



Hi Everyone,

It looks as though our first minister, Mark Drakeford, has fired the starting gun on our race towards 'normality'. How apprehensive do you feel about stepping back into the social scene? One of our national daily newspapers devoted a whole page on 'tips on how to reconnect without abandoning our new priorities'. The feature writer then offered us 'The psychologists' guide to flourishing in a post-lockdown world'. I have to admit, with apologies to any member who may have trained as a psychologist, was, or still is practicing, that the language they use sounds like 'gobbledygook', especially when it has its origin in California! One almost needs an interpreter to understand the terminology used. Perhaps I am being a little harsh, as people in many fields of life seem to have benefitted from 'a little help from their friend' the psychologist.

Isn't it amazing what the experts know about us? Do you know that they have described the 'listless', neither up nor down state that many of us are currently experiencing as "languishing", defined as "the void between depression and happiness, an absence of well-being"? The opposite of languishing is "flourishing". This is based on the concept of living a good life! This reminds me of the old sports competition where you were shown an action shot from a football match without the ball in view, you then had to try and pinpoint where you thought the ball might be, to win the competition! So, have you been able to pinpoint where you feature between 'languishing' and 'flourishing'?

As our u3a begins to emerge from the lockdown restrictions is your approach to be one of 'languishing' or 'flourishing', to use the psychological jargon? For some of you 'lockdown' has robbed you of your confidence, so re-engaging is proving difficult. For others, 'lockdown' has proved to be an 'oasis of calm'. No longer have you to rush around trying to fit everything in, now you have built up a whole new regime, and you now say "I'm fine, thank you very much, I'm not going to get involved in anything anymore, I am happy as I am". Of course, I can understand that reaction, but we are social creatures and we do need that social interaction and loneliness is one of the major issues facing all levels in our society.

Your u3a provides an environment where you can, here we go again, 'flourish'! You can flourish by keeping active in body and mind. It has been very encouraging to see that the Walking Groups and the Boules Group have become active again, providing physical activity, social engagement also being very enjoyable. Paul Cullen hopes to recommence the Cycle Group too. We have sought to create opportunities to keep our minds active with our Zoom Lectures, Discussion Group and Book Group. On TUESDAY 8<sup>th</sup> JUNE we are hosting a Zoom Coffee Morning at 10.30 am (If you would like to participate on your iPad or computer, the ID is 356 754 4645 and Passcode is 554294. If you want to join by phone – then dial 0131 460 1196, you will be asked for the ID which is 356 754 46456 than the Passcode which is 554294).

Before 'lockdown' we did have a number of Groups functioning, some of these groups may not continue, whereas other new groups may develop, all will depend upon your willingness to

participate, and even take responsibility for a group. Any member can form a group. If you have a particular interest, share it in the Coffee Morning, and if you can find four or five others who share the same interest then just start your group.

When the u3a first started in Llanelli, members did just that; four or five members found a common interest, and they decided to meet in each other's homes once a month to share their interest. Our previous interest groups were Play Reading, A Light-hearted Look at History, Board Games, Classical Music Appreciation, Crafts, Discussion, Quiz Groups, Lecture, Sunday Lunch, Table Tennis, Theatre Group, `Scribblers and Scripts` Creative Writing, Ukulele, Welsh Conversation, Snooker, Skittles, Walking, Bowls, Boules, Coffee Morning, Garden Visits and `Out and About` Group.

Julia Evans will resume responsibility for the `Light Hearted Look at History Group`, Sue Court will run the Craft Group and David Poulton the Discussion Group. The `Scribblers and Scripts` Creative writing Group will probably resume in September led by Linda Gallagher and Julia O`Hara. Caroline Vincent is prepared to take responsibility for the `Agatha Quizties` Quiz Group if enough members show interest. Archie Richards will lead the Snooker Group which will recommence on 7<sup>th</sup> June at the Conservative Club, Cowell Street, 10.15 for 10.30am, and Rhuddwen Thomas will resume arranging the Sunday Lunches. Pamela Hurleston and Jasmine Butterfill are prepared to re-start the `Out and About` group. If you would like to start a new interest group and are prepared to run it, please let one of the Committee Members know.

I don't have to remind you that the success of your Llanelli u3a is down to YOU, to your participation in the groups, and your willingness to take responsibility in running a group. During my time as your chairman, I have been greatly encouraged by your support and that of the Committee. Each one of you has something to bring to the table. Your u3a is run from the bottom up, that is, if you bring new ideas and suggestions as to how we can recruit new members, and improve on what we do, I can assure you that you will find a hearing. In many organisations it is only the few that bear the burden of the many, but in the u3a, it is everyone sharing the load. So, please don't hesitate to come forward with your ideas and suggestion; these are the life blood of our u3a. Many of our former members are no longer with us, but they gave of their time and effort to ensure we still have a u3a today. So, let's honour their memory by stepping up to the plate and share the responsibility, to ensure that we can hand on a vibrant u3a to the next generation.

Keep well, keep safe,

John (Chairman)

*O'r diwedd, mae pethau yn dechrau dychwelyd I'r arferol, ond gadewch I ni fod yn ofalus. Er bod y feirys yma o hyd, nawr mae'r frech yn ein amddiffyn, felly mae gobaith fydd ddim eisiau mynd yn ol I'r cyfyngiadau. Pob bendith. Sandra (Trust Volunteer)*