

May 2025



Bulletin

UPCOMING SOCIAL EVENTS

Get your tickets –last chance



Summer Coach Trip – 17 May 2025

The National Garden Show, Hylands House, Chelmsford

£25 (members) £30 (non-members)

Contact Karen Riley at social@fwdu3a.org.uk 01255 761628



Saturday 6th September

Join us for a fun evening of

non-serious questioning and mind puzzles

Tickets only **£5** – bring your own drinks and nibbles.

7.30 (doors open 7.15)

Date for your diary: March 7th 2026. A Murder Mystery evening is set in the roaring twenties. If you are interested in taking part or helping behind the scenes, there will be an initial meeting on 12 May. Come along and have some fun! Please contact Maddy Deason at marion@therurallife.co.uk or Karen on 01255 761628 for more information.



COMMITTEE NEWS

Whilst we love to see members enjoying our social events and we try to price them to at least break even on costs, we cannot continue to run them at a loss. Entertainment and venue prices are constantly increasing.

Of course we understand that not all events suit everyone but sometimes it's good to get out of your comfort zone and try a new experience. If you have any ideas for new events or any ways we could help keep costs down please do let us know. If our efforts are not appreciated and supported we may not be able to continue them.

REFRESHMENTS



HELP!!!!

Our ever-efficient Refreshments Organiser Liz is retiring!!!

If you value your cuppa and biccies at our monthly meetings please help us to find her successor.

One/two people to be "in charge" plus a team of people on rota are needed.

Please contact Lorry chair@fwdu3a.org.uk

Following the AGM (see report on a later page) Phyllis Deer has taken over as (Acting) Membership Secretary. Please address any comments, questions or enquiries to her. info@fwdu3a.org.uk 672160

Our three "Let's Meet" gatherings at St Cedd's Hall which although aimed at new members were open to all were much appreciated by those attending. We will be continuing to hold these every three months. Dates to be advised.

GROUP NEWS

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| Art (for beginners), Walton |
| Books Wot I Have Read, Frinton |
| Bridge 2, Frinton |
| Coffee and Chat, Various |
| Country Dancing, Gt Holland |
| Creative Writing, Walton |
| Croquet (Frinton Tennis Club) - Starting May 2025 |
| Current Affairs 2, Kirby le Soken |
| Gadabouts (Info re Theatre trips) |
| History 2, Frinton |
| How Does It Work, Walton |
| The Knowledge |
| Latin, tbc |
| Lunch Group, Various |
| Music Performing Group, Frinton |
| Photography, Walton |
| Poetry Appreciation, Walton |
| Rummikubs, Clacton |
| Sewcial Stitching 1 & 2, Frinton |
| Table Tennis, Walton |
| Ten Pin Bowling, Clacton |
| World History, Walton |

PLEASE SUPPORT OUR GROUPS

New groups are being started all the time.

If your particular interest is not represented, if the group you would like to join is full or if you have skills or knowledge you would like to share please contact our co-ordinator to discuss perhaps setting up a new group. Contact Groups@FWDu3a.org.uk

Under reciprocal arrangements members of FWDu3a can apply to join groups in Tendring u3a, if spaces are available.

The best way to keep up-to-date with the latest group news is on our website:
www.frintonwaltonanddistrictu3a.org.uk

MONTHLY MEETING PROGRAMME

9.45 for 10.00 at McGrigor Hall Frinton

May 2nd

**Avoiding Splashes and Crashes
(Road and Water Safety)**

Laura Bayley – Essex Fire and Rescue Service

June 6th

An Open Meeting with some presentations and displays by some of our Interest Group – a chance to see what we are all about, to sit and chat over a cuppa. Bring a friend along and introduce them to FWDu3a.

July 4th

Speaker from The Dog's Trust
please note this meeting will be held at Soken House

There is no meeting in August

We meet again on September 5th, back at McGrigor Hall

AGM SUMMARY

Our third AGM was held on April 4th – brought forward to earlier in the year as that made reports and the financial statement of the previous year more relevant.

60+ members attended and 25+ voted in advance so our Constitutional quorum was met.

The Chair's address focused on our continued growth and successes along with the challenges including major changes in the management of the Third Age Trust.

"Nevertheless, it will be quite some time before we manage to achieve all that needs to be done and I would like to remind you that this is my final year that is allowed for a Chair and we are looking for interested people to come on board as soon as possible so they can shadow me in my last few months.

We are a unique organisation in that we are run by the members for the members. I would ask you to consider what sort of volunteer you are – I can assure you there is something for everybody! You can always approach any committee member for further information about any volunteer roles. I can only assure you that you would be joining a truly supportive and helpful bunch of people."

Following the address there was quite a vigorous debate about our ongoing relationship with Tendring u3a. A series of votes was held with members (present) agreeing that we would continue to welcome TD members to our groups and social events but that there seemed little purpose in continuing to expect any of the promised monies.

Reports from post-holders and the financial statement were received and accepted.

The Third Age Trust is increasing the amount being charged to u3as for Third Age Matters but not all members opt to receive this magazine. In light of this, your committee has decided that it is not entirely fair for members who choose not to take the u3a Matters magazine to subsidise those who do. Therefore to receive the magazine next year it is proposed that this will be an opt-in, not an opt-out. All members will pay £16 but those opting to take delivery of the magazine will pay £4 for the service. This works out at less than £1 per copy and I am sure you will agree this is very good value. No questions were asked and a formal vote carried the resolution.

Lorry Greenall was proposed, seconded and voted to continue as Chairman.

Mark Riley, Karen Riley, Karen Woolley, Kate Collins and Angela Hillier were proposed, seconded and voted to continue in their roles.

Gill Bridgwater stood down as Membership Secretary and was thanked for all her work in taking over the role just at its busiest (renewal) time. The Committee will be seeking ways to divide up the role to make it somewhat easier in the future.

No notification of other business had been received.

A vote of thanks was given to the Committee by Hilary Russell.

A humorous poem was read by Pauline Pattison which greatly lightened the atmosphere and refreshments were served.

BE KIND TO VOLUNTEERS

Sadly it has come to my attention that, over the past couple of months, some members have treated our Volunteers somewhat less than kindly. This is quite clearly unacceptable – as I am sure you realise, nobody has the right to make anybody feel uncomfortable.

We have a Members Code of Conduct on the website which says that Members are expected to treat each other with dignity and respect at all times

It is not that we do not want to hear what you have to say – indeed we have had a suggestion box since our conception although I am only aware of it being used once and of course we are more than open to positive ideas which can be brought to any Committee member at monthly meetings, via the suggestion box or email. We will certainly listen to what you are saying, however it should be remembered that we cannot please all of the people all of the time - your thoughts may not always reflect the views of the remaining 200 odd members or they may be impractical for one reason or another so things may not be automatically implemented.

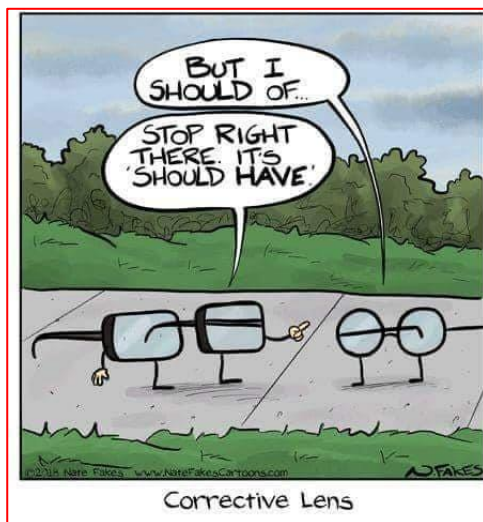
Now it may be that people do not realise how they are coming across – Lord knows I get in enough trouble for my directness! Also you never know what other people may be going through at any given time, so I would ask that you consider before you speak what effect your words may have on the recipient and above all please just be kind.

Thank you for reading this

Lorry Greenall

Chair FWDu3a

AND FINALLY

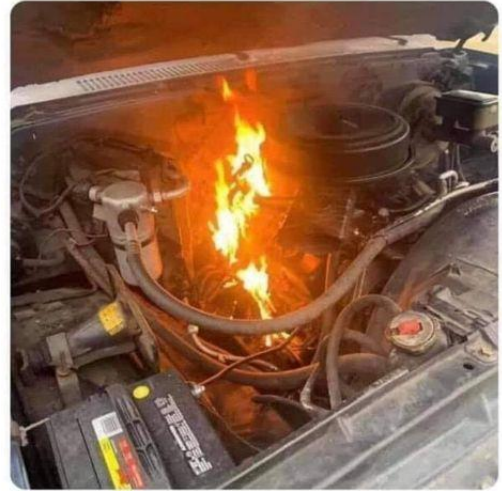


No matter how stupid you feel, remember, Little Red Riding Hood couldn't figure out that a talking wolf wasn't her grandmother.



what does it mean when this light comes on

Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.



Do you know how weird it is being the same age as old people?

