

## **Lyme Regis u3a Newsletter – October 2022**

### **Talks**

The talks are at Woodmead Halls. We will not be providing refreshments. The doors will be open from 10.30 am. The seating will be limited due to the need for social distancing. Please do not attend face to face meetings if you have any Covid symptoms. Please feel free to wear a mask if you wish to.

### **October 2022:**

#### **Friday 14 October 11.00 am: Pam Vass - Suffragettes in the South West**

Author Pam Vass will tell the story of the Suffragettes in the South West following her careful research into the campaign for women's suffrage. While the impact of the national movement is well known, a whole new perspective emerges from focusing on a smaller geographical area. Pam's book, 'Breaking the Mould', is widely available and concentrates on events in north Devon.

Non-members of the u3a are welcome for a donation of £2.

#### **Friday 21 October 10.00 am: Science & Technology – Ray Helm - Technical developments in the world of humanitarian aid.**

### **November 2022:**

Friday 11 November 11.00 am: Eric Harwood on My life in film, 40 years behind the scenes

Friday 18 November 10.00 am: Science & Technology – TBA

### **Covid**

Public Health Dorset (PHD) <https://www.publichealthdorset.org.uk/your-health/protecting-your-health/latest-updates-on-covid-19-in-dorset>

[Simple summary - Lyme Regis, Charmouth & Marshwood Vale | Coronavirus in the UK \(data.gov.uk\)](#)

### **Membership Renewal 2023**

We have a healthy membership just below the 500 mark and we'd like to keep you all! Whilst fees for 2023 are not due until 1st January 2023 we hope to arrange for the early birds amongst you to make payments in advance. The late November and early December morning sessions held last year were a great success and seemed to be a popular choice to make payments and collect new membership cards. Dates will be organised shortly so watch this space! For those preferring the comfort of their own homes and banking online please DO NOT pay yet - we are hoping to have finalised a new bank account very soon.

For any membership queries please do not hesitate to contact Jacqueline Petitt - [membership@lru3a.org](mailto:membership@lru3a.org)

## **We need your help**

**Vacancies: Chair, Vice-Chair, Publicity, Meet and Greet and Refreshments team.** Three people have come forward to help with refreshments, but we still need someone willing to coordinate. This organisation can only continue to be a success if people are willing to come forward to help. Thank you.

## **Informal Drop-in**

We meet at the Pilot Boat in Lyme Regis on the last Thursday of the month at 10.00 am. The next Drop-in is on Thursday 27 October 2022. Contact Rachael Pope on [rachael pope1@outlook.com](mailto:rachael pope1@outlook.com) or 01297 445575, or Ann Fleet [annfleet60@outlook.com](mailto:annfleet60@outlook.com) or 07761 468608. The Drop-in is open to everyone and if you want to come, just turn up. Tea and Coffee will be £1.50 a cup.

## **Breakfast**

We meet at the Pilot Boat in Lyme Regis on the first Saturday of the month at 9.30 am. The next u3a Breakfast is on Saturday 1 October September 2022. The breakfast is open to everyone and if you want to come, just turn up.

There are two breakfasts available. A smaller breakfast with one of everything (£7.50) and the larger breakfast with two of everything (£12.00). Tea and Coffee will be £1.50 a cup.

For more details contact Rachael Pope [rachael pope1@outlook.com](mailto:rachael pope1@outlook.com) or 01297 445575

## **Group Leaders**

Please could all Group Leaders remind their existing group members of the need to pay their membership fees for 2022. Thank you.

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**

The demand for group places continues to outstrip supply. Hence we would ask that any member who wishes to share their enthusiasm for any topic with like-minded individuals contacts Mark Gillams at [groups@lru3a.org](mailto:groups@lru3a.org). Mark will be happy to provide advice and support with setting up a new group.

This month we have a good mix of news to bring you. Firstly there is a proposal for a brand new exercise group from Richard Doney.

Can you walk? Can you (or did you) play football? Do you think you could do both at the same time? Then how about trying **Walking Football**, a great way for older people to improve their fitness and have fun while doing it. If you want to know more, there's plenty of info on the Web but basically:

- You can only walk - no running or jogging

- Essentially 'non contact'
- Gentle tackling from the front only - no crunching tackles from behind
- No heading
- Ball not allowed above head height - so no long balls out of defence over the top etc, etc.

And it seems that the social aspect is a big part of the attraction. So at the moment, I would like to gauge interest prior to working something up. If you are interested, drop me a short email at [LRU3AWalkFoot@gmail.com](mailto:LRU3AWalkFoot@gmail.com). They think it's all over - well it's only just starting.

Richard Doney

Secondly, there has been a lot of interest in Lesley Smith's new **Creative Writing** Group and plans for an inaugural meeting have already been made. I hope to report more on this group in the next newsletter.

Thirdly, I would like to remind members that before the lockdowns we had 2 **Sunday Lunch** Groups. Now we have none. As life gets back to normal would anyone like to get a new lunch group going? What is better than regularly meeting friends for lunch in pleasant surroundings. Lunches don't need to be on Sundays and can be on any day of the week. How about a group that tries lunches from a different nationality each time it meets? If someone would like to give the ideas a go please contact me on [groups@lru3a.org](mailto:groups@lru3a.org).

Finally please don't forget the **Meet the Group Leaders event on October 28th at the Uplyme Village Hall at 10:00**. Parking is free adjacent to the hall. We plan to restart our traditional refreshments service again. So please come along have a chat to any of the Group Leaders who will be there. There will also be plenty of opportunity to learn about starting up your very own group. So why not share a passion or a curiosity or share your expertise and have some fun at the same time. See you there.

**Mark Gillams, Groups Coordinator,**

### **Trips**

Ann Fleet is arranging some trips – 07761468608 or [annfleet60@outlook.com](mailto:annfleet60@outlook.com)

### **Theatre trips 2022 - Crewkerne, Lyme Regis and Bridport U3A`s**

Contact John Bartholomew [jdbart45@gmail.com](mailto:jdbart45@gmail.com)

### **Contacts:**

Membership Secretary: Jacqueline Petitt - [membership@lru3a.org](mailto:membership@lru3a.org)

Treasurer: Alex Ruck - [treasurer@lru3a.org](mailto:treasurer@lru3a.org)

Groups' Coordinator: Mark Gillams - [groups@lru3a.org](mailto:groups@lru3a.org)

Secretary: Yvonne Renouf – 01297 442847 - [secretary@lru3a.org](mailto:secretary@lru3a.org)

Speaker Finder: Andrew Lightfoot – [speaker-finder@lru3a.org](mailto:speaker-finder@lru3a.org)

Webmaster: John Marriage - [webmaster@lru3a.org](mailto:webmaster@lru3a.org)

Printed newsletter: John Marriage - [webmaster@lru3a.org](mailto:webmaster@lru3a.org)

Editor u3a4u: Elaine Taylor - [editoru3a4u@lru3a.org](mailto:editoru3a4u@lru3a.org)

Trips: Ann Fleet - 07761468608 - [annfleet60@outlook.com](mailto:annfleet60@outlook.com)

Theatre trips: John Bartholomew - [theatretrips@lru3a.org](mailto:theatretrips@lru3a.org)

Membership Advisor: Mary Bohane - 01297 444566

Monthly newsletter: Rachael Pope - 01297 445575 [rachael pope1@outlook.com](mailto:rachael pope1@outlook.com)

Vice-Chair: Vacancy

Publicity: Vacancy

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>