

NEWS FROM THE EAST



April and May 2021

Your regional team keeping in touch with u3as across the six counties of the East of England

Resuming activities safely

YOUR regional team is planning ahead to keep you fully informed on what you need to know as the country eases itself out of covid lockdown.

We have lined up Advice and Volunteer Manager Jane Bailey to attend a regional forum in the week we are due to see the curtain lifted on restrictions.

- }) But what exactly will that mean?
- }) What advice should we still be following to stay safe?
- }) What questions do we need to ask on risk assessments?
- }) Is it the old normal for us or a new normal?
- }) Can we serve refreshments?
- }) What about sharing crockery and cutlery?
- }) Are masks still to be worn?
- }) Can we meet in members' homes or must we be in halls?

Questions are endless.

Jane will tackle as many as possible in two hours starting at 10am on Friday June 25.

Your invitations will be with you soon so save the date.



Avoiding perils of cybercrime

WHATEVER happens in the week restrictions are due to end, we will still be targeted by criminals via our computers and smart phones.

The pandemic has seen a major rise in activity by those trying to trick us from our cash and personal details.

So another Regional Forum on Wednesday, June 16, from 10am will feature advice and guidance from Barry Linton and IT specialist who is now an official police protect and prevent volunteer. Save the date.



**Member Link
now up to you**

Trust Volunteers in the regional team have been in touch with all u3as in the East of England to check on the state of play and whether any help is required. They plan to only be in touch again if you have asked them to.

Regional ways to link up our u3as across the six counties

Publicising u3a day plans

WE know that planning for special events on the first national u3a day this June 2 is far from easy.

So when you have taken all the time and trouble to get something up and running, let's shout about it!

Forms have arrived in your email box from the team leading the national arrangements for the event.

We have asked you to fill it in and send it back to us, the regional team, so we know what you are all planning too.

The East will add details of your activities to our own web site to add to the flow of publicity.

So, whatever you're doing ... linking into national u3a publicity, recruiting, yarn bombing or flash mobbing, don't be quiet about it.



We have only heard from six of the u3as in our six counties so far ... but know on the grapevine more is happening.

Remember, what we do this year is a good dry run for the bigger and better u3a day already in the diary for June 1, 2022.

Regional Forums you missed?

YOU still have the chance to view the two Regional Forums you may have missed in April.

And, even if you were there, you may think it would be good for other members of your committee to hear what was said.

Chief executive Sam Mauger's event is at: <https://youtu.be/8pRJiidg4qI>

While the Paul Martinez presentation on the Pathfinders working group toolkit to aid Recruitment and Retention is also available on You Tube at:

<https://youtu.be/V1cXqEBKUIY>

Most of the toolkit is available for you to download as separate documents on the Sources section of the national web site.

Tell ramblers about Sloways

PLEASE tell your ramblers about sessions being run in May online to explain the u3a with Sloways project.

They can go to the national web site and book to attend under 'events'.

Attendance will stop many questions later.



Offer of FREE training on press releases

Secrets of the way to write press releases

OUR regional PR and Media Adviser Ray Hardisty is offering to run free online sessions on writing press releases ahead of u3a day in June and the re-start activity many u3as are planning in September.

Contact the former press man ... details on the back page ... and he will set up hour-long events for about half a dozen at a time.

Stuck on miniature design



Far left: House, 30cm high, 25cm wide and 20cm deep.

Left: Library, 19cm x 23cm x 24cm

Below: Office, 17cm x 17cm x 10cm



INTERIOR design means something special to Libby Crawford and you could say she is really stuck on it.

For the crafter from Woodside U3A came across some unusual kits when she was looking for ideas during the pandemic.

They are miniature dolls house pieces which originate from Japan.

Offered on Amazon, courtesy of Robotime craft for adults, the realistic kits demand a variety of skills.

But as Libby is the first to admit, the main one is an ability to do a lot of glueing without sticking yourself to everything.

And, as readers can see from the photographs, lights and furnishings really enhance the room layouts.

Libby said: "They may be fiddly but are really enjoyable to do and the results are very rewarding."

Dorothy's family labour of love

SPENDING so much time at home due to the pandemic has enabled Dorothy Lomas to complete the heirloom project she first decided on in 2017.

The Lowestoft U3A member asked her family to all contribute 16 inch patchwork squares which she has stitched into a quilt.

Not only that but she decided on diamond shapes which gave her a lot more work.

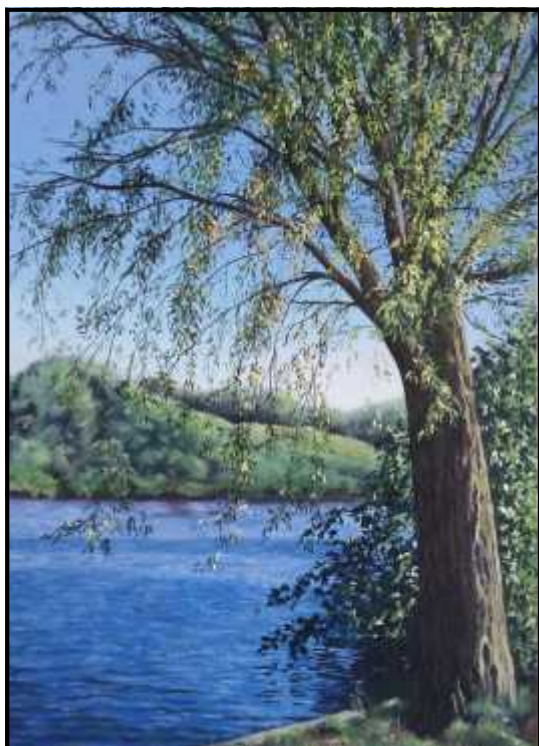
She said: "The project became my joy and stopped me from being lonely.

"Making and linking blocks, fitting wadding and the backing, have all been new skills I had to learn."



Crafty ... Dorothy Lomas proudly displays her 3D effect heirloom quilt.

Best of year celebrations



TWENTY seven members of Colchester U3A put forward no fewer than 80 entries for the latest art competition judged by members themselves.

Patricia Bloss was awarded a £25 M and S voucher for the lake scene on the left, while Jill Van Loon received a £15 M and S voucher for her view of Alresford Creek.

New committee induction sessions



Ruth Freedman, national and regional Trust Volunteer and Chair of Colchester U3A.

WITH our u3as all holding their AGMs at different times of the year, there are new committee member trustees appearing all the time in the region.

Which is why the Regional Team have decided to offer two more training sessions for new committee members, led by our national office and regional Trust Volunteer Ruth Freedman.

Now you can ask any prospective attendees to keep diaries free on the mornings of both Wednesday July 14 and Tuesday August 17.

The events will involve the viewing of an explanatory film on the role of committee members and tasks required by being charity Commission trustees.

This will be followed by a question and answer session aimed at clearing up all those queries that abound.

One session has already been held this year and two more have members booked on May 18 and June 17.

Contacting the East of England U3A

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