

# East of England Region u3a

June 2025 Monthly Bulletin and News Issue 6 Page 1

This monthly bulletin was compiled on 23.06.2025 and sent to National Office for distribution.  
It should arrive by the first week of June 2025. Deadline for the July 25 issue is 16.06.25  
Receive this Bulletin promptly, if you sign up directly. Email [laurenehenderson1.east.u3a@outlook.com](mailto:laurenehenderson1.east.u3a@outlook.com)

## Our Inspirational Featured Group for June 25

### Anyone for Arabic?



In 2012 Tricia and I settled in Norwich to begin our retirement after some 14 years of teaching in the Sultanate of Oman. We joined our local u3a and joined some groups to acquire a circle of friends and acquaintances. Soon we were convening a couple of groups of our own - *World Cinema* and *Using Your French*. I wondered if anybody might be interested in learning Arabic? I had learned to read Arabic script, the basis of Modern Standard

Arabic, and also the colloquial Arabic of Algeria, Egypt, The Gulf and the Levant.

The language that people speak to each other in the Arabic-speaking world varies considerably between regions :in pronunciation, in vocabulary and in grammar. Evolving spoken Arabic in different ways, an Iraqi and a Moroccan would have great difficulty understanding each other unless they fell back on the formal Arabic they learned at school.

I decided to introduce to one of the regional dialects, so the group could learn how to greet people, introduce themselves, order food and drink in a café or restaurant, go shopping, etc. This wouldn't require learning the formal Arabic script. I use a BBC course which runs for about 30 weeks with weekly sessions in my home lasting 90 minutes. Most people who join say things like, 'It's something different...' or 'I thought it might give my brain a workout!'

We break for refreshments which sometimes includes biscuits from the Levant region such as *Barazek*, a crisp biscuit coated with sesame seeds on one side and pistachios on the other.

Sometimes we meet at a café in Norwich, where the Arabic-speaking proprietor will occasionally indulge us by taking our orders in Arabic!

The full text of Terry Edwards description of his group will be on the East of England Website.

**SaHtak! (Your health!) Terry Edwards, Norwich u3a**

As-salamu alaykum, Thank you, Terry. It was fascinating to learn how dialects have evolved in the middle east. Is there a recipe for those biscuits? I want some!

Laurene Henderson East of England Team [laurenehenderson1.east.u3a@outlook.com](mailto:laurenehenderson1.east.u3a@outlook.com)



## 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) <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)
Monday June 2 10:00 - 11:00am	<b>Bollywood Laughter Yoga Dance</b> 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: <a href="https://www.youtube.com/watch?v=AcGS7ODfEi8">https://www.youtube.com/watch?v=AcGS7ODfEi8</a>	<a href="#">Bollywood Laughter Yoga Dance Tickets, Mon, Jun 2, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/bollywood-laughter-yoga-dance-tickets-1280641145139?aff=oddtcreator">https://www.eventbrite.co.uk/e/bollywood-laughter-yoga-dance-tickets-1280641145139?aff=oddtcreator</a>
Tuesday June 3 10:00am - 12:00pm	<b>Flight Inspirations Aviation Meeting: Combat Stress and Lack of Moral Fibre</b> The story of how USAAF and RAF aircrew dealt with the psychological stress of knowing that each mission they flew could be their last.	<a href="#">Flight Inspirations Aviation Meeting: Combat Stress and Lack of Moral Fibre Tickets, Tue, Jun 3, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-combat-stress-and-lack-of-moral-fibre-tickets-1328380725509?aff=oddtcreator">https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-combat-stress-and-lack-of-moral-fibre-tickets-1328380725509?aff=oddtcreator</a>
June 4 to July 9 10:00am - 11.15 am	<b>Mindfulness and Meditation Series</b> We welcome back the six week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth. <b>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.</b>	<a href="#">Mindfulness and Meditation Series Tickets, Wed, Jun 4, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-1335031056829?aff=oddtcreator">https://www.eventbrite.co.uk/e/mindfulness-and-meditation-series-tickets-1335031056829?aff=oddtcreator</a>
Wednesday June 4 1:00 - 2:30pm	<b>An Introduction to Canva, a powerful online Graphic Design Program</b> 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.	<a href="#">An Introduction to Canva, a powerful online Graphic Design Program Tickets, Wed, Jun 4, 2025 at 1:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/an-introduction-to-canva-a-powerful-online-graphic-design-program-tickets-1326251386599?aff=oddtcreator">https://www.eventbrite.co.uk/e/an-introduction-to-canva-a-powerful-online-graphic-design-program-tickets-1326251386599?aff=oddtcreator</a>
Wednesday June 11 10:00 - 11:00am	<b>Laughter Yoga with Judith: June</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: June Tickets, Wed, Jun 11, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-june-tickets-1255433097189?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-june-tickets-1255433097189?aff=oddtcreator</a>

## National Office u3a onLine Learning Events

Date 2025	Event	Link ( Control&click) and URL(copy&paste)
Thursday June 12 2:00 - 3:30pm	<b>Roads were not made for cars!</b> From Babylon to Birmingham, and bones to bitumen. Clifton Hughes reviews the development of roads.	<a href="https://www.eventbrite.co.uk/e/roads-were-not-made-for-cars-tickets-1342042799139?aff=oddtcreator">https://www.eventbrite.co.uk/e/roads-were-not-made-for-cars-tickets-1342042799139?aff=oddtcreator</a>  <a href="#">Roads were not made for cars! Tickets, Thu, Jun 12, 2025 at 2:00 PM   Eventbrite</a>
Friday June 13 2:00 - 3:00pm	<b>Glasgow Society of Lady Artists</b> This talk follows a group of young women who had connections to Glasgow School of Art.	<a href="#">Glasgow Society of Lady Artists Tickets, Fri, Jun 13, 2025 at 2:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/glasgow-society-of-lady-artists-tickets-1336394795809?aff=oddtcreator">https://www.eventbrite.co.uk/e/glasgow-society-of-lady-artists-tickets-1336394795809?aff=oddtcreator</a>
Tuesday Jun 17 14:00 - 15:00pm	<b>Use of Artificial Intelligence in Healthcare</b> In the next 10 years, AI will play a key role in numerous aspects of healthcare. Join Ian as he explores the implications of this change.	<a href="#">Use of Artificial Intelligence in Healthcare Tickets, Tue 17 Jun 2025 at 14:00   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/use-of-artificial-intelligence-in-healthcare-tickets-1318486962999?aff=oddtcreator">https://www.eventbrite.co.uk/e/use-of-artificial-intelligence-in-healthcare-tickets-1318486962999?aff=oddtcreator</a>
Tuesday June 17 3:30 - 4:30pm	<b>Laughter Yoga with Merrie Maggie: June</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: June Tickets, Tue, Jun 17, 2025 at 3:30 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-june-tickets-1338528427559?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-merrie-maggie-june-tickets-1338528427559?aff=oddtcreator</a>
Wednesday June 18 1:00 - 2:30pm	<b>The ICONIC Project: Exploring how Co-Design can support Digital Inclusion</b> Explore the role of technology co-design in alleviating digital exclusion, with Research Fellow Dr Rory Baxter and u3a Let's Talk Tech.  The u3a Let's Talk Tech Team holds twice monthly 90 minute long Lunchtime Zoom Drop-in Sessions. They are at 1pm on the 1st and 3rd Wednesdays of the month.	<a href="#">The ICONIC Project: Exploring how Co-Design can support Digital Inclusion Tickets, Wed, Jun 18, 2025 at 1:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/the-iconic-project-exploring-how-co-design-can-support-digital-inclusion-tickets-1320059356069?aff=oddtcreator&amp;_gl=1%2A10fnknp%2A_up%2AMQ.%2A_ga%2ANTI3NDkyOTgzLjE3NDY3MTgyNDg.%2A_ga_TQVE55V6SH%2AczE3NDY3MTgyNDgkbzEkZzAkDDE3NDY3MTgyNDgkajAkBDAkDA">https://www.eventbrite.co.uk/e/the-iconic-project-exploring-how-co-design-can-support-digital-inclusion-tickets-1320059356069?aff=oddtcreator&amp;_gl=1%2A10fnknp%2A_up%2AMQ.%2A_ga%2ANTI3NDkyOTgzLjE3NDY3MTgyNDg.%2A_ga_TQVE55V6SH%2AczE3NDY3MTgyNDgkbzEkZzAkDDE3NDY3MTgyNDgkajAkBDAkDA</a>
Thursday June 19 10:30 - 11:30am	<b>Seasonal eating!</b> Chef Alex from 'Vegetarian for Life' demos his delicious summer recipes live on Zoom, especially for u3a members.	<a href="#">Seasonal eating! Tickets, Thu, Jun 19, 2025 at 10:30 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/seasonal-eating-tickets-1360244400619?aff=oddtcreator">https://www.eventbrite.co.uk/e/seasonal-eating-tickets-1360244400619?aff=oddtcreator</a>
Thursday June 19 10:00 - 11:00am	<b>Mindfulness and Meditation Continuation Session: June</b> Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.	<a href="#">Mindfulness and Meditation Continuation Session: June Tickets, Thu, Jun 19, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-june-tickets-1338539931969?aff=oddtcreator">https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-session-june-tickets-1338539931969?aff=oddtcreator</a>
Friday June 20 9:00 - 10:30am	<b>Artificial Intelligence News: June</b> AI and Education: Using your Superpowers!	<a href="#">Artificial Intelligence News: June Tickets, Fri, Jun 20, 2025 at 9:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/artificial-intelligence-news-june-tickets-1365354495049?aff=oddtcreator">https://www.eventbrite.co.uk/e/artificial-intelligence-news-june-tickets-1365354495049?aff=oddtcreator</a>

## National Office u3a onLine Learning Events

Date 2025	Event	Link( Control&click) and URL(copy&paste)
Friday June 20 2:00 - 3:30pm	<b>People and Places along the Silk Roads</b> Join traveller Alan Freeland as he takes us from Xian, the ancient capital of China, to Venice along one of the many Silk Roads.	<a href="#">People and Places along the Silk Roads Tickets, Fri, Jun 20, 2025 at 2:00 PM   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/people-and-places-along-the-silk-roads-tickets-1358247939149?aff=oddtcreator">https://www.eventbrite.co.uk/e/people-and-places-along-the-silk-roads-tickets-1358247939149?aff=oddtcreator</a>
Zoom sessions: 10.00 to 11.30am Tuesdays June 24 and July 1, 8, 15, 22, 29	<b>Cryptic Crosswords for Beginners: Six-Session Course (June 2025)</b> Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a six-session course on how to solve cryptic crosswords.	<a href="#">Cryptic Crosswords for Beginners: Six-Session Course (June 2025) Tickets, Tue, Jun 24, 2025 at 10:00 AM   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-six-session-course-june-2025-tickets-1320082043929?aff=oddtcreator">https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-six-session-course-june-2025-tickets-1320082043929?aff=oddtcreator</a>
Friday Jun 27 14:00 - 15:00pm	<b>Puzzle Solving with Pascal's Triangle</b> Join Dr Ron Knott for a talk about Puzzle Solving with Pascal's Triangle.	<a href="#">Puzzle Solving with Pascal's Triangle Tickets, Fri 27 Jun 2025 at 14:00   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/puzzle-solving-with-pascals-triangle-tickets-1336422629059?aff=oddtcreator">https://www.eventbrite.co.uk/e/puzzle-solving-with-pascals-triangle-tickets-1336422629059?aff=oddtcreator</a>
Friday June 27 2:00 - 3:00pm	<b>Unseen Universe: a safari through the invisible world of microbes</b> Discover the surprising ways in which microbes shape our lives and how they may help tackle many of humanity's most pressing problems. This event is hosted by the u3a Science Network with speaker Professor Robin May.	<a href="#">Unseen Universe: a safari through the invisible world of microbes Tickets, Fri, Jun 27, 2025 at 2:00 PM   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/unseen-universe-a-safari-through-the-invisible-world-of-microbes-tickets-1254265374499?aff=oddtcreator">https://www.eventbrite.co.uk/e/unseen-universe-a-safari-through-the-invisible-world-of-microbes-tickets-1254265374499?aff=oddtcreator</a>
Monday June 30 10:00 - 11:30am	<b>The Oceans and Climate Change</b> Ian Hawker examines the importance of oceans in the Earth's climate systems and how they are affected by climate change. Dr Ian Hawker has a special interest in Artificial Intelligence and its growing use throughout the market sectors and the science of climate change.	<a href="#">The Oceans and Climate Change Tickets, Mon, Jun 30, 2025 at 10:00 AM   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/the-oceans-and-climate-change-tickets-1356302309719?aff=oddtcreator">https://www.eventbrite.co.uk/e/the-oceans-and-climate-change-tickets-1356302309719?aff=oddtcreator</a>
Tuesday July 1 10:00am - 12:00pm	<b>Flight Inspirations Aviation Meeting: The Man Who Tested Parachutes</b> The remarkable story of headteacher Charles Agate who secretly held a WWII parachuting record.	<a href="#">Flight Inspirations Aviation Meeting: The Man Who Tested Parachutes Tickets, Tue, Jul 1, 2025 at 10:00 AM   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-the-man-who-tested-parachutes-tickets-1358215000629?aff=oddtcreator">https://www.eventbrite.co.uk/e/flight-inspirations-aviation-meeting-the-man-who-tested-parachutes-tickets-1358215000629?aff=oddtcreator</a>
Thursday July 3 10:00 - 11:30am	<b>Ice to Athelstan - The Emergence of England</b> An illustrated guide as to how an uninhabited frozen landscape came through traumas and triumphs to become a recognisable England.	<a href="#">Ice to Athelstan - The Emergence of England Tickets, Thu, Jul 3, 2025 at 10:00 AM   Eventbrite</a> <a href="https://www.eventbrite.co.uk/e/ice-to-athelstan-the-emergence-of-england-tickets-1357137397489?aff=oddtcreator">https://www.eventbrite.co.uk/e/ice-to-athelstan-the-emergence-of-england-tickets-1357137397489?aff=oddtcreator</a>

## National Office u3a onLine Learning Events

Date 2025	Event	Link( Control&click) and URL(copy&paste)
Monday July 7 2:00 - 3:30pm	<b>An Introduction to the Arts and Crafts Movement</b> An examination of the Arts and Crafts movement and the legacy of the movement in today's World.	<a href="#">An Introduction to the Arts and Crafts Movement Tickets, Mon, Jul 7, 2025 at 2:00 PM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/an-introduction-to-the-arts-and-crafts-movement-tickets-1371361863249?aff=oddtcreator">https://www.eventbrite.co.uk/e/an-introduction-to-the-arts-and-crafts-movement-tickets-1371361863249?aff=oddtcreator</a>
Wednesday July 9 10:00 - 11:00am	<b>Laughter Yoga with Judith: July</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: July Tickets, Wed, Jul 9, 2025 at 10:00 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-july-tickets-1375958170929?aff=oddtcreator">https://www.eventbrite.co.uk/e/laughter-yoga-with-judith-july-tickets-1375958170929?aff=oddtcreator</a>
Thursday July 10 10:30 - 11:30am	<b>Time to get out the BBQ!</b> Chef Alex from 'Vegetarian for Life' demos his delicious barbeque recipes live on Zoom, especially for u3a members.	<a href="#">Time to get out the BBQ! Tickets, Thu, Jul 10, 2025 at 10:30 AM   Eventbrite</a>  <a href="https://www.eventbrite.co.uk/e/time-to-get-out-the-bbq-tickets-1360516765269?aff=oddtcreator">https://www.eventbrite.co.uk/e/time-to-get-out-the-bbq-tickets-1360516765269?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>



## Creative Writing group member's second book



SINCE joining the u3a Creative Writing Group in Bury St Edmunds, Gayle Wade has published two collections of short stories.

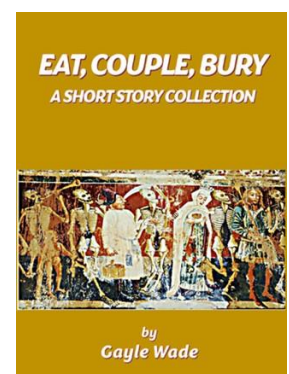
The group meets once a month and is tasked with writing a story of around 1,500 words to a story prompt, selected at random. Attending the group has reignited a spark of creativity which had lain dormant for years, and fellow group members advised Gayle on how to self publish through the online KDP Publishing.

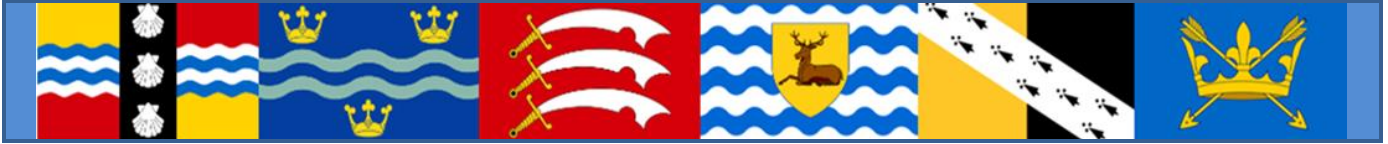
This second collection of stories is called Eat, Couple, Bury. A dark thread of misguided passion and disappointed love twines through the stories, which feature everything from mediaeval monks to amorous androids, playful ghosts to package tours.

The title refers to a Stevie Smith poem, and a throw-away line reducing human activity to its barest bones. These stories reveal the bones beneath the flesh of some of our most cherished illusions.

Available on Amazon, £7.50

Gayle's first collection, The Lights of an Oncoming Train, was published last year and is also available on Amazon, £6.00.





## Harlow u3a Spring Into Action!



Harlow u3a enjoyed a lively Spring Social at The Link Social Club in Harlow at the end of April, where they were entertained by talented singer-songwriter Gary Benjafield who performed popular songs from the 1950s-1970s.

Ballads, rock n' roll and pop were covered while u3a members sang and danced along. Gary also sang a number of Neil Diamond's songs, ending his set with Sweet Caroline which had people on their feet swaying and joining in the chorus. It was a great morning!

## Harlow u3a Crafters Are A Talented Bunch!



Lots of Harlow u3a members attended a Craft Day at Harlow Cricket Club recently, where the talented crafters undertook a wide range of crafts including knitting, crochet, sewing, jewellery making and painting to name a few.

Helpful hints were shared and projects completed during an enjoyable day



which was organised by Jackie Nash. Some of those attending made items which would be sold for St Clare Hospice in Harlow: these included cute



chick boiled-egg cosies and very useful sewing kits. One of Harlow u3a's craft groups, Sew n Sews, meet regularly at St Clare and in the recent past their crafting has provided cushion covers, bunting and quilts for the day room; Christmas stockings for in-patients and tablecloths for Café Clare.

## Pooling our efforts to replace Microsoft Publisher



CALLING all those creative souls in the East of England who use Microsoft Publisher to create their documents - we need to find a replacement. Support for the system is being withdrawn on October 26 next year.

So, what can we find, hopefully free, to do the job as well as it does? I use it for everything from flyers to newsletters and leaflets to posters. It is a godsend to be able to move images freely around a page and place text where I want it in whatever size and font looks best.

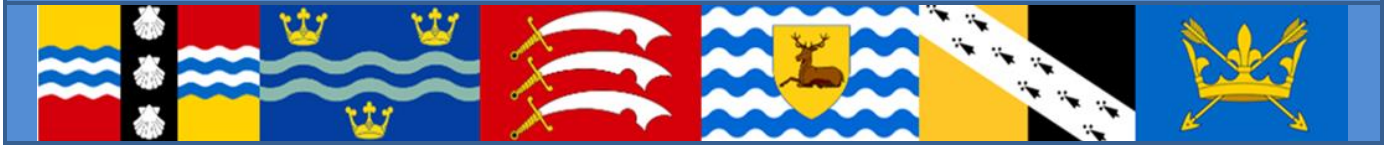
Early enquiries have thrown up names:

Canva



Lucidpress

/con P.7



## Pooling our efforts to replace Microsoft Publisher /con from P.6

Canva



Lucidpress

But there may be many more, some even in use by our u3as already. National u3a have already started the ball rolling by arranging an *Introduction to Canva* online learning event on Wednesday June 4. Details in this Bulletin (see June 4<sup>th</sup>) or the national web site. So, my idea is that we pool our resources across six counties with a Publisher Replacement Group meeting online via Zoom to go through the alternatives and, using our combined talents, trying them out.

Simply email your interest to begin with and we will sort out a launch date and time between us.

Ray Hardisty, PR and Media Adviser [rayhardisty.east.u3a@gmail.com](mailto:rayhardisty.east.u3a@gmail.com)

## Focus Group Participation Request

Study into the health and wellbeing of adults who grew up in foster or residential care

Researchers are holding focus groups to understand the health and wellbeing concerns of people who spent all or part of their childhood in foster or residential care.

If you spent time in care in England as a child and are now aged fifty or above, and would like to find out more, please contact Jono Taylor by:

- Email: [Jonathan.Taylor@ndph.ox.ac.uk](mailto:Jonathan.Taylor@ndph.ox.ac.uk)
- Telephone: +44 (0)1865 617912

Jonathan Taylor, Researcher at Applied Health Research Unit, Nuffield Department of Population Health, University of Oxford has contacted the East of England Team at the suggestion of Steve Merrell, Chair of Ely and District u3a. The poster gives information. This is not a u3a activity; your participation will be private.

If you think you may be able to help, please contact him: Jonathon Taylor, Applied Health Research Unit | Nuffield Department of Population Health

University of Oxford | Old Road Campus | Oxford OX3 7LF

Email: [jonathan.taylor@ndph.ox.ac.uk](mailto:jonathan.taylor@ndph.ox.ac.uk) | Tel: +44 (0)1865 617912



## Your News, Please!

Has your u3a had an interesting speaker? Has your u3a had a particular celebration or a special event? Has your u3a been featured in your local paper/radio station/TV channel/Social Media? We would love to hear about it!

Submissions by June 16<sup>th</sup> to [rayhardisty.east.u3a@gmail.com](mailto:rayhardisty.east.u3a@gmail.com)