

East of England Region u3a

October 2025 Monthly Bulletin and News Issue 10 Page 1

This monthly bulletin was compiled on 24.09.2025 and sent to National Office for distribution. It should arrive by the first week of October 2025. **Deadline for the November 25 issue is 20.10.25**

Our Inspirational Featured Group for October 25

Dacorum u3a UkeRythmics and a Golden Boy



In November 2023 Ron Griffiths applied to join Ukulele Group in the Dacorum u3A. He told me he had been a bass guitar player in a band. We had a brilliant bass player, but he was not always available, so it seemed to be a good thing to ask him along.

His first attendance revealed his knowledge about the bass. He would do very well as a backup. This turned out to be something of an understatement!

The next meeting saw Ron turn up with a new bass ukulele, doing a very good job despite never having played a ukulele or seen the songs before. Impressive, but I still thought he was someone who had played in local groups back in the day. He played stand in bass January 2024. Ron blew us away with some stylish runs, kept us all in time and fitted in brilliantly. More was to come.



After the gig I had a message from Keith (our regular bass). "Look on Wikipedia for Ron Griffiths". Back in the sixties Ron played with a group from Wales called The Iveys. They became **Badfinger**, who recorded "**Come and Get It**", a song by **Paul McCartney**. Ron had left the band before they changed their name but he did play bass on the recording which came out on

the Apple label in December 1969. The UkeRythmics were wild with excitement. FAME!!!

February of this year, fifty six years after he performed the song at Apple Studios, Ron Griffiths was at last awarded his Gold Disc for "Come and Get It". Hoorah! The party animals in UkeRythmics planned for a secret Golden Garden Party celebration.

On the 12th July, clad in yellow and gold beneath a blazing sun, "Come and Get It" rang out and an astonished Ron appeared to great cheers. A splendid time was had by all especially a somewhat stunned but delighted Ron Griffiths!

Sue Parsons, Joint Co-ordinator,

Dacorum U3A ukulele Group

[VID-20250714-WA0052.mp4](https://www.youtube.com/watch?v=VID-20250714-WA0052.mp4)

[Badfinger - Come and get it \(1969\)](#)



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



Can one Charity pay another?

Our u3a Eastern Region Council Member is Ian Mathews has been contacted recently about the rules for payment of a speaker from a Charity. There is clarification on the National u3a website here:

<https://www.u3a.org.uk/edocman-downloads/finance-matters-guidance-2025-2?highlight=WyJmaW5hbmNpYWwiLCJndWlkYW5jZSjd>



Ian Mathews
Council Representative
07471 211347

National Office u3a onLine Learning Events

Date 2025	Event	Link
Wednesday October 1 2:00 - 3:00pm	Sex, DNA and chemistry in microscopic animals: the strange tale of rotifers The bizarre biology of bdelloid rotifers: insights on sex, disease, DNA and antibiotics from microscopic animals	Sex, DNA and chemistry in microscopic animals: the strange tale of rotifers Tickets, Wed, Oct 1, 2025 at 2:00 PM Eventbrite
Thursday October 2 10:00 - 11:30am	Ice Age to Iron Age - Britain in Prehistory A deeper dive into Britain's Prehistory - with Charles Boundy	Ice Age to Iron Age - Britain in Prehistory Tickets, Thu, Oct 2, 2025 at 10:00 AM Eventbrite
Friday October 3 2:00 - 3:30pm	The Ultimate Guide to Editing Your Creative Writing Sara Grant discusses her systematic approach to editing and shares practical tips and simple exercises to help you improve your short story.	The Ultimate Guide to Editing Your Creative Writing Tickets, Fri, Oct 3, 2025 at 2:00 PM Eventbrite
Tuesday October 7 10:00 - 12:00	Flight Inspirations Aviation Meeting: Early Aviation in the Channel Islands We trace the evolution of aviation in the Channel Islands from the Wright Brothers to liberation in 1945 and its impact on island life.	Flight Inspirations Aviation Meeting: Early Aviation in the Channel Islands Tickets, Tue, Oct 7, 2025 at 10:00 AM Eventbrite

National Office u3a onLine Learning Events

Date 2025	Event	Link
Wednesday October 8 10 - 10:45am	Laughter Yoga with Judith: October Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.	Laughter Yoga with Judith: October Tickets, Wed, Oct 8, 2025 at 10:00 AM Eventbrite
Friday October 10 10 - 11am	The Truth in Ten With recent updates and additions, Brenda Ainsley will take you through the science behind the climate crisis - and some solutions.	The Truth in Ten Tickets, Fri, Oct 10, 2025 at 10:00 AM Eventbrite
Fridays October 10 October 17 October 24 All 2:00 -4:00pm	Preparing for an AI World During this course, the AI-for-Everyone Project team will explore with you how to use AI and what AI can do for us as individuals.	Preparing for an AI World Tickets, Fri, Oct 10, 2025 at 2:00 PM Eventbrite
Monday October 13 ·10am - 12pm	u3a Yoga Network: Talk and Q & A with the Alzheimer's Society Jo Bown from Dementia Friends discusses managing dementia issues within health and wellness groups.	u3a Yoga Network: Talk and Q & A with the Alzheimer's Society Tickets, Mon, Oct 13, 2025 at 10:00 AM Eventbrite
Tuesday October 14 10 - 11:30am	Blacklisted! Corporate Crime and State Conspiracies This talk endeavors to redress shortcomings in criminological theory by looking at the long history of blacklisting.	Blacklisted! Corporate Crime and State Conspiracies Tickets, Tue, Oct 14, 2025 at 10:00 AM Eventbrite
Tuesday Oct 14 14:00 - 15:00pm	Wearable Technology and Healthy Ageing Join Ekgari Kasawala as she explores how wearable technologies can support older adults in living healthier, more independent lives.	Wearable Technology and Healthy Ageing Tickets, Tue 14 Oct 2025 at 14:00 Eventbrite
Wednesday October 15 1 - 2:30pm	AI Data Centres - Their Complexity and Environmental Impact John Butler from u3a Let's Talk Tech will look at the resources these mega data centres consume in order to facilitate the growth of AI.	AI Data Centres - Their Complexity and Environmental Impact Tickets, Wed, Oct 15, 2025 at 1:00 PM Eventbrite
Wednesday October 15 2 - 3pm	Modern chemists' toolkit to Investigate and Elucidate Molecular Structure Dr Barbara Odell spotlights three principal analytical tools used to determine molecular structure efficiently and safely.	Modern chemists' toolkit to Investigate and Elucidate Molecular Structure Tickets, Wed, Oct 15, 2025 at 2:00 PM Eventbrite

National Office u3a onLine Learning Events

Date 2025	Event	Link(Control&click)
Thursday October 16 10 - 11:30am	Mindfulness and Meditation Continuation Session: October 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: October Tickets, Thu, Oct 16, 2025 at 10:00 AM Eventbrite
Thursday October 23 2 - 3:30pm	The UK and the US constitutions The UK and the US constitutions are quite different and generate the nature of the politics we see every day.	The UK and the US constitutions Tickets, Thu, Oct 23, 2025 at 2:00 PM Eventbrite
Tuesday October 28 3:30 - 4:30pm	Laughter Yoga with Merrie Maggie: October 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: October Tickets, Tue, Oct 28, 2025 at 3:30 PM Eventbrite
Thursday October 30 2:00 - 4:00pm	Secrets of the Human Brain: Talk Nine - The Spinal Cord Dr Bob Pullen examines the structure and function of the human spinal cord.	Secrets of the Human Brain: Talk Nine - The Spinal Cord Tickets, Thu, Oct 30, 2025 at 2:00 PM Eventbrite
Friday October 24 10:00 - 11:30am	Artificial Intelligence News: October - AI in Popular Fiction What does popular fiction tell us about the hopes and fears for Artificial Intelligence?	Artificial Intelligence News: October - AI in Popular Fiction Tickets, Fri, Oct 24, 2025 at 10:00 AM Eventbrite
Friday October 31 2:00 - 3:00pm	The Historic Towns Trust - London on the Eve of the Great Fire Preview An outline of the Trust's history and current and future projects including an atlas of London on the eve of the Great Fire.	The Historic Towns Trust - London on the Eve of the Great Fire Preview Tickets, Fri, Oct 31, 2025 at 2:00 PM Eventbrite
Tuesday November 4 10:00am - 12:00pm	Flight Inspirations Aviation: The Origins of Flight This talk charts the evolution of aviation, highlighting the Wright brothers , Blériot , and the first transatlantic flight.	Flight Inspirations Aviation: The Origins of Flight Tickets, Tue, Nov 4, 2025 at 10:00 AM Eventbrite
Wednesday November 5 9:30 - 11:00am	u3a Yoga Network: Subject Surgery Our Q & A session is an opportunity to meet others, find out more about Yoga in the u3a and share common issues in a friendly environment.	u3a Yoga Network: Subject Surgery Tickets, Wed, Nov 5, 2025 at 9:30 AM Eventbrite
November 7 to December 12 2:00 -3:30pm	Cryptic Crosswords for Beginners: Six-Session Course (November 2025) Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a six-session course on how to solve cryptic crosswords.	Cryptic Crosswords for Beginners: Six-Session Course (November 2025) Tickets, Fri, Nov 7, 2025 at 2:00 PM Eventbrite



u3a Dacorum 35th Anniversary



The members of u3a Dacorum in West Hertfordshire have been celebrating their 35th Anniversary throughout the year.

We have attended a number of local events giving us the opportunity to talk to members of the local community and publicise our organisation. We have been invited to two neighbourhood fairs and a garden party for a local Hospice, all of which were staffed by willing volunteers from

amongst our members. Two groups, Circle Dance and Poetry Writing have been represented at a monthly craft fair.



We were also offered the use of the window of an empty shop in the local shopping centre to publicise our u3a and we have filled the windows with an array of items representing most of our 80 interest groups along with details of forthcoming events.

At our most recent Monthly Speaker Meeting we enjoyed birthday cake with tea and coffee whilst members and visitors were admiring displays by 12 groups and enjoying a short presentation by the Magic group. Everyone then took their seats and, along with other members joining on Zoom, listened to a fascinating talk about the Wildlife of the Chilterns.



We currently have over 1200 members, including three members who joined back in 1990 and are still active participants in u3 activities. We continue to promote u3a Dacorum in the local area and look forward to continuing to offer interesting learning opportunities.

Carolyn Wallis Chair, u3a Dacorum

Users of videos to recruit members wanted



DOES any u3a in the East currently use videos they have made for recruiting new members?

National communications are looking for u3a members who might use an animation film to help them in their recruitment efforts.

National are producing an animation and want volunteers who would be happy to have a look at the film and see it from that u3a point of view, rather than an interest group as such. It's possibly too late for these people to be involved in the script reviewing stage but could be involved at looking at storyboards.

The idea is that u3as can use it as a standard explainer of how u3a works when promoting to potential members in their areas, but can also be used in national comms to raise the profile.

If you have experience of such recruitment and are happy to be involved, please contact me first.

Either ring 07434 309261 or email rayhardisty.east.u3a@gmail.com



u3a Week was September 20th – 28th 2025

We would like photographs of your u3a Week activities!
We know you have been organising special activities around this week.
Please send us photographs and a brief write up.

rayhardisty.east.u3a@gmail.com

U3a Communications Team visit Sudbury Power Lifting



Following a recent article about the Sudbury Power Lifting Group the communications department of u3a decided that they would like to visit the group themselves. On a Friday 12th September Eleanor (Nelly) Mair and Hattie Beck paid the group a visit. This is their report.

We really enjoyed meeting Melanie Lester and her Powerlifting group. They're a completely unique u3a group and prove that it's never too late to start something new. We thought they'd make for a really inspirational story for members and potential members, so we went along to one of their training sessions to take some footage and interview the group.



We go out and visit u3as every six weeks or so. While we do hear about u3a members doing brilliant things from the office, the best way to understand the benefits of u3a is meeting members first-hand. Our visits have a few goals - we're always on the hunt for new photographs of members in action for



publicity materials, but we also want to find stories to share and to chat with members about their experiences.

There will be some social media content going out in the next couple of weeks on the u3a Facebook and Instagram pages. A huge thank you to Melanie and the group for kindly letting us interrupt their training session and thanks to Ian for his warm welcome to Sudbury.

Essex Network to focus on new u3a Council

ESSEX u3a members have been invited to hear about the new u3a Council and suggest what they believe it should be discussing at the next meeting of Essex Network on Tuesday, November 4.

If you would like to attend, please contact your own u3a chair or secretary who have been sent the details.

The meeting is over Zoom and runs from 10am to noon. Regional council member Ian Mathews is the guest attendee. It will be a chance to meet him on screen and hear what he thinks of his first year in the role.





Charity offering bird talks



TALKS on owls and birds of prey are being offered to u3as in Essex and Suffolk.

Stephanie Callister-Jarrold presents on both to raise awareness and fundraise for the Sudbury area -based charity, Owls and Birds of Prey Rescue.

She can be contacted by phone on 01787 460593 or email at scallisterjarrold@gmail.com

Website: www.owlsandbirdsofpreyrescue.co.uk

Volunteering talk offered to Norfolk u3as

**VOLUNTARY
NORFOLK**

NORFOLK u3as are offered a talk on volunteering in the county.

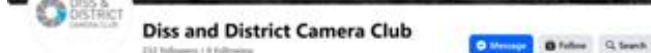
Beth Williams, Volunteer Engagement Coordinator at Voluntary Norfolk, travels out and about, talking about volunteering and, hopefully, encouraging people to volunteer.

Voluntary Norfolk had it's own volunteers (so I do recruit to our services) but in my talks about volunteering I tend to focus on just getting people excited with the idea of volunteering.

So they could give their time where ever they choose.

Contact her by email at: beth williams@voluntarynorfolk.org.uk

Diss and District Camera Club Annual Exhibition 2025



Diss and District Camera Club

232 followers · 18 following

Message Follow Search

Our Annual Photography Exhibition takes place very soon!

This year's exhibition will be held at St Mary's Church in the centre of Diss, Norfolk IP22 4QQ.

It will run from Thursday the 25th September, until Saturday the 27th September, from 9am-4pm.

Entrance is FREE.

Some Club Members will be in attendance, so you

can take the opportunity to meet them and ask any questions. You can also vote for your favourite image, and have the opportunity to win your favourite framed image if you enter the raffle.

For more details of the club and to see examples of our work - please see www.disscamera.org.uk or visit our Facebook page at www.facebook.com/DissAndDistrictCameraClub

John Hutton Diss & District Camera Club

u3a Interest Groups: "How did we start? Funny you should ask me that..."

We need to hear from Group Co-ordinators about any particularly successful, or unusual, amusing or inspirational groups in your own u3as. My own u3a has recently started two groups loosely inspired by reading about other u3a groups and thinking, "That's a good idea!" And we have more in the pipeline.

We love to read about your activities and see examples. Don't be shy – we are waiting...

Contact Laurene Henderson laurenehenderson1.eastu3a@outlook.com

