

# East of England Region u3a

September 2025

Monthly Bulletin and News

Issue 9 Page 1

This monthly bulletin was compiled on 22.08.2025 and sent to National Office for distribution. It should arrive by the first week of September 2025. **Deadline for the October 25 issue is 20.09.25**

## Our Inspirational Featured Group for September 25

All Matters Welsh Peterborough u3a

All Matters Welsh Group was set up when our u3a chairman recognised a Welsh accent (me) when he was showing a new walking group "the ropes". He had always wanted to have a Welsh group and asked if I would be prepared to take the lead. We started in April 2010 with five attendees. We agreed that the name should be "All Matters Welsh" to reflect our intentions. The new members were keen to learn Welsh and I agreed to have a go at teaching them. I am not a trained teacher, but I am a first language Welsh speaker.



The group was divided into two main activities. "Welsh culture and history" and learning Welsh. Peterborough u3a gave us lots of support and leaders from other groups gave talks. The proviso was that the subject had to be, at least loosely, connected to Wales. We also have contact with Welsh societies and have given talks at their meetings including in the Welsh language. There is a beginners course for new members with little or no knowledge of Welsh. There are also vacancies at higher levels for those who feel that they are more proficient.



My funniest memory is when I was reading a Welsh language book to Welsh learners. I had to admit that there was one word that I simply did not know and had never heard of. The group burst out laughing. The word was a "Welshification" of barbeque!

For details: [amw@peterboroughu3a.org.uk](mailto:amw@peterboroughu3a.org.uk)

*Meirion Griffiths Group Coordinator All Matters Welsh Peterborough U3A*

*Diolch a chael diwrnod da, Meirion for this interesting article! Is it true that the Welsh for microwave oven is poppety ping? 😊*

Last month we mistakenly referred to **Dacorun u3a** as Decorum u3a. Our sincere apologies for this spelling error.

## We need more Interest Groups to Feature!

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) <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](mailto:laurenehenderson1.east.u3a@outlook.com)



## Applying for Free Microsoft items

If you ~~are a cheapskate~~ enjoy a bargain, like me, you may be interested to try for free software for your u3a. I stumbled on the information below and thought it worth a try. I needed to jump a few obstacles and deal with the interestingly named Tech Soup who are the wing of Microsoft who deal with non-profits. Once I provided proof of website, Charity Commission status and my position in our u3a, we met with success. So, it's worth a try!

Laurene Henderson, Secretary Swaffham & District u3a

[Nonprofit offers](#)

Discover Microsoft nonprofit grants and discounts to empower your organization with essential tools and resources for success. [nonprofit.microsoft.com](https://nonprofit.microsoft.com)

## National Office u3a onLine Learning Events

Date 2025	Event	Link(
Monday September 1 10:00am - 12:00pm	<b>u3a Yoga Network: New Leaders' Workshop</b> Our interactive workshop can provide some tips on how to get started or help with some ideas if your group needs a refresh.	<a href="#">u3a Yoga Network: New Leaders' Workshop Tickets, Mon, Sep 1, 2025 at 10:00 AM   Eventbrite</a>
Tuesday September 2 10:00am - 12:00pm	<b>Flight Inspirations Aviation: Thrills and Spills at Northolt Airport</b> This lighthearted briefing explores RAF Northolt's rich history, from its 1915 founding s to WWII heroics and modern defence roles.	<a href="#">Flight Inspirations Aviation: Thrills and Spills at Northolt Airport Tickets, Tue, Sep 2, 2025 at 10:00 AM   Eventbrite</a>
Starts on Tuesday, September 2 2pm	<b>Travelling with a meaning and purpose, the HX Expeditions way</b> Join Tudor Morgan, HX Expeditions Antarctic Ambassador as he shares inspiring stories from a lifetime of adventure in the polar regions.	<a href="#">Travelling with a meaning and purpose, the HX Expeditions way Tickets, Tue, Sep 2, 2025 at 2:00 PM   Eventbrite</a>
Wednesday, September 3 1 - 2:30pm	<b>Small Modular Nuclear Reactors</b> John Butler from u3a Let's Talk Tech explains how Small Modular Nuclear Reactors are being developed as a potential clean energy solution.	<a href="#">Small Modular Nuclear Reactors Tickets, Wed, Sep 3, 2025 at 1:00 PM   Eventbrite</a>

## National Office u3a onLine Learning Events

Date 2025	Event	Link
Thursday September 4 2 - 3:30pm	<b>Rainer Maria Rilke: The Journey Within</b> Chris Dowrick explores the emotional intensity of the poet, Rainer Maria Rilke.	<a href="#">Rainer Maria Rilke: The Journey Within Tickets, Thu, Sep 4, 2025 at 2:00 PM   Eventbrite</a>
Friday September 5 2 - 3pm	<b>The Gothic II: Tracing the Genre from Medieval Architecture to The Goths</b> The Romantic era introduced the great Gothic novels, the history of which we explore and proceed to the present-day idea of the 'Goth'.	<a href="#">The Gothic II: Tracing the Genre from Medieval Architecture to The Goths Tickets, Fri, Sep 5, 2025 at 2:00 PM   Eventbrite</a>
Friday, September 5 2 - 3pm	<b>Cryptic Crosswords in Context</b> Their history, how they work, who does them and why - a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth.	<a href="#">Cryptic Crosswords in Context Tickets, Fri, Sep 5, 2025 at 2:00 PM   Eventbrite</a>
Tuesday September 9 10 - 11:30am	<b>Railway History at the National Archives</b> Dr. Jessamy Carlson will discuss the wide variety of records relating to railways in the care of The National Archives.	<a href="#">Railway History at the National Archives Tickets, Tue, Sep 9, 2025 at 10:00 AM   Eventbrite</a>
Wednesday September 10 10 - 10:45am	<b>Laughter Yoga with Judith: September</b> Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	<a href="#">Laughter Yoga with Judith: September Tickets, Wed, Sep 10, 2025 at 10:00 AM   Eventbrite</a>
Thursday, September 11 10 - 11:30am	<b>Upgrade your Urban Driving with IAM RoadSmart</b> Join Richard Gladman from IAM RoadSmart who will share hints and tips for driving on urban roads.	<a href="#">Upgrade your Urban Driving with IAM RoadSmart Tickets, Thu, Sep 11, 2025 at 10:00 AM   Eventbrite</a>
Thursday September 11 14:00 - 15:00pm	Thursday, 11 September <b>The Life &amp; Music of Ian Gillan - Deep Purple</b> Join us and Ian Gillan from Deep Purple who will talk about his life, his music, and how these experiences have shaped him over the years	<a href="#">The Life &amp; Music of Ian Gillan - Deep Purple Tickets, Thu 11 Sep 2025 at 14:00   Eventbrite</a>
Monday, September 15 10 - 11:30am	<b>Exploring World Faiths: Do we live in an Humanitarian World?</b> What is Humanitarianism, and what is the contribution of Faiths towards creating a Humanitarian World.	<a href="#">Exploring World Faiths: Do we live in an Humanitarian World? Tickets, Mon, Sep 15, 2025 at 10:00 AM   Eventbrite</a>
Tuesday September 16 2:00 - 3:00pm	<b>Data sharing: what u3a members think about sharing their personal data</b> Worried about sharing your personal information? Join us and the Office of National Statistics to find out what other u3a members think	<a href="#">Data sharing: what u3a members think about sharing their personal data Tickets, Tue, Sep 16, 2025 at 2:00 PM   Eventbrite</a>

## National Office u3a onLine Learning Events

Date 2025	Event	Link( Control&click)
Wednesdays 17 September 24 September 1 October 8 October 15 October 22 October all 10am-11:15am	<b>Mindfulness and Meditation Series</b> We welcome back the six week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth.	<a href="#">Mindfulness and Meditation Series Tickets, Wed, Sep 17, 2025 at 10:00 AM   Eventbrite</a>
Thursday, September 18 10:00 - 11:30am	<b>Mindfulness and Meditation Continuation Session: September</b> Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.	<a href="#">Mindfulness and Meditation Continuation Session: September Tickets, Thu, Sep 18, 2025 at 10:00 AM   Eventbrite</a>
<b>u3a Week September 20<sup>th</sup> – 28<sup>th</sup> 2025</b>		
Monday September 22 10:00 - 11:00am	<b>Age Without Limits: Celebrate Ageing</b> The Centre for Ageing Better will explore how they are working to combat ageism and drive change through its Age Without Limits campaign.	<a href="#">Age Without Limits: Celebrate Ageing Tickets, Mon, Sep 22, 2025 at 10:00 AM   Eventbrite</a>
Monday September 22:14:00 - 15:00	<b>Eating Well for Health and Vitality in Later Life</b> Want to stay healthy and energised in later life? Discover how nutrition can support your strength and wellbeing.	<a href="#">Eating Well for Health and Vitality in Later Life Tickets, Mon 22 Sep 2025 at 14:00   Eventbrite</a>
Tuesday September 23 10:00 - 11:00am	<b>What the future changes in landlines will mean for you</b> Please join us to find out everything you need to know when landlines in the UK go digital by the end of January 2027.	<a href="#">What the future changes in landlines will mean for you Tickets, Tue, Sep 23, 2025 at 10:00 AM   Eventbrite</a>
Tuesday September 23 2:00 - 3:00pm	<b>What do official statistics reveal about positive ageing?</b> Join us and the Office for National Statistics (ONS) to understand what official statistics can show us about the ageing population.	<a href="#">What do official statistics reveal about positive ageing? Tickets, Tue, Sep 23, 2025 at 2:00 PM   Eventbrite</a>
Tuesday September 23 3:30 - 4:30pm	<b>Laughter Yoga with Merrie Maggie: September</b> Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing.	<a href="#">Laughter Yoga with Merrie Maggie: September Tickets, Tue, Sep 23, 2025 at 3:30 PM   Eventbrite</a>
Thursday September 25 2:00 - 4:00pm	<b>Secrets of the Human Brain: Talk Eight - Behaviour and Personality</b> This talk explores the way that parts of the brain influence behaviour and thinking.	<a href="#">Secrets of the Human Brain: Talk Eight - Behaviour and Personality Tickets, Thu, Sep 25, 2025 at 2:00 PM   Eventbrite</a>

## National Office u3a onLine Learning Events

Date 2025	Event	Link( Control&click)
Thursday September 25 3:00 - 4:00pm	<b>My gardening life: decades on the plot, page, screen and airwaves</b> Barbara Segall, garden writer, broadcaster and the voice behind The Garden Post, reflects on her life spent among plants and gardeners.	<a href="#">My gardening life: decades on the plot, page, screen and airwaves Tickets, Thu, Sep 25, 2025 at 3:00 PM   Eventbrite</a>
Friday September 26 10:00 - 11:30am	<b>Artificial Intelligence News: Driving the Future - AI in Transportation</b> Join us to find out more about significant changes in transportation and ponder how your family will use transport in future	<a href="#">Artificial Intelligence News: Driving the Future - AI in Transportation Tickets, Fri, Sep 26, 2025 at 10:00 AM   Eventbrite</a>
Friday, September 26 2 - 3pm	<b>Why the Still Got It! Photo project? Join Mike Longhurst for some tips on photographing people and find out how to be part of the Still Got It project. GMT+1</b>	<a href="#">Why the Still Got It! Photo project? Tickets, Fri, Sep 26, 2025 at 2:00 PM   Eventbrite</a>
Monday September 29 10:00 - 11:00am	<b>Bollywood Laughter Yoga Dance</b> Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance.	<a href="#">Bollywood Laughter Yoga Dance Tickets, Mon, Sep 29, 2025 at 10:00 AM   Eventbrite</a>
Wednesday October 1 2:00 - 3:00pm	<b>Sex, DNA and chemistry in microscopic animals: the strange tale of rotifers</b> The bizarre biology of bdelloid rotifers: insights on sex, disease, DNA and antibiotics from microscopic animals.	<a href="#">Sex, DNA and chemistry in microscopic animals: the strange tale of rotifers Tickets, Wed, Oct 1, 2025 at 2:00 PM   Eventbrite</a>
Thursday October 2 10:00 - 11:30am	<b>Ice Age to Iron Age - Britain in Prehistory</b> A deeper dive into Britain's Prehistory - with Charles Boundy	<a href="#">Ice Age to Iron Age - Britain in Prehistory Tickets, Thu, Oct 2, 2025 at 10:00 AM   Eventbrite</a>
Friday October 3 2:00 - 3:30pm	<b>The Ultimate Guide to Editing Your Creative Writing</b> Sara Grant discusses her systematic approach to editing and shares practical tips and simple exercises to help you improve your short story.	<a href="#">The Ultimate Guide to Editing Your Creative Writing Tickets, Fri, Oct 3, 2025 at 2:00 PM   Eventbrite</a>
Tuesday October 7 10:00 - 12:00	<b>Flight Inspirations Aviation Meeting: Early Aviation in the Channel Islands</b> We trace the evolution of aviation in the Channel Islands from the Wright Brothers to liberation in 1945 and its impact on island life.	<a href="#">Flight Inspirations Aviation Meeting: Early Aviation in the Channel Islands Tickets, Tue, Oct 7, 2025 at 10:00 AM   Eventbrite</a>
Fridays October 10 October 17 October 24 All 2:00 -4:00pm	<b>Preparing for an AI World</b> During this course, the AI-for-Everyone Project team will explore with you how to use AI and what AI can do for us as individuals.	<a href="#">Preparing for an AI World Tickets, Fri, Oct 10, 2025 at 2:00 PM   Eventbrite</a>



### A message from Ian Mathews, our East of England u3a Council Representative



At last October's u3a AGM the membership voted overwhelmingly to approve the Fit For the Future resolution and alter the constitution of the Third Age Trust. This meant that the role of Regional and National Trustees will become separate entities.

In making this change there was a need to strengthen the voice of u3a members within our organisation while ensuring we have a strong Board with the right skills to govern in a heavily regulated environment. Thus, the u3a Council has been created with 12 regions having their Council Representatives elected earlier this year. I was elected to the role of Council Representative for the East of England Region.

#### Composition of the u3a Council

The u3a Council is made up entirely of u3a members:

- Two CRs from each region/nation, elected by u3as in each region/nation.
- The Chair of Network Link.
- A Council Chair drawn from the entire u3a membership who will be independent of any region/nation.
- The Company Secretary/CEO of the Third Age Trust, the u3a Board Vice Chair, and Chairs of the Strategy Groups will also be in attendance.

In the East of England, I am the elected Council Representative with the possibility of a second Council Representative being appointed in the near future.

The main responsibilities of a Council Representative are:

- to act as a conduit between the Trust and the u3a movement
- consult the u3as in their area on agenda items so that they are prepared to feed their views into discussions
- identify the needs of u3as and overall trends and to contribute this information to relevant Council discussions
- report back to their relevant region or nation or Network Link
- support and promote u3a-wide initiatives in their region
- act as a spokesperson for the u3a movement to agencies in the region in line with agreed messages from the Trust.

In essence I am here to help with issues, problems or advise for your u3a and I hope eventually to get around the Eastern region and to meet as many u3as as possible.

Remember, we are the second largest region!

Thank you,

Ian Mathews

[ian.mathews@u3a.org.uk](mailto:ian.mathews@u3a.org.uk) Mobile: - 07471 211347



## Huntingdon u3a celebrates its 25th Anniversary

IT'S June 2000 .... the Millennium Bug has proved to be a non-event, and in the Women's Institute meeting room in Huntingdon 40 plus retirees are meeting to discuss the possibility of setting up



Members toast 25 years of Huntingdon u3a

Huntingdon u3a. Everyone is very enthusiastic until someone asked the obvious question – “What do we need to do and who's going to do it?”

Step forward Teresa Cole (who by her own admission had done most of the talking), who has greatness thrust upon her and is

“appointed” inaugural Chair - and thus Huntingdon u3a is born.

Twenty five years later it has close to 700 members and 50 interest groups and Teresa insists that the early success was down to the combined effort of a lot of people - who are as pleased and proud as she is that their vision of a friendly and interactive organisation lives on.



Huntingdon Mayor Audrey McAdam helps Inaugural Chair, Teresa Cole, cut the 25th Anniversary Cake

## Fraud Prevention Talk

ESSEX Police Fraud Prevention Team delivered a community-focused talk to members of Burnham-on-Crouch u3a. The session attracted 52 attendees, reflecting strong local interest in fraud awareness and prevention.

The talk was well received, with attendees actively engaging through questions and discussion. Several individuals sought personal advice following the presentation, highlighting the importance and relevance of the topic.



## U3a Week is September 20<sup>th</sup> – 28<sup>th</sup> 2025

What are you planning? We would like photographs of your u3a Week activities!

## Interest Groups: “How did we start? Funny you should ask me that...”

We need to hear from Group Co-ordinators about any particularly successful, or unusual, amusing or inspirational groups in your own u3as. My own u3a has recently started two groups loosely inspired by reading about other u3a groups and thinking, “That’s a good idea!” And we have more in the pipeline.

We love to read about your activities and see examples. Don't be shy – we are waiting...

Contact Laurene Henderson [laurenehenderson1.eastu3a@outlook.com](mailto:laurenehenderson1.eastu3a@outlook.com)

