

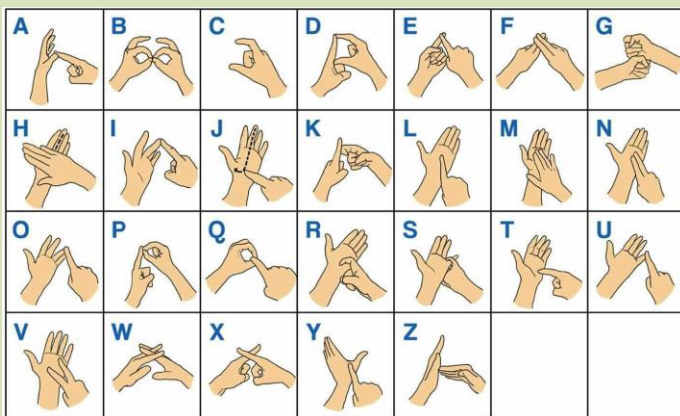
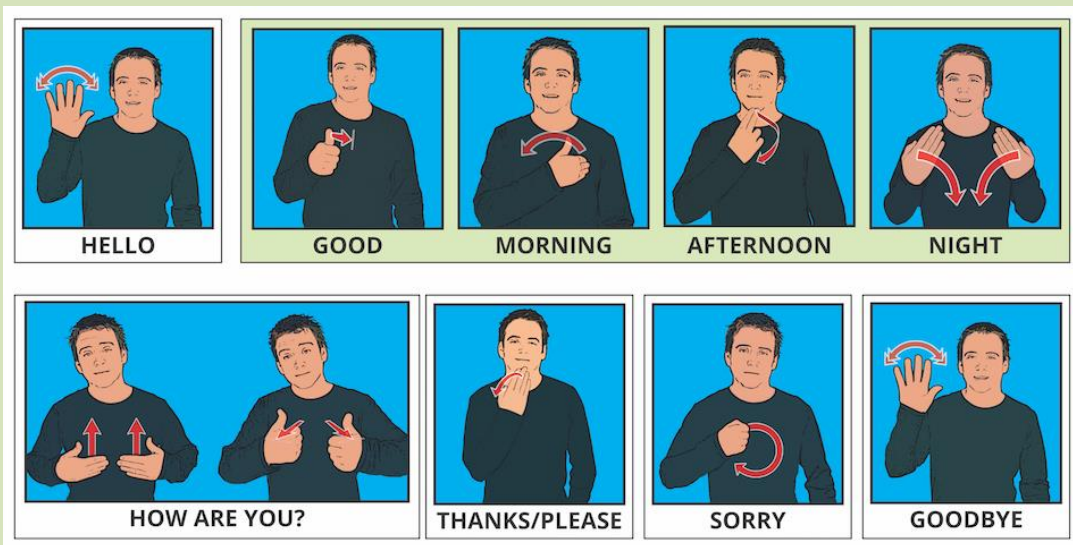
East of England Region u3a

May 2025 Monthly Bulletin and News Issue 5 Page 1

This monthly bulletin was compiled on 25.04.2025 and sent to National Office for distribution. It should arrive by the first week of May 2025. Deadline for the June 25 issue is 25.05.25 Receive this Bulletin promptly, if you sign up directly. Email laurenehenderson1.east.u3a@outlook.com

Our Inspirational Featured Group for May 25

British Sign Language Group Chatteris u3a



Charteris u3a British Sign Language Group is a small self-help group meets in a Member's home, where we are learning purely for fun, but feel it would be wonderful to help a deaf person in need if we possibly could. It's fun, interesting, challenging and we help each other all the way. None of us is qualified in BSL, so we are all eager beginners at the same level.

Group Leader - Sally Harper

British Sign Language - Online resources, games, & course <https://www.british-sign.co.uk/>

British Sign Language BSL Dictionary <https://www.signbsl.com/>

What a wonderful idea! Some helpful Resources above... Laurene Henderson

We need more Interest Groups to Featured

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



Fancy Joining our Regional Team?

If you enjoy the bulletin and newsletter; if you think that regional advice and networks are valuable, why not join us on The East of England Team?

You don't need to be an expert, simply willing to learn and be part of a friendly team. You can take on as much or as little as you want.

Interested? Contact rayhardisty.east.u3a@gmail.com or laurenehenderson1.east.u3a@outlook.com

National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Tuesday, May 6 10:00 - 12:00	Flight Inspirations Aviation Meeting: Aircraft Carrier Britain Over 300 British airfields supported the efforts of the USAAF , leaving a lasting impact through their presence, operations, and sacrifices.	Flight Inspirations Aviation Meeting: Aircraft Carrier Britain Tickets, Tue, May 6, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-aircraft-carrier-britain-tickets-1289586360519?aff=oddtcreator
Wednesday May 7 10:00 - 11:00am	Cryptic Crosswords in Context Their history, how they work, who does them and why - a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth.	Cryptic Crosswords in Context Tickets, Wed, May 7, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/cryptic-crosswords-in-context-tickets-1309782969119?aff=oddtcreator
Wednesday May 7 1:00 - 2:30pm	Setting up a New Windows 11 PC or Laptop Join Mike Field from u3a Let's Talk Tech to see how to set up a new Windows 11 PC or laptop for optimum performance and online security.	Setting up a New Windows 11 PC or Laptop Tickets, Wed, May 7, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/setting-up-a-new-windows-11-pc-or-laptop-tickets-1309793410349?aff=oddtcreator
Thursday May 8 10:00 - 11:00am	Turner and Impressionism This illustrated talk looks at the work of British landscape painter, JMW Turner. In 2025 we celebrate the 250th Anniversary of his birth, with Allen Chubb of Haslemere u3a	Turner and Impressionism Tickets, Thu, May 8, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/turner-and-impressionism-tickets-1249328909399?aff=oddtcreator
Thursday May 8 2:00pm	A life living and exploring with the most exciting wildlife on Galapagos Join Ramiro Tomala from HX as he shares his first-hand experiences of living on Galapagos.	A life living and exploring with the most exciting wildlife on Galapagos Tickets, Thu, May 8, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/a-life-living-and-exploring-with-the-most-exciting-wildlife-on-galapagos-tickets-1292599563089?aff=oddtcreator
Friday May 9 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.	Staying Safe Online - A u3a Presentation with Q&A Tickets, Fri, May 9, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-ga-tickets-1289874893529?aff=oddtcreator
Monday, May 12 10:00 - 11:30am	Exploring World Faiths: Chaplaincy In this webinar we will be exploring the role of chaplaincy in hospitals, prisons and the police.	Exploring World Faiths: Chaplaincy Tickets, Mon, May 12, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/exploring-world-faiths-chaplaincy-tickets-1292831587079?aff=oddtcreator

National Office u3a onLine Learning Events

Date 2025	Event	Link (Control&click) and URL(copy&paste)
Monday May 12 10:00 - 11:30	How generative AI Works This talk describes how AI works, and includes a generative AI showcase, early non-generative AI and more recent discoveries.	How generative AI Works Tickets, Mon, May 12, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/how-generative-ai-works-tickets-1289815395569?aff=oddtcreator
Tuesday May 13 2:00 - 3:30pm	Simple adjustments for your device and staying safe on social media Hannah from AbilityNet will show you some simple adjustments for your device and Adam Carter, Friends Against Scams, will give you some smart ways to stay safe on social media.	Simple adjustments for your device and staying safe on social media Tickets, Tue, May 13, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/simple-adjustments-for-your-device-and-staying-safe-on-social-media-tickets-1301203337209?aff=oddtcreator
Thursday May 15 10:00 - 11:00am	From the Soviet Gulag to Arnhem Trapped behind Nazi lines in Europe, only the Dutch underground might help him escape. Stan's grandson and author Nicholas Kinloch.	From the Soviet Gulag to Arnhem Tickets, Thu, May 15, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/from-the-soviet-gulag-to-arnhem-tickets-1285766184269?aff=oddtcreator
Friday May 16 2:00 - 3:30pm	Unlocking the Potential of AI A Zoom talk for u3a Subject Advisers and Subject Network Volunteers on how you can benefit.	Unlocking the Potential of AI Tickets, Fri, May 16, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/unlocking-the-potential-of-ai-tickets-1297063936149?aff=oddtcreator
Monday May 19 2:00pm	On This Holy Island Join Oliver Smith, author of the book 'On This Holy Island' as he discusses how pilgrimage has shaped Britain across time.	On This Holy Island Tickets, Mon, May 19, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/on-this-holy-island-tickets-1291358069749?aff=oddtcreator
Tuesday May 20 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: May Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing	Laughter Yoga with Merrie Maggie: May Tickets, Tue, May 20, 2025 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-may-tickets-1301174380599?aff=oddtcreator
Wednesday May 21 10:00 - 11:00am	Laughter Yoga with Judith: May Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	Laughter Yoga with Judith: May Tickets, Wed, May 21, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-may-tickets-1255426056129?aff=oddtcreator
Wednesday May 21 1:00 - 2:30pm	Editing Long Videos on PCs & Laptops for Sharing to Social Media Learn how to use video editing software to create landscape videos, and how to optimise them for social media, with u3a Let's Talk Tech.	Editing Long Videos on PCs & Laptops for Sharing to Social Media Tickets, Wed, May 21, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/editing-long-videos-on-pcs-laptops-for-sharing-to-social-media-tickets-1311542010459?aff=oddtcreator

National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click) and URL(copy&paste)
Wed 21 May 14:00 - 15:00pm	End of Life Doulas and How They Can Help You You've heard of Birth Doulas—now meet End of Life Doulas. Discover who they are, what they do, and why it matters. Ann Kenrick OBE is a member of the u3a and End of Life Doula UK.	End of Life Doulas and How They Can Help You Tickets, Wed 21 May 2025 at 14:00 Eventbrite https://www.eventbrite.co.uk/e/end-of-life-doulas-and-how-they-can-help-you-tickets-1317300855319?aff=oddtcreator
Thursday May 22 9:30 - 11:00am	Mass Extinctions: Causes and Consequences Look into the evolution of life on Earth and when mass extinctions have occurred and why, in this Science Network event with Peter Webb.	Mass Extinctions: Causes and Consequences Tickets, Thu, May 22, 2025 at 9:30 AM Eventbrite https://www.eventbrite.co.uk/e/mass-extinctions-causes-and-consequences-tickets-1254356166059?aff=oddtcreator
Thursday May 22 10:00 - 11:30am	Mindfulness and Meditation Continuation Session: May Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.	Mindfulness and Meditation Continuation Session: May Tickets, Thu, May 22, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-may-tickets-1317399991839?aff=oddtcreator
Friday May 23 10:00 - 11:30am	Artificial Intelligence News: May - AI and the Law This thought-provoking event will explore how artificial intelligence is reshaping the legal landscape.	Artificial Intelligence News: May - AI and the Law Tickets, Fri, May 23, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-may-ai-and-the-law-tickets-1317408106109?aff=oddtcreator
Tuesday May 27 2:00 - 3:30pm	How going digital can save you money How going digital can save you money: A guide for older people with the DWP. With Lizi, AbilityNet's Digital Inclusion Consultant.	How going digital can save you money Tickets, Tue, May 27, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/how-going-digital-can-save-you-money-tickets-1336636849799?aff=oddtcreator
	Life on a Small Holding Sorry, SOLD OUT	
Thursday May 29 2:00 - 4:00pm	Secrets of the Human Brain: Talk Five - Hearing This talk describes the auditory pathway from the point when a sound enters our ears to the point when we 'hear' something.	Secrets of the Human Brain: Talk Five - Hearing Tickets, Thu, May 29, 2025 at 2:00 PM Eventbrite https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-five-hearing-tickets-1317451285259?aff=oddtcreator
Friday May 30 10:00 - 11:30am	The History of the 16th Century Ruff From frilled shirt collars to lace trimmed monstrosities! Constance Mackenzie is a professional costume maker working in the film industry.	The History of the 16th Century Ruff Tickets, Fri, May 30, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/the-history-of-the-16th-century-ruff-tickets-1325208938609?aff=oddtcreator

Date 2025	Event	Link(Control&click) anURL(copy&paste)
Monday June 2 10:00 - 11:00am	Bollywood Laughter Yoga Dance Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance. Here's a clip from YouTube to show what it's like: https://www.youtube.com/watch?v=AcGS7ODfEi8	Bollywood Laughter Yoga Dance Tickets, Mon, Jun 2, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/bollywood-laughter-yoga-dance-tickets-1280641145139?aff=oddtcreator
Tuesday June 3 10:00am - 12:00pm	Flight Inspirations Aviation Meeting: Combat Stress and Lack of Moral Fibre The story of how USAAF and RAF aircrew dealt with the psychological stress of knowing that each mission they flew could be their last.	Flight Inspirations Aviation Meeting: Combat Stress and Lack of Moral Fibre Tickets, Tue, Jun 3, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-combat-stress-and-lack-of-moral-fibre-tickets-1328380725509?aff=oddtcreator
June 4 to July 9 10:00am - 11.15 am	Mindfulness and Meditation Series We welcome back the six week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth. The course will run on Wednesday mornings at 10am-11.15pm, beginning on 4 June for 6 weeks. You only need to sign up via Eventbrite once.	Mindfulness and Meditation Series Tickets, Wed, Jun 4, 2025 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-1335031056829?aff=oddtcreator
Wednesday June 4 1:00 - 2:30pm	An Introduction to Canva, a powerful online Graphic Design Program Learn how to use Canva to create all kinds of media like newsletters and posters, with u3a Let's Talk Tech and guest presenter Roger Carter.	An Introduction to Canva, a powerful online Graphic Design Program Tickets, Wed, Jun 4, 2025 at 1:00 PM Eventbrite https://www.eventbrite.co.uk/e/an-introduction-to-canva-a-powerful-online-graphic-design-program-tickets-1326251386599?aff=oddtcreator
Summer	SUMMER SCHOOLS There are four available - see link	u3a - Summer Schools https://www.u3a.org.uk/events/summer-schools



Sudbury`s 1000th Member!



At Sudbury u3a's recent AGM the meeting included welcoming their 1000th member, Margaret Taylor! Ian Mathews, Chair and also our East of England Council member, shares the moment of welcome.

Your News, Please!

Has your u3a had an interesting speaker? Has your u3a had a particular celebration (members, significant achievement, etc) Has your u3a held a special event? Has your u3a been featured in your local paper/radio station/TV channel/Social Media? Submissions by May 25th to rayhardisty.east.u3a@gmail.com