

* Members' Meeting – Thursday 23rd June*

Please join us at our next members' meeting. It will take place at **2pm** on **Thursday 23rd June** at **Minster Club**. Our speaker is:

Melanie Gibson-Barton

History of Teddy & Other Bears

Melanie will be giving us a wide-ranging, light-hearted and entertaining talk on the history of the teddy bear to appeal to arctophiles (bear lovers)! Melanie asks that you dig out your bears and bring them along, no matter how old ragged or decrepit for a Teddy Bear get together!

DON'T FORGET TO BRING YOUR TEDDY BEAR

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

Save the date for next month: Thursday 28th July
Susan Shaw - The Road to Chelsea - about the RHS spring show



MONTHLY MEMBERS MEETING

Chairman's Ramblings

In 2019, I decided to solo walk the North Downs Way, partly in memory of my dear Dad who loved the great outdoors and his beautiful county of Kent and partly because I had long nurtured the idea of walking a long-distance path. I already walked most days, trying to keep fit whilst keeping the ageing process at bay, but hadn't predicted that a trail would be any different. But it is! Wonderfully so! The sense of a journey – an adventure; seeing distances normally covered by a car, giving praise to a landscape dotted with familiar picturesque model villages and towns viewed from the chalky escarpments and the dense woodlands threading along the North Downs ridge. Fortunately, my husband Ken, has supported me in this twilight years quest. The aim was to complete sections when time and weather allowed; Ken dropping me off at selected points and arranging to meet me at the most desirable Pub on the way (preferably one with a good selection of red wines). Before you deride us for our careless thought for safety, I always drove the car on the way home – being totally sober, of course, but high on the love of our exquisite countryside. This was due to having been sustained by several blissful hours soaking in the landscape, contentedly walking at my own pace, of stopping to soak in the view or concerning myself with why a particular hawthorn blossom was pink!



New modern mobile apps keep us safe in the knowledge that I will be OK, that there was less likelihood of me becoming lost, stolen or sent into slavery. Whilst the Covid lockdown placed a restraining order on movements, I did manage to venture out as lockdowns relaxed.

In May of this year, I calculated that I still had about 25 more miles before completion so, what better way to crack on with the Dorking and Otford Section than with 'Calamity Jane' our mobile caravan following on behind. A few days away seemed the perfect answer but, of course, blissfully unaware that I would be walking in a mini heatwave! So now I have been thwarted in my quest to finally conquer this 153-mile long-distance path, with only 13 more miles to go! Box Hill and Colley Hill were in my grasp but just a step too far.



The legs failed me and my heart sank. Thank goodness good sense prevailed; the heat had overtaken and even younger walkers were looking at me with 'that look' sympathetically given to only those of us of a certain age that follow the Carpe Diem philosophy (seize the day).

Anyway, God willing, there will always be another day.

INTERESTS GROUPS & ACTIVITIES

PLATINUM JUBILEE



The Isle of Sheppey u3a had a stall at the recent Platinum Jubilee Celebration held in Sheerness and several of our members also came along.



We had a great presentation of some of the projects our groups have created and photos of the groups in action. Many people were interested to see our display and several expressed an interest in joining.

OUTING TO BOB HOPE THEATRE ELTHAM

A dozen members went on a trip to see 'Pirates of Penzance' at the Bob Hope Theatre in Eltham. The feedback was that they had a great afternoon out.

INTEREST GROUP DISPLAYS

Here are a few photos of projects completed by members from some of the interest groups. We certainly have some talented members. These groups are for anyone who is interested no matter whether you are a complete beginner or someone with more experience and skill, everyone can learn from each other and it's a great excuse for a sociable get together.

ART GROUP



CRAFT GROUP



FLOWER ARRANGING GROUP



INTEREST GROUPS & ACTIVITIES

LOCAL NEWS AND EVENTS

SHEPPEY MATTERS

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.



Sheppey Matters are always quick to recognise community issues where they feel they are able to help. One of their latest projects is providing a Welcome Hub to support Ukrainians, their hosts and sponsors. They are asking for volunteers to help run and support the hub, so if you think you can help in anyway, please let them know.



Click here to find out more on their website:

<https://www.sheppeymatters.org.uk/?fbclid=IwAR1nJL9RXQdz0Bhnb89GXtIVKSLotAJXpjuT2IZIt9u7yEGMPjccKX6-EGw>

The ISLE OF SHEPPEY SINGERS Presents 'These We Have Loved'

It is always good to support our members who produce and create local entertainment for us, so please see attached a flyer advertising a production by **The Isle of Sheppey Singers** being directed by one of our u3a members. The concerts include numbers from - Les Mis, two of Queen's music, a Disney song and lots of other well-known music.

There are two Performances to choose from:

- Sheppey Little Theatre** **7.30pm on Saturday 25th June**
- Strode Crescent Baptist Church** **3pm on Sunday 26th June**

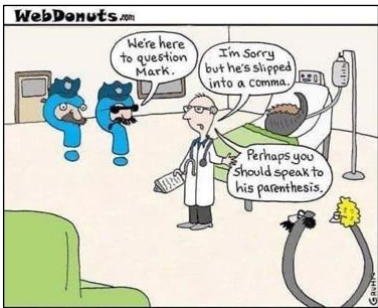


KEEP SMILING



We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!



The biggest lie I tell myself is "I don't need to write that down, I'll remember it."



When I was young I was scared of the dark. Now when I see my electric bill I am scared of the lights.

NATIONAL u3a



Have you listened to the monthly **u3a Radio podcasts** on YouTube?

They are uploaded on 17th of every month.

Click here to listen to the June edition: <https://youtu.be/qLmT3mHj95Q>

Click here for the full list of radio podcasts since they started in

September 2020: https://www.youtube.com/playlist?list=PLsB2t41TNozHSJ4fvod_yjxrUJDzqbDD

National u3a Spring Learning Programme

There is a wide range of learning programmes available on the national u3a website.

Click here to find out more: <https://www.u3a.org.uk/learning/national-programmes>

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

Membership Subscription

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 meeting. Membership is currently £20 per year November to October, join after 30th April the subscription is £10.

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

Monthly 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 July

22nd September

24th November

August meeting TBA

27th October - AGM

December meeting TBA

Information and Contact Details

You can contact us here:

Isleofsheppeyu3a@gmail.com

Email us to join our WhatsApp Group:

Isleofsheppeyu3a@gmail.com

Find our website here:

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

Interact with u3a members around the country on the u3a: Keeping in Touch Facebook group:

<https://www.facebook.com/groups/U3AKeepingInTouch>

Our Facebook Page is:

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

u3a YouTube Channel

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

Our members only Facebook Group is:

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

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