



## 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> **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)



## National Office u3a onLine Learning Events

Date 2025	Event	Link( Control&click) and URL(copy&paste)
Friday August 1 10:00 - 11:30am	<b>Staying Safe Online - A u3a Presentation with Q&amp;A</b> Keeping you safe in an electronic age: A repeat talk by Barry Linton of Thorpe Bay u3a.	<a href="#">Staying Safe Online - A u3a Presentation with Q&amp;A Tickets, Fri, Aug 1, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-ga-tickets-1407571878379?aff=oddtcreator">https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-ga-tickets-1407571878379?aff=oddtcreator</a>
Tuesday August 5 10:00 - 12:00pm	<b>Flight Inspirations Aviation Meeting: The History and Future of Drones</b> The evolution of drones from simple military tools to advanced autonomous systems reshaping warfare, commerce, and disaster response.	<a href="#">Flight Inspirations Aviation Meeting: The History and Future of Drones Tickets, Tue, Aug 5, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-the-history-and-future-of-drones-tickets-1407512801679?aff=oddtcreator">https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-the-history-and-future-of-drones-tickets-1407512801679?aff=oddtcreator</a>
Monday August 11 2:00 - 3:30pm	<b>Exploring Alternatives to Mainstream Social Media</b> This talk discusses the history of social media and concerns raised. It then examines some alternatives and how these might be different!	<a href="#">Exploring Alternatives to Mainstream Social Media Tickets, Mon, Aug 11, 2025 at 2:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/exploring-alternatives-to-mainstream-social-media-tickets-1415091961149?aff=oddtcreator">https://www.eventbrite.co.uk/e/exploring-alternatives-to-mainstream-social-media-tickets-1415091961149?aff=oddtcreator</a>
Wednesday August 13 10:00 - 11:00 am	<b>Laughter Yoga with Judith: August</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: August Tickets, Wed, Aug 13, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-august-tickets-1476935476769?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-august-tickets-1476935476769?aff=oddtcreator</a>
Friday August 15 2:00 - 3:00pm	<b>George Mallory 1886 to 1924</b> Join Moira MacQuaide, Guildford u3a, for this talk on the expeditions of George Mallory, mountaineer, who took part in the 1921, 1922 and 1924 expeditions to Mount Everest. Mallory died on the mountain - but did he reach the summit?	<a href="#">George Mallory 1886 to 1924 Tickets, Fri, Aug 15, 2025 at 2:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/george-mallory-1886-to-1924-tickets-1398062415319?aff=oddtcreator">https://www.eventbrite.co.uk/e/george-mallory-1886-to-1924-tickets-1398062415319?aff=oddtcreator</a>
Monday, August 18 · 2 - 3:45pm	<b>Mindfulness and Compassion meets Poetry</b> A meeting of mindfulness and inspiring poetry to support our wellbeing.	<a href="#">Mindfulness and Compassion meets Poetry Tickets, Mon, Aug 18, 2025 at 2:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/mindfulness-and-compassion-meets-poetry-tickets-1414796005939?aff=oddtcreator">https://www.eventbrite.co.uk/e/mindfulness-and-compassion-meets-poetry-tickets-1414796005939?aff=oddtcreator</a>

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Thursday August 21 10:00 - 11:00am	<b>Vengeance or Vision? Artemisia Gentileschi and the Art of Survival</b> Join us for a presentation where we delve into the groundbreaking artistry of one of history's most amazing female painters.	<a href="#">Vengeance or Vision? Artemisia Gentileschi and the Art of Survival Tickets, Thu, Aug 21, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/vengeance-or-vision-artemisia-gentileschi-and-the-art-of-survival-tickets-1495445099549?aff=oddtcreator025">https://www.eventbrite.co.uk/e/vengeance-or-vision-artemisia-gentileschi-and-the-art-of-survival-tickets-1495445099549?aff=oddtcreator025</a>
Tuesday August 26 10:00 - 11:30am	<b>Climate Change and Artificial Intelligence</b> Ian Hawker examines the crucial role artificial intelligence can play in combatting climate change	<a href="#">Climate Change and Artificial Intelligence Tickets, Tue, Aug 26, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/climate-change-and-artificial-intelligence-tickets-1495445099549?aff=oddtcreator025">https://www.eventbrite.co.uk/e/climate-change-and-artificial-intelligence-tickets-1495445099549?aff=oddtcreator025</a>
Tuesday August 26 3:30 - 4:30pm	<b>Laughter Yoga with Merrie Maggie: August</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: August Tickets, Tue, Aug 26, 2025 at 3:30 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-august-tickets-1504799589079?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-august-tickets-1504799589079?aff=oddtcreator</a>
Thursday August 28 2:00 - 4:00pm	<b>Secrets of the Human Brain: Talk Seven - Touch and Pain</b> This talk describes the Touch and Pain pathways from when something touches our skin to the point when we actually 'feel' something.	<a href="#">Secrets of the Human Brain: Talk Seven - Touch and Pain Tickets, Thu, Aug 28, 2025 at 2:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-seven-touch-and-pain-tickets-1469167994019?aff=oddtcreator">https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-seven-touch-and-pain-tickets-1469167994019?aff=oddtcreator</a>
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>  <a href="https://www.eventbrite.co.uk/e/u3a-yoga-network-new-leaders-workshop-tickets-1469497760359?aff=oddtcreator">https://www.eventbrite.co.uk/e/u3a-yoga-network-new-leaders-workshop-tickets-1469497760359?aff=oddtcreator</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>  <a href="https://www.eventbrite.co.uk/e/flight-inspirations-aviation-thrills-and-spills-at-northolt-airport-tickets-1470424020829?aff=oddtcreator">https://www.eventbrite.co.uk/e/flight-inspirations-aviation-thrills-and-spills-at-northolt-airport-tickets-1470424020829?aff=oddtcreator</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>  <a href="https://www.eventbrite.co.uk/e/travelling-with-a-meaning-and-purpose-the-hx-expeditions-way-tickets-1433081107169?aff=oddtcreator">https://www.eventbrite.co.uk/e/travelling-with-a-meaning-and-purpose-the-hx-expeditions-way-tickets-1433081107169?aff=oddtcreator</a>

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Date 2025	Event	Link( Control&click) and URL(copy&paste)
Wednesday September 3 1:00 - 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> <a href="https://www.eventbrite.co.uk/e/small-modular-nuclear-reactors-tickets-1530381174289?aff=oddtcreator">https://www.eventbrite.co.uk/e/small-modular-nuclear-reactors-tickets-1530381174289?aff=oddtcreator</a>
Thursday September 4 2:00 - 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> <a href="https://www.eventbrite.co.uk/e/rainer-maria-rilke-the-journey-within-tickets-1496056498259?aff=oddtcreator">https://www.eventbrite.co.uk/e/rainer-maria-rilke-the-journey-within-tickets-1496056498259?aff=oddtcreator</a>
Friday September 5 2:00 - 3:00pm	<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> <a href="https://www.eventbrite.co.uk/e/cryptic-crosswords-in-context-tickets-1530410512039?aff=oddtcreator">https://www.eventbrite.co.uk/e/cryptic-crosswords-in-context-tickets-1530410512039?aff=oddtcreator</a>
Summer	<b>SUMMER SCHOOLS</b> There are four available - see link	<a href="#">u3a - Summer Schools</a> <a href="https://www.u3a.org.uk/events/summer-schools">https://www.u3a.org.uk/events/summer-schools</a>



## Time for a Cream Tea at Hullbridge u3a



The Hullbridge U3A hold an Annual Cream Tea afternoon with Fresh scones from local bakery, jam and cream. There were raffles and quizzes testing our brain power, with an excellent turnout of 155 members. The event was well organised by a team of our volunteers and the beautiful table

decorations had been made by one of our members of the Garden group. An excellent afternoon was had by all.

Joan Williams, Secretary Hullbridge U3A



## Essex Network explore the future



COMING developments from the growth in AI were explained to the first face to face meeting of Essex Network. Some eighty members from u3as across the county gathered at Stanway Village Hall where two u3a experts in the subject gave their views on the future.:

our thanks to Ian Hawker and Don Mobley. The free event was thanks to both national and regional funding.



## Advice helping Essex stay safe online

ESSEX u3as have a special hotline to talks on scams - it is Thorpe Bay u3a member Barry Linton. Working with Essex Police, he concentrates on reams of advice to help us all stay safe online.

Topics covered are:

- Dangers of free Wi-Fi
- Scam emails, texts, phone calls, Whats App
- Bogus calling number appearing on your phone
- Impersonation Frauds
- Internet on-line Payments
- Romance Frauds
- Contactless Bank Card Frauds
- Passwords
- Dangers of social media

He is now opening up the diary for 2026 and would be delighted for visits both new and refresher. Contact him at [barry.linton@essex.police.uk](mailto:barry.linton@essex.police.uk)



## Lea Valley u3a Celebrating Publicity Efforts

MEMBERS of Lea Valley u3a are celebrating publicity success. They regularly send reports of meetings and outings to their local Mercury and this year they have been lucky enough to have five articles printed!

*Lesley Robinson, Secretary, Lea Valley u3a*



Has you u3a had an event or had coverage in the press? Let us have details.

[rayhardisty.east.u3a@gmail.com](mailto:rayhardisty.east.u3a@gmail.com)

## Lowestoft u3a War Time Afternoon Tea

LOWESTOFT u3a members, family and friends gathered together at the Coach House in Carlton Colville for a thoroughly enjoyable Afternoon Tea to celebrate the 80th anniversary of the end of the Second World War. To really get into the spirit and mood of the era, attendees had been asked to dress in 1940s style attire. There were some very glamorous ladies, lots of land girls with headscarves, forces uniforms and attendees



looking like they had stepped out of Dad's Army. A prize of a £20

M&S gift card was awarded to the best dressed. There was also a table top quiz and a raffle.

Entertainment was provided by The Vibettes, who performed a medley of songs from the 1940s, which included audience participation, plus

lots of flag waving. They kept everyone well and truly entertained and received a huge round of applause at the end.

All in all, it was a very successful and delightful afternoon.

*Christine Mills, Vice Chair, Lowestoft u3a*

