

Northern Ireland : The Sunshine Province

Elizabeth Bradshaw joined the Holiday Group and has recounted her experience. Here is an abridged version of her story.

We flew from Gatwick to Belfast with a sense of freedom and expectation. We were met by Tommy, our guide, and Jimmy, the coach driver. How lucky we were to have this experienced, informative and humorous double act, both plucked out of retirement to host U3A holidays.

Antrim Castle

Our first stop was to Antrim Castle Gardens, a formal park with water gardens and in the sunshine a pipe band was playing a medley. From there we were taken to our comfortable Dundadry Hotel and Country Club.

The following day we set off for the Giant's Causeway. We were guided to the visitor's centre then we set off down hill. The fittest could get further to the highest hexagonal basalt cliffs called "the Organ".

We continued along the Antrim coast past an island that can only be reached by a rope bridge.

The following day was a visit to Londonderry. Tommy escorted us on our walk on the formidable Walls, which included a stop at the Little Church on the

walls to meet his friend and delightful custodian.

Titanic experience

On our last full day we arrived in Belfast.



At the Civic buildings we joined the open air coffee culture to strengthen

us for the Titanic experience. This is like a ship, the height of the Titanic on the very slipway from which it was launched. You are guided partly by cable car, which gives you a feel for the sounds of the riveting which could be heard in Belfast . With real time films and Hollywood interpretations, it finished with the actual enquiry into the sinking.

There are some highlights of our holiday I haven't mentioned: *Stormont*, the *Lisburn* linen experience, where I confused a manikin of a weaver with a real ginger haired Irishman, *Mount Stewart House* and gardens with its huge Stubbs and famous gardens.

Visit the [Holiday Group](#) for the full story.

Lewes Public Lectures

'Autism: its positive and negative sides'

Wed January 26th, 7.30pm
Talk by Tanja Conway-Grim

In this talk, we will look at what autism is, how it can affect people, what it means to be autistic, what the strengths are, the interesting facts around communication and how you can support the autistic people in your life.

This will be an *interactive* presentation, so please come with an open mind and be prepared to participate through the chat. There will be time for questions afterwards. If you have anything specific you have always wanted to know about autism, but were too afraid to ask, please let me know by contacting [Public Lecture Organiser](#) and I will try to include it.

Tanja Conway-Grim is an experienced and qualified trainer, educator, mentor, and coach. She works in a variety of roles within the NHS, CCG, with charities, and Genius Within. Tanja works with the police on several projects around autism and neurodiversity.

To reserve a place please go to the Eventbrite link at [Autism lecture](#)



Forthcoming Lewes Public Lectures:

'Diving the wrecks of Scapa Flow'

Wed Feb 23rd, 19.30
given by Chris Irvine.

'Understanding Climate Change and its Economic Impacts: What do we know? How do we know it?'

Wed Mar 30th 19:30
given by

Professor Emeritus Sherman Robinson.

Booking Details of both will be circulated nearer the time.

Your Committee Needs You!



You may think there is a *yawning gap* in the Committee's skill set and the way we do things. So, get in touch!

There have been necessary changes to the way Lewes u3a operates, and this is ongoing. We welcome input from anyone who can share their interest and experience to the benefit of the u3a.

If you would like to be involved in decision making and the future direction of Lewes u3a, please contact Susan Murray at Chair@lewesu3a.uk

Playford Tea Dance



Dance instructor Sandria Reese tells us of the concept and activities of this long standing Group.

John Playford, in 1651, published a popular book called "The English Dancing Master". It contained instructions and melodies for current social dances that were entertainment in private houses. Today our studies compliment and enrich the dances. Many of us learned these in school.

This group meets weekly at St Thomas' Hall in Cliffe High St. at 3.45 till 5.45 on Monday afternoons.

'Inspire interest in social life'

We think of our sessions as a "University" course that will inspire your interest in Court and Country social life from late Elizabethan times through to the Court Masques of Charles 1.

Some dances are stately and some lively, with the glorious tunes of the 17th Century on CD.

'Safely walk a few steps'

If you thought your dancing days were over, think again! As long as you can safely walk a few steps forward and backwards, turn a circle, and hold a

friend by the hand, this could be a delightful form of exercise for you.

Explore the foundations of English Country dance as we know it. Try the variations seen in early and later ways to Square a Circle or progress a Long Ways Set. It will tickle your intellect and delight your ear, as well as send your feet tripping. Find friendship, tea with biscuits and the occasional home-made cake.

'a lifetime'

Your tutor has been dancing and teaching for a lifetime and ran an Elizabethan Dance group that performed in and around Stratford-upon-Avon for many years, before she moved to Sussex in 1994.

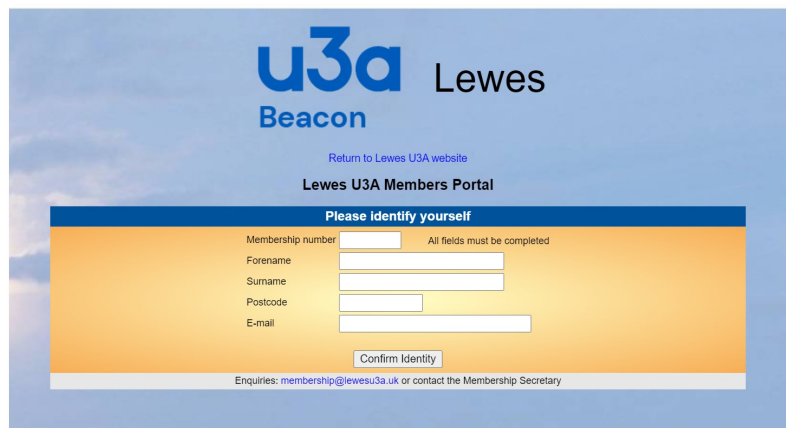


*For more information contact Sandria
07768 346386 sandria@talktalk.net*

You can now update your details yourself via Beacon!

This means that whenever we send anything to you through the post, you can be sure we have your correct details. It's surprising how easy it is to forget about the information the u3a has for you, especially if your membership is renewed automatically by Standing Order.

If you notice that you haven't received any post from u3a, it may be because you have not informed us of a change of address.



The screenshot shows the 'Lewes U3a Beacon' logo at the top left. Below it is a link 'Return to Lewes U3a website'. The main heading is 'Lewes U3a Members Portal'. A blue bar contains the text 'Please identify yourself'. Below this is a form with fields for 'Membership number', 'Forename', 'Surname', 'Postcode', and 'E-mail'. A note says 'All fields must be completed'. A 'Confirm Identity' button is at the bottom of the form. At the very bottom, it says 'Enquiries: membership@lewesu3a.uk or contact the Membership Secretary'.

How to do it

If any of your personal details change (e.g. email, phone number, mobile number or address) you can update them yourself online via the Beacon Member Portal. You will find a link to the Portal on the Membership page of our website.

You will need your membership number. Remember to use the name you used in Beacon when you joined Lewes u3a. If you do not have an email address, please telephone the Membership Secretary on 01273 447567.

THE FIRST LEWES U3A HANDBOOK IS ON ITS WAY

Very shortly you will receive through the post our first 'Handbook'.

This is a new initiative borne out of the need to rationalise our printing and distribution, but at the same time ensure our members have enough information to get the most out of their membership. We have taken the regularly repeated content of the old termly Programme and included this in a Handbook format.

'Termly' programmes will no longer be distributed in print form.

The content of the Handbook will always be a work in progress as committee decisions are made, technology evolves and outside events impact activities. The most up to date information will always be on the Lewes u3a Website.

However, all members will receive the first printed copy, and new members will receive one through the post as they join. We will not be issuing Handbooks on a regular basis.

