

East of England Region u3a

July 2025 Monthly Bulletin and News Issue 7 Page 1

This monthly bulletin was compiled on 23.06.2025 and sent to National Office for distribution. It should arrive by the first week of July 2025. **Deadline for the August 25 issue is 18.07.25**

Our Inspirational Featured Group for July 25

Sudbury u3a Power Lifting Group

The Power Lifting group is a newish group that meets twice a week with the 3 main lifts of squat, bench press and deadlift and all the accessories to help with these 3 lifts.

This group was started as Melanie Lester came to realise how important strength and resistance training is especially as you get older. Bone density and muscle strength, balance, all decrease at an alarming rate as you age and lifting weights (no matter how small) can help with staving off and even improving the onset of osteoporosis (bone density), balance and hugely in mental well being.

Classes initially are working on getting the correct form so people can lift without injury. With the correct form, weights soon start to increase and feeling physically strong and mentally good is a real buzz.

Melanie represents Great Britain in Masters Powerlifting, and in the last 2 years has been to Mongolia, South Africa, Spain and France where I gained both silver and gold medals.

No matter what your age, if you want to get strong, fit and happy then lift some silly circles.

For more information of this group contact Melanie by email:-

[\[Redacted Email Address\]](#)
As I was reading this, and admiring these amazing u3a members, the song Let`s Get Physical by Olivia Newton John squirreled around my mind...

Thank you, Melanie Lester, and your group for being our inspiration this month! If you would like 140 u3as to hear about **your** group, please send details and a picture for possible inclusion (see next page). All featured groups are also on the East of England website [C](#) [C](#) [P](#)



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



National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Tuesday July 1 10:00am - 12:00pm	Flight Inspirations Aviation Meeting: The Man Who Tested Parachutes The remarkable story of headteacher Charles Agate who secretly held a WWII parachuting record.	D ? 8R U R N R R H / 0.03 /.8. ? C https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-the-man-who-tested-parachutes-tickets-1358215000629?aff=oddtcreator
Wednesday July 2 1:00 - 2:30pm	Upgrading Your Old PCs, Laptops and Macs to ChromeOS Flex David Martin from u3a Let's Talk Tech demonstrates Google's ChromeOS Flex, a free operating system for refreshing your outdated devices.	S W M NA J A MQD R U H 0 0.03 /8. N C https://www.eventbrite.co.uk/e/upgrading-your-old-pcs-laptops-and-macs-to-chromeos-flex-tickets-1410414049389?aff=oddtcreator
Thursday July 3 10:00 - 11:30am	Ice to Athelstan - The Emergence of England An illustrated guide as to how an uninhabited frozen landscape came through traumas and triumphs to become a recognisable England.	? R C C R R H 1 0.03 /.8. ? C https://www.eventbrite.co.uk/e/ice-to-athelstan-the-emergence-of-england-tickets-1357137397489?aff=oddtcreator
Friday July 4 10:00 - 11:30am	Artificial Intelligence News: July - Amazing AI All Around the World While America Celebrates, the World Innovates with AI	? L 8H ? ? ? ? U R D H 2 0.03 /.8. ? C https://www.eventbrite.co.uk/e/artificial-intelligence-news-july-amazing-ai-all-around-the-world-tickets-1387990760729?aff=oddtcreator
Monday July 7 2:00 - 3:30pm	An Introduction to the Arts and Crafts Movement An examination of the Arts and Crafts movement and the legacy of the movement in today's World.	? ? A R H 5 0.03 08. N C https://www.eventbrite.co.uk/e/an-introduction-to-the-arts-and-crafts-movement-tickets-1371361863249?aff=oddtcreator

National Office u3a onLine Learning Events

Date 2025	Event	Link (Control&click) and URL(copy&paste)
Wednesday July 9 10:00 - 11:00am	Laughter Yoga with Judith: July Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	I W H 8H R U H 7 0.03 /. 8. ? C
Thursday July 10 10:30 - 11:30am	Time to get out the BBQ! Chef Alex from 'Vegetarian for Life' demos his delicious barbeque recipes live on Zoom, especially for u3a members.	R @O R R H /. 0.03 /. 8. ? C
Monday July 14 10:00 - 11:30am	Exploring World Faiths: Friendship In this webinar, we will explore approaches to friendship from different faith perspectives.	C U D 8D R H /2 0.03 /. 8. ? C
Tuesday July 15 11:00 - 12:30pm	Plants, Medicine and Magic Explore how plants have contributed to the making of modern medicines in this Science Network talk.	N R R H /3 0.03 //8. ? C
Thursday July 17 10:00 - 11:30am	Mindfulness and Meditation Continuation Session: July Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.	A Q 8H R R H /5 0.03 /. 8. ? C
Thursday July 17 10:00 - 11:00am	Turner's Timeless Treasures Join Catherine Stevenson of Newcastle u3a for an exploration of one of the National Gallery's treasures.	R R R R R H /5 0.03 /. 8. ? C
Thursday, July 17 15:00 - 16:00pm	Planning Ahead: Age-proofing Your Home Margaret Edwards will offer practical advice on things that you can do to make your home easier to live in now and in the future	N ? 8? W F R R /5H 0.03 /38. C
Tuesday July 22 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: July Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing.	I W 8H R R H 00 0.03 18. N C 8 - / / - - /11 30 205337=

National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Thursday July 31 2:00 - 4:00pm	Secrets of the Human Brain: Talk Six - Taste and Smell This talk explores the Taste and Smell pathways from the point when food enters our mouth.	Q F @ 8R Q R Q R R H 1/ 0.03 08. N C 8 - , , , - - /1 53/2 15007=
Friday August 1 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.	Q Q M ? 1 N O ? R D ? / 0.03 /.8. ? C https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-ga-tickets-1407571878379?aff=oddtcreator
Tuesday August 5 10:00 - 12:00pm	Flight Inspirations Aviation Meeting: The History and Future of Drones The evolution of drones from simple military tools to advanced autonomous systems reshaping warfare, commerce, and disaster response.	D ? 8R F D B R R ? 3 0.03 /.8. ? C https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-the-history-and-future-of-drones-tickets-1407512801679?aff=oddtcreator
Summer	SUMMER SCHOOLS There are four available - see link	1 Q Q https://www.u3a.org.uk/events/summer-schools



Publisher Replacement Group to launch this month



EMBERS are busy discussing a start date for the Publisher Replacement Group this month. Names have been gathered since the last Bulletin and News.

The group will meet online via Zoom to go through the alternatives for Publisher which is losing Microsoft support from October next year.

The plan is, that using our combined talents, alternatives will be trialled and, hopefully, a good replacement found. There is plenty of room for more to come on board if you wish, so contact Ray Hardisty.

Ray Hardisty, Regional PR and Media Adviser rayhardisty.east.u3a@gmail.com





Swaffham & District u3a Share Friendship and Laughter



The monthly meeting of the Swaffham & District u3a on the 5th June, showcased the activities of the 30+ Interest Groups and their activities for existing members - and interested visitors. There was a fantastic turnout with over 120 members and visitors attending. Display boards highlighted the work of each group and

Group Leaders were on hand to explain to members and visitors what their group offered. This generated a great deal of interest, and several visitors became members after seeing the variety of activities available.

This was only the start of the celebrations. There was a demonstration by the Line Dancing Group, sporting Stetsons and cowboy boots and accompanied by Country and Western Music, which had everyone tapping their toes. The Script Reading Group gave a hilarious rendition of a disaster prone u3a visit to Buckingham Palace, complete with sound effects. A few glitches in the noises off added to the chaos and laughter. The Music Group treated us to a musical quiz which covered all genres, from classical to Simon and Garfunkle. Finally, the Poetry group read some of their favourite poems, ending with Pam Ayres poem about a boastful limpet!

Jan Hayes-Griffin Chair Swaffham & District u3a



Essex u3as hold first face to face meeting in five years



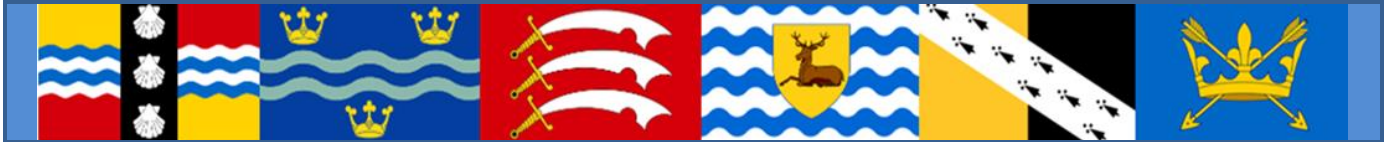
SEVENTY eight u3a members have signed up for the first Essex Network face to face meeting since the pandemic. They will gather at Stanway Village Hall on Friday July 4 for two talks on Artificial Intelligence.

The **Artificial Intelligence for Everyone** event is being organised by the Essex Network Steering Group and follows a number of online gatherings over Zoom. The network was reborn in 2024 but is finance free.

Hall hire and basic refreshments for the introductory talks by regional u3a members Ian Hawker (pictured) and Derek Mobley have been covered by national and regional funds.

Bookings are online through the Essex Network web site.

Members have been asked to arrive from 1.15pm for the session which starts at 2.15pm. We hope to report on this eagerly awaited event in a future issue.



Keeping u3a members updated on frauds and scams

MALDON Police are delighted that nearly every u3a in and around the Essex town they serve have been updated about fraud and how to prevent it.

Tammy Blest, an Essex Police Fraud Prevention Officer, has been visiting members of seven u3as this year to educate them about fraud and scams.

She has provided valuable advice and tips mainly through talks at monthly meetings

She also distributed fraud prevention packs, including items like card defenders and purse/wallet bells, to help people protect themselves.



Tammy Blest: Blackwater u3a

Here's a summary of Tammy Blest's work:

Fraud Prevention Talks:

She delivers presentations on fraud and scam awareness to various community organisations

Community Engagement:

She actively engages with residents at locations like libraries, coffee mornings, and community events to offer support and advice.

Fraud Prevention Packs:

Tammy provides free fraud prevention packs containing resources like card defenders and purse/wallet bells to attendees at her talks.

Raising Awareness:

She works to raise awareness about specific scams, such as online shopping fraud, ghost brokers, and doorstep scams.

Collaboration:

She collaborates with other organisations like Action Fraud UK and local community groups to address fraud and scams effectively.

Community Concerns:

She addresses concerns raised by residents about issues like speeding and other local policing matters.

Online Engagement:

She uses social media platforms like Facebook to share updates on her activities, scam alerts, and fraud prevention advice.



We love to hear about your successes!

Has your u3a had an interesting speaker? Or a particular celebration or a special event? Has your u3a been featured in your local paper/radio station/TV channel/Social Media? We would love to hear about it!

Submissions by July 18th to rayhardisty.east.u3a@gmail.com