

Lyme Regis u3a Newsletter – March 2024

Talks

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

**There will be refreshments before the meeting – 10.15 to 10.45 am. Philippa Fortescue is now our Refreshments Coordinator.

March 2024:

Friday 8 March 11.00 am: Richard Hutley - Atlantis - fact or myth

Friday 15 March 10.00 am: Science & Technology – Richard Doney - Sparks Fly (well hopefully not)

Parkinson's Support Group Fundraiser Sunday April 14th 2024

Paul Mayhew-Archer will be performing his show "Incurable Optimist" at the Woodmead Halls at 7pm.

Paul Mayhew-Archer the comedy writer and performer who (among other things) co-wrote the much-loved sitcom "The Vicar Of Dibley".

Diagnosed with Parkinson's thirteen years ago, he now travels round the country performing a one-man comedy show about his career, his condition, and the therapeutic power of laughter. A recent performance organised by the Marlow Bridge Rotarians raised £6500 for Parkinson's and earned Paul a standing ovation from an audience of over 300.

Tickets are on sale now and cost just £15 per person. They are available from:
www.ticketsource.co.uk/lymeregis-parkinsons

Social Media

Ann Fleet and Lorraine Vandersyde have set up a Lyme Regis u3a Facebook page

See <https://www.facebook.com/groups/www.lymeregisu3a.org/?ref=share>

Membership

For any membership queries please do not hesitate to contact me - Jacqueline Pettit
membership@lru3a.org

Informal Drop-in – Bell Cliff Cafe

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 28 March 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 2 March 2024. The Breakfast is open to everyone and if you want to come, just turn up. The breakfast choices will cost £6-11.50. Everyone is welcome.

For more details contact Rachael Pope on rachaelpoppe1@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

Meet 'n Eat - Lunches

The first event will be a Meet 'n Eat lunch at Lyme Regis Golf Club on Tuesday 12 March (the plan is that lunches will be held on Sundays but 10 March is Mothers' Day). To start with, numbers are going to be limited (~10) so that Lorraine can gauge support.

Sunday 7 April 12:00 The Three Horseshoes, Burton Bradstock

Contact Lorraine Vandersyde on trips@lru3a.org if you would like to take part.

Day Trippers

The first Day Tripper event will be a guided tour on Monday 18 March of Lyme's Town Mill followed by something light at the Strawberry Tree.

Tuesday 16 April Swanage Railway & Corfe Castle

Contact Lorraine Vandersyde on trips@lru3a.org if you would to attend.

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 at jccalder@gmail.com

Jewellery Making

The Jewellery Making/Repair group is now weekly on Wednesday afternoon 2 - 4pm at my home in Uplyme. It's a 'drop in and out of' group. Here you can bring your own jewellery to repair or make new pieces, as and when needed. I've been designing and making vintage and semi-precious

jewellery since the mid 90's. I still have a good supply of beads, both glass and semi-precious. There's also various stringing materials etc. you can use, also silver wire and chain etc. but sorry, no soldering. But almost any kind of bead work could be considered. For any more information please ring me on 07513271702. Angela Cooper

Short Tennis

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

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

We need your help

Phillippa Fortesque **still needs a few more people** (men and women) to assist with refreshments when required.

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:

Membership Secretary: Jacqueline Petitt - membership@lru3a.org

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Monthly newsletter: Rachael Pope - 01297 445575 - rachael pope1@outlook.com

Chair: Richard Doney – chair@lru3a.org

Vice-Chair: 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>