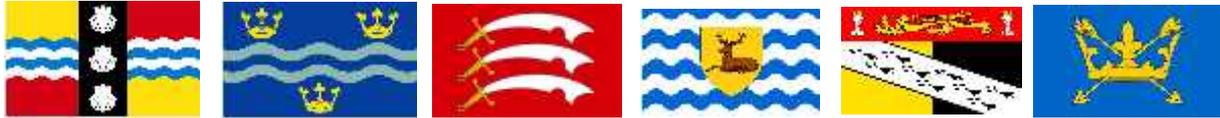


NEWS FROM THE EAST



July 2021

Your regional team keeping in touch with u3as across the six counties of the East of England

It's all systems go!

LOCKDOWN. What lockdown?

Some of the u3as across the East put the lack of face to face social contact behind them as members enjoyed the opportunity to get back together again.

Aylsham led the way with a social event on July 20 seeing some 130 members attending a very sunny outdoor barbecue with musical entertainment.

Stansted Mountfitchet and Cheshunt were very close behind with monthly meetings in pre-virus style.

Waltham Abbey held a drop in coffee morning at the end of July to bring members together and **Lea Valley** are set to enjoy a Tea Afternoon on August 16.

Aylsham held a face to face monthly meeting with 68 attendees on July 27.



Aylsham U3A members enjoying their barbecue.

More pictures on the back page.

Other u3a committees are meeting to decide on what guidelines, if any, should be followed. And don't forget the advice available from the region's 'Coming Out Of Lockdown Safely' forum which is now on You Tube.

IT advisers team off to good start



Ken Wheatley

RECRUITING for the special East of England team of IT advisers has got off to a good start with three names in the frame already but the hunt is on for more members with skills willing to help others.

Ken Wheatley of Bishop's Stortford U3A has taken on the lead role.

Now he is looking for fellow members to assist. They do not have to be proficient at all IT aspects ... usefulness in just one or two areas could be helpful to other u3as.

Volunteers should contact Ken at kenwheatley.east.u3a@gmail.com

Regional calendar

INVITATIONS have already been emailed for a forum looking at ways to obtain outside funding at 2pm on August 4. Others are on the way for an Update On Beacon at 10am on August 10. The next Committee Induction session is at 10am on August 17. All must be booked in advance.

Elsie going strong at 100



ELSIE CHESHAM may have celebrated her 100th birthday on July 10 ... but she still cares for herself and is an active member of Waltham Abbey U3A.

She belongs to two groups ... card making and the Eating Out Group ... but also helped on the u3a's tapestry project.

And, a keen Leyton Orient fan, she snips reports on the club from the local papers and sends them to family members.

No fewer than 26 relatives attended her centenary festivities

But she was anxious to get back to her garden where she has help with the mowing but does everything else.

Jean scoops national prize

JEANETTE Warren ... known as Jean ... has won the beginners, short story section of the annual national King Lear Prizes.

The Aylsham U3A member has known for a while she was one of six entrants on the shortlist.

But has only just heard she has won the section together with its cash prize and honour.

Most of her life she has been involved with the NHS and chose real life experiences of patients on a hospital ward as her theme.

But watch out for more. "This is the beginning ..." she says



U3a keeps community centre open



Rowena Davey Centre, Great Dunmow.

DUNMOW U3A leapt into action to run a petition to keep a community day centre open when they heard the building was threatened by its car park being solely used for six months as a covid test site.

They felt other areas were more suitable and services provided at the Rowena Davey Centre were vital as lockdown eased.

The prompt response led to a general re-think of the proposal and within hours the plans have been ditched and the building has remained open.

Regional Forums are proving a big hit

HALF-YEARLY returns show our newly offered Regional Forums are proving popular with u3as.

Event attendance has ranged between 67 and 166 with follow-up You Tube views attracting 88 to 422 visits.

Receiving the most interest was the Jane

Bailey presentation on 'Coming Out Of Lockdown Safely' at the end of June.

Second was the Conversation with Sam Mauger and third, Preparing for U3A Day.

Latest ones are listed on the front page with others coming including Hybrid Meetings, Governance and Click and Save.



Reveal quilty secrets

BY now you will be aware of the 40th Anniversary Quilt competition planned for 2022.

All members and craft groups are invited to submit a 10 inch by 10 inch square on the theme of 'Positive Ageing'.

Exact conditions are available on the national web-site under 'Events - 40th Anniversary'.

I would be very interested to hear from anyone in our region planning to produce a square(s) for the competition.

Firstly it would be good to encourage you in your efforts and secondly, as 40 squares will be selected from all submitted nationally, we are considering setting up a project so those not selected can be used in the region to make our own quilt.

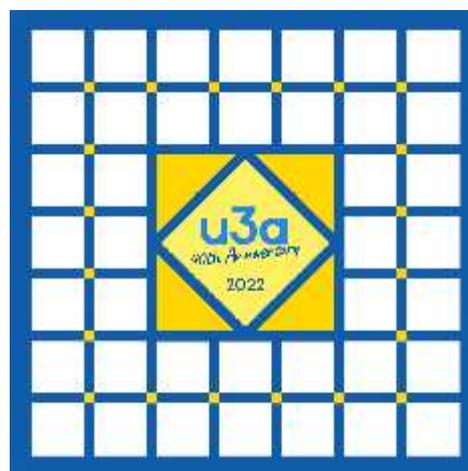
Email me at barbara.cordina@u3a.org.uk

We would clearly need help from quilting members in the region with ideas, suggestions, a means of assembling a quilt, etc

I look forward to hearing from all our quilters across the region. Happy sewing!

Barbara Cordina, Trustee

u3a
40th Anniversary



How can the East celebrate anniversary?

NEXT year mark the 40th anniversary of our movement and your regional team are considering holding a regional event which will clearly need a lot of planning, careful thought and early booking.

This is where you can help! Can you suggest a suitable venue, reasonably central within the East of England, or at least easily accessible from most corners?

No decisions have yet been made on the

nature of the event but there are endless opportunities, so all ideas valued.

This would be a social occasion for us to mix and mingle with our fellow u3a members. We shall not be asking you to set up a stall or promote your groups. It will be for us to celebrate our region.

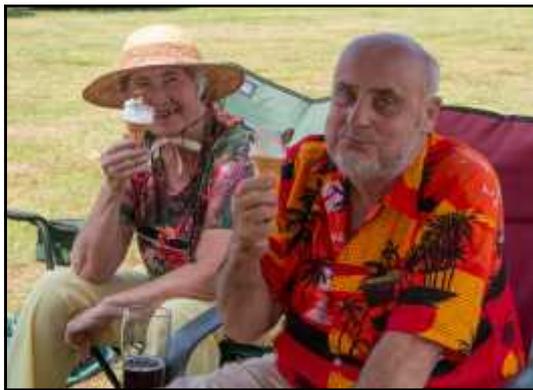
No commitment just some ideas please to barbara.cordina@u3a.org.uk

Barbara Cordina, Trustee

Returning to u3a on July 20!



AYLSHAM U3A wasted no time in declaring its u3a back in action with members enjoying a celebration barbecue just a day after the Government's lockdown ended ... complete with face to face socialising, tasty treats and music.



Contacting the East of England U3A

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

www.u3asites.org.uk/east-of-england/home