



HALESWORTH U3A NEWSLETTER

1. FORTHCOMING EVENTS

Tuesday 18th February 14:30

Open meeting at The Cut,
Halesworth

Talk

**"HISTORY OF MARRIAGE for
better or worse"**

Speakers: Toni Newbald and Kate
Broad

A light hearted but well researched
history of marriage. Toni and Kate
are professional speakers,
playwrights and members of their
local U3A.

This event is free of charge to U3A
members and £3 for guests.

Please arrive early enough to show
your membership card and obtain
your entry tickets from the Cut
Box Office before the talk starts.

Perhaps also early enough to have
a snack lunch at The Cut Café.

Friday 28th February

**New Members Coffee Morning
at The Cut 11:00 – 12:00**

On the last Friday of the month

New members and those
interested in finding out more
about the U3A are welcome to
come along and pick up
information about the activities of
Halesworth U3A. Refreshments are
available.

2. RECENT ACTIVITIES

**"Forensics - A scientist turns to
crime"**

The Rev. Dr Anthony Peabody
entertained over 100 members and
their guests with anecdotes from
his long career as a forensic
scientist. Working in the now
disbanded Government Forensic
Science Service he was involved in
some notable cases including that
of the Yorkshire Ripper. We learned
of the pioneering work and the
dedication and skill of the staff and
how in recent years the use of DNA
has revolutionised the work of the
forensic scientist.

3. GROUP NEWS AND OPPORTUNITIES

World Religions/World Philosophies

Since we started, the World
Religions group has discussed
many of the world's religions; we
have invited a number of outside
speakers and we have organised
visits; to the Mosque in Norwich, to
the Russian Orthodox Church in
Mettingham and to the Walpole Old
Chapel.

Michael Imison, who has been
running the group, is no longer
able to do so. We are grateful to
Michael for keeping the group
going and pleased that he will
remain a member.



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World Religions /World Philosophies

We have concluded that while everyone wants the group to continue, no-one can take it on so we have decided to share the task.

Our point-of-contact will be Malcolm Ballantine and others will take on responsibilities within the group. We will return to our origins. Each month, one of us will take on the following session. Having researched a topic they will present their findings and lead a discussion. We will also continue to invite outside speakers and go on visits. We will broaden our views and consider a diverse range of belief systems and we will revert to our original title, 'World Philosophies'. If this interests you and you like the way in which we run our group, we would welcome you.

Go to the [Groups](#) web page and click on the World Religions / Philosophies blue 'bird'.

~ A new group ~ Local History ~

After the expressions of interest in starting a local history group a knowledgeable volunteer has come forward offering to help set up the group. If you are interested in learning more about local history please email your name, member number and telephone number to the **Interest Group Coordinator** using the link on the [Groups](#) page of our website.

U3A Walkers Group

Our Halesworth U3A walking group meets on the second Thursday morning of each month.

We aim to walk for 5 miles, or a little less, over 2 hours and at a modest pace. This is usually followed by a pub lunch for those that wish. We are a friendly and welcoming group who arrange the walks between ourselves using footpaths, tracks and quiet lanes with the occasional stile.

We keep in touch using an 'open email list' to encourage car shares and lifts for those without access to a car. We therefore ask that group emails are not forwarded outside the group.

No booking is required, just turn up a few minutes before we start.

Some walkers are regulars; others come just once in a while. If you would like to join our email list and give the Walking Group a try we would be pleased to hear from you.

Contact Martin Stevens or Tony Langford by email using <https://u3asites.org.uk/halesworth/page/4041> then click on the Blue Bird in the top right hand corner.

Please note that the walks are not for dogs.

The **next walk** will be on Thursday 13th February meeting at the Wenhaston Star Car Park at 10.30.



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Community Technology

ComTech1 – ‘Boost your IT Skills’ – Welcomes New Members

How do we learn our IT skills? How did you learn yours? With no access to workplace IT training courses, many people find themselves battling with obscure technical terms and difficult-to-follow instructions.

In the ComTech1 group - ‘Boost your IT Skills’ we've found the collaborative approach is one of the most effective ways to learn.

Over the last 10 months, about ten of us have met regularly at The Cut and found we've definitely boosted our IT skills. We now feel it is time to invite new members.

The group is a joint venture between the U3A and The Cut Arts Centre. We have four U3A PCs (kept in The Cut's Media Centre) which run the latest versions of Windows 10 and Microsoft Office (kindly donated to us by Microsoft). We aim to support each other and are beginning to use a ‘WhatsApp’ group. Peter Spedding, (technical officer at The Cut) is available should we need more expert help. Members suggest topics in advance for the next meeting but, time permitting, new topics can be raised at the meetings. Through discussion we aim to have everyone learning from each other's experience. We cover a wide range of topics - at our February meeting we are looking at internet radio, (e.g. BBC Sounds, TuneIn Radio) and Bluetooth speakers. It's whatever the group wants to do. You too could boost your IT skills. If you would like to discover more go to the [Groups](#) page on the Halesworth U3A website and click on "Community Technology".

Continued

The **next ComTech1 meeting is on 14th February at 10.00am at The Cut**. If you think you may not know enough, you're just the sort of person we're looking for!

*** U3A WEBSITE MANAGER REQUIRED ***

- Have you used the Halesworth U3A website to find information?
- Can you use a PC to input data and upload files?
- Do you wish to keep members informed of our interest groups, monthly meetings and events of local interest?
- Are you keen to promote Halesworth U3A to the wider community?

If the answer is 'YES' or 'MAYBE' to any or all of these questions then please contact the Website Manager via the website at:-
<https://u3asites.org.uk/halesworth/contact> or telephone Chris Gardam on 01986 872656 who will be able to explain in more detail what is involved.

The website is one of the main points of contact with members and potential members; therefore it is important that a member offers to take on this role.

You do not need to be a tech wizard (I'm not); just willing to learn how the website works.

Once you are familiar with the website it takes no more than 1-2 hours a month in total to upload the data given to you by the committee or interest group coordinators.