attending a speaker meeting at some point in the future so that I can meet their membership, now that I know the committee!



### Burnham-on-Crouch u3a – Essex – Archeological Dig Training Day – 10<sup>th</sup> September 2022



I was invited to join an archaeological dig training day with Burnham-on-Crouch, along with two members of our regional team, Ray Hardisty and Ann Long, for a hands-on experience! Hands-on it most definitely was! Before I knew it I was on my hands and knees, hoping desperately that I would be able to get up again, carefully scraping away with a lovely little trowel in a ditch, to see what I could unearth. Thank goodness it was not raining!

Burnham had offered this training to all u3as in Essex with a view to helping them set up their own archaeological groups, and it was great to see that 20 members had taken up this challenge. They are currently excavating remains of a demolished church in their local area, courtesy of the farmer who owns the land, and are unearthing a multitude of interesting artefacts. This could well take two years and, following that, they have their eyes on an adjacent hidden village, now farm fields, as their next project.





It was great fun, very well organised and informative. Everyone from the Burnham archaeological team was very helpful and supportive.

Surprise, surprise, I was told that I had unearthed a treasure (!), a small piece of red church floor tiling. This was washed, a record made of where it was found, and by whom, labelled and shown to me in a small plastic bag. I was not of course allowed to keep it! Our grandchildren were so impressed with their nan when I told them, and my husband could not believe it until he saw the photos.



A big thank you to Terry Cook, Sue Spiers and the team. I had a wonderful day and feel these people are magnificent and generous in their efforts to help other u3a members discover archaeology. I am proud that they are part of our region.

### Stansted Mountfitchet u3a – Essex – 17<sup>th</sup> September 2022

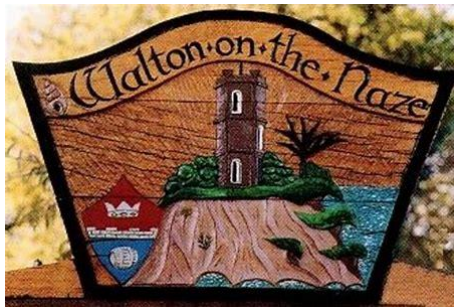
I was invited to join Stansted Mountfitchet for their Open Day in St John's Church on Saturday afternoon. I had previously attended a speaker meeting in the church hall so had already met some of the members. The Open Day was held in the church itself which was full of group displays, tables overloaded with cakes including a celebration cake (photo shows this half eaten!), and very busy with visitors. Everybody was chatting and it was a lovely atmosphere. The ukulele group entertained us grandly and I joined in singing along to the well-known music. A very pleasant and delightful afternoon. I was told they had recruited some new members including an Italian lady I had been talking to over tea and cake, and who had agreed to help the Italian group leader. A great success!





## A new u3a is on the way! Frinton Walton & District – Essex – Meeting with Steering Committee in Frinton – 26<sup>th</sup> September 2022

I spent important time with the steering committee of what will be our newest u3a to make sure that everything is ready for the new start early in 2023. The steering committee are more than enthusiastic and ready to go and it was a pleasure to hear of their plans.



This will bring our total number of u3as back to 140, which is great!

Watch this space for more developments.



## Thurrock u3a – Essex – 28<sup>th</sup> September 2022 – 20<sup>th</sup> Anniversary

Wow! From the moment I arrived it was clear that the party had already started. A very large hall filled with members, very impressive. Everybody was seated at round tables and chatting away, clearly catching up with news regarding their very successful u3a. A fantastic buffet lunch was



provided from 11am onwards during which music was played by one of the members. When the eating stopped the volume increased and I enjoyed singing along with everyone. Some of the members took to the floor and the party atmosphere continued. Well done to chair Kay, and her team for providing

such a wonderful event for all the members.



## Dunmow u3a – Essex – 28<sup>th</sup> September 2022 – u3a 40<sup>th</sup> Anniversary



During the last two weeks of September Dunmow held various events to celebrate the 40<sup>th</sup> Anniversary of the u3a movement. Three different walks were organised with the hope of attracting 40 walkers to each, an art show was held featuring paintings by u3a members, culminating in an afternoon Celebration with group tables, quizzes, competitions, items on display from 40 years ago and much more. I had not accounted for the traffic and the M25 between Thurrock and Dunmow, and sadly arrived very late for the 2pm start. However, my welcome was lovely, I was able to hand out some prizes and to meet some of the members. I even had my photograph taken in a Sinclair C5 !!! I shall return!!

## Broxbourne u3a – Herts – 29<sup>th</sup> September 2022 - 'Fancy a Cuppa?'

I live in Broxbourne and with an invitation for a cuppa at a local pub I was pleased to be able to go along for a chat with committee and members to see how successful this recruitment event was. Broxbourne had done a deal with the pub whereby the room hire was free and tea/coffee supplied at £1 a cup – excellent negotiating skills! They had paid for some marketing in local free magazines which did produce some interest from local residents who attended. Lovely atmosphere, lots of chat and I understand some new members were recruited. Well done to all involved – shortest journey I had this month!



**I really enjoy visiting members of the u3as in our region and welcome invitations to join you for a speaker meeting, special event, or committee meeting. Just let me know what would be best for you.**