

East of England Region u3a

April 2025 Monthly Bulletin and News Issue 4 Page 1

This monthly bulletin was compiled on 28.03.2025 and sent to National Office for distribution. It should arrive by the first week of April 2025. **Deadline for the May 25 issue is 25.04.25**
Receive this Bulletin promptly, if you sign up directly. Email laurenehenderson1.east.u3a@outlook.com

Our Inspirational Featured Group for April 25



Scottish Country Dancing Luton u3a

I wanted to join the u3a Luton in the hope of starting a Scottish Country Dancing Group. I went to a New Members meeting run by Groups Liaison and said I would like to try and see if there was enough interest in u3a Luton for a SCD group. They took me up on it straight away and publicised the group in the Newsletter and also

produced a poster with photographs of dancers in white dresses and sashes which is put up at our Monthly Meetings.

We started with monthly meetings at a local Church Hall, quickly becoming every fortnight with a membership around 25. We aim to help everyone enjoy moving to music - as much or as little as they can manage. Everyone is welcome, with or without dancing experience. We started with dances some members learnt at school. No need to worry about bringing a partner, the group gets into a set and then work out who will be 'leader' and who will be their 'partner'. No one minds mistakes. In fact, they add to the fun and laughter.

I related to the group tales of BURNS SUPPERS and how after consuming Haggis and Neeps the dancing would begin. No one had been to a Burns' Supper but they all wanted to go now. That became our goal - to be able to dance the programme for the evening. We started with the DASHING WHITE SERGEANT and CUMBERLAND REEL.

After Christmas the curate at the church offered to cook the haggis and neeps for our first BURNS SUPPER for members, family and friends. We ended up with a full house of 80 seated for the haggis!

During the evening a group of us did a little demonstration of the DUKE OF PERTH. After that the MC asked the audience to join in the next dance CUMBERLAND REEL. They moved as one and filled the floor. Watching 60 and 70 year old dancers had not put them off at all, they wanted to join in the fun too!



Josephine Maclean Group Contact Scottish Country Dancing Luton u3a

Could yours be our next Featured Group?

Each month we feature a u3a interest group from one of our East of England Region u3as. Find them here: [Inspirational-Groups-Jan-2025.pdf](#) <https://eastofengland.u3asite.uk/wp-content/uploads/2025/01/Inspirational-Groups-Jan-2025.pdf> **We want to hear about your groups.** Please send photographs and a brief write up. 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



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

National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Tuesday April 1 10:00 - 12:00	Flight Inspirations Aviation Meeting: Stealth Discover how stealth aviation has fundamentally altered the nature of air warfare.	Flight Inspirations Aviation Meeting: Stealth Tickets, Tue, Apr 1, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-stealth-tickets-1259301016239?aff=oddtcreator
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
Wednesday, April 9 10:00 - 11:00am	Laughter Yoga with Judith: April Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-april-tickets-1255422786349 Laughter Yoga with Judith: April Tickets, Wed, Apr 9, 2025 at 10:00 AM Eventbrite
Thursday April 10 10:00 - 11:00am	A Glimpse at the Pre Raphaelites: The Potential of Love Catherine Stevenson of Newcastle u3a looks at "A Glimpse at the Pre Raphaelites: The Potential of Love Unveiling Holman Hunt's Masterpiece"	A Glimpse at the Pre Raphaelites: The Potential of Love Tickets, Thu, Apr 10, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/a-glimpse-at-the-pre-raphaelites-the-potential-of-love-tickets-1227625353479?aff=oddtcreator

National Office u3a onLine Learning Events

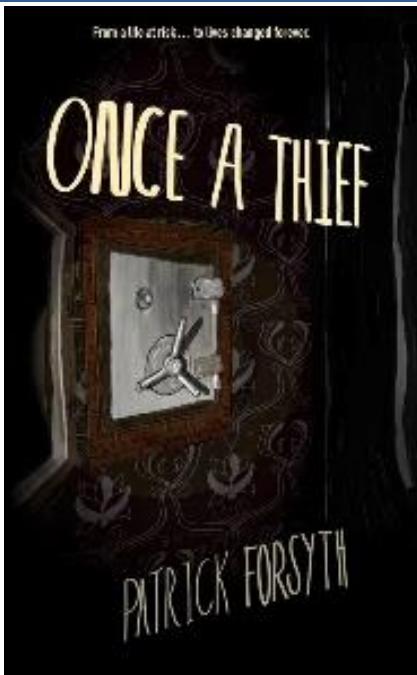
Date 2025	Event	Link (Control&click) and URL(copy&paste)
Thursday, April 10 2:00 - 3:30pm	From Turmoil to Joy: The Sculpture of Auguste Rodin The third of a series of talks illustrating how the creative arts can enhance our wellbeing.	From Turmoil to Joy: The Sculpture of Auguste Rodin Tickets, Thu, Apr 10, 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
Friday, April 11 10:00 - 11:30am	Duplicate Bridge Tactics for Improvers This session is for people who are relatively new to duplicate bridge and are looking to improve their game and move up the results table.	Duplicate Bridge Tactics for Improvers Tickets, Fri, Apr 11, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/duplicate-bridge-tactics-for-improvers-tickets-1259344014849?aff=oddtcreator
Monday, April 14 10:00 - 11:30am	How AI can save you hours when researching your family history Steve Doyle shows how, using simple non techie approaches, you can use AI to vastly increase the effectiveness of family history research.	How AI can save you hours when researching your family history Tickets, Mon, Apr 14, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/how-ai-can-save-you-hours-when-researching-your-family-history-tickets-1259327956819?aff=oddtcreator
Tuesday, April 15 2:00 - 3:30pm	Using the web to learn something new Are you curious about learning something new but not sure where to start? Hannah Davies is a Digital Skills Inclusion Trainer for the AbilityNet BT Digital Skills team.	Using the web to learn something new Tickets, Tue, Apr 15, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/using-the-web-to-learn-something-new-tickets-1259385599229?aff=oddtcreator
Wednesday, April 16 10:00 - 11:30am	Getting Going with Local History Dr Jessamy Carlson and Dr Paul Dryburgh from the National Archives share some top tips for beginning local history projects.	Getting Going with Local History Tickets, Wed, Apr 16, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/getting-going-with-local-history-tickets-1246078166339?aff=oddtcreator
Thursday, April 17 10:00 - 1:001am	Mindfulness and Meditation Continuation Session: April 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: April Tickets, Thu, Apr 17, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-april-tickets-1259686057909?aff=oddtcreator
Tuesday, April 22 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: April 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: April Tickets, Tue, Apr 22, 2025 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-april-tickets-1259629107569?aff=oddtcreator
Thursday, April 24 2:00 - 4:00pm	Secrets of the Human Brain: Talk Four - Brain Drugs and Medicines This talk describes how drugs act on the brain by changing its chemistry. Dr. Bob Pullen is a member of the u3a and a retired University Lecturer.	Secrets of the Human Brain: Talk Four - Brain Drugs and Medicines Tickets, Thu, Apr 24, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-four-brain-drugs-and-medicines-tickets-1259661895639?aff=oddtcreator

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Friday, April 25 8:30 - 10:00am	Artificial Intelligence News: April - Responsible AI A talk followed by a discussion about the responsible use of Artificial Intelligence, run by u3a teams in Australia and the UK.	Artificial Intelligence News: April - Responsible AI Tickets, Fri, Apr 25, 2025 at 8:30 AM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-april-responsible-ai-tickets-1280698767489?aff=oddtcreator
Friday, April 25 14:00 - 15:00pm	The Assassination of President Kennedy Join Pete Mellor, Oldham & District u3a for this talk on the assassination of JFK, a topic he has researched for over three decades.	The Assassination of President Kennedy Tickets, Fri 25 Apr 2025 at 14:00 Eventbrite https://www.eventbrite.co.uk/e/the-assassination-of-president-kennedy-tickets-1204755158109?aff=oddtcreator
Monday, April 28 2:00 - 3:15pm	What the future changes in landlines will mean for you Please join us to find out everything you need to know when landlines in the UK go digital by the end of January 2027.	What the future changes in landlines will mean for you Tickets, Mon, Apr 28, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/what-the-future-changes-in-landlines-will-mean-for-you-tickets-1262456243609
Tuesday, April 29 2:00 - 3:30pm	Understanding online content, misinformation and disinformation Lucy and Chloe will present an informative discussion to include strategies to stay safer online and media literacy.	Understanding online content, misinformation and disinformation Tickets, Tue, Apr 29, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/understanding-online-content-misinformation-and-disinformation-tickets-1280783531019?aff=oddtcreator
Wednesday, April 30 10:00 - 11:30am	Poverty: A Sociological Perspective An examination of the history of attempts to develop a consensus on defining and measuring poverty in the United Kingdom.	Poverty: A Sociological Perspective Tickets, Wed, Apr 30, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/poverty-a-sociological-perspective-tickets-1259720902129?aff=oddtcreator
Tuesday, May 6 10:00 - 12:00	Flight Inspirations Aviation Meeting: Aircraft Carrier Britain Over 300 British airfields supported the efforts of the USAAF , leaving a lasting impact through their presence, operations, and sacrifices.	Flight Inspirations Aviation Meeting: Aircraft Carrier Britain Tickets, Tue, May 6, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-aircraft-carrier-britain-tickets-1289586360519?aff=oddtcreator
Friday, May 9 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, Fri, May 9, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-ga-tickets-1289874893529?aff=oddtcreator
Monday, May 12 10:00 - 11:30am	Exploring World Faiths: Chaplaincy In this webinar we will be exploring the role of chaplaincy in hospitals, prisons and the police.	Exploring World Faiths: Chaplaincy Tickets, Mon, May 12, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/exploring-world-faiths-chaplaincy-tickets-1292831587079?aff=oddtcreator
Monday, May 12 10:00 - 11:30	How generative AI Works This talk describes how AI works, and includes a generative AI showcase, early non-generative AI and more recent discoveries.	How generative AI Works Tickets, Mon, May 12, 2025 at 10:00 AM https://www.eventbrite.co.uk/e/how-generative-ai-works-tickets-1289815395569?aff=oddtcreator

Date 2025	Event	Link(Control&click) anURL(copy&paste)
Tuesday, May 13 2:00 - 3:30pm	Simple adjustments for your device and staying safe on social media Hannah from will show you some simple adjustments for your device and Adam will give you some smart ways to stay safe on social media.	Simple adjustments for your device and staying safe on social media Tickets, Tue, May 13, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/simple-adjustments-for-your-device-and-staying-safe-on-social-media-tickets-1301203337209?aff=oddtcreator
Summer	SUMMER SCHOOLS There are four available - see link	u3a - Summer Schools https://www.u3a.org.uk/events/summer-schools



Screen play of u3a member's novel notches up 19 awards



A SCREEN play based on a Maldon u3a member's novel has clocked up its 19th award ... this time at the Los Angeles Film and Documentary Awards in the United States.

Patrick Forsyth, who writes fiction, non-fiction, travel, business, and humour books, released *Once a Thief*, in November 2021. It follows protagonist Tracy Hines, an individual struggling to find her place, who has her life changed by while undertaking a locksmith apprenticeship as she brushes with criminal acts. All good stuff for the co-ordinator of Maldon u3a Creative Writing group.

Patrick commented: "I continue to be delighted. I had no idea that there were so many festivals that give awards to films and scripts. The screenplay of *Once a Thief* has now won a total of no less than an amazing nineteen awards of one sort or another.



"The awards range from one in this country, Cambridge, and others literally around the world including festivals in Amsterdam, New York, Los Angeles and Tokyo.

Patrick added: "Realistically turning a book into a film can be a long process, but the awards have led to requests from production companies and agents who are now checking out the full text of the screenplay, so, while I am not getting too excited, who knows, one day my story may appear on television or at the cinema.

"I would love to think it is a possibility."



Members elect new style trustee from Essex

ALTHOUGH Regional Trustees do not exist anymore, the chair of Stansted Mountfitchet u3a in Essex was elected one of the four new trustees covering the whole UK.

Here is her supporting statement:



“Growing up in a military family, my education was often disrupted. However, whilst taking time off work to look after two young children, I completed an OU degree in Humanities and an MSc at the London School of Economics.

I have been fortunate in that I have been able to follow my nose in terms of a career since then. I have worked as a lobbyist for the UK co-operative movement; became a Labour and Co-operative member of the European Parliament for ten years (the last five as the leader of the largest group in the Parliament working with 15 Prime Ministers and Presidents around the European Union).

I retired my seat in 2000 to run the apex organisation for co-operatives in the UK. In 2009 I was elected as President of the International Co-operative Alliance.

I retired in 2016. Currently, I am the Chair of Stansted Mountfitchet u3a and a director of a new start global fintech co-op seeking to find development capital for co-operatives.

For most of my working life I have been associated with the third sector. I believe passionately that ordinary people working together for the common good, can do extraordinary things.

I have worked extensively with co-operatives around the world, with the voluntary sector generally and have been a trustee of various community interest companies, societies for the benefit of the community and charities.

I have also worked at national level in the UK, regional level in Europe and globally with the UN, the World Bank, the WHO and ILO, to create the strategic regulatory environment, to allow the third sector to grow and flourish.

In 2012 I had the privilege of chairing the United Nations Advisory Panel on the International Year of Co-operatives.

During my career I was a Trustee of The Co-operative College which is the key body in the UK providing education and training for co-operative directors and members on the co-operative principles and values including equality, diversity and inclusion.

The college is also a key advocate for co-operative philosophy. I was also a Trustee of the Co-operative Heritage Trust that manages the 240 year historical archive of the co-op which began in the UK and has since spread worldwide.

As Chief Executive of Co-operatives UK for nine years, I managed a business providing services, support and guidance to management and lay directors, across the nations and regions of the UK.

As the Leader of the largest group in the European Parliament, I also took great pride in the fact that at the end of my five years, our Parliamentary Group became the first to have their publicly funded accounts given discharge (ie a clean bill of health), by the European Court of Auditors!

I would be delighted to have the chance to put that experience at the service of the u3a across the country, particularly as the board seeks to evolve its redrafted remit, and to develop a productive and healthy relationship with the new Council.

Swaffham & District Archery targets money for Red Nose Day



When Ian Clews realized the coincidence of the Archery group meeting date and Red Nose Day on 21st March, members of the group agreed to take part in Comic Relief's Red Nose Day 2025. They competed to score the highest points on their targets by hitting tiny red noses and had to pay a penalty if they hit a red balloon! Between donations, the competition and even some busking in Swaffham, a total of £200 was raised for Comic Relief.



Norfolk and Suffolk Victim Care

WOULD relevant u3as in the region like to know more about Norfolk and Suffolk Victim Care?

It operates under the umbrella of national charity Victim Support and is funded by the Police and Crime Commissioners for Norfolk and Suffolk.

As well as providing support to adults, it also support children from the age of four and upwards who have been victims or witnesses to a crime.

The service is free, independent, and confidential.

The crime does not have to have been formally reported to the police for support to be given.

We help anyone who has been a victim of, or impacted by any crime.

Personalised support plans are tailored to suit the needs of the individual.

Claire Hamilton-Deane (Claire.Hamilton-Deane@victimsupport.org.uk). Phone: 07824406089

[Home - Norfolk & Suffolk Victim Care](#)



Are you looking for something different to entertain your u3a members?

The “A” Train has been entertaining audiences at festivals, pubs and private events for the last four years, delighting audiences with music that they can recognise and relate to as well as being danceable as a bonus. All members of the u3a, they realised that other u3a might like their services!

A new departure for the band is its Tea Dance events which are ideal for u3a audiences as they provide an opportunity to enjoy the music that has accompanied them throughout their lives and which they can dance along to with either formal dance steps or just by bopping along for fun – both are equally good exercise!

So, with the combined benefit of music which is proven to improve people’s mental health and exercise to help maintain their bodies, a tea dance can provide a double benefit! To increase the benefits even more, why not combine with a neighbouring u3a to increase the fun and to reduce the overall cost?



The A Train are prepared to travel within a radius of 40 miles from Cheshunt with a fee for travel for eight members to be between £150 and £200. If any u3a would like us to travel further then the fee can be negotiated through Colin Meehan.



To discuss how you can bring these benefits to your u3a members, get in touch with Colin Meehan at denmarcim@aol.com or 07768 278064.

Checkout Facebook

<https://www.facebook.com/theatrainjazzband>

Website

<https://cheshunt.u3asite.uk/the-a-train/>

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?

We would love to know about it! Please submit your news, together with photographs, by April 25th 2025 for inclusion in the May issue of the East of England Bulletin and Newsletter.

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