

Chairs and Secretaries, please share with ALL your u3a members

East of England Region u3a

January 2025 Monthly Bulletin and News Issue 1 Page 1

This monthly bulletin was compiled on 31.12.2024 and sent to National Office for distribution. It should arrive by the first week of January 2025. Deadline for the February 2025 issue is January 23rd 2025.



Here's to new beginnings and fresh opportunities in 2025!

We have been aware from some time that the alliterative title *Unique and Unusual Groups* may have deterred some u3as from sharing their activities. "But we are not unique," some groups have told us, or they think they are not unusual enough. Untrue! So, 2025 seems an ideal opportunity to rename the project - hence **INSPIRATIONAL u3a GROUPS**. We know at least two groups have started based on reading about others and some groups have gained new members for the same reason. Could **YOUR u3a group** inspire others? *See below*

Contact Laurene Henderson at laurenehenderson1.east.u3a@outlook.com

Our Inspirational Featured Group for January 2025

Hunstanton u3a Bucket List Group



Early in 2024, a new group was formed within Hunstanton u3a to allow members to carry out activities that they would not wish to do on their own. They would let the other group members know what they wanted to do and hope that someone would volunteer to accompany them. We called the group the Bucket List group.

Jill Davis wanted to travel on the World's fastest Zip Wire, and three group members - Alison, Zena and Mark - volunteered to accompany her. After the event, Group Leader Mark wrote the following article for the monthly Hunstanton u3a Newsletter.

Following on from the group's previous activities, Jill finally achieved her wish to travel on the world's fastest zip wire. /con

Hunstanton u3a Bucket List Group Zip Wire Challenge



Accompanied by fellow bucket listers Alison, Zena and Mark, all set off on a very wet late May Wednesday to Wales. Six hours later, arriving in the beautiful and even wetter Welsh countryside, we had a quick look around the Zip Wire venue followed by a hearty lunch in the friendly local café. A brief visit to Bangor's Victorian pier finished day one. The overnight stay in a lovely ex-miner's cottage was a welcome

rest from the journey.

The following day, arriving early at the Zip Wire experience, the continued wet weather cloaked the top station in mist. Spirits were not dampened and any concerns were soon allayed as safety harnesses were fitted to you like a trussed up chicken. Further safety checks and a quick practice run on a smaller zip wire acclimatised you before a bumpy truck ride up to the top of a disused mine slope for



the main event. Once released at the top, whizzing through the clouds and descending rapidly, the view opened up and you were flying over a blue lake amongst the birds. All agreed the free jet



wash to the face as you descended at over 100mph was most invigorating, while the big stop at the end, gliding over tree tops and rock faces towards the bottom was fantastic. After another hearty meal and photo swaps at the village cafe, the day was finished at a more leisurely pace with a stroll beside a stream leading to a dramatic waterfall. A fitting end to a fab day. The journey home the following day was a quieter affair; well, after all

the excitement everyone's allowed a snooze or two. Thanks Jill, for suggesting such a fun adventure.

Mark Jutsum Group Leader Hunstanton Bucket List Group

When David Lemoir from Hunstanton u3a sent me this information, I immediately reserved it for the January issue. I look forward to hearing about more Bucket List activities. (Mine is Glyndbourne....one day...) Laurene Henderson

Let us know about your own Inspirational u3a Group. Please include photographs of activities (please seek permission from identifiable members) and a write up of how, where, when and why your group began and any memorable moments.

We publish a selection on our website [Publications - East of England Region](https://eastofengland.u3asite.uk/publications/)

<https://eastofengland.u3asite.uk/publications/>

East of England Learning Events

Amateur Radio - What is it?

The Radio Society of Harrow is arranging a free talk and demonstration on amateur radio exclusively for U3A members.

It will be held at the Society's premises in Bushey at 2pm on Wednesday, January 29. Seating is limited so please email (preferred) or phone Brian (g3ykb@yahoo.co.uk 01923 228121) for more details or to reserve a place.

As is traditional at U3A meetings, tea and coffee will be provided. There is plenty of free car parking and the venue is about one mile from Bushey rail station.

Brian, South West Herts



Regional introductory talk on AI



JOIN us for a morning on Zoom looking at the growth of Artificial Intelligence. The session has been arranged especial by the Eastern Region Support Team.

East Suffolk u3a member Ian Hawker gives the introduction based on his special studies since retiring from the BT research labs. It will be held on Tuesday, March 4. The talk will run from 10am to 11am followed by half an hour of questions. The event is open to all u3a members so please share the opportunity widely in your u3as.

Book places by emailing: zoomevents.east.u3a@gmail.com

The talk called *Artificial Intelligence Everywhere* shows how Artificial Intelligence is already being used in Large Language Models such as ChatGPT, chatbots, medical diagnostics and image recognition. It provides an overview of current applications and points out the benefits and risks, including the impact on jobs and society in general.

The speaker, Ian Hawker, is a former telecommunications manager who pursued a wider interest in science and technology since retirement. He has a degree in physics from Leicester University, and a PhD from AERE Harwell on the structure of liquid semiconductors. His career was spent at BT Research Laboratories near Ipswich working on Sub Sea Systems, Terrestrial Telecommunications Networks and Technical Programme Management. He joined U3A East Suffolk and leads the Climate Change, Science and Technology, Philosophy and Current Affairs groups. Ian developed an interest in Artificial Intelligence applied to the health, transport, agriculture and other industry sectors.

For National On Line Learning Events and Regional u3a News, read on...

National Office u3a onLine Learning Events

Date 2025	Event <small>If blue links do not work, paste URL into your</small>	Link(Control&click) and URL(copy&paste)
Tuesday January 7 2025 10:00am - 12:00pm	Flight Inspirations Aviation Meeting: January Discover the amazing life of Bentfield Hucks - daring aviation pioneer, and inventor of the Hucks starter	Flight Inspirations Aviation Meeting: January Tickets, Tue, Jan 7, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-january-tickets-1105378650299?aff=oddtcreator
Tuesday, January 7 2025 2:00 - 3:30pm	5 Essential Tips for Online Safety and Support Connect with tech charity AbilityNet, and gain invaluable insights from experts on enhancing digital safety for yourself and others.	5 Essential Tips for Online Safety and Support Tickets, Tue, Jan 7, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/5-essential-tips-for-online-safety-and-support-tickets-1073145500079?aff=oddtcreator
Wednesday, January 8, 2025 · 10:00 - 11:00am	Laughter Yoga with Judith: January Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a	Laughter Yoga with Judith: January Tickets, Wed, Jan 8, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-tickets-1106169385409?aff=oddtcreator
Thursday, January 9, 2025 · 2:00 - 3:30pm	Melancholy as a Creative Force: Joni Mitchell's Blue Album The first of a series of talks illustrating how the creative arts can enhance our wellbeing.	Melancholy as a Creative Force: Joni Mitchell's Blue Album Tickets, Thu, Jan 9, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/melancholy-as-a-creative-force-joni-mitchells-blue-album-tickets-1101140433679?aff=oddtcreator
Monday, January 13, 2025 · 10 :00 - 11:30am	Exploring World Faiths: Religious Education in Schools The 24th Jan is the International Day of Education. This talk explores the role of religious education and faith schools.	Exploring World Faiths: Religious Education in Schools Tickets, Mon, Jan 13, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/exploring-world-faiths-religious-education-in-schools-tickets-1062808572049?aff=oddtcreator
Monday, January 13, 2025 · 1:30 - 3:30pm	u3a Yoga Network: January Online Workshop: An introduction to starting a yoga group in your u3a	u3a Yoga Network: January Tickets, Mon, Jan 13, 2025 at 1:30 PM Eventbrite https://www.eventbrite.co.uk/e/u3a-yoga-network-january-tickets-1104379160799?aff=oddtcreator
Wednesday, January 15, 2025 · 10 - 11am GMT	Introduction to Duplicate Bridge for Improvers The aim of this event is to introduce bridge improvers to the fundamentals of playing duplicate bridge.	Introduction to Duplicate Bridge for Improvers Tickets, Wed, Jan 15, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/introduction-to-duplicate-bridge-for-improvers-tickets-1062954187589?aff=oddtcreator
Wednesday, January 15, 2025 · 1:00 - 2:30pm	3D Printing (Additive Manufacturing) Technology John Butler (u3a Let's Talk Tech) will look at a broad spectrum of components and industries where 3D printing is making an impact.	3D Printing (Additive Manufacturing) Technology Tickets, Wed, Jan 15, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/3d-printing-additive-manufacturing-technology-tickets-1115711375759?aff=oddtcreator

Date 2025	Event <small>If blue links do not work, paste URL into your</small>	Link(Control&click) and URL(copy&paste)
Thu, 16 Jan 2025 10:00 - 11:30	Sculpting After the Holocaust- The Story of Naomi Blake Anita Peleg, from Generation 2 Generation, presents her mother's remarkable story of survival & her sculpture to express her experiences	Sculpting after the Holocaust - The Story of Naomi Blake Tickets, Thu 16 Jan 2025 at 10:00 Eventbrite https://www.eventbrite.co.uk/e/sculpting-after-the-holocaust-the-story-of-naomi-blake-tickets-1057869709779?aff=oddtcreator
Thursday, January 16, 2025 · 10:00 - 11:00am	Mindfulness and Meditation Continuation Session: January Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.	Mindfulness and Meditation Continuation Session: January Tickets, Thu, Jan 16, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-january-tickets-1104397004169?aff=oddtcreator
Friday, January 17, 2025 · 10:00 - 11:00am	Essential Driver and Vehicle Checks with IAM RoadSmart Join the team from IAM RoadSmart as they share advice and tips for ensuring you and your vehicle are ready for the road.	Essential Driver and Vehicle Checks with IAM RoadSmart Tickets, Fri, Jan 17, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/essential-driver-and-vehicle-checks-with-iam-roadsmart-tickets-1111270793859?aff=oddtcreator
Monday, January 20, 2025 · 10:00 - 11:00am	Bollywood Laughter Yoga Dance Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance.	Bollywood Laughter Yoga Dance Tickets, Mon, Jan 20, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/bollywood-laughter-yoga-dance-tickets-1101059631999?aff=oddtcreator
Tue, 21 Jan 2025 14:00 - 15:00pm	Secrets of the Human Brain: How can we age better? Unlock the secrets to a healthy aging brain with neurology insights and practical mind-strengthening tips.	Secrets of the Human Brain: How can we age better? Tickets, Tue 21 Jan 2025 at 14:00 Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-how-can-we-age-better-tickets-1083001339159?aff=oddtcreator
Tuesday, January 21, 2025 · 2:00 - 3:30pm	An Introduction to AI for Older People In this session we'll look at some of the tools that are available and what you can do with them right now.	An Introduction to AI for Older People Tickets, Tue, Jan 21, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/an-introduction-to-ai-for-older-people-tickets-1073167636289?aff=oddtcreator
22th Jan 29th Jan 5th Feb 12th Feb 19th Feb	Mindfulness and Meditation Series We welcome back the six week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth. <i>All on Wednesdays at 10:00 - 11.15am</i>	Mindfulness and Meditation Series Tickets, Wed, Jan 22, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-1104554605559?aff=oddtcreator
Monday, January 27, 2025 · 9:45 - 11:30am	Artificial Intelligence News: January - AI and Education Investigate how AI is being used in education and what the future may hold.	Artificial Intelligence News: January - AI and Education Tickets, Mon, Jan 27, 2025 at 9:45 AM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-january-ai-and-education-tickets-110623666649?aff=oddtcreator

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Tuesday, January 28, 2025 · 10:00 - 11:30am	Staying Safe Online - A u3a Presentation with Q&A Keeping you safe in an electronic age: A repeat talk by Barry Linton of Thorpe Bay u3a.	Staying Safe Online - A u3a Presentation with Q&A Tickets, Tue, Jan 28, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-qa-tickets-1064228117949?aff=oddtcreator
Tuesday, January 28, 2025 · 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: January Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing.	Laughter Yoga with Merrie Maggie: January Tickets, Tue, Jan 28, 2025 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-january-tickets-1109230350839?aff=oddtcreator
Thursday, January 30, 2025 · 2:00 - 4:00pm GMT	Secrets of the Human Brain: Talk One The series starts with a simple description of how nerves work and how different parts of the brain do different things, by Dr Bob Pullen.	Secrets of the Human Brain: Talk One Tickets, Thu, Jan 30, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-one-tickets-1064252691449?aff=oddtcreator
Tuesday, February 4, 2025 · 2:00 - 3:00pm GMT	An Introduction to AbilityNet/BT Group Partnership and BT Digital Voice Learn about accessible and inclusive communication from AbilityNet and BT.	An Introduction to AbilityNet/BT Group Partnership and BT Digital Voice Tickets, Tue, Feb 4, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/an-introduction-to-abilitynetbt-group-partnership-and-bt-digital-voice-tickets-1118988608049?aff=oddtcreator
Thursday, January 9, 2025 · 10:00 - 11:00am	Cryptic Crosswords in Context Their history, how they work, who does them and why - a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth.	Cryptic Crosswords in Context Tickets, Thu, Jan 9, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/cryptic-crosswords-in-context-tickets-1089953884409?aff=oddtcreator
Thursday, February 13, 2025 · 2:00 - 4:00pm GMT	A Few Small Nips: Frida Kahlo and the art of pain One of a series of talks illustrating how the creative arts can enhance our wellbeing.	A Few Small Nips: Frida Kahlo and the art of pain Tickets, Thu, Feb 13, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/a-few-small-nips-frida-kahlo-and-the-art-of-pain-tickets-1110440089199?aff=oddtcreator
Friday, February 14, 2025 · 2:00 - 3:30pm	Hadrian's Wall - A Celebration! A reflection on the U3a's 2023 1900-year Celebration and a personal account of walking the Hadrian's Wall Trail.	Hadrian's Wall - A Celebration! Tickets, Fri, Feb 14, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/hadrians-wall-a-celebration-tickets-1111415306099?aff=oddtcreator
Wednesday, February 26, 2025 · 2:00 - 3:00pm	Penguins: Icons of Antarctica Join Dr Verena Meraldi, Chief Scientist and uncover a wealth of fascinating information about penguins, the iconic inhabitants of Antarctica.	Penguins: Icons of Antarctica Tickets, Wed, Feb 26, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/penguins-icons-of-antarctica-tickets-1105361398699



We would love to receive articles about events at your u3a.

Did you celebrate a recent event or anniversary?

Photographs and short write up would be appreciated.

Please send to rayhardisty.east.u3a@gmail.com

or Laurene Henderson laurenehenderson1.east.u3a@outlook.com

Please make sure that identifiable individuals in photographs have given permission

Our new Sitebuilder for East of England u3a

In late 2021 it was decided that Sitebuilder support could not continue indefinitely and that a replacement system was needed urgently. A team of volunteers was put together to investigate what was available and how it would fit with the requirements of u3as.

The decision was made to use a version of Wordpress which is one of the most widely used platforms – currently over 40% of all websites. The Team went on to develop Siteworks which is a specifically built version of WordPress to suit u3a requirements. Much of the data which was on our Sitebuilder site has been imported into Siteworks and the new site gives us a more flexible platform.

If you had links on your computer to the old Sitebuilder site, for the next 2 months you will be re-directed to the Siteworks site after which the re-direct will be turned off and you will need to create a new link.

The old URL was <https://u3asites.org.uk/east-of-england/>

The new URL is <https://eastofengland.u3asite.uk/>

If there is anything you wish to have added to the new site please email to the information to: webmaster.eastofenglandu3a@gmail.com

New Year, new regional u3a post holders



UNFORTUNATELY mailing arrangements for this publication meant that we have had to complete it before nominations for the new Council and Board closed. Fingers crossed, by the time you read this, national office will have announced candidates for both. Whoever is in the frame or elected to either of the two posts, the existing Regional Support Team looks forward to working with them.

Ray Hardisty, the PR and Media Adviser for the region, is also the current Team Leader. He said:

“Every member of the team has supported two regional trustees already and we have continued to fulfil our roles without a trustee in place. The web site has been migrated to Siteworks from Sitebuilder and this Bulletin and News has continued to appear. We await the results with interest.”

Voting for the two posts opens on January 13 and closes on February 21

Highlights of the First Essex u3a Network Conference



The first Essex u3a Network Conference, held online via Zoom on November 19, 2024, brought together representatives from various u3a groups across the county. The conference aimed to foster collaboration, share best practices, and address common challenges faced by u3a groups. The conference theme was Recruitment & Retention.

A poll was conducted to gather information about each participant's u3a. Key findings were that membership was increasing in the majority of u3a's and only a small minority reported difficulty in recruiting new members. However, a third of the u3a's have difficulty in recruiting Group Leaders/Conveners and nearly all reported difficulty in recruiting new committee members.

Lesley Wood, Steering Group lead, highlighted the importance of new interest groups for membership growth and retaining new members. Lesley shared Third Age Trust advice on supporting new groups, which emphasizes that a diverse range of groups can attract and help retain members. Key points were discussed on making interest groups more attractive and accessible. Supporting group coordinators and understanding member needs were identified as crucial factors for success. Various u3a groups shared their experiences and strategies for supporting new groups and managing existing ones. Examples included financial support for new groups and the creation of subcommittees to provide ongoing assistance.

Strategies to attract more male members were discussed, including sports groups and in-depth seminars. The importance of inclusivity and offering a variety of activities was emphasized.

Examples of u3a groups sharing interest groups and forming clusters for mutual benefit were shared. These arrangements help maximize resources and offer more opportunities for members.

The importance of promoting the u3a ethos and engaging members was discussed. The necessity of having experts or leaders for interest groups was debated. The u3a ethos of shared learning and skills was highlighted as a key aspect of its identity. Various strategies for recruiting volunteers and new members were shared, including open house coffee mornings and community outreach.

Next Steps: Key action items include sharing poll results, planning the next network meeting, and exploring ways to increase attendance and representation from more Essex u3as.

This conference was a valuable opportunity for u3a groups to connect, share ideas, and support each other in their efforts to grow and thrive. We look forward to the next meeting in May 2025!

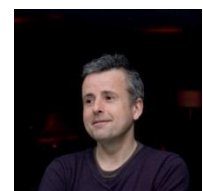
Dancing speaker adds variety to his offering



Many regional u3as have enjoyed hearing opera singer Iestyn Edwards speak on 'My Tutu went AWOL' over the past few years. Now he tells us he has added a second title to his offering.

He has already tried it on radio and believes it went down well.

It is an amusing recollection of touring the variety circuit, covering a country and western singing father, psychic medium mother, a singling emu and burlesque giraffe among others!!



Contact Iestyn via Speaker Net.

Harlow u3a member receives British Empire Medal



Harlow u3a member, Ann Nutt, was awarded the British Empire Medal (BEM) in His Majesty The King's Birthday Honours, announced in June, and in October she went to County Hall, Chelmsford, to receive her award from Lord Lieutenant, Mrs Jennifer Tolhurst and the High Sheriff of Essex, David Hurst.

The BEM is a prestigious award given for an outstanding achievement or service to the community that has had a long-term, significant impact.

Ann was nominated for the significant work and devotion she has given to the NHS, in particular Harlow's award-winning Patient Panel at The Princess Alexandra Hospital NHS Trust.

Ann established the panel ten years ago and is its chair. Its aim is to support patients and people across the trust's hospitals.

Another Tricky Publication!



MALDON u3a author Patrick Forsyth has released a second volume in his puzzle book series. Following the success of his first book, *A Bit Tricky*, he teamed up with friend and former teacher Trevor Peters to create another collection of brainteasers, riddles, and surprising facts. Forsyth, who has written over ten books translated into 24 languages, is known locally for his novels set in Maldon, which dive into themes of mystery and crime.

Reflecting on his latest release, titled *A Bit Tricky, Again*, he said:

"This was great fun to put together. People reported liking the first book - not least because they said it made a good Christmas present. I had an email from one lady who had bought the book saying that she had gone through it at a family dinner in a restaurant and found other tables joining in around them. We hope this second volume will engender some fun too."



The new volume offers a fresh batch of puzzles and conundrums, including one intriguing challenge tasking readers to speak for a full minute without using any words containing the letter 'A'.

Witham and District (Essex) u3a Knitted decorations ... by request



Having decorated post boxes in their home town with knitted tops for Christmas in recent years, the **Witham and District (Essex) u3a Knit and Natter group** is now getting special requests. In November it was to provide decorations for the entrance of the town library to mark annual remembrance events.

They not only created floral items for its main pillars but also made strings to go along the top of benches in the town.

Beccles u3a Celebrates Tenth Anniversary!



Beccles u3a marked its 10th anniversary with a celebration attended by both long-standing and new members. The Mayor of Beccles opened the proceedings, followed by speeches from Peter and Susan Shannon, the founding chair and business secretary of Beccles u3a. They reflected on the organisation's history and the contributions of its members.



Pippa Holliday, the current chair, acknowledged the work of Graham Jermyn, who led the organisation through the pandemic, and thanked the present committee for their efforts in organising the day. The morning session featured the speaker Jane Hoggar, known as the Bluebell Girl. She delivered a talk on the origins and history of cabaret in Paris, interspersed with anecdotes, songs, dance, and comedy. One of the newest special interest groups, the Scottish Country Dancing group, also performed.

In the afternoon, the Creative Writing and Singing for Fun groups took the stage, before The Lowestoft Longshore Men entertained with sea shanties from around the world.

Beccles u3a has been providing its more than 700 members with a variety of activities over the last decade. These include monthly speaker meetings in the Public Hall, regular outings to notable places, and about 60 special interest groups. The groups are chosen and run by the members themselves, covering a wide range of subjects for both learning and staying active.

Yorkshire walking tours base



Having received a recommendation from **Cambridge Rambling Club** who used the Crowne Plaza Harrogate as a base for their walking excursions throughout North Yorkshire and around Harrogate we would be delighted to hear from u3a rambling groups arranging holidays in Yorkshire.

Their stay spanned four nights, giving them ample time to explore the many stunning trails and scenic routes in the area.

Other rambling groups might also appreciate Harrogate as a base for walking tours.

With its wealth of scenic paths and variety of landscapes, North Yorkshire offers countless options for a memorable walking holiday.

As such, it could be an ideal destination for a future trip in 2025.

Here's more on the hotel

[4-Star Hotels In Harrogate: Crowne Plaza Harrogate, UK](#)

To receive this bulletin directly, send your name, u3a and email details to
Laurene Henderson laurenehenderson1.east.u3a@outlook.com