

Chairs and Secretaries, please share with **ALL** your u3a members

East of England Region u3a

March 2024

Monthly Bulletin

Issue 3 Page 1

This short monthly bulletin arrives on the first week of the month.

Deadline for the next bulletin is the **25th March 2024** to laurenehenderson1.east.u3a@outlook.com

East of England Region has been given four dates to run regional training forums on **Running Your u3a in 2024**. All 10am to 12.25pm: Wednesday April 3, Thursday June 27, Monday Sept 16, Tuesday November 5. Invites to register follow.

u3a National News



Join us for u3a Festival 24!

The u3a movement is holding its first ever Festival in 2024, 18 - 20 July, where members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops which will make this u3a national festival something to remember.

u3a Festival 24 will take place in the beautiful city of York over 3 days and will be held at the University of York based around their exhibition centre.

All you need to know link: Festival 24: Costs and basic information

<https://us9.campaign-u3a.campaign-archive.com/?u=656ad5962b370cc9e2731d1ed&id=b806ff1867>

Unique and Unusual u3a Groups in the East of England Region

Group Co-ordinators, please keep submitting your wonderful group ideas, with a photograph. We will be publishing a submission on each East of England Newsletter and adding to a special page on the East of England Website. Contact laurenehenderson1.east.u3a@outlook.com

NATIONAL LEARNING EVENTS

Date	Event <small>If blue links do not work, paste URL into your browser</small>	Link(Control&click) and URL(copy&paste)
Tuesday Tuesday, March 5 10:00am - 12:00pm	Aviation Network Meeting: Time is money; Concorde was Prestige In this meeting of the u3a Aviation Network, Capt John Hutchinson shares his 15 years of experience as a British Airways Concorde Captain	Aviation Network Meeting: Time is money, Concorde was Prestige Tickets, Tue, Mar 5, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/aviation-network-meeting-time-is-money-concorde-was-prestige-tickets-825057678727?aff=oddtcreator
Wednesday 10:00-11:15am March 6 March 13	Mindfulness and Meditation Six Week Course In this series, Dr John Darwin, Mike Pupius, Ruth Lees and members of the Sheffield u3a Mindful Ageing Group will introduce mindfulness and meditation, using 'Five Ways to Wellbeing' as a basis. Every session will be practical!	Mindfulness and Meditation Series Tickets, Wed, Feb 7, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-789259124287?aff=oddtcreator

Fancy Joining our Regional Team? If you enjoy the bulletin, newsletter and advice, why not join us and be part of our team? Interested? Contact rayhardisty.east.u3a@gmail.com

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
Thursday March 7 · 3:30 - 4:30pm	Artificial Intelligence News Interested in learning about AI? Join others discovering the world of AI, hosted by Barry Claydon, u3a AI Subject Adviser. Reviewing recent news headlines about AI, a presentation or a guest panel will discuss a topic. Members can 'show and tell' what they have been doing with AI, if they would like. Members can visit the AI for everyone online library of AI articles by u3a members.	Artificial Intelligence News Tickets, Thu, Mar 7, 2024 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/artificial-intelligence-news-tickets-802997415887?aff=oddtcreator
Wednesday March 13 April 10 May 8 June 12 10am -11am	Laughter Yoga! Monthly Laughter Yoga (January to June on Wednesday) Judith of Edinburgh U	Laughter Yoga with Judith (January-June) Tickets, Wed, Jan 10, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-january-june-tickets-769715629167?aff=oddtcreator
Monday, March 11 10 - 11:30am	Exploring World Faiths: Women in Faith <i>International Women's Day is March 8th.</i> Explore the roles of women in different faiths. Spiritual leaders in many faiths are male, but does that may undervalue the role of women? Lesa Cope, will talk about women in the Church of Jesus Christ of Latter Day Saints (Mormons) Kam Kaur, Senior Social Worker, will talk about Women in the Sikh faith. Salma Hamid, Chair of the Birmingham More in Common group will talk about women in Islam. To contact our host, Exploring World Faiths subject adviser Dr Peter Rookes, please visit his Subject Adviser webpage	Exploring World Faiths: Women in Faith Tickets, Mon, Mar 11, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/exploring-world-faiths-women-in-faith-tickets-776225570577?aff=oddtcreator
Wednesday 13 Mar 2024 10:00 - 12:30 We will also be running an Influencing and Social Change drop in/share session on the 10th April following this introductory session.	An Introduction to Influencing and Social Change (Online) For u3a members who would like to have more of an influence in their community and take part in social action. Influencing and social change encompasses all the work being done across the u3a to support members, and the movement more broadly, to use our combined voices and get involved in our communities about issues that matter. Interactive training will provide information about the legal aspects and risks of taking action, introduce the diverse ways to create change, share some u3a examples and provide participants with the opportunity to exchange ideas and discuss how they might take action.	An Introduction to Influencing and Social Change (Online) Tickets, Wed 13 Mar 2024 at 10:00 Eventbrite https://www.eventbrite.co.uk/e/an-introduction-to-influencing-and-social-change-online-tickets-775641774427

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Thursday 10am-11am March 21 April 18 May 16	Mindfulness and Meditation Continuation Sessions: Jan-May 2024 Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series and introduce new ones.	Mindfulness and Meditation Continuation Sessions: Dec-May Tickets, Thu, Dec 21, 2023 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-dec-may-tickets-732689553177?aff=oddtcreator
Tuesday, March 19 10 - 11:30am	Using AI to Fight Climate Change Ian Hawker of East Suffolk u3a discusses using the power of AI to fight climate change. AI is being increasingly used to analyse data collected by ground based and satellite Earth monitoring stations, to identify patterns, trends and threats to nature and agriculture, enabling corrective measures to be planned and implemented. AI accelerates the modelling of complex climate systems, exploring 'what if' scenarios, including prediction and response to natural disasters such as floods, hurricanes and earthquakes. But can AI	Using AI to Fight Climate Change Tickets, Tue, Mar 19, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/using-ai-to-fight-climate-change-tickets-848416034197?aff=oddtcreator
Wednesday March 20 th 10:00	John Snow and the Hunt for the Source of Cholera in Victorian London Details to be announced/	https://www.u3a.org.uk/events/educational-events Check this link for specific booking details
Monday, March 25 10:00am - 12:30pm	Yoga Group Leaders Workshop: Sharing our Yoga Practice 15 places available for Yoga Group Leaders	Yoga Group Leaders Workshop: Sharing our Yoga Practice Tickets, Mon, Mar 25, 2024 at 10:00 AM Eventbrite https://www.eventbrite.co.uk/e/yoga-group-leaders-workshop-sharing-our-yoga-practice-tickets-847089636907?aff=oddtcreator
Tuesday March 26 & April 30 3:30-4:30pm	Laughter Yoga with Merrie Maggie (Jan - April) Bring more joy and laughter into your life through Laughter Yoga - an aerobic exercise with playful exercises and hand claps combined with deep yogic breathing. The link will sign you up for any session.	Laughter Yoga with Merrie Maggie (Jan - April) Tickets, Tue, Jan 30, 2024 at 3:30 PM Eventbrite https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-jan-april-tickets-769755478357?aff=oddtcreator

Date	Event <i>If blue links do not work, paste URL into your browser</i>	Link(Control&click) and URL(copy&paste)
<p>Wednesday, March 27 2:00 - 3:30pm</p>	<p>Secrets of the Human Brain: Talk Three: Brain & Behaviour This talk explains that we have 'old' and 'new' parts of our brain and both parts drive our behaviour, by Dr. Bob Pullen of Prudhoe u3a. Dr. Bob Pullen is a retired University Lecturer who has a Doctoral Degree in Neuroscience from Oxford University. The "old" parts drive our basic behaviour and emotions like happiness, sadness, anger, hunger, thirst and sex. The 'new' parts can modify these basic drives and they produce our most sophisticated thoughts and feelings.</p>	<p><u>Secrets of the Human Brain: Talk Three: Brain & Behaviour Tickets, Wed, Mar 27, 2024 at 2:00 PM Eventbrite</u> <u>https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-three-brain-behaviour-tickets-763996202207?aff=oddtcreator</u></p>
<p>Thursday, March 28 10:00am - 12:00pm</p>	<p>Introduction to Cryptic Crosswords Find out how cryptic clues work and try your hand at solving on this two-hour Zoom taster session for beginners. You will learn about two of the simplest and most common types of clue, be shown the basics of clue construction and be introduced to the variety of cryptic clues. You will need a laptop, iPad, desktop or tablet computer and a broadband connection. Henry Howarth has a relaxed and engaging style. He has taught over one thousand adults how to solve cryptic crosswords and is the author of the book Learn How to Solve Cryptic Crosswords and the app Learn Cryptic Crosswords.</p>	<p><u>Introduction to Cryptic Crosswords Tickets, Thu, Mar 28, 2024 at 10:00 AM Eventbrite</u> <u>https://www.eventbrite.co.uk/e/introduction-to-cryptic-crosswords-tickets-848275233057?aff=oddtcreator</u> This is a repeat of a previously run session.</p>
<p>Thursday March 28 2:00pm to June 27 · 3:30pm</p>	<p>Suffering and hope in Tolstoy's Anna Karenina A series of four talks by Professor Christopher Dowrick (member of Orrell Park and District u3a and Emeritus Professor at the University of Liverpool), illustrating how the creative arts, including literature, poetry, classical music and contemporary folk/rock, can enhance our wellbeing. Each talk is self-contained, but all four combined give the fullest expression to this theme. Kitty, Vronsky, Anna and Levin - face the question of whether or not they wish to stay alive. This talk explores the circumstances that lead each of them to their dilemma, and the very different ways in which each responds.</p>	<p><u>Suffering and hope in Tolstoy's Anna Karenina Tickets, Thu, Mar 28, 2024 at 2:00 PM Eventbrite</u> <u>https://www.eventbrite.co.uk/e/suffering-and-hope-in-tolstoys-anna-karenina-tickets-838486976117?aff=oddtcreator</u></p>

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