

April 2023



Bulletin

A huge welcome to all those who have joined us since January

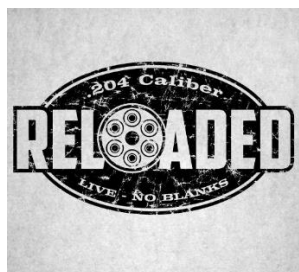
Your membership and support is very much appreciated and we look forward to seeing you at meetings, groups and events. Please contact one of the Committee if you have any suggestions or requests for the development of FWDu3a or if you think you can help in any way. In particular we are looking for people interested in helping with archiving, publicity and safety - looking for small teams for each.

GREAT NEWS – we’ve even got a certificate to prove it!!

On 30th March we received notification from the Third Age Trust that we (Frinton Walton and District) are now a

*****“FULLY FLEDGED AND INDEPENDENT U3A”*****

It’s been a long journey and numerous hurdles have had to be jumped but many thanks to all who have taken part and have believed in the idea. Now we can build on our beginnings and hopefully go from strength to strength. Don’t forget to tell your friends and neighbours and encourage them to join.



Last chance - tickets selling fast!!

Come and Rock the Night Away!!

5-piece band playing covers from the 50s and 60s

Dance or just listen

McGrigor Hall, Frinton-on-Sea

Sausages and Chips supper included

£15 for members, £20 for partner (non-member)

**Saturday 29th
April 7.30 – 10.00**

Tickets available from Karen Riley Social@fwdu3a.org.uk 01255 761628 or at April’s monthly meeting

Website

**Our brilliant new website is now up and running and is regularly updated
please use it to keep yourself informed with all that is going on**

<https://www.FrintonWaltonAndDistrictu3a.org.uk>

Group News

Please try to support the groups run by FW&D but remember you can still attend groups run by Tendring u3a as long as there are spaces. If you have an interest, a hobby or a skill you would like to develop or share and we do not yet have a group for it, please contact our Group Co-ordinator Karen R.

For GDPR (data privacy) reasons we do not include contact details for group leaders in this bulletin. For all information please contact groups@fwd3a.org.uk 761628

Five new groups are ready to start and are recruiting interested members:

Remembering Walton - memories and memorabilia – led by Alan Hillier

How Does It Work? - All things electrical / techy – led by Mark Riley

Gadabouts – local theatre and cinema events – led by Mo Collins

Ten Pin Bowling – Walton Pier – contact led by John Simpson

Croquet – a short course starting in May – led by Mike Garrett

Possible / proposed groups:

Gardening

Art

– let Karen R know if you are interested in either of these - groups will only succeed if enough members support them.

Recorders Beginners / Improvers looking to restart:

meeting for anyone interested:

Thursday 27th April 10.00

at 1 Upper Fourth Avenue, Frinton-on-Sea

or contact Phyllis at ViceChair@fwd3a.org.uk



Day 12 without coffee

..... lost hearing in my left eye

Monthly Meetings 10.00 start

April 14th please note this is not the first Friday

Spring Social

Spring Quiz, coffee and chat. Bring along something you have created - photo, artwork, poem, craft - that means spring / Easter to you - there will be prizes!!!

May 5th

Life in Spitalfields

David Williams will tell us about the silk weavers, sugar bakers, criminals, reformers and migrants who made this area of London their home.

June 2nd

Wildflowers of the English Countryside

Roger Hance returns with Part 2 of his talk - the poisonous and dangerous ones!

July 7th at Frinton Community Centre, Soken House, Triangle

A Story on Every Street Corner

Roy Tyzack will give us an illustrated talk, taking a virtual stroll from Bow to Whitechapel identifying places of historic interest.

No meeting in August

We meet again on September 1st - back at McGrigor Hall

Street golf



A busy night at Stone Henge
as workers move all the stones
forward one hour...

News and Information

An interesting article appeared in the Telegraph recently regarding the link between art and health:

“Aim for at least 30-45 minutes of some kind of artistic activity every day”

People who engage in the arts ideally every day, but at least every week, are found to have lower mental distress, better mental functioning and improved quality of life.

With our current groups of Poetry, Sewcial Stitching, Music Playing and Country Dancing we are doing fairly well but more would always be welcome.

We will try to put the full article on our website or you can probably look it up via the Daily Telegraph 30th March.

One of our members heard an item on Martin Lewis' Money Show TV programme that he thought other members might be interested in. It could be possible to receive a tax break with new laws being introduced concerning marriage/civil partnership allowance. Further details on ITV CatchUp or Gov.uk

Your Steering Committee – please note we have new email addresses

We remain a Steering Committee until the vote at our first AGM

| | | | |
|----------------------|-------------------|--|--------|
| Chairman | Lorry Greenall | Chair@FrintonWaltonAndDistrictu3a.org.uk | 670827 |
| Vice Chairman | Phyllis Deer | ViceChair@FrintonWaltonAndDistrictu3a.org.uk | 672160 |
| Business Secretary | Kim Shaw | Secretary@FrintonWaltonAndDistrictu3a.org.uk | |
| Treasurer | Kate Collins | Treasurer@FrintonWaltonAndDistrictu3a.org.uk | 674453 |
| Membership Sec. | Elaine Bloomfield | Membership@FrintonWaltonAndDistrictu3a.org.uk | 751112 |
| Groups Co-ordinator | Karen Riley | Groups@FrintonWaltonAndDistrictu3a.org.uk | 761628 |
| Social Secretary | Karen Riley | Social@FrintonWaltonAndDistrictu3a.org.uk | 761628 |
| Speaker Secretary | Karen Woolley | Speaker@FrintonWaltonAndDistrictu3a.org.uk | 676076 |
| Website + IT Manager | Mark Riley | WebMaster@FrintonWaltonAndDistrictu3a.org.uk | 761628 |

The shortened format: @fwdu3a will also work for all of the above

Next bulletin

If there is anything you would like included in the next issue, please forward it to Phyllis
ViceChair@fwdu3a.org.uk

Apologies to those who cannot distinguish between “the important bits” and my weird sense of humour