

# East of England Region u3a First Edition July 2023 Monthly Bulletin Page 1

Welcome to the East of England News Bulletin where we are trialling a new formula. This short monthly bulletin will arrive during the first week of each month to keep you advised of current events. Deadline for the next bulletin is the 25th of the month, please send to [laurenehenderson1.east.u3a@outlook.com](mailto:laurenehenderson1.east.u3a@outlook.com)

## Volunteering for the East of England Regional Team

The **East of England Regional Team** is currently looking for volunteers. Our role is to advise and support the u3as in our region. This would be ideal for a former or existing u3a committee member or indeed any member who wishes to make a contribution. You can choose your own time commitment and you will be warmly welcomed and fully supported by the existing team. We have helped regional Networks, arranged Special projects and organised Zoom presentations for all u3as members in our region. This really is a great way of meeting lots of new u3a members. We welcome fresh ideas!

**Interested? Chat to our trustee Barbara Cordina: [barbara.cordina@u3a.org.uk](mailto:barbara.cordina@u3a.org.uk)**

## East of England Regional Project 2023: Unique and Unusual !

### "Your Most Unique and Unusual Activity Group"

**is our focussed regional project for 2023**

What activity group in your u3a will spark curiosity, give inspiration to others and make us gasp in admiration? Does your u3a offer a Harley Davidson u3a Chapter, Locked Room Mystery Group or Xhosa for Beginners, for example? We want to know more!

**Open to all u3a groups in the region, please submit your information as follows:**

- (1) Title: Name of your activity Group and u3a**
- (2) Single photograph\* or collation of up to four images\* saved as one picture\***
- (3) Brief description of your u3a group, how, when, where and why it was founded, and a memorable moment ( or incident) from this year - maximum 250 words, please.**

\* ALL PEOPLE IN PHOTOGRAPHS MUST GIVE THEIR CONSENT FOR THE IMAGE TO BE DISTRIBUTED.

**Submissions will be made into an electronic book to publish on your websites. It will also be available on the Regional u3a website and sent to the Third Age Trust.**

**Send submissions to - [laurenehenderson1.east.u3a@outlook.com](mailto:laurenehenderson1.east.u3a@outlook.com)**

## EAST OF ENGLAND PRESENTATIONS

Tuesday 11th July 10:00am	<b>AVIATION RECENT NEAR MISS INCIDENTS</b> with Don Mobley of Stowmarket u3a	<a href="https://docs.google.com/forms/d/e/1FAIpQLSdrj54mugO_twpq-g5obrImos">https://docs.google.com/forms/d/e/1FAIpQLSdrj54mugO_twpq-g5obrImos</a> <b>Near misses and runway incursions! Don`s talks have attracted 100s of Zoom participants - don`t miss out.</b>
Monday 24 <sup>th</sup> July 10	<b>Recruitment</b> with Susannah Hodge TAT Staff	Booking forms will be issued nearer the time. <b>A regional presentation for all East of England u3as with practical advice.</b>
Thursday 7 <sup>th</sup> Sept	<b>POSITIVE ACTIONS IN THE CLIMATE CRISIS</b> with Arun Aggarwal Ramsey & District u3a	Booking forms will be issued nearer the time. <b>A vitally important topic at the moment. What can u3a members do?</b>

## NATIONAL LEARNING EVENTS

Wednesday 3 <sup>rd</sup> July 10:00am	<b>Laughter Yoga! Monthly Laughter Yoga</b> (July - December) Judith of Edinburgh u3a	<a href="https://www.eventbrite.co.uk/e/monthly-laughter-yoga-july-december-tickets-653756582537?aff=oddtcreator">https://www.eventbrite.co.uk/e/monthly-laughter-yoga-july-december-tickets-653756582537?aff=oddtcreator</a>
Thursday 6 <sup>th</sup> July 10:00am	<b>Virtual Tour of Richborough Roman Fort and Amphitheatre</b> with Jenny Wall	<a href="https://www.eventbrite.co.uk/e/richborough-roman-fort-and-amphitheatre-tickets-630842405617">https://www.eventbrite.co.uk/e/richborough-roman-fort-and-amphitheatre-tickets-630842405617</a>
Wednesday, 12 <sup>th</sup> July 10:00am	<b>Introduction to Cryptic Crosswords</b> with Henry Howarth	<a href="https://www.eventbrite.co.uk/e/introduction-to-cryptic-crosswords-tickets-647040935857">https://www.eventbrite.co.uk/e/introduction-to-cryptic-crosswords-tickets-647040935857</a>
Tuesday 18 <sup>th</sup> July 10:00am	<b>Into the Mind of Van Gogh Part II</b> With Catherine Stevenson of Newcastle u3a	<a href="https://www.eventbrite.co.uk/e/into-the-mind-of-an-artist-van-gogh-part-2-tickets-627106992897?aff=oddtcreator">https://www.eventbrite.co.uk/e/into-the-mind-of-an-artist-van-gogh-part-2-tickets-627106992897?aff=oddtcreator</a>
Thursday 20 <sup>th</sup> July 10:00am	<b>Mindfulness and Meditation Continuation Sessions:</b> June - Nov with John, Mike and Ruth	<a href="https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-june-nov-tickets-637429457667">https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-june-nov-tickets-637429457667</a>
Thursday 20 <sup>th</sup> July 2:00pm	<b>Expedition Cruising: The Scattered Islands</b> with Neil Stevenson of UpHolland & District u3a	<a href="https://www.eventbrite.co.uk/e/expedition-cruising-the-scattered-islands-tickets-617082960747?aff=oddtcreator">https://www.eventbrite.co.uk/e/expedition-cruising-the-scattered-islands-tickets-617082960747?aff=oddtcreator</a>
Tuesday 25 <sup>th</sup> July 10:00 am	<b>The History of US Military Aviation in East Anglia</b> with Don Mobley of Stowmarket u3a	<a href="https://www.eventbrite.co.uk/e/the-history-of-us-military-aviation-in-east-anglia-tickets-654876863327?aff=oddtcreator">https://www.eventbrite.co.uk/e/the-history-of-us-military-aviation-in-east-anglia-tickets-654876863327?aff=oddtcreator</a>

u3a off the Wall | Be part of something bigger | u3a UK - YouTube

<https://www.youtube.com/watch?v=s8rPMYshTZY> An interesting U3A Youtube video to inspire you !