

* Members' Meeting – Thursday 28th April*

Please join us at our next members' meeting. It will take place at **2pm** on **Thursday 28th April** at **Minster Club**. Our speaker is:

David Burton

Deadman's Island & The Prison Hulks

David is a knowledgeable speaker on a wide range of subjects in the Kent, Medway and Swale areas. This talk will take us to the uninhabited Deadman's Island, a little known (outside of Sheppey) island just a short distance from Queenborough Harbour. David will give an illustrated talk on the history on how Deadman's Island came about and why it is out of bounds to the general public.

Non-members are welcome at a small charge of £3 and includes refreshments

*** Save the date for next month: Thursday 26th May***

MONTHLY MEMBERS MEETING

Chairman's Ramblings

Having COVID dodged for the past 2 years, I recently succumbed to the enforced sofa stupor that follows the exhausting and debilitating period of timelessness when your brain is unable to think beyond the next lateral flow test. A small route of escapism was afforded to me, however, by dreaming beyond the garden window to where the bleakness of the world did not seem so overwhelming. I had almost forgotten the joy that the new season can bring; the spring flowers, blue skies, the lighter longer evenings and some settled sunshine – a dose of bliss to settle the soul.



With bittersweet nostalgia of less gloomy days, I conjured up an image of one of my most admired actresses, Maureen Lipman (now a Dame), who I revered so many years ago. I affectionately remembered those iconic Beattie British Telecom TV adverts in the 1990's, those



no nonsense, good sense advertisements promoting the importance of talking to one another, communicating with family and friends, overcoming social barriers and above all seeing life through a prism of humour. Two adverts stand out in my mind... whilst congratulating her grandson – Anthony – who was desperately low as he had failed most of his exams Beattie was so ecstatic that he had passed an ology “if you get an ology Anthony, you're practically a scientist”. What positivity! I also particularly liked the exasperated shop owner (Richard Wilson of “one foot in the grave” notoriety), trying unsuccessfully to sell a blouse to Beattie even though he had “all the colours in all the sizes”. Sometimes things are never good enough, are they? I loved the hidden meanings! How lovely it would be to have some more actual or subliminal positive messages via the news or TV!

INTERESTS GROUPS & ACTIVITIES

KEEP BRITAIN TIDY

"Back for its seventh year, the 2022 Great British Spring Clean takes place 25 March – 10 April."

Thank you to all our members who joined the Monday Walking Group and spent an hour and a half collecting 17 bags of litter on 28th March as part of the Keep Britain Tidy Campaign.



COLLECTION FOR UKRAINE

Isle of Sheppey u3a would like to thank all members who donated items for the Ukraine Appeal. A huge number of products were collected and sent to Ukraine.

SPONSORED WALK

The Rotary Club of the Weald of Kent are running their annual North Downs Walk on **Sunday 12th June**, starting at Harrietsham Village Hall. It is a sponsored walk, which has been run annually (except in 2020 due to the pandemic) for the past 37 years and has raised more than £500,000 for Cancer Research UK and the walkers' chosen charities.

There are alternative routes to suit walkers of all levels of fitness. The 1-mile and 3-mile routes are fairly flat; the 6-mile and 9-mile routes take in the beautiful North Downs, with stunning views across the Weald. There are water stations, including dog bowls (this is a dog-friendly event) and toilets en-route.

Walkers can start at any time between 8am and 11am and should be back in time for lunch. When you get back to Harrietsham, all walkers are given a free ploughman's lunch, strawberries and cream, and entertainment by local musicians. Come and make a day of it and raise money for your favourite cause or charity at the same time.

Half of your sponsorship money will be donated by Rotary to Cancer Research UK. The other half is yours to donate to your selected cause or charity which makes it a great way of raising money for your cause, with Rotary looking after all of the details.

Let us know if you are interested in taking part.

When you register your interest in any current or proposed groups, your details will be passed onto the group facilitators who will contact you in due course. If you have any queries about a group, you have already registered for, please email us on Isleofsheppeyu3a@gmail.com



MONTHLY MEMBER'S MEETING DATES 2022

Meetings are held on the fourth Thursday of each month at 2pm until 4pm at Minster Club, (except in August & December). Free refreshments are provided.

28th April

28th July

27th October - AGM

26th May

August meeting TBA

24th November

23rd June

22nd September

December meeting TBA

MEMBERSHIP

Our membership offers great value for money so, why not bring along a friend to the next meeting. We have plenty of Isle of Sheppey u3a leaflets available for you to pass onto friends, family and neighbours so why not pick some up at our monthly members' meetings.

Non-members are welcome for a small fee of £3 so they can see if they'd like to join.

LOCAL NEWS AND EVENTS

SHEPPEY MATTERS

SHEPPEY MATTERS
INSPIRING HEALTH AND WELLBEING FOR ALL

Sheppey Matters is a registered charity working towards better health and well-being for the community on the Isle of Sheppey and is based at Sheppey Healthy Living Centre.

Established for over twenty years, Sheppey Matters provides health and well-being community services from the Sheppey



BEFRIENDING SERVICE

**ISLE
CONNECT
YOU**



ISLE CONNECT YOU

FIND OUT MORE

07402 959801

kelly@sheppematters.org.uk



BUILDING CONFIDENCE

ACCESSING SERVICES

IMPROVING
HEALTH & WELLBEING

MAKING NEW FRIENDSHIPS

LEARNING NEW SKILLS

REDUCING ISOLATION

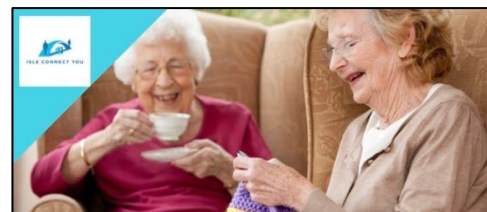


Healthy Living Centre in Sheerness, outreach locations in Eastchurch and other community venues around the Isle of Sheppey.

Their many projects cover a wide range of ages and abilities and are fully inclusive. Sheppey Matters are a dedicated, hard-working and passionate team of around twenty full and part time staff, ably assisted by over sixty volunteers along with a fully involved and community minded board of trustees. They provide year-round activities, programmes, courses, trips, general advice and assistance.

Click here to find out more on their website:

<https://www.sheppematters.org.uk/?fbclid=IwAR1nJL9RXQdz0Bhnb89GXHVKSL0TAJXpjuT2IZIt9u7yEGMPjccKX6-EGw>



We can all feel lonely every now and again. As we age, our health changes and friends and relatives move away. We experience the bereavement of a loved one and being at home on our own can be an especially difficult time. Health problems can make it hard to get out and about and to stay in touch with people, or form new friendships. As this happens it can then be difficult to tell others that you are feeling lonely.

Isle Connect. You offers a 'befriending' service where our project coordinator will arrange local meet up points, garden gates, and weekly phone calls for a chat. The arrangement is based on friendship and there is no payment involved.

Getting to know a new person who takes an interest in you and your life can improve your mood and confidence greatly and make you feel valued and part of your community again. Our team is very friendly, just waiting to support you.

PLEASE CALL US TO FIND OUT MORE

07402 959801



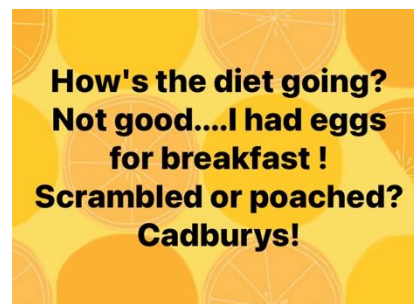
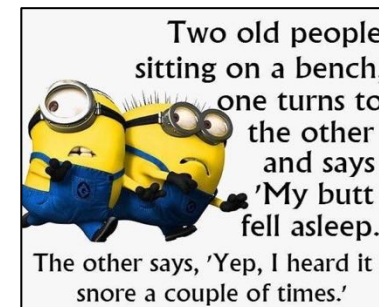
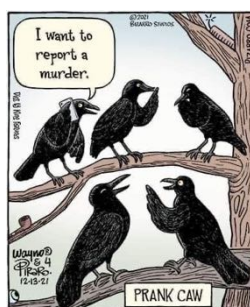
BROOK THEATRE – 'I Do' – The Final Act - 12th – 14th May

We have been informed of this community play being performed at the Brook Theatre in Chatham which includes some performers from the Isle of Sheppey.

More information can be found on the website:

<https://www.medwayticketslive.co.uk/the-brook-theatre>



KEEP SMILING**NATIONAL u3a**

As a member of Isle of Sheppey u3a you are also able to access what is available nationally. You can create an account on the National u3a website and it is highly recommended to sign up for the **national newsletter** as new content is uploaded frequently; click here for the website <https://www.u3a.org.uk/>. There are lots of different things you can read about and get involved with ranging from online events and tutorials to the National Learn Programme.

Have you signed up for the NATIONAL u3a NEWSLETTER? <https://www.u3a.org.uk/contact>
Click on the link then scroll to the bottom of the page and enter your details to subscribe.

NATIONAL INFO

Information and Contact Details

You can contact us here:
Isleofsheppeyu3a@gmail.com

Find our website here:
<https://u3asites.org.uk/isle-of-sheppey/home>

Our Facebook Page is:
<https://www.facebook.com/isleofsheppeyu3a>

Our members only Facebook Group is:
<https://www.facebook.com/groups/384159678869515>

Email us to join our WhatsApp Group:
Isleofsheppeyu3a@gmail.com

Interact with u3a members around the country on the u3a: Keeping in Touch Facebook group:
<https://www.facebook.com/groups/U3AKeepingInTouch>

u3a YouTube Channel
<https://www.youtube.com/user/TheU3a/videos>



Diversity & Inclusion Statement

Isle of Sheppey u3a recognises that everyone is different and aims to create an environment that values and treats all members fairly. We are committed to promoting equality and diversity and to ensure that u3a membership is as accessible as possible to different groups within the community.