

*** Monthly Meeting – Thursday 26th January ***

Please join us at our next members' meeting. It will take place at **2pm** on **Thursday 26th January** at **Minster Club**

WILDFLOWERS ON SHEPPEY

Victoria Golding – Kent Wildlife Trust



Join Victoria Golding, Kent Wildlife Trust 'Wild About Gardens Advisor' who will enlighten us as to how we can all encourage more wildlife into our gardens. Victoria's talk will also tell us about wildflowers found locally around the Isle of Sheppey and the Swale area and illustrated with a set of stunning photographs. Victoria has been a volunteer with KWT for many years and has worked on reserves; been a member of various committees and a KWT Trustee from 1982 till 2019 so she has a huge amount of experience.

More information about Kent Wildlife Trust can be found on their website kentwildlifetrust.org.uk There are lots of activities and events planned throughout the year, including members gardens open to visit, so it is well worth checking out.

Non-members are welcome – Come and see how we “learn, laugh and live”

Save the date for next month: Thursday 23rd February

Christoph Bull – Dickens in Kent

CHAIRMAN'S RAMBLINGS

Well, it's the start of a brand-new year, so this perhaps gives me an opportunity to reflect on the virtues of keeping fit and enjoying life to the full. Someone mentioned to me a little while ago that you should never live each day as if it's your last but as if it's your first. On reflection that is so true – why cram in as much as you can when all we need to do is enjoy everything the day brings with fresh eyes.



As this regular article of mine suggests, it has a dual purpose. Firstly, allowing me (on many occasions) to vent my frustrations of a world that seems to be trying to knock the very essence of my familiar traditions and values and secondly, to praise the one hobby “rambling” that soothes my soul, it allows me to drift off with my own thoughts, make sense of it all and immerse myself where the beauty of nature and the elements can repair an anxious mind.

Rambling is described as “roaming” or “wandering” but it doesn't have to be – it can have its own purpose or destination. Don't be a perfectionist, don't wait for the perfect conditions, don't say the day is not quite good enough – every day has something to offer. I'm sure I'm talking to the already converted but for those who may be faltering there are simple solutions to be found for walking in any weather. In the walking fraternity they always say, there is no bad weather just bad kit! Subscribing to the Country Walking Magazine motivates me to keep fit (signed up for walking 1,000 miles a year), it gives great advice on walks, gear and tempts me to trial some beautiful locations within our stunning countryside. Incidentally 2.74 miles a day is not altogether unachievable (I've done it 2 years running), as it is only about a 1 hour walk a day. If in these cold winter months, however, you are not in a position to walk frequently, please keep mind and body as active as possible.

So, let's all enjoy 2023 by encouraging ourselves to see every day with fresh eyes and abandon all the doom mongers.

INTEREST GROUPS & ACTIVITIES

PANTOMIME – ALADDIN



Aladdin performed by RATS Rainham Amateur Theatre Society; enjoyed by several of our members on Saturday afternoon 21st January was a real variety performance in every way. Dancing, singing, acrobatics, bigger than life actors filling the beautiful and intimate Oasthouse Theatre with their presence. The costumes and scenery worked its magic on the mixed audience of adults and children. A real pleasure. Long live amateur theatre!

CHRISTMAS RAFFLE



We drew our free annual Christmas raffle at our December meeting. We would like to thank Val and Brian Spoor for organising the prizes and Linda Marshall for making the gorgeous Christmas Cake. We would also like to thank member David Watson who dressed up as Santa Claus to present the prizes.



- First prize: Christmas Hamper was won by Audrey
- Second Prize: Christmas Cake was won by Glenys
- Third Prize: Bottles of wine was won by Margaret
- Fourth Prize: Box of chocolates was won by John
- Fifth Prize: Jar of Sheppey honey & twizzler was won by Lyn



Grant funded workshops are available to all our members - ALL FREE

All our grant funded events and learning opportunities are being supported by our successful local grant applications to Minster Parish Council and Swale Borough Council for improving cultural and leisure opportunities for seniors.

ART FOR FUN – 2 -4 pm - Friday 27th January 2023– Minster Club

This session, with refreshments included, available for 20 members is now fully booked. Members who are booked onto this will shortly be sent an email confirming equipment/materials required.

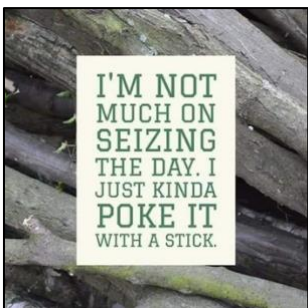
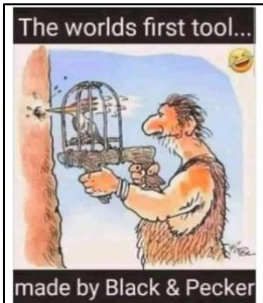
FLOWER ARRANGING DEMONSTRATION - 2 -4 pm - Tuesday 14th February 2023 – Minster Club

As this is a demonstration there is room for 40 members to attend, we currently still have places available, refreshments included, so if you are interested, please contact us to book your free place.

Please let us know if you are interested in any of the advertised events/activities:

Email us on isleofsheppeyu3a@gmail.com

KEEP SMILING



NATIONAL u3a - <https://www.u3a.org.uk/>



Have you listened to the monthly **u3a Radio podcasts** on YouTube? Click here for the full list of radio podcasts since they started in September 2020: https://www.youtube.com/playlist?list=PLsB2t41TNozHSJ4fvod_yjxrUJDzqbDD

Have you signed up for the NATIONAL u3a NEWSLETTER? Get the most up to date news from National Office and find out about learning events as they are added.

<https://www.u3a.org.uk/contact>

Membership Subscriptions

Membership is currently £20 per year and includes entry to the monthly meetings with refreshments and a national magazine 'Third Age Matters' delivered to your home, five times a year.

Our next renewal date will be 1st April 2023. Members joining from 1st November will pay a reduced fee of £5.

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

Monthly Meeting Dates 2023

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.

26 th January	27 th April	27 th July	26 th October
23 rd February	25 th May	24 th August	23 rd November
23 rd March	22 nd June	28 th September	14 th December

Information & Contact Details

You can contact us here:

Isleofsheppeyu3a@gmail.com

Find our website here:

<https://u3asites.org.uk/isle-of-sheppey/home>

Email us to join our WhatsApp Group:

Isleofsheppeyu3a@gmail.com

Our Facebook Page is:

<https://www.facebook.com/isleofsheppeyu3a>

Our members only Facebook Group is:

<https://www.facebook.com/groups/384159678869515>

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