

Northumbria Region u3a
The Messenger
Newsletter – Magazine for April 2024



Trincomalee, Hartlepool

You know who the critics
are? The men who have failed
in literature and art.

Benjamin Disraeli

Northumbria Region online magazine

The Messenger.



Before COVID, Messenger was a hard copy magazine. It is now online via Northumbria's website. This link takes you straight to the Messenger.

[u3a: Northumbria Region U3A: Messenger
\(u3asites.org.uk\)](http://u3a: Northumbria Region U3A: Messenger (u3asites.org.uk))

The original concept of Messenger was to act as Northumbria's Regional Newsletter. Each u3a was encouraged to contribute articles about their u3a, e.g., where has the walking group been, has there been a history group outing, a cake making competition, does the art group show their paintings? The photography group can send in some photos.

The Messenger now only has about 20 pages. It used to have 40 pages full of interesting articles.

- ❖ **Could every u3a please contribute one item to the Messenger?**
- ❖ **Could every u3a please send the above link out to all their members?**
- ❖ **If you want the magazine sent directly to your inbox please go to the above web link and directions are available for this facility.**

Use it or lose it.

If you have any articles please send them to Mary Barlow, Editor of the Messenger regnewseditor@gmail.com

Chair's Report

It's the start of Spring, flowers and buds slowly appearing after the wet and cold winter and boy, has it been wet!!

Soon many u3as will be organising outdoor events and coach trips far and wide.

If your u3a is organising an event, please think about writing a few words about the event to be added to the online magazine, the Messenger, and to put this information on the Northumbria Region's Facebook Page.

The Messenger originally was in print, but during COVID was transferred online. The Messenger's original aim was to enable all members to read about what other u3as are doing e.g., joint ventures, activities within and outside of the Region. This aim still exists. The Editor of the Messenger would love every u3a to submit at least one article, so the Messenger thrives, otherwise if you don't use it, you lose it.

Please contact Mary Barlow, details on the Region's website.

Liz Thackary, Chair of the Third Age Trust, is visiting the Northumbria Region early in April 2024. The itinerary for her visit has now been prepared and all u3as she is visiting have been informed. Her visits to u3as will cover the whole of the Region, allowing her to meet as many u3a members as possible, but also showing her our beautiful scenery from countryside to coast.

I am still working my way round the Region and visiting u3as, some at their main meetings, but also Committee Meetings. There are 48 u3as in the Region. At the beginning of the year, I visited Tynedale u3a who meet in the Grand Hall of Hexham Abbey. Wow, what a building! Jean Cubbin, Regional Trustee, joined me on this visit. Over the past few weeks I have been to Caer Urfa u3a, who put on a fantastic display of their artwork and crafts. The choir sang an uplifting rendition of, 'You Raise Me Up'. Jean Cubbin also joined me on this visit. We both agreed it was an enjoyable morning. I met the newly elected Darlington u3a Committee Members recently who are very enthusiastic in embracing all that Region can provide. Next week I'm meeting members from Seaham and District u3a ... I might even have time for a walk on the beach, if the weather behaves itself.

If your u3a would like me to visit them, please contact me and I'll put a date in my diary.

The next Regional Quarterly Meeting will be the Northumbria Region u3a AGM. It is being held at North Biddick Social Club, Washington on 30th April 2024. Registration details are on the Region's website. This meeting will be the last full day event to be organised. It has been decided by the Regional Committee that since numbers attending the Regional Quarterly Meetings are diminishing a new format has to be tried to encourage members to attend. Therefore, the July Regional Quarterly Meeting will only be a half-day morning meeting with lunch provided, so members during lunch can network with other u3as.

Please encourage members to attend the Regional Quarterly Meetings. It is not restricted to Committee Members; ALL members are welcome.

Northumbria Region's three-year plan 2023 -2026 is an ongoing document. The Regional Committee look at this document every month to ascertain if we, as a Committee, are upholding our aims. One aim is to encourage u3as to send at least ONE member to the Regional Quarterly Meeting to represent their u3a. Anybody willing to attend please do so.

The Third Age Trust's Fit for the Future presentations conducted either face to face or via YouTube are ending at the end of April. It will be your last chance to send any comments or ask questions via the National Office about the future Governance of the u3a movement. If you would like further information or wish to contact the National Office please click on this link [u3a - Fit for the Future](#)

The Regional Events Team meeting once every six weeks or so, depends on the team's commitments. The Team's aim is to organise a Regional event every month. We are succeeding. Why do we organise events? So that members from u3as from around the Region can meet other u3a members, to learn something, but the most important thing is to have a laugh. Anyone who would like to join this team would be welcomed with open arms. At the moment there are seven on the team, but the more members we have the more events we can organise. Any member will be welcome. Please contact Cecilia Coulson cecu3a@gmail.com

Until the next time.

Cecilia Coulson, Chair Northumbria Region u3a

24/3/2024

A Visit to Beamish Museum

by the Past n Present Group of Whickham and District u3a.

The Group's project for the early months of 2024 is 'Remembering the 1950s'. Beamish Museum is in the final months of developing a 1950s section with council houses, police houses, welfare hall, bowling green and pavilion, hairdresser and sweet shop already built. The cinema is near completion along with electrical workshops.

Hannah Lewis, a member of Beamish's Learning Department gave a walk 'n talk tour of the 1950s section which expanded our knowledge.



Do any of these pictures bring back memories? They certainly did for Whickham and District members. In the lounge the TV is the size of some iPads you can now buy ... progress!



The group are looking at certain aspects of the 1950s. Members work in pairs e.g., one pair is looking at the NHS, as they were nurses. One pair is looking at Education, as they were teachers. The 1950 memories of some Whickham and District u3a members are being recorded. Other aspects being looked at are agriculture, transport, and engineering.



After summer the pairs will pull all the research together and develop a PowerPoint presentation and create an exhibition. This will be presented at one of the main meetings, so that all Whickham and District u3a members can share in the memories.

Photos and script by Cecilia Coulson.
Past 'n Present lead.



u3a learn,
laugh,
live

Northumbria Region u3a

Real Ale Network

Cecilia Coulson, Northumbria u3a Chair, visited the Real Ale Network

in February 2024 at the Alum Ale House, South Shields. The Network has u3a members from a variety of u3as throughout the Region, such as Newcastle, Prudhoe, South Tyneside, Whickham and many more.

There is a wealth of information on the Regional website which gives updates as to pubs to be visited.

Link for Regional website is

<https://u3asites.org.uk/northumbria/page/39332>

If you would like any further information please contact Nigel Collins:

npcollins2@icloud.com

SEDGEFIELD AND DISTRICT

GOOD NEWS!



We were delighted to hear recently that we had been successful in our bid to DCC's Action Area Partnership for funding to aid our project on **Fighting Loneliness through U3A Activities**.

Over the last five years or so we have had to severely curtail journeys outside the immediate area because of excessive transport charges and this funding will be used to reduce those costs for several of our Interest Groups. It means that our Lunch Club will be now able to visit venues well outside the village, our Theatre Group will be able to take further advantage of the many Theatres, Cinemas and Concert Halls across our region, the Science, Industry and Technology Group will be able to take advantage once again of the varied sites and settings in the North East and our trips to beautiful gardens and great houses can occur more regularly. As the warmer, brighter weather arrives we also hope to organise a couple of trips even further afield to which members will be invited to 'bring a friend'.

Our Monthly Meetings in the Parish Hall on the first Friday afternoon of each month is always very well attended with 50 - 60 retirees listening to one of our interesting speakers, enjoying a coffee and chat and catching up with the latest Interest Group information. A small proportion of our grant will be used to purchase a new projector to add to the Audio-Visual equipment used to enhance the talks and which is available to any of the Groups to use during their own regular meetings.

If you are retired and feeling lonely and bored at home, we invite you to come along to any of our meetings, chat to us and find out about our organisation and then take advantage of any, or all, of the opportunities detailed above. There's lots more information and contact details on our comprehensive website; do have a look at that. We look forward to meeting you and to welcoming you then.



Better for everyone

NORTH REGIONAL QUIZ



Sunnyside Club was the venue for our second regional quiz day. The room was packed with eager competitors from all over the u3a regions.

As each team scanned the question sheets there was much discussion and debate. Subjects ranged from pictures of landmarks in major cities to famous bridges and questions on music and a list of acronyms all very familiar but fiendishly difficult to remember.

Quills were sharpened for the general knowledge questions and some of the answers we came up with gave us a good laugh. This event is all about having a good time and making new friends.

It's also about cake. Lots of it. I briefly wondered if we were going to have to reinforce the tables such was the amount of gorgeous home-made cake and scones.

This day was a great example of what u3a stands for, living, laughing and learning.

The winning team was from Newcastle u3a with a team from Whitley Bay u3a coming in a very close second.

Caroline - Whickham & District u3a



Northumbria Region u3a visit to Hartlepool Maritime Museum



I was one of a party of over 40 u3a members from different parts of the region who attended the Regional Event on 15th March at Hartlepool Maritime Museum.



We enjoyed demonstrations of rope making, explanations of life in the Royal Navy and many static exhibits showing life in the naval port in the early 1800s.

The highlight of the visit was of course a guided tour of HMS Trincomalee when life at sea for sailors was explained. HMS Trincomalee was

surprisingly never involved in any naval battles and was used in later life as a training vessel. The ship was built in India and constructed at a cost of £23,000 using teak rather than oak usually used for naval ships at that time.





She was launched in 1817 and immediately placed in reserve until 1845. The ship then had a varied life in North America and West Indies, before moving in 1862 to West Hartlepool, then the third largest port in Britain, to become an independent drill ship. Despite being sold for scrap in 1897 she was saved by entrepreneur, Geoffrey Wheatley Cobb, restored and renamed Fourdroyant in honour of his previous ship which had been wrecked.

Her life for the next ninety years included being used as an accommodation ship, a training ship and a holiday ship based in Falmouth and Milford Haven. She remained in service until 1986 and then was restored and renamed with the original name Trincomalee. She is the oldest British warship still afloat as HMS Victory, although 52 years older, is in dry dock.

Thanks to the Northumbria Region u3a events team for an interesting and informative event.

Arthur Coulson - Whickham and District u3a

Working towards a u3a Modern Greek Language Group



Tynedale is keen on setting up a Modern Greek group but has too few numbers alone. To make progress we'll need to work with neighbouring groups or to reach out further across the region.

Before deciding what form the group should take and exactly how to proceed, the convenor would first love to hear from members anywhere in the Region to whom the idea appeals; and from any native Greek speaker who could contribute.

Contact Dr Gavin Thoms, 07798 640456

Loud and Proud



Although I have lived in Keswick permanently, for almost two years, I do keep in touch with u3a in North East England through my continuing membership of u3a Wooler, the regional website, attending quarterly regional meetings and - of course - The Messenger!

It is great that more and more u3as in the region are creating public Facebook pages, one of the surefire ways of reaching younger generations. Newspaper and local magazine coverage, when appropriate, continues to be important in some areas as does the circulation/display of Monthly Meeting posters.

I lived and worked in the North East for over fifty years! My older son worked for The Journal as Chief Sportswriter and Assistant Sports Editor. Even now, I subscribe to The Journal and collect my copy, every morning, from my Keswick newsagent. The quantity of local news stories is really disappointing.

There is no doubt that print newspapers are on the decline. Currently, a copy of The Journal costs £2.10 (even more on Saturdays!) and it has very few pages, around half of which are nothing to do with North East England, but common to most of the Reach titles around the UK.

I am thrilled that Brian Aitken, former Editor of The Journal, is to be the Guest Speaker at the u3a Northumbria AGM in late April. Whilst at The Journal, Brian built up one of the most extensive and powerful business networks in the North East and initiated multiple successful campaigns and projects that contributed to, and celebrated the success of the region.

What is even more exciting is that, in the last few months, Brian and a team of experienced regional journalists launched The QT, a new online 'Voice for the North East' which tells readers to "be prepared to be amazed, inspired, informed and engaged by stories about the wonderful people and places of the region, as told by our team of quality storytellers".

I have subscribed to The QT from the very first edition, as the stories cover the whole of the North East from South of the Tees to the North of Northumberland. Every edition has a 'click here' link asking readers "Got a story? Is there

something you think we should know or investigate?" Fingers crossed that The QT will publish an exclusive interview with the u3a UK Chair Liz Thackray when she visits North East England in early April.

Kelvin Rushworth

u3a Wooler and former Public Relations Adviser, North East England

Northumbria Region u3a Tours of 'Turner: Art, Industry and Heritage'

Our Northumbria Region u3a tours of the Turner exhibition have been fully booked. We are currently arranging additional tour dates to accommodate all interested members. Stay tuned for more information on upcoming tour opportunities! There will be information on the NR u3a website, Facebook page and Beacon. Thank you for your interest and keenness to see this unique exhibition.

Catherine Stevenson

Northumbria Region u3a Art Appreciation Network

The Art Appreciation Network is a vibrant group dedicated to celebrating and promoting the arts in all its forms.

Our upcoming meeting is an exciting opportunity to come together to discuss art news and exhibitions, current trends in the arts, share inspiring projects and collaborate on initiatives that will further enhance the arts landscape in the Art Appreciation groups of local u3as

Come along to explore new ideas and connect with fellow arts enthusiasts. Whether it's discussing upcoming events, sharing success stories, or brainstorming innovative ways to support the arts, there will be no shortage of stimulating conversations and inspiring collaborations!

Members also participate by giving talks on a vast array of art topics.

Next meeting: Wednesday 1st May 2024 at 10.30-12.00 using Zoom Contact: Catherine Stevenson email address intoto444@hotmail.com

Thoughts from Home and Abroad

While in Morocco I watched four goats climbing a tree to eat Argon nuts for which they have an insatiable appetite. When the undigested stones pass through their body the stones are collected for use in the manufacture of perfume.

Also in Morocco, I saw a man driving a motor scooter, with his wife sitting in front on the petrol tank holding a baby, 2 boys clinging on behind him. None of them wearing crash helmets. Men sat round tables in the villages drinking tea, while the women worked in the fields tending the crops.

I have come across many rare wild orchids, such as the Violet Birds Nest Orchid which is saprophytic, obtaining food from the remains of dead animals, and Bee Orchids which grow in Marsden Quarry and elsewhere locally, which resemble bees and entice bees to try and mate with them thus achieving pollination. The cliffs at Whitburn are alive with Common Spotted Orchids, while early Purple Orchid growing in Hawthorn Dene smells of tom cat's pee. Nature must have had some reason for this to evolve! Stink Horn toadstool, *Phallus impudicus*, smells like rotten flesh and attracts flies which lay their eggs and maggots develop, and is best given a wide berth.

Butterflies (Painted Ladies) arrive in their hundreds on Whitburn cliffs, blown ashore during migration from Africa. Monarch Butterflies blown across the Atlantic from America during migration have formed a breeding colony in Spain. Large Blue Butterflies, declared probably extinct in Britain in 1979, but now reintroduced are increasing in Devon. This species has a symbiotic relationship with a species of ant which is mutually beneficial. Peacock Butterflies festooning a thistle plant, shines like a beacon in the ultraviolet region of the spectrum.

Fossils in Morocco, mainly Trilobites and Bryophytes, on sale at many roadside pull-ins, are very good specimens. They are probably common because of geological activity in the past but a nice little earner for the locals.

While in Estonia, we had a guided tour of Tallin, the headquarters of the Hanseatic League, a trading union first formed in the 12th-century and lasting nearly 500 years. I wonder if the European Union will last half as long!

Colin Freeman – South Tyneside u3a

**Northumbria Region u3a Events Team in
conjunction with the Archaeology Department, Durham
University**

Date: Monday 8th July 2024.

Venue: Department of Archaeology,
Durham University, Dawson Building, South Road,
Durham, DH1 3LE

Time: 09.30 – 14.00 **Cost:** £5



**A workshop led by a
university lecturer,
including talks about the archaeological
digs at Lindisfarne and Yeavering, object
handling and learning about
bioarchaeology.**



Places limited to 28 members – first come, first served.

**To register: please email Cecilia Coulson cecu3a@gmail.com
confirmation of place will be asap, but confirmed programme will
be issued approximately 7 days prior to event.**

**Please pay £5 by BACS to
University of the Third Age, Northumbria Region u3a.
Sort code: 20- 83- 69
Account No: 90916382
Reference: Durham**

With grateful thanks to Dr. Sophie Laidler,
Community Archaeology and Impact Officer,
Durham University



Northumbria Regional Events Team

Talk and Tour of The Little Theatre, Gateshead.

1-4, Saltwell View, Gateshead, NE8 4JS

(opposite Saltwell Park, Gateshead)

Date: Tuesday May 14th 2024

Time: Registration and Refreshments 1pm

Tour and talk: 1.30pm -3.30pm

Cost £3 per member (Inc.Tea/Coffee)

Please note ... as the building is over 80 years old, on the tour there are stairs to navigate. There's no lift.

Please contact Cecilia Coulson cecu3a@gmail.com or ring 07881768301 before May 7th to register.



Northumbria Region u3a Creative Writers



Short Story Competition

You don't have to be a member of a creative writing group to enter. All u3a members of Northumbria Region are welcome to submit a short story, of no more than 1,500 words,

on the theme of 'The Weather'.

**Your entry must be received by 12 noon on
Monday 3rd June 2024.**

The competition is free to enter.

Rules and regulations can be found on the Regional website or by contacting Cecilia Coulson, lead of the Northumbria Region u3a Creative Writers email

cecu3a@gmail.com

Rules for the short story competition.

The story.

1. It must be in English.
2. It can be fictional or non-fictional.
3. It must not have been published before or submitted to another competition.
4. It must be a maximum of 1,500 words or less (including the title) There is no minimum number of words. Any script over 1,500 words will not be read by the judges.
5. Your submission must be on the theme of **THE WEATHER**.
6. Give your story a title which will avoid confusion with other entries.
7. Poems or other formats will not be considered.

Presenting your story.

1. The story must be clearly typed, using Arial font, size 12.
2. The story must be sent as an attachment and not in the main body of the email.
3. You must complete your personal details in the main body of the email. Your name, your u3a you attend and your email address must be clearly visible. **Your personal details will be anonymous to the judges.**
4. Your name, u3a or any local identifier MUST NOT appear in your story.

Eligibility and Submission.

1. The competition is open to all Northumbria Region u3a members.
2. Entry is free but limited to one story per person.
3. **Entries must be received by 12 noon on Monday 3rd June 2024.**

You can send your entry in as soon as it is ready. Please ensure you submit your entry in good time and preferably not on the last day.

4. You must submit your entry as an attachment via email to Cecilia Coulson cecu3a@gmail.com
5. Postal entries cannot be accepted.

Judging and the prizes.

1. All entries will be judged by one of 3 judges.
2. The winner will receive a book token to the value of £30 and an engraved glass plaque. The two highly commended will receive an engraved glass plaque.
3. The winner and two highly commended will be invited to a Regional Quarterly Meeting to be presented with their prizes.

5. The winner and two highly commended will be eligible to have their stories published in the next Northumbria Region u3a Creative Writer's anthology.

6. The winner and two highly commended will be eligible to have their stories published on the Region's website and in the Region's online magazine called The Messenger and if possible, a photograph.

A short synopsis of the competition will be put onto the Region's Facebook page.

7. The winner and two highly commended will be contacted by email re the decisions at the beginning of August. **The judges' decision will be final.**

A short synopsis about each judge. The judges are all members of Northumbria Region u3a Creative Writers Group.

Susan Willis has been writing for fifteen years and has nine novels and five novellas on Amazon. She started writing foodie romance, progressed to psychological thrillers, and is now writing cosy crime novels. All her books are set in the North East with strong, lovable characters. Susan also writes short stories for Woman's Weekly magazine, having had five published in the last three years. She is well-placed to judge the ins and outs of writing short stories which capture a reader's imagination within the narrow focus of a word count and an effective ending.



Edward Cartner qualified as a teacher of English and Physical Education at Bede College, Durham University and Carnegie College, Leeds, but then served nearly 30 years in the Royal Air Force. He has published eight books in the genres of memoir, anecdotal humour, history and short story. A maritime library in London has published over 90 of Edward's book reviews, and he has led creative writing sessions for the u3a and Northumberland Recovery College. He lives in Alnwick, Northumberland with his wife. They have two married daughters.

Shirley Fall has been an active creative writer for the last five years. She has written poetry for over fifty years, some of which has been published, but mostly she writes for herself and the memories, images or emotions that a poem or short story evokes when read long after it was written. Shirley enjoys encouraging others in their writing and has led a number of writing sessions for both children and adults.



Northumbria Region u3a
CELEBRATION OF MUSIC

Venue: Sunnyside Club, Sunnyside Rd, NE16

5NA Concert Room with stage

Date: Thursday June 6th 2024

Please come along and support your fellow u3a members who will entertain us with a day of music.

Entrance fee: £5

Time: 3pm-5pm Music
5pm-6pm Interval (Optional Buffet)
6pm-9pm Music



Please contact Bob Pullen of Prudhoe u3a for more details on robertgpullen@gmail.com



PROGRAMME

6TH JUNE

3.00PM

Gerald Cumming	Guitar	Neil Young etc	Bishop Auckland u3a
Frank Young	Guitar	Original Geordie Songs	Derwentside u3a
Ukelele Band	Ukelele	Popular Tunes	Newcastle u3a
Joyce Mckay	Recorder	Popular Tunes	Northallerton u3a
Roger Newman	Oboe	Classical Pieces	Prudhoe u3a
Judith Rousseau	Piano	Romantic Blues	Cestria u3a
Colin Ibbertson	Guitar	The Shadows Songs	Chester-le-Street u3a
'Three Clefs' Band	(Folk Rock from 1970s, Lindisfarne etc)		Northallerton u3a

5.00PM

BUFFET

6.00PM

'Third Age Rocks' Band	(Hits from 1960s onwards, Beatles etc)	Bishop Auckland u3a
Frank Young & 'The Whistle Testers' Band	(1960s Harmony Songs)	Derwentside u3a
Roger Newman & Whittonstall Wind Band	(Popular Tunes)	Prudhoe u3a
'CSAW' Band	(Country Rock, Eagles etc)	Chester-le-street u3a
Bob Pullen & 'The Racket' Band	(Classic Rock, Free etc)	Prudhoe u3a

9.00PM

END

CELEBRATION OF MUSIC

We are planning a Celebration of Music for all u3a members in the Northumbria Region u3a. It will be in the concert room in Sunnyside Club, Sunnyside Road, NE16 5NA on Thursday June 6th 2024, which is close to the Metro Centre in Gateshead, see below:

<https://www.google.co.uk/maps/place/Sunnyside+Social+Club/@54.9261107,-1.7064458,13z/data=!4m6!3m5!1s0x487e7835af07f715:0x240ec9c79bec7f33!8m2!3d54.9261107!4d-1.6755468!16s%2F1hc1jfrnd?entry=ttu>

This is a fabulous room with a stage and the club has good car parking. We are hoping the event will attract many members from our region who will attend as either a performer or spectator. Many u3a members have agreed to perform, so please come along as a spectator and support your fellow u3a musicians. The day is planned to have three parts:

Part 1: Starts at 3pm to 5pm and during this period individual/solo members will contribute by singing a song or playing a tune on guitar, violin, flute or piano etc.

Part 2: Buffet, 5pm to 6pm. During this hour a buffet will be available for those who have paid for it at £7. (See below for details of how to pay).

Part 3: This will be from 6pm to 9pm. During this time there will be performances from u3a bands that have a little more performance experience.

Individual performers have to be members of a u3a, but bands can also perform provided they have at least one member who is member of a u3a. The day is aimed to be fun and nothing too serious! As a spectator you will be asked to pay an entrance fee of £5 for the day plus an additional £7 if you wish to have the buffet. There is a maximum room capacity, so we have to say 'first come, first served'. So please come along and pay your fees asap.

Please send your £5 entrance fee to the account below by bank transfer. Please send £12 to the same account, if you wish to also buy the buffet:

Bank: Barclays

Account name: University of the Third Age, Northumbria Region u3a

Sort code: 20-83-69

Account number: 90916382

If you have any questions about the day, please email Bob Pullen of Prudhoe u3a at robertgpullen@gmail.com

Last but not least a late item.

Princess Diana Photography Exhibition

from her official photographers opening in London this summer

Taking place at St Katharine Docks, at the Dockside Vaults, near Tower Bridge, the exhibition is a walk-through visual journey of Diana's most iconic photos with behind-the-scenes stories from her official photographers.

It opens on 25th May, running until 2nd September 2024. All the information is on the website, including booking tickets, at <https://www.princessdianaexhibit.com/london>

Regional Committee April 2023 - 2024	
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
Member	Tedd WATT, Seaham
Member	Vacant
Trustee for the North East	Jean CUBBIN, Whitley Bay

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 by Friday 21st June 2024. Thank you.