



Learn, laugh, live

<https://u3asites.org.uk/epsom-ewell/home>

Email enquiries to: u3aepsom@gmail.com



**Important
Your u3a needs a
SECRETARY**

This role needs an organised person who can liaise with the National Office and disseminate and distribute emails to the relevant committee members as they arrive. It is not a particularly taxing role but allows you to become involved with the organisation of your u3a

Hello Friends

As your chairman for the next three years I'd like to share with you some thoughts and ideas for moving forward post Covid 19.

We live in difficult times, but, we will move forward and the team that makes up your committee will do everything they can to engage you in activities and socializing, whether it's on Zoom or eventually out and about, we are formulating plans.

Read on!!!!

**Important
Announcement
Membership**

Membership renewals have been deferred due to the Covid 19 pandemic.

Please note all current membership will be valid until 31st March 2021.

The usual fee of £15 per person will become due on 1st April 2021 and will be valid for 12 months.

As your chairman I intend to oversee this brilliant team that has been elected to your committee.

Your new travel team is devising ways to get us all out and about. They will look at coach trips, theatre trips, walk and talk days, short break holidays etc. You tell them what you'd like and they'll see if they can make the necessary arrangements. Their plans so far are on Tony's Page on the website.

Always within government guidelines of course.

Your group coordinators will be liaising with the group leaders to formulate plans and make sure that the risk assessments that need to be done to keep us all safe are logged with the committee, without making everything unduly restrictive.

Your hall/speaker liaison is checking which speakers can deliver their presentations on Zoom and also liaising with them to make sure that when we get back to proper meetings at Bourne Hall all necessary plans will have been made.

Our monthly talks will continue on Zoom we anticipate until the spring, and then we will reassess depending on the feelings of members, and whether all guidelines can be implemented in order to keep members safe and well.

Your website admin is keeping our website updated with news and events as they happen so please log in regularly to ensure you don't miss anything.

We also have a Facebook page that is private to our U3A; if you want to join just enter your name and membership number which will be checked against the current membership register.

Your treasurer is making sure we can pay our way for the things that we want to do.

Your membership secretary is keeping records updated so that we have current details to enable us to keep in contact.

Annie and Lynda are your go to people if you want to offer to help, by leading a group, by joining the committee, by making tea for new members' coffee mornings when they resume properly etc.



Introducing your committee & the support team

Chairman
Tony Skelton

Treasurer
David Leggett

Membership Secretary
Peta Hargreaves

Group Coordinators
Jenny Powell and
Brenda Griffiths

Travel Team
Irene Moore and team

Hall/Speaker Liaison
Clive Hargraves

Website/Publicity
Sue Skelton

Volunteer Liaison
Annie Ralph and
Lynda Jennings

Minutes
Lynne Mason

Almoner
Veronica Wheeler

Secretary
YOUR U3A NEEDS YOU



Epsom & Ewell U3A
Learn, Laugh & Live



Retiring with Attitude!
Learning how to be Retired.

This is a free six week course for new members.
Each week there will be a 90 minute meeting with a short video
Interspersed with discussion on that weeks topic

The course will commence on
Wednesday 4th November at 2.30pm



Open to all new members and new retirees

U3A
Learn, laugh, live
Registered charity no 802690

This is an online group course for those new to or struggling to adjust to retirement.

If you haven't taken to retirement like a 'duck to water' this is the course for you.

It runs over six weekly sessions and can be enjoyed from the comfort of your own armchair!

Julia South (Sheffield U3A) and Carol Ellis (Bromley U3A) have developed the course after their own struggles with the transition from working life to this next stage of life.

The course doesn't try to tell us what our retirement should look like – only we can decide that. Nor does it cover financial matters. But the course does prompt us to think deeply about what we want from our retirement – examining what's important to us, looking at what beliefs' might be holding us back, deciding which skills we'd like to carry forward into retirement and, of course exploring all the many opportunities open to us, even during the pandemic.

It's an online course, where we'll meet as a small group, via Zoom. Each session will last an hour and a half and consist of a pre-recorded video in which Julia and Carol will lead us through the course. The video will be interspersed with individual exercises followed by group discussions.

If you're interested in joining me on this journey to an enjoyable and rewarding retirement please contact me.
epsomchair@gmail.com

MONTHLY SPECIALS FOR OCTOBER

Wednesday October 14th
at 2.30pm

Order & Disorder

Professor Jim Al-Khalili
investigates one of the
most important concepts
in the world today.

He discusses how we
harness the power of
symbols, everything from
the first alphabet and the
electronic telegraph
through to the modern
digital age.

Tuesday October 20th
at 10.30am

Magic Numbers

Dr Hannah Fry

In her unique and
accessible way, Dr
Hannah Fry explores the
mystery of maths. She
journeys through its
evolution, from its status as
a universal language and
the foundation of all
science.

Epsom & Ewell U3A

Learn, Laugh & Live

*****New Group*****

Walking Cricket

We are currently in the process of setting up a walking cricket group for members.

Open to all genders

Check the groups page on the website for demo and to register an interest



Learn, laugh, live

Registered charity no 802690

As vice-chair I attended a Zoom meeting in September with Mac McKechnie from Barnsley u3a who is the subject adviser for Walking Cricket. This has taken off very successfully in quite a few u3a's. I have got all the rules and I know what kit we need and where we can purchase it from. We have enough money in funds to cover the set up costs for equipment; the only cost to members would be the venue where it would be played. I've had a few members show an interest already but we need more to make a couple of viable teams. This will be open to all members irrespective of gender.

Ballroom Dancing

We've had an enquiry from a member asking if anyone is interested in ballroom dancing. Does anyone have experience of teaching dancing and are any members interested in joining. Your group coordinators will be happy to take your names and start a list of interested members.



November Speaker
Andrew J Baker
Donald J Trump
Can you believe it.

Please note change of time
this presentation will be in the
afternoon NOT the morning
of Monday 2nd November

To reserve your place please book in the normal way by clicking on the link on the events page.



BRIDGE GROUPS

I'm very aware that during the current crisis one group has suffered quite badly, and that's our bridge players. The reality is that it will be months before they can meet up properly. I recently sent out an email to all our bridge players and the response was a very mixed bag. It appears that some of the more experienced members are managing to play on a fairly regular basis – however not with other u3a members. This is a bit of a concern as some of our beginners are missing their tutorage and therefore not progressing.

We've been in contact with Venie Martin who is the Chairman of Causeway u3a in NI and she has very kindly given us the picture below that she has used to help her players get used to playing online on BBO (Bridge Base Online – I'd never heard of it either!!)



Bridge

Causeway u3a have recently hosted a very successful Bridge tournament with 44 players taking part. We know it can be done.

We've also been in contact with Steve Carter from Great Yarmouth u3a. In conjunction with a well-established online bridge club based in the UK, u3a members are invited to play Duplicate Bridge online in a dedicated private club. Sessions normally last 2-2.5 hours. Results/analysis available same day. There is a modest cost involved.

Steve is offering taster sessions see our groups' page for contact details.

This box shows vulnerability (red), Dealer (D), Number of hands played

This box shows the contract, declarer and number of tricks by N/S (vertical) and E/W (horizontal)

The "blue hamburger" has menus

Running score in IMPs. Keeps changing.

People tag shows which of your friends are playing. You can click on their name and see their table.

History tag – go there after your session and you can review hands – bidding and play.

When your name is yellow, you need to bid or play.

This is a "chat box" where you can type messages. It has a blue box with a menu so you can talk to all or just a player.

The screenshot shows a bridge hand in progress. The contract is 3♠ East. The score is 10 IMPs. The dealer is D. The number of hands played is 5. The current hand shows 8 tricks taken for +100. The interface includes a top navigation bar, a left sidebar with a 'blue hamburger' menu, a central card display area, and a right sidebar with a 'People' tag and a 'History' tag. A chat box is visible at the bottom.

PATHFINDER

The next project for our u3a is the Pathfinder project.

Our committee has agreed at a recent meeting that we would like to become involved in an initiative that is being started by the National Office named Pathfinder.

The background to the campaign is as follows:

Our u3a movement is suffering from two sorts of recruitment problems. There is a long term slowdown in the growth of membership of the movement and the proportion of newly retired people joining the u3a is in decline.

These long term trends are being exacerbated by Covid.

Although in general I agree with the above statement I also believe that negativity breeds negativity and the opposite is equally true.

There are many u3a's across the UK and beyond who are bucking the trend, even in the face of Covid.

Over the next few months you should hopefully notice some changes that we will be putting in place to encourage more interaction between members and more friendships being formed and growing. This has never been more important given the problems we face by being isolated due to the pandemic.

STAY SAFE AND WELL AND WATCH THIS SPACE!!!

BEST WISHES, TONY SKELTON, CHAIRMAN

"If you can find a path with no obstacles, it probably doesn't lead anywhere."

- Frank A. Clark



poemofquotes.com/funny-quotes/

The initial phase of the Pathfinder Project is from the end of September to December 2020

The aim of the project is to encourage more people to join our u3a, this is one of the reasons that we are starting our course

Retiring with Attitude

This will be for new members.

One of the difficulties when you first join up is making new friends and we hope that by joining our 6 week course, new friendships will flourish.

Don't forget to sign up for our events in 2021

Short break to Llandudno

Monday 19th April 2021 for 4 nights

Legal London Walk and Talk

May 18th 2021

Sea Train Adventure

June 23rd 2021

Westminster Walk and Talk

July 15th 2021

The Paper Mill at Frogmore

August 2021 exact date tbc

The Neasden Temple – coach trip

September 2021 exact date tbc

James Bond Walk and Talk

October 2021 exact date tbc

Short break to Thursford Christmas Spectacular

Monday 22nd November 2021 for 4 nights

Full details and booking form on the events page

Or contact Irene Moore travel team leader

epsomtravelteam@gmail.com

07799 286596