

NEWS FROM THE EAST



November 2022

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

Remember to update us if you have changes to your officers' contact information so that we can keep in touch with you. We send our newsletter to all chairs, secretaries and treasurers. If you would like other committee members or ordinary members to receive a copy then just let us know please

eastofenglandregionu3a@gmail.com

County get togethers in the u3a pipeline

YOUR regional team members are set to see more county-based get togethers up and running.

The first one in Hertfordshire will have been run by the time you read this edition of the newsletter.

It was held at Watford on November 2.

Attendees from across the county took part in a day that included a speaker from u3a office, topic-led discussion groups and the possibility of future networking.

The format will now be repeated, with any necessary tweaks from feedback, across the rest of the region.

Essex will be held in January, followed by Suffolk, hopefully in March, and a joint event covering both Bedfordshire and Cambridgeshire early next year.

Help and support in any aspect of the



days will be gratefully received with suggestions on discussion topics, and those ready to lead debates, especially welcome.

Contact Regional Trustee Barbara Cordina in the first instance.

barbara.cordina@u3a.org.uk

Ray Hardisty. PR and Media Adviser



Another recruit is talking of strengthening East team

APPEALS for volunteers to make your East of England regional team stronger have brought in two recruits but more are needed to give help, support and advice to u3as.

We have 139 u3as spread across six counties all with committees and trustees that continually update.

Each change brings its own fresh set of queries and questions.

And we know there are members who have already helped their own u3as by being trustees who have the knowledge that could help others.

Ideally, it would be good if members of the Team could be mentors to those u3as near them.

But currently the Team is spread rather thin.

A larger Team membership would ease the situation for each other and Barbara, our regional trustee.

The regional role is not 24-7.

Liaisons you agree can be followed up at mutually convenient times.



You will, of course, join the National Volunteer Team and undergo training which is currently half a day on Zoom.

This will be followed up by you keeping yourself informed of current advice through regularly attending national and regional workshops.

In addition, one of the existing regional team members will mentor you and support and advice is readily available from all in the Team.

A monthly Team meeting ensures everyone keeps in touch with each other and Regional Trustee Barbara Cordina.

Ray Hardisty, PR and Media

Have a chat about taking on the role

THOSE willing to join the Regional Team can find out more from Regional Trustee Barbara Cordina.

She will have a chat with you about the contribution you could make.

Please simply send her an email saying you are interested in assisting the Team at the address below.

barbara.cordina@u3a.org.uk

Call for picture examples of u3a skills in decorating and baking

AN online gallery of u3a members' best cake decorating skills and talents has been

launched by u3a office requesting photos (or even videos!) of sugar craft work and cakes.

<https://www.u3a.org.uk/learning/national-programmes/cake-decorating>

Newsletter
links info

All the underlined blue text links in this PDF newsletter are hyperlinks Highlight them with your cursor, hold down the control key and click link to activate. If no response, simply copy the text and paste it into your browser.



Sudbury u3a hosts East trustee

I had the pleasure of joining Sudbury members at their meeting this week.

Wow! What a vibrant, enthusiastic and proactive group they are.

I was greeted with lots of smiles and interest in my role, a delightful group.

Sudbury have around 80 interest groups, some of which I came across for the first time in my travels – the Dutch language, stained glass, jiving, and many more.



Barbara Cordina and the Sudbury u3a committee.

The members also told me that they always have excellent speakers – maybe worth a look at their website.

Subsequent to the members' meeting, I had a Q&A session with the committee who asked very relevant and probing questions.

A very interesting and productive day – I shall return!

Barbara Cordina, Trustee

New u3a is on the way for our region



VOLUNTEERS for a steering committee are in place and are busy recruiting members for a new u3a to be named Frinton, Walton & District in Essex.

The inaugural meeting will be held in March and we all wish them all the best in their endeavours.

This will bring the number of u3as in our Region, the second largest in the UK, back to 140.

FUTURE ZOOM PRESENTATIONS FOR THE EAST OF ENGLAND REGION

18th November 2023 from 10am – 12pm



FIT FOR THE FUTURE

A presentation by Jeff Carter, Chair of TAT Governance Committee and a Trustee of the Third Age Trust on the future of the u3a movement – your chance to express your view on the suggestions Jeff will put forward.

Details and booking form to be issued shortly.

10th January 2023 from 10am – 11.30am



A presentation from Joanne Smith, Editor of Third Age Matters Magazine on her role and previous work experience, followed by a Q&A session.

Open to all committee members across the region or any ordinary members with a special interest in TAM.

Early January 2023 – Date and timing tba – by Andy Strange

THE LIFE OF AIRFIELDS IN THE EAST OF ENGLAND DURING WWII

A zoom presentation available to all members across the region, not just committee, as this subject will be of interest to everyone.

Andy is an expert on airfields specifically in the East of England and how they were used during the Second World War. He has a fascinating insight into the world of the airfields and those working in them.



This presentation will be available for u3as to book independently for their members, following the regional event. Full details will be provided nearer the time. This may well provide encouragement for your u3a to set up a new group focusing on our airfields – and there were many!

Day of the Dead online

ALL Souls Day ... or the Day of the Dead ... is being explored by three different speakers in the same online seminar under the Exploring World Faiths banner on November 14 over Zoom.

Book your place via the national website.

Go to 'events' and then 'online learning events'.

Regional Zoom presentation

‘Fit for the Future’ by Jeff Carter Chair of Governance Committee and Trustee of the Third Age Trust

**Friday 18TH November 2022, 10am – Noon
(Invitations will be issued shortly)**

IN the plenary session at the recent AGM, Liz Thackray, the chair of the Third Age Trust outlined some of the issues that the Trust need to tackle in the future.

Several of the problems have been apparent for some years but there has not been a consensus about the best way of tackling them.

One of the key issues is how to ensure that the views of the members influence major policy proposals being made by the board.

Currently this comprises of 15 trustees representing the devolved nations and the English regions. All trustees are u3a members.

All regional trustees have a dual function in that they carry out a whole range of activities within their region/nation as well forming the governance of the Third Age Trust. This creates a significant workload for individuals as well as the potential for a conflict of interest.

All charities and companies are subject to ever increasing regulation which results in the board dealing with complex legal and financial issues. However, the way in which trustees are elected may not produce a board with the necessary skills.

A year ago, an independent group of U3A members conducted a review of the governance arrangements of the Trust and made a number of recommendations for change.

One of which was to consider having a smaller expert board running alongside a larger consultative committee with the responsibility of policy recommendations and holding the board to account.



The size of our board currently is higher than that recommended by the Charity Commission, as well as company practice.

Before any further work is done on this concept we want to hear the view of u3as. In particular the composition and responsibilities of the council. Who should be on the council and what decision making responsibilities should the board delegate to it?

**Jeff Carter,
Chair of Governance Committee,
October 21, 2022**



u3as going public



Photo display David Green of Brightlingsea u3a shared these two pictures of Photography Group shots on show at the town's library.



Stansted Mountfitchet u3a Open Day was a huge success with eight new members and 69 existing members signed up for groups.



Broxbourne u3a ran a display on Hoddesdon market to promote national u3a day showcasing a wide and varied range of activities.

Summary of national support workshops

HERE are the national support workshops coming up in next two months.

They are over Zoom.

November 3, 2pm to 3pm Equality, Diversity and Inclusion Afternoon Tea

An opportunity to share experiences, raise awareness and help increase knowledge and understanding.

November 4 and 11 10am to 12.30pm (separate sessions) Keeping It Legal

Who is it for? Committee Members and prospective Committee Members

What does it cover? Information about the key areas all u3as need to be aware of and understand.

November 7 and December 5 10am to 12.15pm (separate sessions) Running your u3a - Information for Trustees

Who is it for? Existing and prospective committee members (Trustees)

What does it cover? Information to help you understand your role and responsibilities as a Committee Member

November 8 10am to 11am Contingency Planning

Who is it for? All u3a members who are involved in the running of or have a specific responsibility within their u3a.

What does it cover? Information to help you think about contingency planning.

Book for them all at: <https://www.u3a.org.uk/advice/workshops>



Study
Group
Fayre

Watford and District u3a hold special silver day



WATFORD and District u3a was 25 years old in October and to mark this important date and the 40th Anniversary of the u3a we organised a Study Group Fayre as our monthly meeting.

The aim was to recruit new members to the u3a and to tell our membership about the exciting activities of our existing groups.

This was a great success and 'just like old times' as one member remarked.

We were able to recruit a number of new members, greatly needed, as in common with many u3as we have lost members since covid.

We also printed 500 copies of a flyer, to publicise our u3a, which are being distributed to libraries, dentists, doctors' surgeries, and our members for their contacts.

**Margaret Thompson, Chair,
Watford and District u3a**



Plenty to see and find out about at Watford's 25th event.

Members stating why they like the u3a

WITHAM and District (Essex) u3a is set to celebrate its 25th birthday in January.

So members are planning a monthly meeting that publicises the u3a and why they are members.

They are coming up with reasons why they like it so much.

All are being passed to the publicity team who will transform them into a display for the big day.

There are plans for a special leaflet based on them and regular use through the outward facing Facebook page.

Happy birthday!

Supporting Hadrian's wall

HERE are the early plans of how Sudbury u3a will be taking part in the national u3a Hadrian's Wall celebration next year, in their own way.

The national u3a event will be held at Vindolanda on Wednesday May 10 but Sudbury are making a week of it.

Trips organiser **Jane Crumpton-Taylor** has booked her coach full into the Ramada Hotel at Gateshead.

And this is her current itinerary:

Monday 8th - 7am from Sudbury, Suffolk, with a mid-morning stop at Coltersworth and lunch at the Roman town of Aldborough.

Evening talk 1

Tuesday 9th - possible "orientation" walk from hotel, east of Newcastle followed by visits to

South Shields Arbeia and Wallsend Segedunum Forts

Evening talk 2

Wednesday 10th – it's the u3a event at Vindolanda and busy, so we go to Chesters and Housesteads

Include walk from Chesters to Brocolitia/ Temple of Mithras car park via Limestone Corner 3.5 miles and on to Housesteads another 4 miles

On to Sycamore Gap (Robin Hoods Tree) is another 2.5 miles.

Non walkers stay on coach and visit Housesteads

Evening talk 3

Thursday 11th – 10am Vindolanda and 3pm Roman Army Museum , Greenhead Walk Gilsland to Birdoswald with non walkers having longer at the sites Evening talk 4 (possibly)

Friday 12th - Possible early start to get along the wall

Home via Tullie House Museum

Possible evening talk topics:

History of the Wall and its wider context
What is known and what is not known- why it was built, the changes in mind as it was built, crenellations or not. Forts, fortlets, milecastles

Components of the Wall- not just the stone bit but the vallum, the ditch, the stanegate, the civilian settlements and how the other forts, Vindolanda, Arbeia fit

The sites being visited the next day

Other topics

Art, birds wildlife flora and fauna and change over time- is it what the Romans would have seen?

Does the Wall symbolise a defence against barbarism or a way to regulate trade and taxation?

The geology – the Whin sill and bits that have glacially moved south.

For example, to Hill Farm Gestingthorpe where Suffolk has a Roman villa too.

Diet in Roman times—what did those on the Wall enjoy to eat?



East and the Wall

OUR East of England Regional Team has its own working group for the Hadrian's Wall event. Members can be contacted for help and advice.

Trips info Jane Crumpton-Taylor

jane@crumpton-taylor.com

National event Ray Hardisty

rayhardisty.east.u3a@gmail.com

Regional document John Wing

john@warewings.net

Speaker meetings Ann Long

annlong.east.u3a@gmail.com



Very busy village hall from above.

Hawkwell Village Open Day



HAWKWELL Village u3a held an Open Event on October 6 to celebrate the 40th Anniversary in the Hawkwell Village Hall.

It was a great success with a good number of u3a members and their friends and also members of the public dropping in to celebrate with us.

They saw what activities our groups can offer to members.

We have a very friendly, enthusiastic membership and our group Leaders had some very interesting displays.

A number of members signed up for more groups and we were very pleased to welcome some new members who were interested in joining us.

**Coral Kathro, Chairman,
Hawkwell Village u3a**



Selection of interest group displays and members during the Open Event.



Dunmow u3a 40th anniversary month events



Members pose for the photographer before one of three special walks.

Celebrating 40!



DUNMOW u3a may only be seven years old but that didn't prevent us from celebrating u3a's 40th Anniversary in September.

We started with a five-day exhibition in Dunmow Library of paintings and drawings from our two Art groups, attracting interest from the general public and at least a couple of enquiries to buy pieces.

It included a montage of the late Queen Elizabeth II - each member of the groups was given a sheet of A5 with a portion of the basic outline printed on and they were asked to use any medium to complete their sheet.

All the interest groups were encouraged to mark the anniversary by tying in with the u3a colours, the number 40 or hark back to the 1980s.

Bridge group picked card-hands which totalled 40, while everyone at one of our luncheon groups all wore blue, yellow and white.

Table Tennis group donned 1980s headbands and legwarmers and Golf group used yellow golf balls.

The Cycling group planned a ride of over 40km and the Walking group attracted 40 walkers for a choice of three Anniversary Walks of 150 miles between them.

Scrabble group created a board using words associated with u3a and the Science and Technology group were put through their paces with a prize quiz around the number 40.

Nature Walkers took photos of 40 different flora and fauna seen during September and the Family History group found 40 wedding photos from between 1910 and 1970s from their collective family albums.

Grow Your Own group planted up pots of blue, yellow and white plants while the Craft group made brooches in similar colours.

Heather Quiney, Dunmow u3a



Wedding memories and cycling were all in the mix.

Dunmow u3a 40th anniversary month events

Fun afternoon

DUNMOW's month was concluded with an Afternoon of Entertainment.

Almost 200 members, wearing blue, yellow and white, enjoyed a three-hour programme of entertainment from our Line Dancing and Zumba Gold groups, as well as wine tasting and book readings from Wine Appreciation and Book Clubs.

The French group presented a short skit and the Geology leader told us all about the 40 (million) year old Pudding Stone in one of our neighbouring villages.

There were displays from the Outings team ... over 40 trips ... and the Science and Technology group collected and displayed tech that we were using in the 1980s, including a genuine Sinclair C5!

A couple of our members baked a celebratory cake (plus extra pieces) and the Flower Arranging group produced floral displays to accompany the cake.

We asked all the members to send us two photos of themselves: one from 1982 and another from this year, illustrating how we had changed (or not) over the last 40 years.

We also held a competition to photograph "4 similar things" from which a local photographer chose the best 10 photos to make a display of 10 x 4 things for our 40 years.

The overall winner (who photographed 4 fireworks exploding at the same time) was announced at the end of the afternoon.

There was also a 40 question quiz based on events and people in 1982.

Dunmow's Town Crier held the programme of entertainment all together and the Mayor of Great Dunmow raised a toast to u3a as he cut the cake.

We also welcomed Barbara Cordina, Trustee for the East of England).

Heather Quiney, Dunmow u3a



Left — civic guests with the Sinclair C5.
Above— the anniversary cake.



Left — social time during the event.
Above — Art groups montage of her majesty.

u3a insurance – cyber cover

by Barry Linton, member of the Regional Support Team
and Organiser of Essex Cybercrime Seminars

At the recent “Keeping it Legal” workshop hosted by our region, we were told that the latest Third Age Trust Insurance Policy now covers risks such as:

Cyber data loss

-)] Data security breaches
-)] Virus, hacking, denial of service attacks
-)] Extortion, Business interruption.

Cyber liability

-)] Network security liability.
-)] Data privacy and confidentiality liability.
-)] Payment card industry liability.
-)] Multimedia liability.

Many of these risks will only apply to the activities of the Third Age Trust and its trading company.

But some of these risks will apply to individual u3as, in particular Data Protection breaches and fraudulent payment losses. And of the latter some cases have already been reported to me.

I asked at the seminar for more information in the policy document about the terms, conditions and exclusions for such risks, but the information was not readily available.

So, it is sensible that u3as exercise all necessary precautions.

For Data Protection there are well documented GDPR Compliant procedures on the Trust Website and it is essential that all Chairs and Business Secretaries are conversant with their contents.

Individual u3a committees are likely to be targets for attempted scams (not hacks, they are quite different).

u3a bank cards

-)] Do not allow anyone other than the named officer use it. Do not disclose the PIN
-)] Do not disclose any of the card data in an email.

-)] If you are going to use the card data to make an online payment, ensure the payment page shows the web address starting with https:// and shows the closed padlock symbol. This is not a 100% guarantee of security, but its absence is an absolute **NO** to making the payment.
-)] Keep the bank card in an RFID Wallet. These prevent walk-by reading of contactless cards, which anyone at our seminars has seen a video about how easy this is.

Internet online payments

When you receive an invoice for payment with recipient bank details, call the Accounts Dept via landline to confirm all the data.

Never carry out any online banking transactions over free public WiFi

Until recently if you put in recipient details of a scammers account, your bank would not remedy the loss.

However, the main banks now have a verification system in place when you set up a new recipient.

Your bank will provisionally send the recipient's data you have entered to the receiving bank who will use AI methods to match the account name with the account details, then send back to your bank a match or otherwise.

If you decide to over-ride this stage, your loss will not be met by your bank.

But be warned not all banks are yet signed up and operating the scheme.

If that is the case with your payment you must take all steps to ensure the payment requested is not to a scammer.

At our Essex Cybercrime seminars, we are always asked how the scammers can obtain a UK Clearing account, when our u3a treasurer has to go through endless checks to open a new account.

Sadly, the answer will require another seminar on modern criminology.



Seven members of Aylsham Cycling Group pose before their 43.6 mile journey.

Aylsham and District's seven super cyclists

THERE is more than one way to celebrate an anniversary but few have done it by setting out to cycle 40 miles.

That is what seven members of Aylsham Cycling Group did.

It was a ride around Norfolk to remember.

They tackled three legs of descending lengths broken up with a couple of refreshment stops.

And, due to a slight over estimation, the team actually pedalled for a total of 43.6 miles.

So, the celebration was well and certainly marked.

There were plenty of villages to enjoy, only wind against on the opening leg and two good cafes to enjoy.

They did not stop, blackberries being nibbled from the hedgerows and a fantastic tea of cakes, scones and jam at the end.

Especially when there was bubbly to wash the meal down.

We all truly enjoyed the ride.

**Elizabeth Letzer, Aylsham and District u3a,
Cycling Convenor**

Help, advice and support for u3as across the East

Your regional team at the East of England u3a

Trustee Barbara Cordina barbara.cordina@u3a.org.uk

Regional PR and Media Adviser and Newsletter Ray Hardisty rayhardisty.east.u3a@gmail.com

Beacon and Equality, Diversity and Inclusion Adviser Brian Lowes brianlowes.u3a@gmail.com

Regional event bookings Marilyn Walker marilyn.walker.east.u3a@gmail.com

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