

## The Third Age Trust (u3a)'s Anniversary Woodland.

You may be aware that this is a significant year: we are not only celebrating the Queen's Jubilee, but the organisation's 40<sup>th</sup> anniversary. Lewes u3a was founded a few years later, in 1985.

### *Initiatives*

There have been several initiatives to mark the anniversary, many concerning positive ageing and the environment. One of them involves tree planting, with the Anniversary Woodland. Native tree saplings are being planted to form a woodland on the England/Wales border in the Brecon Beacons. The trees have been sponsored by individual u3as and the project *has already exceeded its initial target of 5,000 trees planted in just three months.*

Other u3as are planting trees in their own localities.

### *Why trees?*

One of the most discussed benefits is that trees capture and store many tonnes of carbon that would

otherwise be released into the atmosphere. While very true and important, trees have additional benefits of flood prevention, air quality improvement and the wellbeing qualities a single tree brings to the individual, as well as the aesthetic value to the community.

### *Lewes Urban Arboretum*

Two committee members, Anne (W) and Jackie met with Audrey Jarvis of the Lewes Urban Arboretum (Trees Committee of Friends of Lewes), to learn the processes of planting trees in Lewes and how we, as a u3a, could get involved if there was a desire to do so in this anniversary year.

### *Canopy cover for climate resilience*

Astonishingly, we learnt that Lewes falls well short of the tree canopy cover

recommended for climate resilience, having 11.5%, where the minimum recommendation by Forestry Research is 20%.

Audrey explained that there was a 'tree planting season' from November to February. Sites are suggested and need to be



## Anniversary Woodland cont

assessed for underground utilities. These surveys are provided by ESCC or LDC, depending on land ownership, to ensure that it is safe to dig the holes for trees. Most importantly, nearby residents need to be consulted and asked whether they would be prepared to water them during droughts.

### *Several hoops*

We had to conclude that if we wanted to plant trees in Lewes there were several hoops to jump through. However, there is another option: we could 'sponsor' a tree. That is, for a donation, have a mature street tree marked with an aluminium tag and the name of Lewes u3a.

### *Planting in gardens*

There is always the possibility of planting into privately owned land, such as gardens, and the Lewes Urban Arboretum team are happy to advise residents on the best trees to suit the size and site of the garden. It became clear that the main challenge to Lewes Urban Arboretum is finding somewhere to plant street trees or hedges. If you have a good suggestion, do let them know: [arboretum@friends-of-lewes.org.uk](mailto:arboretum@friends-of-lewes.org.uk)

**If you would like to explore local environmental issues through lectures or outings, please get in touch with [Bulletin@lewesu3a.uk](mailto:Bulletin@lewesu3a.uk)**



## Lewes Public Lectures

### Understanding climate change and its economic impacts: What do we know? How do we know it?



**Wed March 30th, 7.30pm**

**Given by**

**Professor Sherman Robinson**

As climate change becomes more apparent around the world, it is important to understand the impact on global, national, and local economies.

Analysing the links between climate and economics requires a multidisciplinary approach, drawing on both the social and physical sciences.

### *'Limited use'*

Since historical experience is of limited use—projected climate change is unprecedented—there has been growing use across disciplines of forward-looking simulation models and scenario analysis.

Sherman Robinson is a Research Fellow (emeritus) at the International Food Policy Research Institute (IFPRI) and a Nonresident Senior Fellow at the Peterson Institute for International Economics (PIIE).

Click [here](#) to book your free place, or go to our website Events tab.

With the only joining qualifications being to turn up and buy a beverage, **The Coffee Club** is thriving under the guardianship of Eileen Bull, who tells us more about it.



'The Coffee Club was established by Patti Broome about 5 years ago, meeting at the House of Friendship. We moved to the Depot, as the House of Friendship wanted to start their own coffee morning. The meetings at the Depot didn't work out well so we moved to Cote Brasserie. A number of members would stay on at Cote for lunch. One Christmas we had a lunch as a group at Cote, which was very much enjoyed.

### *Fuego Lounge*

'With the arrival of Covid, the group moved to Zoom during lockdown. Once things returned to something like normal, we went back to meeting face-to-face at Fuego Lounge, first of all sitting outside, then we moved inside, where we now are. We are exploring a return to Cote as they have recently opened from 9am.

### *Book Swap*

'The book swap has always been an integral part of the group and is much appreciated by members. Excess books go to the charity shops.

There are no costs involved, except for the purchase of a drink.

### *No commitment*

'The group is open to all and there is no commitment to coming every month, but potential members do need to contact me about a week beforehand if possible, as I send out an email about the Saturday

before reminding them of the next meeting on the following Tuesday. Also, having their names means that I can welcome them properly.

'Occasionally members email between sessions which builds up a relationship, which is useful as we are basically a social group'.



To enquire about the Coffee Club, email Eileen [here](#), or go to the Lewes u3a website under the Groups tab.

## **New or returning Groups for the Spring Programme.**

*Programme starts 1 April 2022. Check website for all available Groups, new and ongoing.*

- Ecology of the South Downs
- Globe Trotters
- Historic Guided walks: Lewes Town Centre
- History Walks by Public Transport
- Outdoor Sketching Group
- Relaxed Duplicate Bridge in the Summer
- Sussex History Walking Group 2

# Learning Opportunities with the Third Age Trust.

*If you can't find enough from the u3a Lewes' course programme, have a look at the national organisation's offerings at [www.u3a.org](http://www.u3a.org)*

## Laughter Yoga Workshops

Laughter yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama).  
Workshop by Judith Walker of Edinburgh u3a, on 2nd Wednesday every month.

Free [online](#) via Zoom



## SEE ALSO

### South East Region Spring Gathering

9.45–2.30, Thursday, April 7th

Online via Zoom

Open to all u3a members

Click [here](#) for more information, including the proposed agenda, and to register.



## The Climate Crisis—and some solutions

In her 3rd presentation Brenda Ainsley, Cotgrave & District u3a, will present some possible solutions to the climate emergency.

Wed 23rd March at 10.30

Free [online](#) via Zoom

**SAVE THE DATE!**

## Live cookery demonstration

Recipes to celebrate spring  
Chef Alex from 'Vegetarian for Life' demos his delicious spring recipes live on Zoom, especially for u3a members.



Thursday 31st March, 10.30am

Free [online](#) via Zoom

## Lewes u3a Open Day

*Weds 7th September,*

*Lewes Town Hall.*

There will be an opportunity for convenors to talk about their courses to existing and potential members, and a chance for new members to sign up in person.

More information in future Bulletins.

Enquiries, suggestions, comments:  
[Bulletin@lewesu3a.uk](mailto:Bulletin@lewesu3a.uk)