

Lyme Regis u3a Newsletter – July 2021

Talks

We are continuing to deliver presentations online until further notice due to the ongoing Covid situation.

July 2021:

Friday 9 July 11.00 am: **David Boag – Wildlife in a Quarry**

David, from Blandford Forum, has been a professional wildlife photographer for over 40 years and has published 18 books. Have a look at his website, naturalfocus.co.uk, for details of his work. His talk on Iceland for us last year was tremendously popular. This presentation will celebrate the huge variety of wildlife to be found in a Somerset quarry through fantastically high quality and revealing photographs.

Friday 16 July 10.00 am: Science & Technology – **Leigh Edwards (Exeter) - Artificial Intelligence**

Links for these talks will be sent out separately. Everyone is welcome to both of these sessions.

August 2021:

Friday 13 August 11.00 am: David Drury - Food glorious food: a UK love affair

Friday -- August 10.00 am: Science & Technology – **No meeting**

**** Everyone attending the online sessions should use their full names to register instead of an alias or e.g. 'ipad 4' etc., particularly if they are not using the video setting. Thank you to all those who have already done this.**

If you are on Zoom you can change your name if you right click on your image, or click on the 3 dots, and pick Rename. On Webex you can go into Set Up on the App and then My Profile and put in your name.

Membership

u3a membership is free for existing members for 2021. However, **if you do not wish to remain a member please contact the Membership Secretary, Graham Pitts** on 01297 561569 or membership@lru3a.org New or lapsed members will pay £12 for single membership, £22 for joint and £8.50 for associates.

We need your help

If you would like to help and support this u3a in some way contact Rachael on chair@lru3a.org
Thank you.

Restarting face to face group meetings

One of the challenges of restarting face to face meetings after such a long interlude is to ensure that all members are feeling comfortable to attend the meetings or activities they may wish to. One way to do this is to carry out risk assessments. All members should have received a communication from our Chair Rachael Pope with the national u3a's guidance on this matter. Group leaders have also been contacted by the Groups' Coordinator. There are two basic types of risk assessment and both are important.

The first type is the personal risk assessment for Covid which is aimed at ensuring that the disease is not introduced unintentionally by a member to a meeting or activity. This risk assessment consists of a series of questions about member's own exposure to the disease including travel to higher risk areas. The results are confidential and do not need to be shared with anyone else. It is the responsibility of all members to help prevent the spread of Covid within our community.

The second one is a more general risk assessment aimed at ensuring meetings and activities take place safely. Typically this assessment will list any unusual hazards of the venue(s) or activity areas; any hazards associated with the activity and the steps to reduce the risk of Covid spreading. Where practical Group Leaders will record and take steps to eliminate the hazard or mitigate the consequences of an adverse event. Group Leaders are encouraged to share their risk assessments with the members of their group so that members have the opportunity to add any concerns they may have, suggest improvements and understand the remaining risks. In this way the u3a hopes to raise the bar on the wellbeing of all of our members.

If any member has any questions on the process they are welcome to contact the Chair chair@lru3a.org, or Groups' Coordinator at groups@lru3a.org

Mark Gillams

Covid update

See the national u3a website.

<https://www.u3a.org.uk/covid-19-advice-on-u3a-activities>

The Covid Checklist which is relevant for all members is attached to this e-mail.

Group News

To all Group Leaders

If anyone wants to change anything on their section of the website, John Marriage has kindly offered to do that for you. Please contact him direct on webmaster@lru3a.org

If you want a contribution about your group to go into this monthly newsletter please contact Mark Gillams our Groups' Coordinator groups@lru3a.org

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

If anyone wishes to start a new group please contact Mark groups@lru3a.org to provide advice and address any questions you may have.

Informal Drop-in

At the Pilot boat in Lyme Regis on the last Thursday of the month at 10.00 am. This is an outdoor event at the moment, meeting on the terrace upstairs. The next one is on **Thursday 29 July 2021**.

Dog-owners' Walking – possible new group

A couple of members have indicated their interest in this new group. Are there any other takers? If so please contact Mark Gillams Groups' Coordinator groups@lru3a.org

Archaeology

Five go back in time amongst the bluebells

Five members of the Archaeology Group celebrated our first anniversary in June with a trip to the Iron Age Hillfort at Blackbury Camp, near Colyton. During our first year we have focussed on researching and visiting the many local Iron Age hillforts including Lamberts Castle, Maiden Castle and Hembury and also keeping abreast of discoveries from the major earthworks around Winterbourne Abbas. We have had Zoom meetings with presentations once a month and, because we are currently only six people, we have managed a total of four CV19 compliant field trips to some six Iron Age hillforts. It is only when you visit these monuments that you really begin to comprehend their location, size and scale and the effort involved in their construction. Field visits also present a great opportunity (when permitted) for socialising over a lovely lunch! We are hoping to manage a couple more trips before the roads become totally gridlocked during the school summer holidays.

We will be continuing with monthly Zoom meetings combined with trips to sites of interest and museums for the foreseeable future. If you are interested in joining us, please contact the group co-ordinator, Maggie Davidson at davidsonmags@yahoo.co.uk or 01297 598234. Maggie will also be giving a Zoom talk for Axminster Heritage Centre about local Iron Age Hillforts on Thursday 22nd July at 7pm.



Crewkerne, Lyme Regis and Bridport U3A`s - Trip to London Southbank April 2022

Together we have managed at least three trips to London but had to cancel a return in 2020 owing to the pandemic. There are advantages in working with three U3A`s and creating economies of scale for travel, accommodation and, potentially, tickets for individual events.

I am currently suggesting the three nights of April 20, 21 and 22, staying at The Premier Inn County Hall which is very well-appointed and gives excellent access to venues on The Southbank site and `theatreland.` Current advertised price is £285 per double, standard room with free cancellation up

to 28 days before travel, though I should add that prices are determined by algorithms and subject to change on a whim! My hope would be to secure a `party booking` at a good price.

It is too early to book shows and events but when the time is right the girls in the office are happy to co-ordinate bookings.

Just to register interest in further information, with no commitment, get back to me at:

jdbart45@gmail.com

John Bartholomew

Canasta

The Canasta group is meeting with restricted numbers until more normal meetings can resume.

Poetry Reading

This group used to meet regularly before Lockdown and a small number of the members would like to continue. However, the group needs a leader. Group members took it in turns to host the meetings so the leader role was essentially one of administration and communication. Anyone wishing to know more please contact Mark Gillams via groups@lru3a.org. The previous leader Kevin Benfield has offered to provide support and advice to any incoming leader. **Thank you Kevin for the 4-5 years you have organised this group.**

Creative Writing

The U3A Creative Writing Group currently has vacancies. The Group meets at 2.15pm, for around 2 hours, on the second Monday of each month, rotating the meeting place to each other's homes. We like to limit the number of participants to an optimal 7 people which experience has taught us works well for us. A different theme or subject is set each month and we each write a short story of around 1500 to 2000 words. Each member reads out their story to the group, with a break for tea and cake. Following this we email our stories round the group and circulate our constructive comments. We are an informal group, we aim to enjoy our writing, to stimulate each other's ideas and creativity through writing both fiction and non-fiction and to enjoy the fellowship that the regular informal meetings present.

Group leader: John McCallum jaamcc46@gmail.com

Garden Lovers

The Garden Lovers group hopes soon to resume activities with some socially-distanced visits to private gardens. Contact Mary Bohane on 01297 444566.

Seafront Gardens

Merry Bolton has organised several weeding and planting sessions in the seafront gardens so far this year. If you would like to take part in any future sessions please contact Merry on 01297 443334.

History

Second Wednesday in the month, 4.00 pm on Zoom. Group Leaders: Ed and Audrey Standhaft. The group will seek to expand their knowledge and understanding of history. This will cover world history, British, local, family, biography etc.

Please contact Audrey on aud.standhaft@outlook.com

German

Our German conversation group is friendly and welcoming. We have room for a few more people now and eagerly await to hear from any members with '0' level or equivalent. We always enjoy Kaffee und Kuchen! Please contact me for more information on aud.standhaft@outlook.com

Audrey Standhaft

Making Music

The Making Music group are now meeting weekly in a garden. If anyone would like to join us please contact Rob Walker on 01297 444811

Walking 1

Walking group 1 restarted on 21 June 2021. Sue Wilson is the new leader for this group. She can be contacted on sue.wilson44@outlook.com

Walking 2

This group will soon be restarting. Local walks in the Uplyme area. Contact Marion Richardson on 01297 33824

Other active groups

Other groups have been active in lockdown to varying degrees: Book group 1; French Conversation; French for Fun; Jazz Appreciation Live!; Literature; Meditation; Plant Sharing; Play Reading

Contacts:

Membership: Graham Pitts - 01297 561569 membership@lru3a.org

Treasurer: Alex Ruck - treasurer@lru3a.org

Groups' Coordinator: Mark Gillams - groups@lru3a.org

Secretary: Yvonne Renouf – 01297 442847 - secretary@lru3a.org

Speaker Finder: Andrew Lightfoot - speakerfinder@lru3a.org

Webmaster: John Marriage - webmaster@lru3a.org

Vice-Chair: Mary Bohane - 01297 444566 vice-chair@lru3a.org

Chair: Rachael Pope - 01297 445575 chair@lru3a.org

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>