

Lyme Regis u3a Newsletter – January 2024

Talks

The talks are at Woodmead Halls. Please do not attend face to face meetings if you have any Covid/flu symptoms.

January 2024:

Friday 12 January 11.00 am - Jeremy Graham “Horseless Carriage to Helicopter (via low earth orbit!) - A Short History of Westland”. This is the fascinating story of how the historic Westland site at Yeovil became of major significance to the town

Friday 19 January 10.00 am: Science & Technology – Simon Emerson - How to be a Successful Parasite

AGM

The 2024 AGM of the Lyme Regis U3A will take place on Friday 12 January 2024 at **10.00 am** in the Woodmead Halls, Lyme Regis.

For the meeting to proceed, we required to have a quorum of at least 10% of the membership. Currently that amounts to 46 attendees, so please come along if you can. The AGM will be followed by the talk at 11.00 am.

Membership Renewal 2024

Happy New Year to you all! U3A subscriptions became due for renewal on 1st January 2024. Many thanks to those of you who have already paid (over half of the membership) and to those yet to make payment a reminder will be sent out to you shortly. It will advise you of your membership number and the payment due which is Individual Membership £12, Joint Membership £22 (2 members living in the same house) and Individual Associate £8.50. Cheques (made payable to Lyme Regis u3a) can be posted to me at 5 Highcliff Road, Lyme Regis DT7 3EW. Or please make online payments to:

Lloyds Bank - Lyme Regis u3a Sort Code 30-98-97 Account No. 73561262

Please ensure that you use your surname and membership number as a reference. For any membership queries please do not hesitate to contact me - Jacqueline Pettitt

membership@lru3a.org

Informal Drop-in

The Drop-in is at the Bell Cliff Café at 10.30 am on the last Thursday of the month. The next Drop-in is on Thursday 25 January 2024. This event is open to everyone and if you want to come, just turn up.

For more details contact Rachael Pope on rachael pope1@outlook.com or 01297 445575 or Ann Fleet on 07761468608 or annfleet60@outlook.com

Breakfast – Bell Cliff Cafe

We are now meeting at the Bell Cliff Café on the first Saturday of the month at 9.30 am. The next u3a Breakfast is Saturday 6 January 2024. The Breakfast is open to everyone and if you want to come, just turn up. The breakfast choices will cost £6-10.00. Everyone is welcome.

For more details contact Rachael Pope on rachael pope1@outlook.com or 01297 445575

Group Leaders

*Please remember that you need to be happy with any contact details going public as this newsletter goes on the website.

Group Leaders are reminded to let Mark the Groups Coordinator know if there are any changes to the membership of their groups.

Group News

We are starting the New Year in a really promising way with great news from several groups looking for members. Yes, that could be you finding a new group to suit you! I wish you all an active 2024. Mark.

Check Mate

As we continue to grow and evolve, we're always on the lookout for new and exciting opportunities to engage our members. One such exciting prospect on the horizon is the formation of a Chess Club right here in Lyme Regis and the surrounding villages! Chess is a timeless game that transcends age, offering mental stimulation, strategic thinking and the chance to forge lasting connections with fellow enthusiasts.

Several members have shown an interest in Chess and Peter Jackson would like to hear from just 3 or 4 more so that the group can be launched. What will your first move be?

Peter writes: Do you know your Rook from your Bishop or your Pawn from your Knight?

Why a Chess Club you ask? Here are a few compelling reasons:

Brain Boost: Chess is a fantastic workout for the brain, enhancing cognitive abilities, concentration, and problem-solving skills.

Social Connection: joining a chess club provides a wonderful opportunity to meet like-minded individuals, share strategies, and forge new friendships.

All Skill Levels Welcome: Whether you are a seasoned grand master or a total beginner you would be welcome.

Express your interest: before we can set the pieces in motion (pun intended), we need to gauge interest among our U3A members. If the idea of a Chess Club appeals to you, please get in touch.

The day, time, and meeting place are yet to be decided. We are considering various locations in and around Lyme Regis to make it convenient for everyone. If you have any suggestions or would be willing to offer a space, please let us know.

Spread the word: Feel free to share this exciting news with your fellow U3A members!

We look forward to hearing from you and, hopefully making some strategic moves on the chessboard together. For further details contact Peter Jackson 07789732700 or Mark Gillams on groups@lru3a.org.

Great Big Dorset Hedge Volunteers

The Great Big Dorset Hedge Volunteers Group will be holding a monthly zoom meeting on the first Tuesday of the month at 7:30 pm (starting in February, on the 6th). GBDH Project Manager, John Calder, will brief everybody on the progress that has been made in the GBDH project in the past month. A short presentation from John will be followed by questions, discussion and thoughts about how to grow the group.

The Group starts modestly with just four of us. Our purpose will be to participate in the GBDH surveys across West Dorset alongside the existing GBDH volunteers and to share in its progress across the county as a whole. While the surveys themselves may only appeal to the physically fit, the scope for those with computer skills to make a contribution is enormous. If you want to join us for that first zoom just email John - jccalder@gmail.com

Jewellery Making

I hope to restart my old Jewellery Making group. I've designed and made jewellery, using vintage and semi-precious beads since the mid 90's. Silver wire and various silver chains and a variety of stringing, including leather and elastic are used to make necklaces, bracelets and earrings. Sorry, no gold (too expensive) and I can't solder bangles etc. or re-size rings. I'd like a "drop in and out of" group, where you can bring your jewellery to mend, or make new pieces as and when needed on a casual basis. So perhaps a weekly Wednesday afternoon session with free tea and coffee at my home in Uplyme. This is close to the bus stop, pub, garage and school. There's also parking in the drive and nearby road. We could work on a variety of jewellery pieces, using beads, including pictures (although you may have to bring the pictures). In fact, any sort of beading work will be considered.

If you are interested please contact Angela Cooper on 07513271702 or contact Mark Gillams on mark.gillams@lru3a.org

Short Tennis

Sharon Young has kindly taken over the leadership of the Short Tennis Group and keen to increase the group numbers.

Short tennis is played indoors on a badminton size court, with soft balls, a lower net and short, light racquets. It is an exciting game which anyone can play and is ideal for both beginners and experienced tennis players. The game requires less strength and power than tennis, so is suitable for all abilities.

The weekly sessions run every Thursday from 2 to 3.30pm at Musbury Village Hall and all necessary equipment is provided. We share the cost of the hall on a termly basis. We have vacancies for approximately 3 or 4 new members. If you would like to give the game a go please contact Sharon Young on 07530 002287 or syoung5727@gmail.com

Craft and Chat

You might have noticed the article 'Getting Crafty' in the autumn Third Age Matters. The virtues of crafting are indeed enjoyable but as the piece mentioned - the physical and mental health benefits are immense too - it calms our brains! And after the busyness of Christmas we all need some calm. The group meets twice a month on Mondays (1 - 4.30) at Halletts Court Community Room. Our November meetings are the 8th and 22nd; come and join us! We all bring our own projects to work on and share enthusiasm, helpful encouragement, conversation and a cuppa - crafters of all levels are welcome! Contact Jacqueline for more details - jacqueline.petitt@btinternet.com

The Monthly Catalyst

Meets on the 1st Thursday of the month 10am until 11.30am at the Bradshaw Room, The Heritage Centre, Silver St, Axminster, EX13 5AH. The Heritage Centre has a lift for anyone who struggles with stairs. Contact Rachel Jordan 07837233177 rachelbramble@yahoo.co.uk

Lunch

We used to have a Lunch group. Is there anymore who would be willing to arrange a once month (or maybe more) lunch? Day to be decided by interested people. Please contact Mark

Theatre trips

Is anyone interested in arranging theatre trips? Please contact Mark.

Coach Trips

Is there anyone who would like arrange some coach trips? Please contact Mark.

We need your help

We would like to hear from anyone who would be willing to contribute to the Committee or this u3a in some way. We particularly need a **Speaker Finder**, **Refreshments Coordinator** and someone for **Publicity**. This organisation can only continue to be a success if people are willing to come forward to help. Thank you.

Dorset Council

Regularly publishes bulletins for residents (you can sign up to receive them directly). You may find these recent ones of interest.

Cost of living support. <https://rb.gy/8tvro>

News from the Dorset AONB. <https://rb.gy/1v4pg>

Contacts:

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Refreshments coordinator: Vacancy

Vice-Chair: Vacancy

Speaker Finder: Vacancy – speaker-finder@lru3a.org

Publicity - Vacancy

Links:

Lyme Regis u3a website - <https://www.lymeregisu3a.org/>

National u3a website - <https://www.u3a.org.uk/>

National u3a Newsletter - <https://u3a.org.uk/newsletter>