

Northumbria Region u3a
The Messenger
Newsletter – Magazine for July 2022



Can you spot the picture in the magazine?

I don't wish to sign my name,
though I am afraid everyone will
know who the writer is:
one's style is one's signature
always.

Oscar Wilde

Chair's message for July 2022



Three months have passed, since I was elected Chair of Northumbria Regional Committee. Doesn't time fly!

I would like to say a huge thank you to Mo Brown who for the past three years has been the Chair of the Regional Committee. It wasn't straightforward for Mo as the pandemic scuppered many plans, but her resourcefulness and commitment to u3a ensured that the majority of u3as within our Region kept in touch and up to date with ongoing learning opportunities.

I would now like to give you a small resume of my u3a life. I joined Whickham and District u3a about four and a half years ago. As soon as I'd put my foot over the threshold I was asked if I would be Programme Secretary and be elected onto the Whickham and District u3a's Committee. I've done a variety of 'jobs' for Whickham and I'm still on their Committee, being Group Coordinator and editing the newsletter. I'm also the Group Leader for our history group called Past and Present.

I joined the Regional Committee a year and a half ago. Of course, the monthly Committee meetings were on Zoom and still continue to be so, as were the Regional Quarterly Meetings.

I have now attended 7 out of our 10 Regional Network Meetings, which meet via Zoom, so hopefully people can put my name to my face. It's been great seeing everybody, although I've already met quite a few members who have attended Zoom sessions over the past 2 years. Zoom has been a huge benefit for all our members, keeping in contact with everybody. New groups have also started up using Zoom, an example of this being the Regional Creative Writing Group in February 2021. This group will continue on Zoom as there are members of u3as from Alnwick to Saltburn and many in between that attend.

Now we are able to meet face to face, I'm looking forward to meeting as many of you as possible. Coming to your monthly main meetings, if I'm invited and at Regional Quarterly Meetings will be an opportunity to say 'Hello'.

If your u3a has any queries, needs help or advise about anything please contact the Regional Committee through our contact's page on the Regional website.

Cecilia Coulson

Kirkleatham Walled Garden: a blooming wonderful visit



Northumbria u3a has planned a series of anniversary events across the region, to celebrate the launch of the u3a movement forty years ago. The fourth event was a visit to Kirkleatham Walled Garden, near Redcar. Attendees had a warm welcome from Event Volunteers Louise Moore (u3a Saltburn District), Denise Partington (u3a Saltburn District) and Mo Brown (u3a Wooler).

As well as an opportunity to wander around the Garden informally everyone enjoyed a formal tour by Head Gardener Yvonne Hartnett and they were able to gather a veritable bouquet of flowers and cuttings to take home.





Kirkleatham Walled Garden is situated within the wider Kirkleatham Estate which dates back to the mid-17th century and covers over seventy-nine hectares. The Grade II listed walled garden was closed for more than thirty years and the plan to restore it to its former glory started in 2015.

The Estate includes a cluster of visitor attractions, including the Owl Centre (birds and animals) and the popular Kirkleatham Museum, which attracts over 100,000 visitors each year as well as thousands of school children through its award-winning learning programme. Event attendees were encouraged to “make a day of it” and visit both the Owl Centre and the Museum.

Kelvin Rushworth - Chair, Northumbria u3a Events Committee

Food, glorious food!

After several monthly meetings including talks and discussions about the Ukraine/Russia conflict, a member's collection of elephants, discovering the fifty-four countries in Africa, viewing great photos of Bangkok and Chang Mai in Thailand - u3a Wooler International Group members decided to sample their favourite 'international snacks and nibbles'.

From Middle Eastern falafels with Thai sweet chilli dip to chocolate-dipped French Madeleines, from Israeli Medjool dates to sour cream and chive pretzels (originated in 7th Century in Italy, not in Germany or the USA!), from cheese-flavoured Thai crackers to the best-selling Sauerkraut from Germany and much more – a wonderful time was had by all!



Before the August break, International Group members decided that their 'summer outing' should be lunch at Mavi (the Turkish Restaurant in Berwick). Everyone had different dishes but all members agreed that they could have enjoyed all of those chosen by someone else!



Kelvin Rushworth - International Group Organiser, u3a Wooler

Celebrating the Queen's Jubilee

Washington u3A joined with St Andrews Church Concord, the venue of our monthly meetings, on Friday 3rd June 2022 for our garden party celebrating the Queen's Jubilee and the 40th anniversary of the u3a.

"I "performed" as Her Majesty at the garden fete to celebrate the Queen's Jubilee and also the 40th Anniversary of the U3A. It was a glorious day, unlike the actual coronation day. As I hadn't seen some other members for over two years, they did not recognise me. (I am a fatter version of HM.) The boxed picnics were excellent and very well organised. I really enjoyed myself, but did have a headache, as my tiara was heavy. I don't know how HM manages hers as I doubt it is much lighter." Pat Gauntlett



Linda Carr - editor Washington u3a newsletter

Whickham and District u3a Jubilee Party



A montage of photographs of the Jubilee Party held at Sunnyside Club on June 1st 2022. The Committee wish to thank all members who helped at this event and to all that attended. There were so many positive comments.

Grateful thanks to all members who took these photographs.





Arthur and Cecilia Coulson – Wickham and District u3a

Regional Creative Writing Group

Regional trip to The Word

On the 16th June 2022, the Northern region Creative Writing Group (formed during the Covid-19 pandemic on Zoom) met face to face for the very first time. After a delightful, 'getting to know you', chatty lunch we all visited 'The Word' – the National Centre for the Written Word, where we were welcomed and given a guided tour of the 'Word Bank of Lost Dialects' exhibition. Although compact, the exhibition comprised artistic interpretations and background to



mining words or those associated with shipbuilding or rural work. There was a choral version of Chinese whispers using the 'Dance to your Daddy' song whereby the original song was listened to and transcribed by computer and then that transcript was transcribed by another computer, the result being wildly different from the original song! Just shows, even computers can't understand us Geordies!

Great fun was had attempting the quiz of old dialect words, although it was surprising not only how many we could identify but we still used. Others, it was pure guesswork. We were also surprised to find variations of the same word in our different areas of the North. I loved seeing the word *spelk* which I have spent 50 years telling my husband is the correct word for a splinter! Also, *skinchies* (safe, claim immunity) and *sinch* (easy, done thing) from my childhood days.

We then visited the exhibition on women and our strength using a football team analogy and had to decide whom we wished to play in which position.

Altogether, it was a very intriguing end to our first ever face to face meeting and we have all pledged to meet again, perhaps with even more new members.

Members from Newcastle, Saltburn and Whickham u3a are pictured. There are 12 members in total within the group, but not all could attend. Members come from Alnwick u3a in the north of the Region to Saltburn u3a in the south of the

Region and many other u3as in between. If you would like any more information about the group please contact Cecilia Coulson, Group Leader. Email cecu3a@gmail.com or phone 07881768301. All are welcome.

Words by Pauline Bennett, Saltburn u3a

Photograph by Cecilia Coulson, Whickham and District u3a

Editors Note – Geordie is said to be one of the most difficult dialects to understand whereas most accents are influenced by the Saxons the Geordie accent was shaped by the Angles (think Danish/German border area).

Alphabet Woes

A for arthritis

B for the bad back

C the chest pains, perhaps car-d-iac?

D is for dental decay and decline

E is for eyesight, can't read that top line

F is for fissures and fluid retention

G is for gas which I'd rather not mention

H high blood pressure – I'd rather it was lower

I for incisions with scars you can show

J is for joints, out of sockets, won't mend

K is for knees that crack when they bend

L is for libido, what happened to sex?

M is for memory, I forgot what comes next

N is neuralgia, in nerves way down low

O is for osteo, bones that don't grow!

P for prescriptions, I have quite a few, just

Give me a pill and I'll be good as new

Q is for queasy, is it fatal or flu
R is for reflux; one meal turns to two
S is for sleepless nights, counting my fears
T is for tinnitus; bells in my ears!
U is for urinary; trouble with flow
V for vertigo, that's dizzy you know
W for worry, now what's going around?
X is for x ray, and what might be found
Y for another year I'm left here behind
Z is for zest I still have – in my mind!

Sarah Davison – Newcastle u3a

u3a Walking Hadrian's Wall.

2022 is the 1900 anniversary of Hadrian's Wall, and the 40th anniversary of the u3a. To celebrate both at the same time it is proposed that u3as could walk a section of it.

This can be done during u3a week, the 3rd week of September, (Sat. 17th till Sun. 25th).



More details on walking sections of the Wall will be given out. u3a walking groups can chose any section and any day of u3a week to do a walk.

Groups to take a photo at their start and then again at their finish of their walk.

If any groups want to make a weekend of it, then there is nothing to stop them doing so.

More information can be found at <https://1900.hadrianswallcountry.co.uk/>

Slow Ways

Did you spot the mention of Slow Ways in the latest edition of Third Age Matters? See page 22. They aim to create a network of walking routes that connect all of Great Britain's towns and cities, as well as numerous villages.

It is also mentioned on Focus On... page on Northumbria u3a website so do let us know what walks you have tried. Please email regnewseditor@gmail.com

iPad User Group

Do you know your Apps from your iPadOS? What are Widgets? Do you swipe and squeeze or use any other gestures? Do you talk to your iPad...or swear at it? Is your iPad something you rely on or just an expensive toy?

Why not join the Northumbria iPad User Group and learn how your iPad can work for you and make your life easier? Learn the computing language associated with iPads and all things Apple. Join me on a journey or discovery.

The Northumbria iPad User Group will be held monthly on the first Thursday from 10:30am until 12 noon – all levels welcome. The first half of the session will be aimed at beginners and the second half at intermediate/advanced. Beginners are welcome to stay for both sessions.

The first session will be on Thursday, 1st September 2022.

To register an interest and receive the Zoom link in due course, send me a message by clicking below:

[Susan Willoughby](#)

YOUR REGIONAL COMMITTEE

NEEDS YOU

Could you spare a few hours a month?

Are you able to use Zoom?

Do you like chatting with a happy bunch of people solving and deciding on issues?

Are you able to state your opinion on u3a matters?

The Northumbria Regional Committee now has only 7 members. The Northumbria Region is a formal Network of u3as in the North East including some surrounding Regions. The members of the Northumbria Region work together to support the exchange of experience and knowledge amongst fellow member u3as in the Region.



**Any member of the u3a movement can help create a difference,
that could be you.**

If you would like to join us for a Zoom Committee meeting, to see what we discuss and to get a flavour of the areas we cover please contact Cecilia Coulson Chair email cecu3a@gmail.com

**You are
invited to a**

MEMBERSHIP SECRETARIES ZOOM NETWORK MEETING

on WEDNESDAY 21st September 1.30 – 3PM

**If you wish to participate contact Ann Carr
anncarr0424@aol.com by Friday 16th September**

**Please send in any questions or suggestions for
discussion including using Beacon for membership**

EVERYONE IS WELCOME TO JOIN IN

Best regards Ann



If I can do it, anyone can!

After over fifty years living and working in North East England, before the end of 2022, I am having to move to live permanently in Keswick, Cumbria. A few years ago, I was proud that our region was the first to appoint a u3a Public Relations Adviser. As I had been involved in the original UK-wide discussions about the role, I felt that I would give it go!

Now, all three devolved nations and almost every English region has a Public Relations Adviser. The PRA Team is one of the most friendly and supportive that I have had the pleasure of joining.



However, it was my enthusiasm for our region and for the energy within our u3as that encouraged me to take on the role. I had none of the relevant skills to “provide public relations and media advice and support for local u3as, be the conduit for exchanges between local, regional, and national media contacts, assist u3as to make links with their local media platforms, work closely with the Third Age Trust Head of Policy and Communications and Communications Team (to exchange news and stories suitable, for sharing across the media)” nor did I have “public relations/media experience or social media development experience” but I did feel that I may have “written and oral communication skills”.

I know that there are u3a members in our region with the relevant skills and experience to be our new Public Relations Adviser. So, if I can take on the role then, certainly, you or a u3a member that you know can.

Chris Winner (PRA Co-ordinator) and Sandi Rickerby (Trustee for the North East) will be trying to identify one or more successors – as the role can easily be split. In the meantime, if you would like an informal chat with me, about the Public Relations Adviser role, just get in touch. Please!

Kelvin Rushworth (kelvinregnat@outlook.com)



S.E. Northumberland Chairs' and Business Secretaries' Network

Looking for new ideas?  Need to recruit? Worried about a situation?



Then come along to a S.E. Northumberland Chairs' and Business Secretaries' Network (peer support group) meeting when members share good practice and help solve problems.

Come along and ask your question/s or tell us how you achieved successes with initiatives, recruitment and retention, social media or other strategies you have used.

Like to find out about u3a week activities which your u3a might do? Then come to a meeting.

We are always ready to listen to you.



The next meeting is in September 2022. Date tba

Contact Catherine Stevenson newcastleu3a@hotmail.com

Northumbria Region u3a Treasurers' Network

This informal network (peer support group) is a great support to treasurers and in their role as trustees.

There is always lots of information to share and queries to answer by treasurers who have a great deal of knowledge and expertise.

Whether you are new to the role, thinking about being a treasurer or have been in the role for some time, come along to a meeting. You'll be made very welcome.

Next meeting is in September 2022, Date tba

Contact Catherine Stevenson – newcastleu3a@hotmail.com

Editor's Note – The picture on the cover is part of the **Food, glorious food** article.

Regional Committee April 2022 - 2023	
Chair	Cecilia COULSON, Whickham and District
Vice Chairman	Vacant
Business and Minute Secretary	Mary BARLOW, Sunderland
Treasurer	Mike WALLACE, Newcastle
Member	Ann CARR, Bishop Auckland
Member	Malcom WILKINSON, Seaham Harbour
Member	Peter BARNETT, Wessington
Co-opted Member	Mary DUNNING, Whitley Bay
Trustee for the North East	Sandi RICKERBY, Morpeth

Members of the committee can be contacted by email through the website:

<https://u3asites.org.uk/northumbria>

Distribution

Messenger is distributed electronically. Chairs and Business Secretaries of u3as receive a copy as an email attachment. They are asked to distribute this to their members.

If you would like to receive a copy directly from the region, please contact us through the website Messenger page:

<https://u3asites.org.uk/northumbria/page/107889>

From the Editor

May I thank everyone who has taken the time to provided articles and assistance for this edition of The Messenger. I do hope that you have enjoyed reading this issue and that it has given you inspiration for the future. Please forward your articles to regnewseditor@gmail.com May I please have all contributions for the next edition in by Friday 8th October 2022. Thank you.