

WHITLEY BAY u3a NEWSLETTER

September – October 2023

Reminder: Entries for the next newsletter (15 Oct-18 Nov) should be sent to Ann at wbu3anews@gmail.com by midday on **Friday 13th October**.

Group leaders can send in entries at any time during the month, as long as they arrive before the deadline. You can also access the newsletter on our website at <http://u3asites.org.uk/whitley-bay>

Monthly General Meeting – everyone welcome Linskill Centre, North Shields, 2pm
Wednesday 20th September Speaker: Pat Stevens – *Emily, Death and Dastardly Deeds*
Wednesday 18th October Speaker: Gary Bankhead – *Diving into Durham*

CHAIRMAN'S NEWS

Last week we had a visit from Alex Mason of the North East Ambulance NHS Foundation Trust who gave 25 of our members a two-hour session on CPR (Cardio Pulmonary Resuscitation) and use of defibrillators. Alex's obvious passion for saving lives was infectious and she soon had us practising CPR on manikins and asking lots of questions about the subject. We all came away feeling much more confident about handling a life saving situation and very likely will ask her to return to give further sessions. All participants made a £5 donation which covered the hire of the room from Linskill and enabled us to donate £50 to the trust.

Whilst the number of public access defibrillators in this area, as in all areas, has increased significantly over the last 10 years Alex was concerned that most people do not know how to use them which is very worrying noting that there are 30,000 cases of cardiac arrest outside hospitals or medical centres each year.

Alex brought up an important feature of mobile phones which is very important in emergencies. These phones, which now all have a locking feature, can be operated without opening the lock to access emergency services and emergency contact numbers you have entered into your phone under the designation "ICE" or "in case of emergencies". It's a straightforward process to set up but varies on different phone types. If you take your phone to a phone shop someone there would be pleased to show you how to do this. Alternatively, there are u3a members here who would be very pleased help you.

Looking at membership, the very good news is that this continues to increase and currently stands at 372. Over the last month we have welcomed fourteen new members to Whitley Bay u3a: Joan Allan, Lynne Branthwaite, Sheila Dransfield, June Howes, Pauline Hurse, Karen Leaver, Deborah Little, Patricia Naylor, Alan Ramsey, Sheena Roberts, Erica Robertson, Lynda Robson, Anthony and Elizabeth Weatherston. We wish all our new members an enjoyable and stimulating time with our u3a.

Finally, our activity groups continue to increase: short walks group is now running and two new groups are starting this month: Topic Group and Book Group 2.

Ian Bedwell, Chair

Northumbria Regional / National u3a

A reminder that WBU3a is also a part of Northumbria Regional u3a – follow the link from our website, or go to www.u3asites.org.uk/northumbria/home for information on events and groups, and the regional newsletter, *The Messenger*.

GROUP NEWS

Please note - if you would like to join a group, you must contact the group leader before attending for the first time. Members may visit any group they wish for a one-off trial with the prior consent of the group leader, but please tell the group leader if you don't want to attend any further meetings. It is after all only good manners. A full list of groups and contact details for all group leaders are on your membership programme.

Tai Chi Group 4

Every Friday 2:00-3:00pm at St Mary the Virgin, Claremont Gardens, Whitley Bay. Tai Chi Fridays have space for two more members, please contact Dave.

Tai Chi Simplified 24**Contact Barbara 257 3063**

At Linskill every Wednesday 12.00-13.00. Tai Chi Simplified 24 is based on Martial Art – but slower and gentle flowing movements. There are 24 'bits' joined by moving gently and walking, exercises the body and relaxes and quietens the mind, often called 'meditation in movement', one new movement added a week so about 26-30 weeks - not Half Terms or Christmas or Easter. Currently £4.00 per week but can be less with more people.

Wine Tasting Group 1**Contact Julie 07758 267001**

The well-established Wine Tasting Group meets on the first Wednesday of every month from 7.00 pm to 9.00 pm, at St. Andrew's Church Hall. We are a friendly and sociable group who take it in turns to provide 7 different bottles of wine and some nibbles each month, and lead a discussion on what we think of them. We share the costs through an attendance fee of £7 per person. This group is currently at maximum capacity due to bottle size limitations, but please see the separate listing for Wine Tasting Group 2 which does have space for new members.

Wine Tasting Group 2**Contact Derek 01670 733122**

7.30 at St. Andrews United Reform Church, Eastfield Avenue, Whitley Bay NE25 8LU. This is intended to be a light-hearted fun social event with some learning of the age-old history of wine making. Bring two glasses, and a water glass if required. Wines will be supplied and will cost £7-00 per session. So put the fourth Wednesday of the month in your diary and come and join us. A telephone call first would be appreciated though.

DIARY DATES**Wednesday 20th September Monthly Meeting – everyone welcome**

Linskill Centre, 2pm. Speaker: Pat Stevens – *Emily, Death and Dastardly Deeds*

Thursday 21st September**Topic Group****Contact David 07963 788407**

King Arthur – Man or Myth? (2nd session) 2pm at Whitley Bay Library. Each session will last one hour. There are four sessions planned altogether. I will ask people to give £1 towards room hire each time.

Thursday 21st September**Scrabble****Contact Janet 07842 575074, Liz 253 0288**

2.30 at Park Lodge. Please let Liz know if you cannot come to the meeting.

Monday 25th September**Quiz Group****Contact Jennifer 281 7930, Jean 252 8169**

2pm at St Andrews Church, new members welcome. Please note, now £3 per head to cover the cost of the hall. Next quiz 30th October.

Wednesday 27th September Discussion Group**Contact Jean 252 8169**

Next meeting 10.30 at the usual venue.

Wednesday 27th September Tai Chi Simplified 24**Contact Barbara 257 3063**

Linskill Centre 12.00-13.00.

Thursday 28th September**Topic Group****Contact David 07963 788407**

King Arthur – Man or Myth? (3rd session) 2pm at Whitley Bay Library. Each session will last one hour. There are four sessions planned altogether. I will ask people to give £1 towards room hire each time.

Friday 29th September**Theatre Group****Contact Kath 07749 869115**

Please note change of date and time. The next meeting of the Theatre group is at **1pm** in Whitley Bay Library. All are welcome. Please bring your diary and cash.

Friday 29th September Mah jong Contact Pat 07983 479147

Next meeting is 29 September, then not until 3 November. I have other arrangements every Friday in October. My apologies. If anyone is wishing to join us, please call me for details.

Saturday 30th September Art Appreciation Contact David & Jan 07982 020404

The group will be going to the Globe Gallery in North Shields. We'll meet for coffee before at Barista Boho, next to Asda, 112 Church Way, North Shields NE29 6P. We're going to see a retrospective exhibition of local artist Stephen McGinty. Stephen, nicknamed Paddy, suffered from ill health most of his life but studied art both in Newcastle and Manchester. It was only after his death in 2016 that the full extent of his talents came to light. This is a chance to see his vivid, mainly abstract, paintings.

Tuesday 3rd October Scrabble Contact Janet 07842 575074, Liz 253 0288

2.30 at Park Lodge. Please let Liz know if you cannot come to the meeting.

Wednesday 4th October Wine Tasting Group 1 Contact Julie 07758 267001

7.00 pm at St Andrew's Church Hall – Kath will be providing the wines and nibbles this month.

Thursday 5th October Short Walks Contact Ann 266 0818/07708 227518

Meet 10.30 Monkseaton Metro Station. Walking to Seaton Sluice via Briar Dene. Just a reminder we have a limit of 15 participants. Booking is essential.

Thursday 5th October Topic Group Contact David 07963 788407

King Arthur – Man or Myth? (4th session) 2pm at Whitley Bay Library. Each session will last one hour. There are four sessions planned altogether. I will ask people to give £1 towards room hire each time.

Monday 9th October Sports Group Contact Dorothy 07989 628701, Derek 07956 939696

St Andrews church, Monkseaton at 1pm.

Tuesday 10th October Book Group 2 Contact Terri 280 0180

The new Book Group held their first meeting in September. We discussed various books we had read and found that we all seemed to like the same type of books. We decided our first book will be '*Over my Dead Body*' by Maz Evans. Our next meeting, at which this book will be discussed, will be at 10:30 at Whitley Bay Library. We have a few spaces available if anyone else would like to join us.

Wednesday 18th October Monthly Meeting – everyone welcome

Linskill Centre, 2pm. Speaker: Gary Bankhead – *Diving into Durham*

Thursday 19th October Scrabble Contact Janet 07842 575074, Liz 253 0288

2.30 at Park Lodge. Please let Liz know if you cannot come to the meeting.

And finally . . .**Agonizing anagrams for you to solve**

1. Take risks, making lousy angle drive desperately (4,11)
2. Scholars' tomes worried teachers (14)
3. First, a citation about layers of rock (14)

Answers next month.

Last month: 1. Verification
2. Sausage roll
3. Isle of Man

Jean