

East of England Region u3a

March 2025 Monthly Bulletin and News Issue 3 Page 1

This monthly bulletin was compiled on 25.02.2025 and sent to National Office for distribution. It should arrive by the first week of March 2025. Deadline for the April 25 issue is 25.03.25. Receive this Bulletin promptly, if you sign up directly. Email laurenehenderson1.east.u3a@outlook.com

Our Inspirational Featured Group for March 25

Rug Making Group Dacorum u3a



For the past few years, Decorum u3a, based in Hemel Hempstead, have been coordinating a successful Rug Making Group using a range of recycled materials. They explored the history of Rug making in various parts of the world and have produced a number of wonderful pieces of work.

Initially they made rag rugs which are known by a range of different names around the UK, for example some people call them Proggy Rugs. They collected and experimented with a range of tools, following the development from a pointed stick to a sprung tool called a Bodger. The fabric is cut into strips which are wound around a slotted gauge and cut to size. We found that old tee shirts were ideal for this.

Useful books gave more ideas. A Lambs Lug rug is made by folding 2" pieces of cotton or man-made fabric diagonally right side in, machining along one edge then opening out to form a kite shape. These are stitched onto backing fabric and form a beautiful rug. Long strips of old sheeting have been plaited into braided rugs and, using a toothbrush handle as a bodkin, sewn into an Amish Knot or toothbrush rug. Woven rugs were made with long strips and an adapted cardboard box. The technique extended into several different Wreaths, for example Christmas, Spring and red, white and blue for recent Royal celebrations. A memory Rug involved weaving together the ties once owned by a member's late husband.

Jane Campbell, who Co-ordinates the group says, "Our only expense is hessian for the base of the rugs; all the fabric is donated. We continue to experiment and have shared our work at craft fairs, explaining to children that recycling is older than even we are!"



Jane Campbell Co-ordinator Rug Making Group Dacorum u3a

Could yours be our next Inspirational Featured Group?

Each month we feature a u3a interest group from one of our East of England Region u3as. All of these groups can be found on the East of England Website here: [Inspirational-Groups-Jan-2025.pdf](#)

We want to hear about your groups. Please send photographs and a brief write up explaining how the group formed, who belongs, where you meet and what you have done. Don't forget to mention your u3a and please make sure that any photographs featuring u3a members have the participants permission to appear.

Send submissions to laurenehenderson1.east.u3a@outlook.com



National Office u3a onLine Learning Events

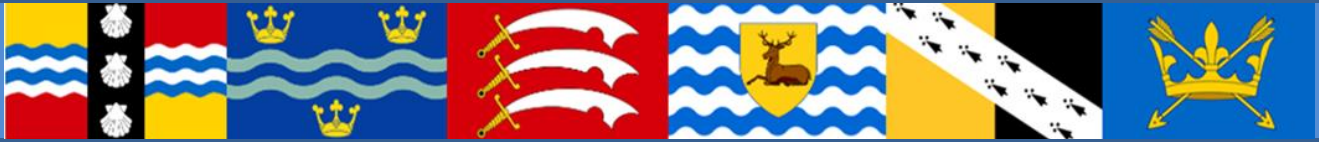
Date 2025	Event	Link(Control&click) and URL(copy&paste)
Monday March 3 10:00 - 11:30am	<p>The Lifecycle of a Laser: From Prototype to Making Stars on Earth</p> <p>There aren't many things in science cooler things than lasers!</p>	<p>The Lifecycle of a Laser: From Prototype to Making Stars on Earth Tickets, Mon, Mar 3, 2025 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/the-lifecycle-of-a-laser-from-prototype-to-making-stars-on-earth-tickets-1217670357819?aff=oddtcreator</p>
Tuesday March 4 10:00 - 12:00pm	<p>Flight Inspirations Aviation Meeting: Artificial Intelligence in Aviation</p> <p>AI is transforming aviation by improving safety, efficiency and sustainability to reshape the industry's future.</p>	<p>Flight Inspirations Aviation Meeting: Artificial Intelligence in Aviation Tickets, Tue, Mar 4, 2025 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-artificial-intelligence-in-aviation-tickets-1236281424019?aff=oddtcreator</p>
Tuesday March 4 2:00 - 3:30pm	<p>Apps to help seniors being out and about: A travel focus journey</p> <p>We will take you through a selection of smart phone and tablet applications that are useful for using when on the move.</p>	<p>Apps to help seniors being out and about: A travel focus journey Tickets, Tue, Mar 4, 2025 at 2:00 PM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/apps-to-help-seniors-being-out-and-about-a-travel-focus-journey-tickets-1220766277799?aff=oddtcreator</p>
Wednesday March 5 10:00 - 11:00am	<p>The Truth in Ten : Climate</p> <p>With recent updates and additions, Brenda Ainsley will take you through the science behind the climate crisis - and some solutions.</p>	<p>The Truth in Ten Tickets, Wed, Mar 5, 2025 at 10:00 AM Eventbrite</p> <p>https://www.eventbrite.co.uk/e/the-truth-in-ten-tickets-1130908911999?aff=oddtcreator</p>

National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and
Wednesday March 5 1:00 - 2:30pm	How Best To Use Facebook Join this u3a Let's Talk Tech talk by guest speaker 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
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
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

Date 2025	Event	Link(Control&click) and
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
Wednesday March 19 10:00 - 11:00am	Laughter Yoga with Judith: March Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	Laughter Yoga with Judith: March Tickets, Wed, Mar 19, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-march-tickets-1106295562809?aff=oddtcreator
Wednesday March 19 1:00 - 2:30pm	Recording and Editing a Video on your Smartphone Learn how to create interesting and high-quality short form videos using your smartphone, with John Butler from u3a Let's Talk Tech.	Recording and Editing a Video on your Smartphone Tickets, Wed, Mar 19, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/recording-and-editing-a-video-on-your-smartphone-tickets-1142840449549?aff=oddtcreator
Six Zoom sessions 10.00 to 11.30am on Thursdays 20, 27 March and 3, 10, 17, 24 April 2025.	Cryptic Crosswords for Beginners: 6 Session Course (March 2025) Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a 6-session course on how to solve cryptic crosswords. Please note registration closes on Tuesday 4 March 2025. You will need the course book: details on link.	Cryptic Crosswords for Beginners: 6 Session Course (March 2025) Tickets, Thu, Mar 20, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-6-session-course-march-2025-tickets-1223201862699?aff=oddtcreator
Thursday March 20 10 - 11:30am	Mindfulness and Meditation Continuation Session: March 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: March Tickets, Thu, Mar 20, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-march-tickets-1226402184949?aff=oddtcreator
Friday March 21 10:00 - 11:30am	Artificial Intelligence News: March - GPT, Agents and Healthcare This AI news event focus on three of the many AI Innovations. A panel of three speakers will talk about GPT, Agents and Healthcare.	Artificial Intelligence News: March - GPT, Agents and Healthcare Tickets, Fri, Mar 21, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-march-gpt-agents-and-healthcare-tickets-1244623044029?aff=oddtcreator
Friday March 21 2:00 - 3:15pm	LEO - the World's First Business Computer From cakes to computers - LEO, the World's First Business Computer, an operational product in 1951.	LEO - the World's First Business Computer Tickets, Fri, Mar 21, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/leo-the-worlds-first-business-computer-tickets-1227958018489?aff=oddtcreator

Date 2025	Event	Link(Control&click) anURL(copy&paste)
Monday March 24 2:00 - 3:30pm	How Many Letters in the Alphabet? A tour of the world's writing systems. A look at the main writing systems of the world, in a grand tour starting in the UK and finishing who knows where - the final frontier?	How Many Letters in the Alphabet? A tour of the world's writing systems. Tickets, Mon, Mar 24, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/how-many-letters-in-the-alphabet-a-tour-of-the-worlds-writing-systems-tickets-1223661848529?aff=oddtcreator
Tuesday March 25 11:00am - 12:30pm	Lung Disease in advancing age: identifying new treatments Professor Andrew Fisher and Dr Lee Borthwick discuss lung disease and lung transplantation as a treatment in this Science Network event.	Lung Disease in advancing age: identifying new treatments Tickets, Tue, Mar 25, 2025 at 11:00 AM Eventbrite https://www.eventbrite.co.uk/e/lung-disease-in-advancing-age-identifying-new-treatments-tickets-1204774064659?aff=oddtcreator
Tuesday March 25 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: March 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: March Tickets, Tue, Mar 25, 2025 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-march-tickets-1236316208059?aff=oddtcreator
Wednesday March 26 10:00 - 11:00am	A Glimpse of Anglo-India Former BBC Radio broadcaster Clare Jenkins offers a glimpse into the lives & histories of India's descendants of British men & Indian women.	A Glimpse of Anglo-India Tickets, Wed, Mar 26, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/a-glimpse-of-anglo-india-tickets-1132213885209?aff=oddtcreator
Thursday March 27 2:00 - 4:00pm	Secrets of the Human Brain: Talk Three - Sleep and Dreams The talk explains how different parts of the brain are responsible for keeping us awake and making us go to sleep.	Secrets of the Human Brain: Talk Three - Sleep and Dreams Tickets, Thu, Mar 27, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-three-sleep-and-dreams-tickets-1216445534339?aff=oddtcreator
British Summer Time		
Tuesday April 1 2:00 - 3:30pm	Smart Tech for Older and Disabled People Dean Reynolds will show us some solutions to help older and disabled people in an ever expanding digital world.	Smart Tech for Older and Disabled People Tickets, Tue, Apr 1, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/smart-tech-for-older-and-disabled-people-tickets-1245979410959?aff=oddtcreator
Wednesday April 2 1:00 - 2:30pm	Robotics and Automation Explore both the practical and fun element of robots, robotic machines and production automation, with John Butler from u3a Let's Talk Tech.	Robotics and Automation Tickets, Wed, Apr 2, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/robotics-and-automation-tickets-1242293877429?aff=oddtcreator
Friday April 4 2:00 - 3:00pm	A Sustainable Wardrobe Join Helen Howard, u3a member, to explore what we mean by sustainable clothing.	https://www.eventbrite.co.uk/e/a-sustainable-wardrobe-tickets-1143806699629?aff=oddtcreator
Tuesday April 8 2:00pm	How to get published James & Clare from the Writers' & Artists' Yearbook Team at Bloomsbury will be sharing expert advice on how to get published.	https://www.eventbrite.co.uk/e/how-to-get-published-with-writers-artists-tickets-1249380533809



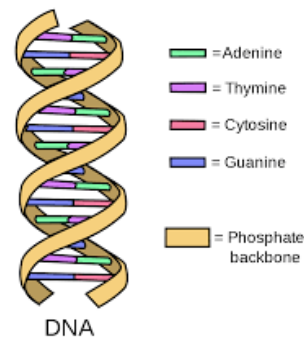
Last chance for Wymondham u3a's Special Science Interest Day on Friday 28th March 2025 at Central Hall in Wyndham. The schedule

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

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
Basic Gene Editing Chemistry
- 10:45 AM Coffee Break
- 11:15 AM Dr Penney Hundleby John Innes Centre
Understanding Genetic Technology: Gene Editing, GM, and Precision Breeding – Same Same or Different?
- 12:15 PM Lunch
- 1:15 PM Professor Johnathan Napier Rothamstead Research Institute
The Road Less Travelled – Translating Discovery into Product: Lessons from the Rothamsted Omega-3 Project
- 2:15 PM Ralph Early Food Ethics Council
Food Ethics: A Moral Compass for Agriculture and the Food Industry.
- 3:15 PM Thanks: John Dollimore followed by tea



Heybridge u3a get up to date on scamming advice

TEN golden rules to help prevent fraud and beat the scammers were passed on when the Essex Police Fraud Prevention Co-ordinator held a Fraud and Scam prevention talk with Heybridge u3a. They provided fraud prevention advice and tools to keep them free from scams.

A member of the u3a , who volunteers for Radio Caroline Coastal FM also invited the team on to a Saturday "Fraud Prevention" slot on their radio! The rules are:

Be suspicious of all 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.

Don't agree to offers or deals immediately. Insist on time to get independent or legal advice before making a decision.

Don't hand over money or sign anything until you've checked someone's credentials and their company's.

Never send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment you're not comfortable with.

Never give banking or personal details to anyone you don't know or trust. This information is valuable so make sure you protect it.

Always log on to a website directly rather than clicking on links in an email.

Don't just rely on glowing testimonials. Find solid, independent evidence of a company's success.

Always get independent or legal advice if an offer involves money, time or commitment.

If you spot a scam or have been scammed, report it and get help.

Don't be embarrassed about reporting a scam. By reporting it, you'll make it more difficult for them to deceive others.

If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, contact Action Fraud on 0300 123 2040.





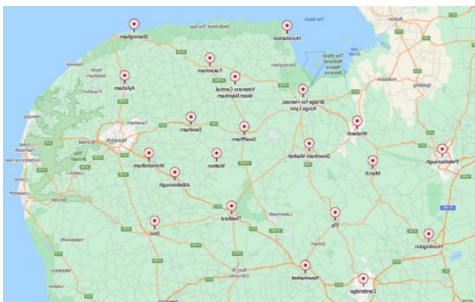
Veterans Voice



THE ARMED FORCES COVENANT FUND TRUST

Veterans in your Group? Help us find Veterans!

The Armed Forces Covenant Trust Fund (AFCTF) has launched a series of projects to help veterans learn about the facilities and support in their area. In the East of England this is under the **Veterans Voice** programme and Veterans Central at West Raynham SHQ is running Awareness Sessions and Drop-in Sessions for most of Norfolk and Cambridgeshire (as shown on the map below), in collaboration with existing breakfast clubs and social hubs. **Veterans Help Awareness Day.**




We are running a Veterans Help Awareness Day at West Raynham SHQ on Thursday 20th March from 1100 to 1500 and invite you and any members of your group to come along and meet the charities (16 so far 'booked in') and to have a look at our SHQ project – and enjoy free coffee and cake. If you could circulate details of the day to your members it would be most appreciated.

If you have any questions please contact Ken at ops@veteranscentral.co.uk or Loraine at loraine@veteranscentral.co.uk



SHQ: (RAF) West Raynham Business Park, NR21 7PL

 West Raynham SHQ – Veterans Central



Veterans Breakfast: monthly on 2nd Saturday

Veterans Lunch: monthly on 4th Wednesday

Book a place for Breakfast or Lunch.
ops@veteranscentral.co.uk

Fancy Joining our Regional Team?

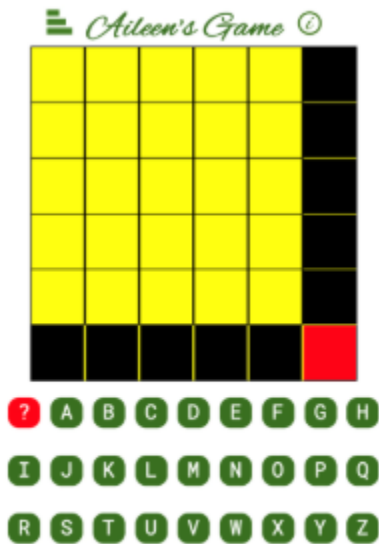
If you enjoy the bulletin and newsletter; if you think that regional advice and networks are valuable, why not join us on The East of England Team?

You don't need to be an expert, simply willing to learn and be part of a friendly team. You can take on as much or as little as you want.

Interested? Contact rayhardisty.east.u3a@gmail.com or laurenehenderson1.east.u3a@outlook.com



Bid to have 1,000 plays on the 1,000th Aileen's Game



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AILEEN'S Game created by Ian Clarke of East Suffolk u3a will reach an important milestone of 1,000 games on March 22.

To mark this, the national communications team, will be promoting the game to members to see if we can reach 1,000 plays on that day. Ian has shared the game on the national u3a web site where it is free to all members ... and the public ... to enjoy. But the original concept of creating as many words as possible within a grid came about a long time ago.

The origins stretch back more than half a century to when Ian was a teenager spending his summer holidays in America. He explains,

"The game came about back in 1965. Mum and I had been visiting her sister in Canada and were taking a greyhound bus from Thunder Bay to Cleveland, Ohio to see her uncle.

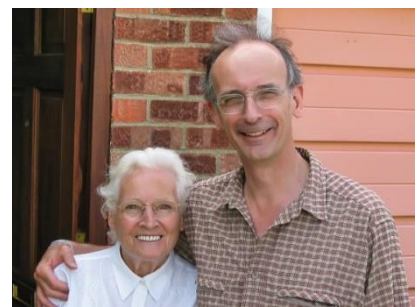
"My mum loved word games, loved them - even in her 90s, she was a mastermind at scrabble. We were just on the bus, playing with word games and a piece of paper. Somehow we came up with this game - we had a grid of 5x5, and we each came up with alternate letters. And we liked it."

Over the years, the game has become a regular source of entertainment for family and friends but Ian always assumed that, without technical developer skills, that was the furthest he could take it.

Ian continues, "I thought it would make a good app. But I didn't know how to make an app."

And then another word game sensation came along; Wordle. On discovering that it was written in Javascript, Ian realised that he might be able to use a similar basis for his game, creating it as a webpage. It re-sparked his dream of making the game available for anyone to play.

To find out more and play, visit the learning pages on the u3a website - <https://www.u3a.org.uk/learning/national-programmes/aileens-game>



Ian and mum Aileen back in 2004

Your News, Please!

Has your u3a had an interesting speaker?

Has your u3a had a particular celebration (members, significant achievement, etc)

Has your u3a held a special event?

Has your u3a been featured in your local paper/radio station/TV channel/Social Media?

Please submit your news, together with photographs, by March 25th 2025 for inclusion in the April issue of the East of England Bulletin and Newsletter.

Submissions to **Contact** rayhardisty.east.u3a@gmail.com