

Chairs and Secretaries, please share with ALL your u3a members

# East of England Region u3a

May 2024

Monthly Bulletin

Issue 5 Page 1

This monthly bulletin was compiled on 23.04.2024 and sent to National Office for distribution. It should arrive on the first week of the month. Deadline for copy for the next issue is the 22nd May 2024

## East of England Region u3a Project 23/24

Here is the first (randomly chosen!) of our featured unique or unusual groups. We hope it will inspire more group leaders/co-ordinators to contribute. Contact [laurenehenderson1.east.u3a@outlook.com](mailto:laurenehenderson1.east.u3a@outlook.com)

### Moto-Bikers Group - Peterborough U3A



A few years after I retired, I thought it would be enjoyable to use my motorcycle mid-week when there are fewer biking groups out on the roads and the biking cafes are quieter. I thought there may be other members of our U3A who also had motorcycles and may be interested in forming a group. The question of U3A Insurance was raised with advice being sought from the Third Age Trust. After a considerable delay, no doubt whilst the issue was being discussed, we were advised that, as all motorcycle riders have their own insurance, it was unlikely that the U3A cover would be affected.

The Peterborough U3A has an "Activities Day" once a year in August to showcase our groups and give member an opportunity to see what other groups are available. In 2014 I took a stand and had a very positive response with 12 people signing up on the day. Rides are led based on a Rota and initially they could be on any day of the week chosen by the Ride Leader. However, this soon became unworkable so Wednesdays were chosen and, as I am only available on two Wednesdays a month, we now ride on the First and Third Wednesdays.

Rides have been organised to all points of the compass and include The Humber Bridge, many resorts on the East Coast, many museums, air bases, race tracks and bikers cafes. We have had two biking holidays. One followed the Offa's Dyke and circled Snowdonia. The other was to The Lake District via Yorkshire.

Over the years there has been a constant change of membership as members grow older or they find clashes with their other group activities becoming a problem. We have a core of regular riders, and the other members join us when a published ride takes their fancy, or they have a space in their diary.

*Roy Turner - Peterborough u3a Moto-bikers Group*

Thank you, Roy Turner! Roy had a birthday card with BORN TO BE MILDLY FERAL from his son...

**This project is now live:** [uniqueandunusuallu3agroups2023projectsofar.pdf](https://u3asites.org.uk/uniqueandunusuallu3agroups2023projectsofar.pdf) ([u3asites.org.uk](https://u3asites.org.uk))

East of England Region has three dates to run regional training forums on **Running Your u3a in 2024**. All 10am to 12.25pm: Thursday June 27, Monday Sept 16, Tuesday November 5.

## NATIONAL LEARNING EVENTS

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link( Control&click) and URL(copy&paste)
Friday May 3 2 - 3:00pm	<p><b>Osteoporosis and Bone Health. The work of the Royal Osteoporosis Society</b></p> <p>Osteoporosis is a disease of ageing affecting over three and a half million people in the UK. Women are more at risk of developing osteoporosis, but some men over age 65 can also develop it. Find out more about the work of the Royal Osteoporosis Society and the support it provides.</p> <p>Sue Doyle MCSP BSc Hons is a retired Chartered Physiotherapist</p>	<p><a href="https://www.eventbrite.co.uk/e/osteoporosis-and-bone-health-the-work-of-the-royal-osteoporosis-society-tickets-884013256447?aff=oddtcreator">https://www.eventbrite.co.uk/e/osteoporosis-and-bone-health-the-work-of-the-royal-osteoporosis-society-tickets-884013256447?aff=oddtcreator</a></p> <p><a href="#">Osteoporosis and Bone Health. The work of the Royal Osteoporosis Society Tickets, Fri, May 3, 2024 at 2:00 PM   Eventbrite</a></p>
Tuesday May 7 10am - 12:00 pm	<p><b>110 Years of Hertfordshire Aviation History, 1913 - 2023</b> :The Flight Inspirations u3a Aviation group is organised by Don Mobley of Stowmarket u3a and Barbara Cordina of Lea Valley. u3a. Sir Geoffrey de Havilland played a pivotal role in shaping the course of aviation history. The aviation industry in Stevenage continues: The Airbus Defence and Space (Satellites ), MBDA (missile systems ) and The STEM Discovery Centre (education).</p>	<p><a href="https://www.eventbrite.co.uk/e/110-years-of-aviation-history-in-hertfordshire-1913-2023-tickets-875827773447?aff=oddtcreator">https://www.eventbrite.co.uk/e/110-years-of-aviation-history-in-hertfordshire-1913-2023-tickets-875827773447?aff=oddtcreator</a></p> <p><a href="#">110 Years of Aviation History in Hertfordshire, 1913 - 2023 Tickets, Tue, May 7, 2024 at 10:00 AM   Eventbrite</a></p>
Wednesday May 8 10 - 11:00am	<p><b>Laughter Yoga with Judith</b></p> <p><b>Judith has been running laughter yoga groups in Edinburgh u3a since 2012</b></p> <p>"We don't laugh because we're happy, we're happy because we laugh."</p> <p>Scientific research confirms that laughter is good for us and we should all be getting more of it - that it is indeed 'the best medicine'.</p>	<p><a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-june-tickets-769715629167?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-june-tickets-769715629167?aff=oddtcreator</a></p> <p><a href="#">Laughter Yoga with Judith (January-June) Tickets, Wed, Jan 10, 2024 at 10:00 AM   Eventbrite</a></p>
Thursday, May 9 2 - 3:00pm	<p><b>The Harlem Renaissance 1900s - 1940s</b></p> <p>Join Irene Kiffin, London u3a to learn about The Harlem Renaissance: a movement that included poetry, novels, essays, theatre, visual art, dance and music. Artists focused on themes such as the influence of slavery, Black identity, community, and the everyday experience of Black people.</p>	<p><a href="https://www.eventbrite.co.uk/e/the-harlem-renaissance-tickets-868211874087?aff=oddtcreator">https://www.eventbrite.co.uk/e/the-harlem-renaissance-tickets-868211874087?aff=oddtcreator</a></p> <p><a href="#">The Harlem Renaissance Tickets, Thu, May 9, 2024 at 2:00 PM   Eventbrite</a></p>

**Fancy Joining our Regional Team?** If you enjoy the bulletin, newsletter and advice, why not join us and be part of our team? Interested? **Contact** [rayhardisty.east.u3a@gmail.com](mailto:rayhardisty.east.u3a@gmail.com)

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link( Control&click) and URL(copy&paste)
Friday May 10 10 - 11:30am	<b>AI Chatbots, a beginner's guide</b> Barry Claydon is the u3a Subject Adviser for AI. Following 'Introduction to Chatbots', this is a repeat event at a gentler pace. More time to chat, discuss, ask questions and Show and Tell what they had achieved with the help of an AI Chatbot. We will help you register for a Microsoft Copilot account during the event.	<a href="https://www.eventbrite.co.uk/e/ai-chatbots-a-beginners-guide-tickets-885489160917?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/ai-chatbots-a-beginners-guide-tickets-885489160917?aff=oddttdtcreator</a>  <a href="#">AI Chatbots, a beginner's guide Tickets, Fri, May 10, 2024 at 10:00 AM   Eventbrite</a>
Monday May 13 10 - 11:30am	<b>Exploring World Faiths: Religious Mysticism</b> Mysticism is an important part of many religions, but what is it? We will explore the part played by mysticism in the Christian, Hindu and Islamic traditions Hosted by Dr Peter Rookes with Dr Bilqees Khawaja, Muslim Sufi, Joint Secretary, Birmingham Council of Faiths; Fr Julian Sampson, Vicar, All Saints Church, Small Heath Birmingham; Deepak Naik, Hindu, United Religions Initiative	<a href="https://www.eventbrite.co.uk/e/exploring-world-faiths-religious-mysticism-tickets-825059173197">https://www.eventbrite.co.uk/e/exploring-world-faiths-religious-mysticism-tickets-825059173197</a>  <a href="#">Exploring World Faiths: Religious Mysticism Tickets, Mon, May 13, 2024 at 10:00 AM   Eventbrite</a>
Tuesday May 14 10 - 11:00am	<b>Turner's Timeless Treasures</b> Catherine Stevenson of Newcastle u3a looks at the timeless work of Turner as part of the series - National Gallery Treasurers to Celebrate Its 200th Anniversary, 2024 Don't miss out on this opportunity to learn and be inspired by Turner's masterpiece and other unique works. Reserve your place today!	<a href="https://www.eventbrite.co.uk/e/turners-timeless-treasures-tickets-853463290677?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/turners-timeless-treasures-tickets-853463290677?aff=oddttdtcreator</a>  <a href="#">Turner's Timeless Treasures Tickets, Tue, May 14, 2024 at 10:00 AM   Eventbrite</a>
Wednesday May 15 10 - 11:30am	<b>Antibiotics - discovery, mechanisms, and future issues: Talk 4 of 6 by Mike of Thanet u3a</b> This is a series of five sessions covering major advances in our understanding of the role of public health in preventing and treating disease. We will discuss the history of the discovery of antibiotics which began before the discovery of penicillin, how antibiotics work and antibiotic resistance.	<a href="https://www.eventbrite.co.uk/e/antibiotics-discovery-mechanisms-and-future-issues-tickets-884185963017?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/antibiotics-discovery-mechanisms-and-future-issues-tickets-884185963017?aff=oddttdtcreator</a>  <a href="#">Antibiotics - discovery, mechanisms, and future issues Tickets, Wed, May 15, 2024 at 10:00 AM   Eventbrite</a>
Thursday May 16 10 - 11:00am	<b>Mindfulness and Meditation Continuation Sessions</b> These sessions are led by John, Mike and Ruth, and provide an opportunity for everyone who has taken our series on Mindfulness and Meditation to continue practicing together. We will also be introducing new practices in meditation and mindful movement.	<a href="https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-dec-may-tickets-732689553177?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-dec-may-tickets-732689553177?aff=oddttdtcreator</a>  <a href="#">Mindfulness and Meditation Continuation Sessions: Dec-May Tickets, Thu, Dec 21, 2023 at 10:00 AM   Eventbrite</a>

**If you would like to receive this Bulletin directly from the East of England Team,**  
Contact Laurene Henderson : [laurenehenderson1.east.u3a@outlook.com](mailto:laurenehenderson1.east.u3a@outlook.com)

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link( Control&click) and URL(copy&paste)
Friday May 17 10 - 11:30am	<p><b>The Story of the Workhouse - Welfare in England Before 1948</b></p> <p>A look at the origins and evolution of the workhouse, the buildings, life for inmates, and whether it was as grim as it's often painted. The presenter Peter Higginbotham has written many books on the subject, including the Workhouse Encyclopedia, and is the creator of the monumental website workhouses.org.uk. He has also appeared on a number of TV programmes such as Who Do You Think You Are?, Heir Hunters and The Great British Dig.</p>	<p><a href="https://www.eventbrite.co.uk/e/the-story-of-the-workhouse-welfare-in-england-before-1948-tickets-885628938997?aff=oddtcreator">https://www.eventbrite.co.uk/e/the-story-of-the-workhouse-welfare-in-england-before-1948-tickets-885628938997?aff=oddtcreator</a></p> <p><a href="#">The Story of the Workhouse - Welfare in England Before 1948 Tickets, Fri, May 17, 2024 at 10:00 AM   Eventbrite</a></p>
Fri May 17 14 - 15:00pm	<p><b>The Remarkable Stories of Eva &amp; Istvan Wirth</b></p> <p>David Wirth, a speaker from Generation2Generation, tells the story of Eva Wirth 1923 - 1997 and Istvan Wirth 1916 - 1982, who survived the Nazi holocaust despite being sent to Auschwitz, forced on a death march and used as slave labour. They finally fled anti-semitism in Hungary in 1956 and were accepted as refugees in the UK.</p>	<p><a href="https://www.eventbrite.co.uk/e/the-stories-of-eva-istvan-wirth-tickets-852939835007?aff=oddtcreator">https://www.eventbrite.co.uk/e/the-stories-of-eva-istvan-wirth-tickets-852939835007?aff=oddtcreator</a></p> <p><a href="#">The Stories of Eva &amp; Istvan Wirth Tickets, Fri 17 May 2024 at 14:00   Eventbrite</a></p>
Monday May 20 10am - 12pm	<p><b>Yoga Group Leaders Workshop: Subject Surgery and Gentle Yoga Practice</b></p> <p>This session is for yoga group co-ordinators and led by Patricia Hamilton, the u3a Subject Adviser for Yoga in the UK. This is an opportunity for newer and experienced yoga co-ordinators to discuss and share relevant issues. The 'Surgery' will be followed by a gentle Yoga session, bringing together several practices the group has shared over the last few months.</p>	<p><a href="https://www.eventbrite.co.uk/e/yoga-group-leaders-workshop-subject-surgery-and-gentle-yoga-practice-tickets-884205932747?aff=oddtcreator">https://www.eventbrite.co.uk/e/yoga-group-leaders-workshop-subject-surgery-and-gentle-yoga-practice-tickets-884205932747?aff=oddtcreator</a></p> <p><a href="#">Yoga Group Leaders Workshop: Subject Surgery and Gentle Yoga Practice Tickets, Mon, May 20, 2024 at 10:00 AM   Eventbrite</a></p>
Tuesday May 21 2 - 3:00pm	<p><b>Understanding Online Safety: Expert Tips for You and Others</b></p> <p>Your host for this event is Chris Grant, Community Relationship Officer for AbilityNet. Anyone can become a victim of digital scams. In the webinar we discuss how to protect yourself and others from the most common online scams. With scams on the rise in the UK, criminals are using social media, email, and messaging services to target their victims.</p>	<p><a href="https://www.eventbrite.co.uk/e/understanding-online-safety-expert-tips-for-you-and-others-tickets-881267192897?aff=oddtcreator">https://www.eventbrite.co.uk/e/understanding-online-safety-expert-tips-for-you-and-others-tickets-881267192897?aff=oddtcreator</a></p> <p><a href="#">Understanding Online Safety: Expert Tips for You and Others Tickets, Tue, May 21, 2024 at 2:00 PM   Eventbrite</a></p>

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link( Control&click) and URL(copy&paste)
Wednesday May 22 9:30am - 12:15pm Zoom doors open 9.15am.	<b>Science Network Event</b> : Join our meeting to hear a talk on AI by Ian Hawker of Suffolk u3a Science-based learning event with a presentation followed by questions after. Global investment in AI by corporations is currently about \$100 billion per year. We consider applications of both generative AI, which produces new content, and analytic AI, which uses existing data to promote efficiency, innovation and transformation.	<a href="https://www.eventbrite.co.uk/e/science-network-event-tickets-884196855597?aff=oddtcreator">https://www.eventbrite.co.uk/e/science-network-event-tickets-884196855597?aff=oddtcreator</a>  <a href="#">Science Network Event Tickets, Wed, May 22, 2024 at 9:30 AM   Eventbrite</a>
Wednesday May 22 3:30 - 4:45pm	<b>Artificial Intelligence News: May</b> Are we on the brink of a new era, a 'time of abundance', where work and health concerns are things of the past? Or is there a risk of stepping into a future where we're overshadowed by intelligent machines that might not prioritize our well-being? Join Barry Claydon is the u3a Subject Adviser for AI for the latest insights.	<a href="https://www.eventbrite.co.uk/e/artificial-intelligence-news-may-tickets-886089496537?aff=oddtcreator">https://www.eventbrite.co.uk/e/artificial-intelligence-news-may-tickets-886089496537?aff=oddtcreator</a>  <a href="#">Artificial Intelligence News: May Tickets, Wed, May 22, 2024 at 3:30 PM   Eventbrite</a>
Thursdays 10 - 11:30am May 23rd, May 30 <sup>th</sup> June 6th, June 13th, June 20th June 27th	<b>Cryptic Crosswords for Beginners: 6 Session Course.</b> Please note registration closes on Monday 6 May 2024. You will need the course book detailed below to participate in this course. you how to solve cryptic crosswords. It starts with the simplest ideas and easiest types of clue and gradually builds to the more advanced aspects of clue solving.	<a href="https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-6-session-course-tickets-873418587507?aff=oddtcreator">https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-6-session-course-tickets-873418587507?aff=oddtcreator</a>  <a href="#">Cryptic Crosswords for Beginners: 6 Session Course Tickets, Thu, May 23, 2024 at 10:00 AM   Eventbrite</a>
Thursday May 23 2 - 4:00pm	<b>Deafness and beyond: the tribulation and triumph of Ludwig van Beethoven.</b> About the series: A series of four talks by Professor Christopher Dowrick, of Orrell Park and District u3a and Emeritus Professor at the University of Liverpool, illustrating how the creative arts can enhance our wellbeing. Beethoven`s intense anguish at becoming profoundly deaf is revealed in compositions during this period, creating some of the most profound music we have ever heard.	<a href="https://www.eventbrite.co.uk/e/deafness-and-beyond-the-tribulation-and-triumph-of-ludwig-van-beethoven-tickets-877150319217?aff=oddtcreator">https://www.eventbrite.co.uk/e/deafness-and-beyond-the-tribulation-and-triumph-of-ludwig-van-beethoven-tickets-877150319217?aff=oddtcreator</a>  <a href="#">Deafness and beyond: the tribulation and triumph of Ludwig van Beethoven. Tickets, Thu, May 23, 2024 at 2:00 PM   Eventbrite</a>
Tuesday May 28 3:30 - 4:30pm	<b>Laughter Yoga with Merrie Maggie - May</b> Bring more joy and laughter into your life through Laughter Yoga - an aerobic exercise with playful exercises and hand claps combined with deep yogic breathing.	<a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-may-tickets-885591737727?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-may-tickets-885591737727?aff=oddtcreator</a>  <a href="#">Laughter Yoga with Merrie Maggie - May Tickets, Tue, May 28, 2024 at 3:30 PM   Eventbrite</a>

**Chairs, Secretaries & Treasurers, please share with ALL your u3a members**

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link( Control&click) and URL(copy&paste)
Wednesday May 29 2 - 3:30pm	<p><b>Secrets of the Human Brain: Talk 5: Brain, Pain and Anaesthetics (Ouch! That hurts!)</b> with Dr. Bob Pullen (Doctoral Degree in Neuroscience from Oxford University).</p> <p>This talk explains how we sense touch and pain and how anaesthetics work. It describes how 'touch' and 'pain' use different pathways on their way to the brain and how there is a 'Pain Gate" in our spinal cord. It also explains how different anaesthetics work and how sometimes they don't work ! It also covers some strange phenomenon like 'phantom limb' pain.</p>	<p><a href="https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-five-brain-pain-and-anaesthetics-tickets-778313977057?aff=oddtcreator">https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-five-brain-pain-and-anaesthetics-tickets-778313977057?aff=oddtcreator</a></p> <p><a href="#">Secrets of the Human Brain: Talk Five: Brain, Pain and Anaesthetics Tickets, Wed, May 29, 2024 at 2:00 PM   Eventbrite</a></p>
Friday May 31 2 - 3:00 pm	<p><b>Rob Eastaway Talk - Much Ado About Numbers</b></p> <p>Join author Rob Eastaway as he explores the surprising connections between Shakespeare and - of all things - maths, in this highly engaging talk. Rob Eastaway is an author and speaker, often to be heard on the award-winning BBC podcast More or Less. His books include the bestselling Why Do Buses Come In Threes? and Maths On The Back of an Envelope. His latest book Much Ado About Numbers has been described as a "A fascinating and hugely entertaining guide to Shakespearean mathematics".</p>	<p><a href="https://www.eventbrite.co.uk/e/rob-eastaway-talk-much-ado-about-numbers-tickets-881804670507?aff=oddtcreator">https://www.eventbrite.co.uk/e/rob-eastaway-talk-much-ado-about-numbers-tickets-881804670507?aff=oddtcreator</a></p> <p><a href="#">Rob Eastaway Talk - Much Ado About Numbers Tickets, Fri, May 31, 2024 at 2:00 PM   Eventbrite</a></p>
Friday May 31 2 - 3:00 pm	<p>Driving on country roads, with IAM RoadSmart</p> <p>Join Richard Gladman from IAM RoadSmart as he shares hints &amp; tips for driving on rural roads and what the Highway Code means in the country. You can never be sure what you're going to find around the next corner of a country road!</p>	<p><a href="https://www.eventbrite.co.uk/e/driving-on-country-roads-with-iam-roadsmart-tickets-884133897287?aff=oddtcreator">https://www.eventbrite.co.uk/e/driving-on-country-roads-with-iam-roadsmart-tickets-884133897287?aff=oddtcreator</a></p> <p><a href="#">Driving on country roads, with IAM RoadSmart Tickets, Fri, May 31, 2024 at 2:00 PM   Eventbrite</a></p>

## u3a National News



### u3a Festival 24! Update

The u3a movement is holding its first ever Festival in 2024, 18 - 20 July, where members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops which will make this u3a national festival something to remember. u3a Festival 24 will take place in the beautiful city of York over 3 days and will be held at the University of York based around their exhibition centre.

All on site accommodation is booked, but there is plenty in York itself.

Information : <https://www.u3a.org.uk/event-downloads/u3a-festival-programme-pdf/download>