

Update March 2024

Welcome from our Vice Chairs

Volunteering

The u3a organisation runs on two important principles - mutual aid and self-help - and has gone from strength to strength because of its volunteers. Preston Park u3a provides its learning and activities through the efforts of our volunteers, but we always need more help. If you want to get involved but do not quite know how, please contact a Vice Chair and we will always find something for you to help with. Currently we are looking for volunteers for the following roles:

Committee members – we have a strong committee but always welcome new members for fresh ideas and to share the workload.

Group Leaders – we have around 60 thriving groups, but there is always demand for new groups and people to lead them.

Speaker Secretary - to liaise with speakers for monthly meetings.

Email chairppu3a@gmail.com or phone Philip Haughey on 01273 557058 or John Colman on 01273 556977 to find out more.

South East u3a Forum Summer School 2nd – 5th September

The South East u3a Forum's Summer School will take place from Monday 2nd to Thursday 5th September 2024 at Chichester University. Details of the wide range of courses on offer will be available from mid-March and booking commences in April. See <https://u3asites.org.uk/southeastu3aforum/events>.

Brandenburg Choral Festival of London ticket discount

u3a members can get discounted tickets for Brandenburg choral concerts in London churches during March and April at <http://www.ticketsource.co.uk/brandenburg>. Select 'Unreserved - free with code' tickets using discount code BETTY100 (if not sold

out) or 'Unreserved - 50% with code' tickets using code BETTY50. Good luck – discounted tickets are limited!

The Big Plastic Count

U3a members are being asked to take part in [The Big Plastic Count](#), the UK's largest investigation into household plastic waste. The goal of Everyday Plastic and Greenpeace is to highlight the urgency and scale of the plastic problem and empower individuals to play a part in solving the plastic crisis.

If you'd like to take part, register at thebigplasticcount.com/U3A, then count your plastic waste for one week (from 11-17 March) and submit your results online. You will get your personal household plastic footprint and help reveal how much plastic we are throwing away as a nation. The aim is to use the results to convince UK ministers to lead the way at [global talks that could finally phase out plastic pollution for good](#).

What's on in March

Pub Quiz – Tuesday 5th March at 2.30pm

Our next quiz is on Tuesday March 5th at the Ladies Mile pub hall, 2 Mackie Avenue, Patcham. It starts at 2.30pm and everyone is welcome. If you don't know anyone, we'll soon find you a team. Read about the quiz's fun 10th year celebrations below, under News from our Groups.

Monthly Meeting – Thursday 7th March at 2.15pm



PROCRASTINATION

Harry Venning, Cartoonist will be making a return visit, this time to escort us through the peaks and pitfalls of his profession. He'll be drawing upon insights and images from the 15th century to the present day, and marshalling contributions from such luminaries as Matt Groening, Dr Seuss, Charles M.Schulz and Gary Larson.

The meeting is in Knoyle Hall, Knoyle Road. Doors open 1.45pm.

As in his previous talk, Harry will be drawing live with an A1 flipchart, with images projected up onto the screen for all to see.

Please bring £1.50 cash to help cover the cost of the hall, speaker and refreshments and also your yellow 2024 membership card.

Caroline Beebe will be selling Easter chicks, gift bags and cards.

News from our groups

Pub Quiz 10 year birthday celebration

Group Leader, Roger Luther writes:

"Ten years ago, on a u3a Strollers outing, Liz Carrick and I decided to try a quiz at Preston Park u3a. Our first was at the Park View pub, on Feb 6th 2014, where we returned every month for six years. After covid we migrated to the roomier Ladies Mile pub.



On 6th February 2024, 36 members attended and it was a nail-biter: Joy's team, "Where's Nigel?", got 81, just pipping Cathy's "Quizlings" on 80.5! Many thanks to Peter, Christine, Elaine and Fiona for an ample supply of cake to help us celebrate."



Preston Park U3A Holidays - Where Next?

Group Leader, Ann Kerrison writes: "We've visited most English counties, towns and cities together over the years, enjoying wonderful gardens and special places of interest in the company of friends, feeling safe in the hands of specialist travel company Brightwater Holidays. Working on the format we join the coach from our local pick up points in Brighton, Brightwater have suggested taking the ferry and crossing the Channel.

What do you think? Should we travel further afield or stay in the UK? Do you have a suggestion for the 2025 City Break? Ann would love to hear your thoughts and ideas: email [Ann Kerrison](#).

City Break- Bristol & Bath



If you would like to join Ann for this year's City Break 8th-12th September, including a visit to Tyntesfield, a few places are still available. For further information check our [website](#), or for a full itinerary and booking form, please contact [Ann Kerrison](#).

Pilates

Following the setting up of a third [Pilates](#) group, there is one free space for the class at 1pm on Thursdays, at the Ascension Church, Mill Rise, Westdene. Contact [Jan Howell-Hughes](#) if you are interested in this way to keep supple and improve balance.

Qigong

Our [Qigong](#) group has been running very successfully for a few months now but there are still a few spaces. It is a traditional Chinese exercise similar to Tai Chi and helps to promote flexibility, energy and calmness. The class is standing for 40 minutes followed by a 20 minute sitting meditation. It is suitable for both beginners and those with some experience.

Classes are held weekly on Fridays 11.30 am - 12.30 am at Patcham Community Centre, Ladies' Mile Road, BN1 8TA. email Group Leader [Paul Myszor](#) for more information.

Heritage Visiting Group

An update on Heritage Visit bookings:

15 March - Heritage Visit tour of Globe Theatre £39 SOLD OUT

12 April - Heritage Visit to HMS Victory £38, details on [website](#)

26 April - Heritage Visit tour of Royal Opera House £34 SOLD OUT

Future planned visits are also on our website: click [here](#).

National u3a news



Mosaic Workshop

We made the national u3a news! The very successful Mosaic Workshop run in October by member Christine Walker is featured in [Your u3a Friends February Newsletter](#).

Online talks, workshops and courses

Have you tried any national u3a courses on Zoom? There are plenty to choose from at [u3a - Online Learning Events](#). And if you're not fully confident using technology, there are also 'how to' guides at [u3a - Keep in Touch links](#).

"Fit for the Future"

The Third Age Trust - the umbrella body for the u3a movement - has been reviewing its own governance structure, which ensures u3as are represented through the election of Trustees from each of the regions and nations, but does not ensure that its Board has the expertise to fulfil its legal obligations.

The South East region is holding a Zoom meeting to present proposals for a smaller Third Age Trust Board with members selected for their expertise, and a separate body of elected representatives of the u3a regions and nations.

The ["Fit for the Future"](#) meeting is at 2.30pm on Monday, 4th March and it is open to any u3a member who wishes to attend online. The link is <https://us02web.zoom.us/j/83306616332>.

These proposals do not affect our own governance arrangements.

Future updates

Many thanks to everyone who contributed to this Update. We welcome more news and photos for future editions. Please send items for the April Update as soon as you can, and by **28th March** at the latest, to [Carol Jenkins](#). Thank you.