

Welcome

The heat of August seems to be over and let us hope we have a pleasant September to enjoy. This month we are hosting our 'Groups' meeting to showcase what we have to offer. This is to coincide with the "u3a at 40" initiatives. More below on these topics. Now we are getting back to something near normal. It is time to look at what is on offer from our 60+ groups. Further on in the newsletter are details of groups with vacancies and new groups about to start. Something for everyone!

Brian Webb – newslettereditor@sidmouthu3a.org

Chairman's Message

Over the last few issues of the newsletter you will have read that our Editor has given us some interesting background on the u3a and its history. So you will know that this year we are celebrating 40 years since u3a was founded in the UK, and over that period of time u3a has helped many people explore areas of interest, develop new interests, and make new friends.

As part of the celebrations in Sidmouth we invite you along to our **Open Day on Tuesday 13th September between 1 and 3.30pm** to explore some of the interest groups that we currently run and maybe develop new interests of your own. Interest groups have always been the lifeblood of u3a and we have over 60 active groups at the moment. There is always the opportunity to start a group of your own and we are happy to help you set one up. You don't need to be an expert in the subject, you just need an interest in the subjects, the ethos of u3a is that we learn from each other. The teachers learn and the learners teach.

The event is open to non-members of u3a, so if you would like to bring along friends or neighbours, please feel free to do that. Refreshments will be served throughout the afternoon and we aim to make everyone welcome. As well as interest groups, we have a Social Committee that organises outings and activities for us all to enjoy. We would like to know what kind of outings you are interested in, so during the afternoon, please put your suggestions on the sheet that will be available at the social table. We have a small selection of groups for you to try in the smaller room that is to be found to the right as you enter the centre. A list of timings can be found below. No need to book, just pop in and try them out.

My thanks go to everyone who is working hard to make our Open Day interesting and enjoyable for all. If you would like to take an active part in the event please get in touch. I look forward to hearing from you and look forward to seeing as many of you as possible on the day.

Best wishes, **Janet Bailey** – chairman@sidmouthu3a.org

Tuesday September 13th 2022 Open Meeting, Stowford Rise Community Centre

Tea/coffee served from 1.30–3.30pm

As well as the opportunity to talk with other members the following groups will be represented :-

AROUND THE WORLD IN 80 BITES AVIATION BRIDGE BIRD WATCHING/NATURE
WALKS CRIBBAGE CURRY CLUB DIGITAL PHOTOGRAPHY EXPLORING
ART FAMILY HISTORY LATIN MUSIC LUNCH CLUB RECORDERS
SCIENCE, ENGINEERING & TECHNOLOGY SPICES SUPPER CLUB TABLE TENNIS
WINE APPRECIATION YOGA & SEATED YOGA

There will also be activities throughout the afternoon in a separate room. Feel free to join in to try them out, no need to book. Open to members and non-members.



1.30 SEATED YOGA

2.30 CIRCLE DANCING

3.00 LINE DANCING



Forthcoming Events

HONITON u3a

Invite you to the second
Inter u3a quiz at the

MACKARNESS HALL (EX14 1EP)
ST PAUL'S CHURCH - HIGH STREET
HONITON

2.00 PM TO 4.00 PM
On 20th SEPTEMBER 2022

EACH U3A MAY ENTER UP TO 3 TEAMS OF 4

6 ROUNDS OF 10 QUESTIONS

Cost:- ONLY £10 PER TEAM OF 4

(REFRESHMENTS AVAILABLE)

PLEASE CONTACT – JUNE BROWN TO REGISTER YOUR TEAM/S
CLOSING DATE FOR ENTRIES – FRIDAY 3RD SEPTEMBER

SIDMOUTH U3a. TABLE TENNIS GROUP



Join us on the third Thursday of the month 2-4pm

For further details contact
Hilda Hoepelman 01395 568908
hhoepelman@yahoo.co.uk

Tuesday 27th September 2022 – COACH TRIP to SS GREAT BRITAIN



Come and join us for a fun day out in Bristol to see the SS Great Britain on September 27th 2022. **There are still a few seats left on the coach.** The day includes a return coach from Sidmouth and a guided tour around the SS Great Britain. Please note one tour will consist of single members only. This will give members a fun day out and an opportunity to make new friends. We will leave at 9.30 and arrive back at 18.00, spending approximately 5 hours at the venue where there are numerous activities and eating establishments. It should be an interesting day out. Total cost for coach, tour and entry is £30. For any further information or to reserve your place please contact Jackie Cox

Social Committee

We will be planning more events and outings for later in the year, but would very much like to hear from members what they would like to have on offer. Members will have the opportunity at the open meeting on September 13th to discuss with us your ideas, or send them to me by email socialchair@sidmouthu3a.org. We still have vacancies on the committee – so if you are interested in helping us arrange a varied and interesting programme please do contact us. Andrea Talbot

Groups Galore

Proposed New Group?

Wondering what to do over the weekend?

Come and join the “**SUNDAY LUNCH CLUB**”

2nd Sunday in the month starting **September 11th.**

A time for a good meal and a chat with friendly people at a local restaurant.

Contact. Gail Richmond on 01395 744158 or grichmond@hotmail.co.uk

Seated Yoga:-

For those members who want the advantages of Yoga without getting up and down from the floor then this is for you. We hope this will take place starting September on the 2nd Friday of each month at Stowford Community Hall between 11.30am and 12.30pm. We need a minimum of 5 members to run it and would be a cost of £3 per session. Contact Helen for further details.

Groups with vacancies

Around the World in Eighty Bites:- Are you an adventurous cook ? Would you like to meet like minded people for a culinary journey across the world exploring different cuisines ? Would you like to share your experiences of the countries or regions that we choose each month?

We are a friendly monthly cooking group who cook and bring a dish from the chosen country or region to one of our members' homes. We are aiming for about 8 participants and currently have some vacancies. We usually meet on the third Tuesday every month around 1pm .

So do some cooking and enjoy other members' dishes!

For further info email Chris Hall

Bridge:- We have space for a few more members to join our friendly Group on the fourth Thursday morning of the month. If you haven't played for a while and would like to brush up your skills, our happy group will help you to do just that. Contact Susan Clarke.

Canasta for Beginners:- We currently have a few vacancies for this enjoyable game, we meet on the 2nd and 4th Thursday afternoons of the month. Contact Coral Escott.

Cribbage :- We would welcome new members. The members range from beginners to experienced players, but no experience of this old and interesting card game is required. We meet in the Guide Hut, on the edge of the Byes, from 10.00 to 12.00 on the 3rd Friday of each month. Crib was, at one time, the only game you could legally play for money in pubs, but I'm not sure about Guide Huts so we don't. We also do not currently play muggins – so don't worry if your counting is a bit rusty – and certainly not skunking, double skunking or triple skunking! Contact Chris Powel

Life Stories:- Do you like to chat? The Life Stories group meets on the fourth Thursday of the month to talk about our life experiences. The group is run in a structured way so that everyone gets a turn to choose a topic, and everyone gets a chance to talk at every meeting. Our topic at the last meeting was "Work tales" and we heard about the adventurous life of a milkman, saw the results of an art teacher's work in pictures, and also learned about what it's like to be a phlebotomist or a doctor's receptionist. There is no meeting of the group in September, so the next meeting is on Thursday October 27th at 10am. If this sounds interesting, to find out more please contact Maureen Hawkrigde

Latin Music Band (formally the Samba Band) :- After its first year, the Samba Band Group has taken a break over the Summer to review the best way forward. The Group will now include more styles of world music related to the Latin beat. It'll go back to meeting monthly on the third Thursday, in 3 terms: Autumn, Winter and Spring. It'll cover all styles of Latin rhythms and music and main influences; including Brazilian Carnival samba, Northern Brazilian samba, Cuban, New York club scene, contemporary pop, jazz, African djembe, Far East, South Africa. There will be a range of relevant instruments to play. Either with guest leaders workshop-style, original songs, or play along to recorded music loops or songs. The aim is to play and have fun, as well as improving coordination and learning new skills. No previous experience required. Due to other commitments amongst existing Group Members we'll probably start fully in the Winter term 2023. But it's hoped to repeat the very successful *Drum4Fun djembe* workshop in November when there'll be the chance for any member to come along as a 'taster' with a view to joining the Group. If you're interested, please contact Brenda Birmingham

Musical Appreciation:- From September, meetings will be at the United Reformed Church Hall, Primley Road Sidmouth. The meeting dates are also changing, switching from the current Third Wednesday to the Fourth Thursday of each month, so the September meeting will be on the 22nd of the month, but timings will remain unchanged with a prompt start at 2.00 pm. and finishing around 4.30 pm. Contact Mike Drew.

Painting for Pleasure:- We will have 4 or 5 vacancies when we restart in September. As an open art group there is no formal teaching but the group is suitable for both experienced and those wanting to try out art for the first time. We meet every Wednesday at 2.00 pm at the Sidbury Parish rooms in school term time and there is a charge of between £15/£20 per term to cover the hall cost. Contact Martin Scott



Play Reading:- Have you ever fancied going on the stage, but are too scared to take part in a play? Now is your chance! Come and spend an evening once a month, reading through a play: a drama, comedy or thriller – with like-minded people! It's an entertaining evening – without any stage-fright! 4th Thursday in the month. Contact Gail Richmond.

Quiz Group:- We meet on the second Monday afternoon of the month in my flat in central Sidmouth. We take it in turns to set 50 questions on a variety of topics. It's a very relaxed atmosphere. Contact: Anthea Cridlan .

Yoga:- Yoga sessions enable us to take time away from our busy lives.... To stop and observe our bodies, our breathing, our minds and our soul..... To find some space and inner peace where we can just Be..... We use gentle movements, breathing techniques, meditation and relaxation. Why not come and try a session.....give yourself the gift of Yoga... We run sessions on the 3rd & 4th Fridays 10.30–11.30 (Please note there is a cost of £3.00 per session) Contact Helen.

To get full contact details consult your 'Groups List' or contact the Group Co-ordinators

Leaders Required!

Rummikub Groups – New leader needed

Singing for Pleasure – Leader needed.

We are looking for a new leader for each of these groups.

If you think you might be interested in one of these roles please contact Marilyn Burton on groupsm@sidmouthu3a.org or Carole Turner on groupsc@sidmouthu3a.org

Here is the full list of Groups with vacancies,

Around the World in 80 bites, Another Mah-jong, Aviation, Bridge, Canasta Beginners 1, Canasta Players, Circle Dancing, Cribbage, Curry Club, Digital Photography, Exploring Art, Family History, French Conversation, Geology, German Conversation, Heritage, Jigsaw Swap, Latin Band, Life Stories, Mahjong, Modellers, Music Appreciation, Painting for pleasure, Play Reading , Quiz Group, Recorders,, Scrabble, Science, Engineering & Technology, Sidmouth Nature Explorers, Table Tennis, Yoga, 20th Century History.

To find out more, please contact the **Group Leader**, contact details can be found on the **groups list**.

u3a Future Lives Group

Future Lives is a UK-wide u3a group which shares information and resources to inspire, influence and inform members about how we can improve our future lives.

How can we add life to our years, and maintain our independence and quality of life for as long as possible? The u3a Future Lives Group is run by u3a members across the country. They aim to challenge attitudes and break down physical barriers that limit and restrict people as they get older. What can we do to improve unsuitable homes or products, isolation and poor health? Good design can be liberating – and the reverse is true! They wish to use our collective voice to bring about change. They want to hear what u3a members have to say, sharing information and stimulating ideas that will help us all live our best possible future lives. They would like as many members as possible to complete the "[Our homes for our future](#)" questionnaire. If you wish to stay up to date with Future Lives' activities, please sign up for their newsletter. They are holding a series of online events that they would love you to join. Here is the link:-<https://www.u3a.org.uk/our-impact/future-lives#events>

The u3a at Forty

Today the organisation has more than 430,000 members. That seems a lot until you realise that there are 12 million people over the age of 65 in the UK. That is less than 1 in 25 of us, so potentially the organisation could welcome many more. To be successful any u3a needs the right balance of active members, leaders and people to run the Committee.

But what good does the National u3a do for us? They do provide lots of help with the statutory requirements of being a charity, Also training and assistance for group leaders and committee members. For example if you are running or involved in a group there are 'mentors' for advice and lots of useful material on a huge variety of subjects. <https://www.u3a.org.uk/learning/subjects>

For the individual members there is the monthly newsletter, There is an online publication called 'u3a sources' which covers a wide variety of topics and activities going on throughout the UK. (Well worth a look). There are various projects and initiatives going on that you can get involved with or provide useful information to them. For example the 'Future Lives' group is doing some research which you may want to help with. (See below for more details). There are online events you can participate in, such as a 'hybrid meeting' at the Royal institution at the end of October or the 'Science network' has a virtual meeting in October. Details can be found on the u3a website . There are so many opportunities to access a huge range of subjects online such as Yogas, Mindfulness, World faiths or Creative writing to mention just a few. Go to <https://www.u3a.org.uk/events/educational-events> to find out more. Let us not forget there is a monthly 'podcast' to listen to here:- <https://www.u3a.org.uk/news/u3a-radio-podcast> .

For those members who cannot get out so easily there is now a 'Virtual u3a' where you can participate in a variety of groups online with members throughout the country.

<https://u3asites.org.uk/trustu3a/home>

There is so much on offer, no need to be bored, just finding the time to explore is the hard bit ! BW

Chairman: Janet Bailey – chairman@sidmouthu3a.org
Vice Chairman (vacant)
Secretary: Christina Isis – secretary@sidmouthu3a.org
Treasurer: Vera Arnold – treasurer@sidmouthu3a.org
Membership Secretary: Chris Ward – membership@sidmouthu3a.org
Groups Co-ordinator 1: Marilyn Burton – groupsm@sidmouthu3a.org
Groups Co-ordinator 2: Carole Turner – groupsc@sidmouthu3a.org
Social Committee Chairman: Andrea Talbot – socialchair@sidmouthu3a.org
Newsletter Editor: Brian Webb – newslettereditor@sidmouthu3a.org
Open Meetings: Brian Fernley – speakerfinder@sidmouthu3a.org
Front of House Manager: Jo Fox – frontofhouse@sidmouthu3a.org

u3a
Committee
Contact
Details