

*** Members' Meeting – Thursday 24th March***

Our members' meeting is on **Thursday 24th March** at **2pm** at **Minster Club**
Our speaker is:

Christoph Bull

Pocahontas – The Non-Disney Version

Christoph is a tour guide and speaker who has entertained many local Kent groups with his illustrated talks and walks. He is also a Municipal Mace Bearer for Gravesham Borough Council, an Official Cobham Hall House & Garden guide and historical advisor to Swanscombe & Greenhithe Town Council.

Christoph will tell the story of Pocahontas, a Native American woman, daughter of the powerful chief Powhatan. Pocahontas helped maintain peace between English colonists and Native Americans by befriending the settlers at Jamestown, Virginia USA. She later married English colonist John Rolfe and travelled to England where she died and was buried in Gravesend.

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

*** Save the date for next month: Thursday 28th April***

David Burton – Deadman's Island & The Prison Hulks

MONTHLY MEMBERS MEETING

Chairman's Ramblings

A huge thank you to all our members who have contributed so far to our appeal for toiletries to aid and help the people of Ukraine caught up in this terrible crisis. Although our main appeal is focusing on the collection of toiletries at our Members' Meeting next week on Thursday 24th March, so many of you have dropped off parcels of products to my home and we have already made one visit to a major collection point with a boot full of items.

A big thank you also to all those that have forwarded our message on to family, friends and other community groups. Your generously gifted items will not only provide much needed help and relief to many, but those that are touched by our support will, I'm sure, be comforted in the knowledge that although we are strangers, we have a common bond for compassion and empathy. How gratifying and heart-warming it has recently been to see the good in people, where aggression and intolerance has been centre stage of late.



The items we are looking for are the following: Toothbrushes, toothpaste, towels (new only), sanitary products, shampoo/conditioner, shower gel, deodorant, nappies, baby wipes, washing powder and washing up liquid. We are currently trying to find a dog and pet food humanitarian aid distributor as several of you have also said you would like to gift dried or tinned animal products. Please also bring these donations to the meeting as I'm sure, in the meantime, we will find someone offering this service. Let us pray for a peaceful resolution to this crisis.

NEW - Activities

THEATRE TRIP

Following on from the recent very successful Isle of Sheppey u3a outing to the Bob Hope Theatre in Eltham, we are offering the chance to watch a performance of Pirates of Penzance at the Theatre, this is being held between 26th – 28th May and will include travel by coach. If you are interested, please let us know as soon as possible in order that we can secure the tickets and transport.

KEEP BRITAIN TIDY

*“Back for its seventh year, the 2022 Great British Spring Clean takes place **25 March – 10 April**. This year the message is simple. Join our #BigBagChallenge and pledge to pick up as much litter as you can during the campaign. Pledge Now!”*

Several of our members have already expressed an interest in getting together to do a litter pick during the campaign. We have been in contact with Swale Borough Council who will supply us with the necessary equipment including litter pickers and rubbish sacks, during the week commencing 28th March, they will also arrange collection of the filled sacks at the designated locations. If members have any suggestions of places which they think could do with a good clean up, please let us know – dependant on numbers we may be able to multiple locations.

If you are interested in joining with us, please let us know, we will add you to the notification list once we have more information.

TREE PLANTING

We have also had several members wishing to be involved in the Tree Planting Project run by the Woodland Trust.

Ken has been in contact with Swale Borough Council who have agreed to support and assist us in identifying public places on the Island where we will be able to plant saplings once we have obtained the saplings from the Woodland Trust

We had originally hoped to get involved in the Spring 2022 planting season; however, this window has closed so we are now aiming for the next planting season in Autumn 2022. Swale Borough Council will be launching further community planting days for the next planting season on the Island and have agreed to include Isle of Sheppey u3a in the scheme.

If you are interested in joining with us, please let us know, we will add you to the notification list once we have more information.

INTEREST GROUPS & ACTIVITIES

MONTHLY MEMBERS' MEETING DATES 2022

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

Our monthly members' meetings are open for non-members to attend for a small fee of £3 so, if you know anyone who would like to find out more about what we have to offer why not bring them along to the next meeting.

28 th April	28 th July	27 th October - AGM
26 th May	August meeting TBA	24 th November
23 rd June	22 nd September	December meeting TBA

WE NEED YOU

The Isle of Sheppey u3a was launched in 2019 due to the commitment and drive by our Chair, Heather, to bring the benefits of the u3a to Sheppey and later supported by our volunteer steering committee. We are very fortunate to currently have an active committee led by our Chair, voted in at our AGM last year, however, it is important that we ensure we have enough volunteers to be able to continue to grow and thrive. As the Isle of Sheppey u3a is a charity run by our member volunteers, we can only operate and prosper with the fresh and regular input from our members. We understand that everyone has busy lives and not everyone can take on the commitment of being a committee member, however, there are many alternative opportunities for members to help and provide support.

As we move forward, it is important that we have a group of members who are willing to get more involved, take on some tasks and help us shape the future of our u3a, whether this be on a regular or occasional basis. We are particularly on the lookout for those able to help with the organisation and running of outings/events/meetings and those who can help with administrative tasks or take minutes at committee or other meetings. We would be grateful if you could let us know if you would be willing to join with us, whatever skills and experience you may have.

COMMITTEE NEWS

LOCAL NEWS AND EVENTS

We have received this message from Mid Kent Mind and have been asked to circulate this information to our members.

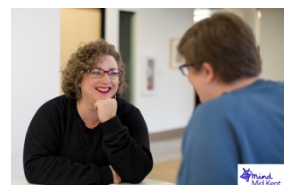


Mid Kent Mind are the local branch of Mind – a leading national mental health charity. As a local organisation, we are an independent charity funded in our own right to offer support to people living in Maidstone, Ashford, Swale and the surrounding areas.

We know that the pandemic has had a huge impact on the mental health of many. Prolonged periods of isolation have been difficult for many of us to handle, and as we proceed into the 'new normal', it is easy for many of the things which we once took for granted to feel uncertain. This can cause anxiety and other problems – and that is where Mid Kent Mind are here to help.

We offer a range of support – from a mixture of virtual and face-to-face community groups to a low-cost counselling service and also lots of different training courses to broaden your awareness about mental health. Currently, many of our services are online, utilising platforms like ZOOM, but as we approach a return to some form of normality, we are hoping to return many of our services to a blended approach which provides face-to-face support too.

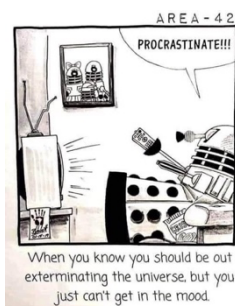
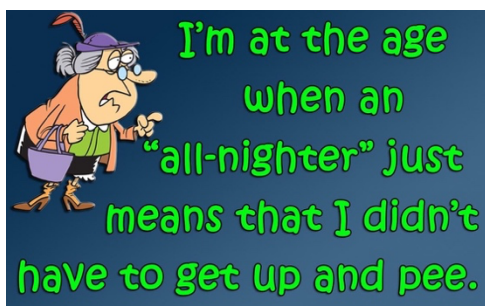
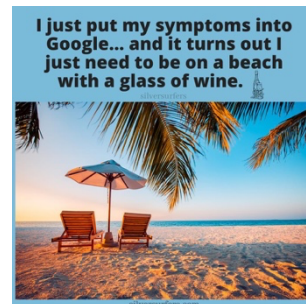
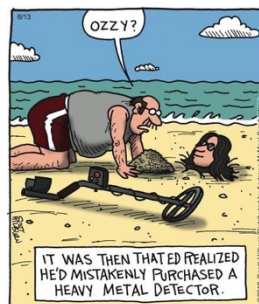
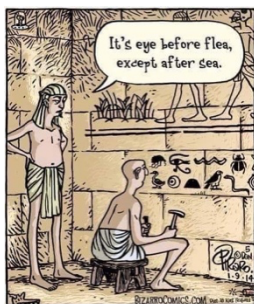
We aren't just here to support adults, either. We offer a wide range of support to young people in the local area – including a mixture of courses and one-to-one support. If you know a young person who may be struggling then please do put them in touch – we are funded to do lots of work in Swale and if there is a need for specific support, we can look to see if we can adapt to fund this.



For more details on all the support on offer from Mid Kent Mind, please visit <http://www.midkentmind.org.uk/> Alternatively, you can call our team on 01622 692383 or you can e-mail mindhelp@midkentmind.org.uk

KEEP SMILING

my sleeping pattern ain't even a pattern anymore it's a freestyle that's on shuffle



NATIONAL u3a

This month's radio podcast is out now – Click here to listen to it on YouTube: <https://youtu.be/gQDuPk8ZxR4>

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>

South-East Forum Website
<https://u3asites.org.uk/southeastu3aforum/home>

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.