

East of England Region u3a

February 2025 Monthly Bulletin and News Issue 2 Page 1

This monthly bulletin was compiled on 29.01.2025 and sent to National Office for distribution. It should arrive by the first week of February 2025. Deadline for the March 25 issue is 24.02.25. You are likely to receive this Bulletin sooner if you sign up directly.

Email laurenehenderson1.east.u3a@outlook.com



Meet our new Council Representative for the East of England Region: Ian Mathews (Sudbury u3a)

I joined South Woodham Ferrers in 2020 and became Chair and Secretary after a few months. I also led a Photography group. Following my full retirement, I joined my current u3a, Sudbury, in 2022.

Later that year I was co-opted on to the committee as Beacon Administrator. I was consequently elected in the 2023 AGM as a full member of the committee, vice-chair and Beacon Administrator. I also formed a new Group, Photography Skills. Following our 2024 AGM I was elected as Chair and Beacon Administrator. I am also a Trustee Volunteer within the Beacon Training Group.

I have experience of how u3a 'works' from grassroots to the main board of u3a. I also have a good understanding of our relationship with the charity commission. I am a good communicator, experienced with Zoom, Teams and definitely a 'people person' and a team player, the latter gained from my careers as a Merchant Navy Officer and Safety Manager within heavy civils projects.

I intend to give my best efforts to ensure the success of my role in the Eastern Region.

Although Ian does not officially take up his position until April 2025, he has already met with the East of England u3a Support Team. Welcome, Ian, and we are all here to support you.

East of England Learning Events



Many of you have already signed up for the Zoom talk *Artificial Intelligence Everywhere* which looks at how the growth of Artificial Intelligence is already being used in Large Language Models such as ChatGPT, chatbots, medical diagnostics and image recognition. The session has been arranged by the Eastern Region Support Team.

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 an East Suffolk u3a member. He is a knowledgeable AI enthusiast who has made special studies on AI since retiring. He 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.

The event is open to all u3a members so please share the opportunity widely in your u3as.

Book places by emailing: zooevents.east.u3a@gmail.com March 4th 2025 10:00-11:00am

Our Inspirational Featured Group for February 25



Swaffham & District Archery Group

As a school boy, I used to visit the local woods to select suitable saplings to make bows and arrows. The arrows were pretty basic, but good enough to compete with the kit made by my friends. Eventually, I wanted to have better equipment, so I replaced the bows and carefully selected the best split canes from a garden centre which were then crafted to make sharp arrows with flights. During the school holidays, my friends and I competed to be the best shots in town!

When I joined the u3a, I organised many outings and events, one of which was a trip to Norwich where u3a members could take part in canoeing and archery. During the archery, I had a conversation with the instructor and was given the contact details of a local Archery Instructor who I discovered would provide all the equipment required. The archery group was formed twelve years ago.

Archery is a dangerous sporting activity, so the equipment has to be used under close supervision. Our instructor ensures that all members of the group adhere to all the safety rules with his whistle! The group is currently 12 strong and meets once a month indoors but if the weather is fine we meet outside. We practice until it is competition time! Like Wimbledon, the highest score wins a dish for the ladies and a cup for the gentlemen.

Ian Clews

Group Co-ordinator Archery Group
Swaffham & District u3a



If you would like your u3a group to be included in our project *Inspirational u3a Groups*, contact:
Laurenehenderson1.east.u3a@outlook.com.

Details of all the *Inspirational Groups* [Publications - East of England Region](#)

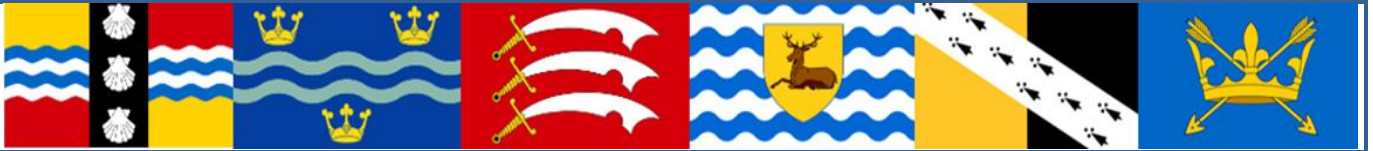
National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Monday, February 3 · 1:30 - 3:30pm	u3a Yoga Network: February Online Workshop: An introduction to starting a yoga group in your u3a	u3a Yoga Network: February Tickets, Mon, Feb 3, 2025 at 1:30 PM Eventbrite https://www.eventbrite.co.uk/e/u3a-yoga-network-february-tickets-1104379160799?aff=oddtcreator
Tuesday, February 4 10:00am - 12:00pm	Flight Inspirations Aviation Meeting: Zeppelin, Rise and Fall presented by Mark Randall Invented by Count Ferdinand von Zeppelin in the early 20th century, these airships gained fame for their long-range flight, large payload capacity and ability to hover.	Flight Inspirations Aviation Meeting: Zeppelin, Rise and Fall Tickets, Tue, Feb 4, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-zeppelin-rise-and-fall-tickets-1132553410739?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
5th Feb 12 th Feb 19 th Feb 26 th 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
Thursday, February 6 10:00am - 12:00pm	Introduction to Cryptic Crosswords Try your hand at solving cryptic clues on this two-hour taster session with Henry Howarth, u3a Subject Adviser for Cryptic Crosswords.	Introduction to Cryptic Crosswords Tickets, Thu, Feb 6, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/introduction-to-cryptic-crosswords-tickets-1090960926499?aff=oddtcreator
Friday, February 7 11:00am - 12:30pm	Sociology, Gender Inequality and Feminism A discussion of the history of women's struggles to overcome inequalities and feminist thought and theory.	Sociology, Gender Inequality and Feminism Tickets, Fri, Feb 7, 2025 at 11:00 AM Eventbrite https://www.eventbrite.co.uk/e/sociology-gender-inequality-and-feminism-tickets-1145549181439?aff=oddtcreator
Wednesday February 12 10:00 - 11:00am	Laughter Yoga with Judith: February Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	Laughter Yoga with Judith: February Tickets, Wed, Feb 12, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-february-tickets-1106260528019?aff=oddtcreator

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Thursday, February 13, 2025 · 2:00 - 4:00pm	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
Friday February 14 10:00 - 11:00am	Claude Monet's Garden in Giverny The world of Claude Monet and his extensive grounds in Giverny, north of Paris - a talk by Peter Webb	Claude Monet's Garden in Giverny Tickets, Fri, Feb 14, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/claude-monets-garden-in-giverny-tickets-1144123005709?aff=oddtcreator
Wednesday February 19 1:00 - 2:30pm	Agritech: Technology enhancing Agricultural Productivity and Sustainability John Butler (u3a Let's Talk Tech) explores Agricultural Technology - the application of technology and digital tools to farming.	Agritech: Technology enhancing Agricultural Productivity and Sustainability Tickets, Wed, Feb 19, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/agritech-technology-enhancing-agricultural-productivity-and-sustainability-tickets-1130836395099?aff=oddtcreator
Tuesday February 18 2:00 - 3:30pm	Things you didn't know you could do online, for older people with Steve Mersereau The internet can be a surprising place, in a good way. Here is an introduction to some ways you can use it in unexpected ways.	Things you didn't know you could do online, for older people Tickets, Tue, Feb 18, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/things-you-didnt-know-you-could-do-online-for-older-people-tickets-1119016230669?aff=oddtcreator
Thursday February 20 10:00 - 11am	Mindfulness and Meditation Continuation Session: February 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: February Tickets, Thu, Feb 20, 2025 at 10:00 https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-february-tickets-1132653339629?aff=oddtcreatorAM Eventbrite
Thursday February 20 2:00 - 3:00pm	An introduction to Vedic Maths Join Cheryl Periton to learn what Vedic maths is, where it came from and enjoy some practical examples.	An introduction to Vedic Maths Tickets, Thu, Feb 20, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/an-introduction-to-vedic-maths-tickets-1205024593999?aff=oddtcreator
Friday February 21 2:00 - 4:00pm	Artificial Intelligence News: February - AI in Government How AI is being used in government and social housing	Artificial Intelligence News: February - AI in Government Tickets, Fri, Feb 21, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-february-ai-in-government-tickets-1115617846009?aff=oddtcreator

Date 2025	Event	Link(Control&click) anURL(copy&paste)
Wednesday February 26 11:00am - 12:30pm	Nanophotonic Devices for Healthcare Applications Join our Science Network event to hear about the detection of events at nanoscale levels, by Professor Steven Johnson.	Nanophotonic Devices for Healthcare Applications Tickets, Wed, Feb 26, 2025 at 11:00 AM Eventbrite https://www.eventbrite.co.uk/e/nanophotonic-devices-for-healthcare-applications-tickets-1111580098999?aff=oddtcreator
Tuesday February 25 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: February 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: February Tickets, Tue, Feb 25, 2025 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-february-tickets-1132609709129?aff=oddtcreator
Wednesday February 26 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
Thursday February 27 14:00 - 15:30	Future Lives Panel: Initiatives for Care This panel will showcase inspirational, community level initiatives to instil hope and optimism that small things can make a big difference.	Future Lives Panel: Initiatives for Care Tickets, Thu 27 Feb 2025 at 14:00 Eventbrite https://www.eventbrite.co.uk/e/future-lives-panel-initiatives-for-care-tickets-1216286358239?aff=oddtcreator
Thursday February 27 2:00 - 4:00pm	Secrets of the Human Brain: Talk Two - Vision This talk describes the visual pathway from the point when an image enters the eyes to the point when we actually 'see' something.	Secrets of the Human Brain: Talk Two - Vision Tickets, Thu, Feb 27, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-two-vision-tickets-1109262035609?aff=oddtcreator
Friday February 28 2:00 - 3:00pm	Philosophy as a way of life This talk by Shri Sharma, Subject Adviser for Philosophy, will introduce you to some of the philosophical ideas of Pierre Hadot.	Philosophy as a way of life Tickets, Fri, Feb 28, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/philosophy-as-a-way-of-life-tickets-1143812577209?aff=oddtcreator
Monday March 3 10:00 - 11:30am	The Lifecycle of a Laser: From Prototype to Making Stars on Earth There aren't many things in science cooler than lasers!	The Lifecycle of a Laser: From Prototype to Making Stars on Earth Tickets, Mon, Mar 3, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/the-lifecycle-of-a-laser-from-prototype-to-making-stars-on-earth-tickets-1217670357819?aff=oddtcreator
Tuesday March 4 2:00 - 3:30pm	Apps to help seniors being out and about: A travel focus journey We will take you through a selection of smart phone and tablet applications that are useful for using when on the move.	Apps to help seniors being out and about: A travel focus journey Tickets, Tue, Mar 4, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/apps-to-help-seniors-being-out-and-about-a-travel-focus-journey-tickets-1220766277799?aff=oddtcreator

Date 2025	Event	Link(Control&click) anURL(copy&paste)
Thursday March 6 10:00am - 12:00pm	Growing Up Human: The Evolution of Childhood Dr Brenna Hassett explores the ways in which our species has evolved one of the longest childhood periods on the planet.	Growing Up Human: The Evolution of Childhood Tickets, Thu, Mar 6, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/growing-up-human-the-evolution-of-childhood-tickets-1214926400569?aff=oddtcreator
Friday March 7 2:00 - 3:00pm	The Gothic: Tracing the Genre from Medieval Architecture to The Goths The Romantic era introduced the great Gothic novels, the history of which we explore and proceed to the present-day idea of the 'Goth'.	The Gothic: Tracing the Genre from Medieval Architecture to The Goths Tickets, Fri, Mar 7, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/the-gothic-tracing-the-genre-from-medieval-architecture-to-the-goths-tickets-1219110455189?aff=oddtcreator
Wednesday March 5 10:00 - 11:00am	The Truth in Ten : Climate With recent updates and additions, Brenda Ainsley will take you through the science behind the climate crisis - and some solutions.	The Truth in Ten Tickets, Wed, Mar 5, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/the-truth-in-ten-tickets-1130908911999?aff=oddtcreator
Wednesday March 5 1:00 - 2:30pm	How Best To Use Facebook Join this u3a Let's Talk Tech talk by Sheila Crawley about how u3as and their members can benefit from embracing social media.	How Best To Use Facebook Tickets, Wed, Mar 5, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/how-best-to-use-facebook-tickets-1142319621739?aff=oddtcreator
Monday, March 10 10:00 - 11:30am	Exploring World Faiths: Faiths and Water The 22nd March is World Water Day. We will explore the spiritual significance of water in different faiths.	Exploring World Faiths: Faiths and Water Tickets, Mon, Mar 10, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/exploring-world-faiths-faiths-and-water-tickets-1141002752949?aff=oddtcreator
Tuesday March 11 2:00 - 3:30am	Dorothy Levitt: The Fast Lady The story of an Edwardian lady driver who conquered the male world of car racing, breaking the world speed record in the process.	Dorothy Levitt: The Fast Lady Tickets, Tue, Mar 11, 2025 at 2:00 AM Eventbrite https://www.eventbrite.co.uk/e/dorothy-levitt-the-fast-lady-tickets-1221151199109?aff=oddtcreator
Wednesday March 12 10:00 - 11:30am	The Use of Artificial Intelligence in Healthcare This talk provides an overview of the developments & challenges surrounding the use of Artificial Intelligence in Healthcare.	The Use of Artificial Intelligence in Healthcare Tickets, Wed, Mar 12, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/the-use-of-artificial-intelligence-in-healthcare-tickets-1221210366079?aff=oddtcreator
Wednesday March 12 7:00 - 8:30pm	Sustainable Travel in Europe Margit Physant shares invaluable knowledge about the most sustainable ways to travel around Europe.	Sustainable Travel in Europe Tickets, Wed, Mar 12, 2025 at 7:00 PM Eventbrite https://www.eventbrite.co.uk/e/sustainable-travel-in-europe-tickets-1221048822899?aff=oddtcreator
Thursday March 13 2:00 - 3:30pm	From Turmoil to Joy: The Sculpture of Auguste Rodin The third of a series of talks illustrating how the creative arts can enhance our wellbeing.	From Turmoil to Joy: The Sculpture of Auguste Rodin Tickets, Thu, Mar 13, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/from-turmoil-to-joy-the-sculpture-of-auguste-rodin-tickets-1217897768009?aff=oddtcreator
Tuesday March 18 2:00 - 3:30pm	Making your smartphone easier to use as you get older Advice to help you tailor your smartphone or tablet to your needs.	Making your smartphone easier to use as you get older Tickets, Tue, Mar 18, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/making-your-smartphone-easier-to-use-as-you-get-older-tickets-1219512828699?aff=oddtcreator



Wymondham u3a are holding a Special Interest Day on Friday 28th

March 2025 at Central Hall in Wyndham. The schedule is below. The cost is £20, to include a buffet lunch and refreshments. This fascinating event looks as if it will be popular; to register your interest in attending this day, please email:

courses@wymondhamu3a.org.uk

THE FUTURE OF PLANT FOOD PRODUCTION?

PROGRAMME

- | | |
|-----------------|--|
| 9:00 AM | Arrival; tea, coffee available |
| 9:30 AM | Welcome by John Dollimore
Chairman of Wymondham U3A |
| 9:45 AM | Dr Ben Miller University of East Anglia
<i>Basic Gene Editing Chemistry</i> |
| 10:45 AM | Coffee Break |
| 11:15 AM | Dr Penney Hundleby John Innes Centre
<i>Understanding Genetic Technology: Gene Editing, GM, and Precision Breeding – Same Same or Different?</i> |
| 12:15 PM | Lunch |
| 1:15 PM | Professor Johnathan Napier Rothamstead Research
Institute
<i>The Road Less Travelled – Translating Discovery into Product: Lessons from the Rothamsted Omega-3 Project</i> |
| 2:15 PM | Ralph Early Food Ethics Council
<i>Food Ethics: A Moral Compass for Agriculture and the Food Industry.</i> |
| 3:15 PM | Thanks: John Dollimore followed by tea |

Getting the Bulletin In!

Apologies on behalf of Nation Office and The East of England Support Team for the major glitch in the distribution system for January 2025. I prepare this Bulletin in good time, but there are several destinations before distribution. And many a slip between cup and lip, it would seem.

Sign up directly, as a large number of you are doing, and you should receive it promptly. Direct signees received their January 2025 Bulletin on the 3rd January. Email laurenehenderson1.east.u3a@outlook.com



Talk on 200th anniversary of rail services offered

Volunteers are working with Greater Anglia and the Essex and South Suffolk Community Rail Partnership to celebrate 200 years of passenger railways in the UK.(1825 to 2025) They have put together an illustrated talk using Power Point covering the development of railways over the last 200 years.

It is designed for a non technical audience and lasts about 40 minutes.

Only cost will be speaker's travel expenses are covered.

It is part of Rail 200, a major event organised by Network Rail, lasting until June 2026.

Further details and booking information from David Gibson davidgibson1@gmail.com

Guided tours of pilgrimage site on offer

DISCOVER Walsingham's rich history both as 'A Place of Pilgrimage since 1061' by visiting the Augustinian Priory site of the original Holy House and modern shrines.

The Norfolk village was a market town and legal centre and additional visits can be made of the Georgian Courthouse and John Howard 'model' prison.

It has mixed architecture including timber-framed houses and various churches.

The village has a range of places for refreshment and selected shops.

Although it is easy to spend whole day in Walsingham, some groups may like to combined this visit with another facility like Houghton Hall (special Stephen Cox exhibition in 2025), Holkham Hall or Wells-next-Sea.

Booked Tours only

For further details contact: Scilla Landale (Blue Badge Guide) on 07747 693235 or 01328 820056

Email: scilla.landale@afiweb.net

www.walsinghamvillage.org/see&do

Put Out More Flags...

I received an enquiry from Clifford Walters (King's Lynn u3a) asking about the flags that head our News pages in the Bulletin and News. As I had inherited the masthead when I took over the Bulletin, it made me check! They represent the Counties of the East of England u3a region in alphabetical order: Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk. While checking this, I improved the appearance of the masthead, so thank you Clifford! Those wishing to do further research can investigate here [Full list of county flags.pdf](#)

Laurene Henderson Team Member

Don't forget to let us know about your Inspirational or Unusual Interest Groups. The publication, featuring all groups who have contacted us so far, can be found here [Publications - East of England Region](#) and we try to feature a group each month in our Bulletin.

We heard rumour of a Weight Lifting Group and await the details... 😊