

Leicester Newsletter

February 2025



'Watching Water' by Jo Poon Member theme 'selfie'

Find our new website at <https://leicester.u3asite.uk>
If this link does not open, just copy, and paste it into your browser.

CONTENTS	Page
Membership Information	2
Programme – Monthly meetings	3
January Report	3
February meeting	3
All members Coffee Morning	3
Wellbeing & Hospitality	3
News from the Groups Coordinator – Sue Took	4
Reports from Groups and from Individuals	4
Cartoon Corner	6
Puzzle Corner	7
About the newsletter	8
Message from the Chair – Neil Taylor	9
Puzzle Solution	10
From the Editor	11

For news from the Third Age Trust, you can sign up for your own Trust newsletter at:

<https://www.u3a.org.uk/news/newsletter#signup>

MEMBERSHIP INFORMATION *from Angie Barnes, Membership Secretary.* membership@leicesteru3a.org.uk

Membership stands at the moment 370 after a few have resigned with 50 people still to renew. Thank you to all those who have renewed so far.

POLICIES AND PROCEDURES

As you know, Leicester u3a is governed under our constitution and policies and procedures, many of which are on our website. I have recently reviewed those that need updating and when they have been approved by the committee the web site will be updated with them. If you require a paper copy of a particular policy, please let me know and I will arrange for a copy to be posted to you, but please wait until the latest versions have been uploaded.

Karen Closs Secretary

PROGRAMME

January 14th 2025 - This was our usual renewal meeting without a speaker.

February 11th 2025 - Carol Marsden - Some Highs and Lows of Adventuring for Charity

March 11th 2025 AGM – **You should by now have received the papers for the AGM. If you haven't, please contact the secretary urgently.** secretary@leicesteru3a.org.uk

ALL MEMBERS COFFEE MORNINGS: *Sandra Barker – Hospitality and Wellbeing* Coffee mornings continue to be well attended and enjoyable. They are held on the 3rd Tuesday of the month from 10.00 am onwards at the Quaker Meeting House, Queen's Road. Why not join us for refreshments, friendship, and chat?

Wellbeing and Hospitality - Enabling everyone to take part. Is there anything that prevents you from fully participating? Christchurch is fully accessible with disabled facilities. Members of the Wellbeing & Hospitality team are there if you need to have an end of row/front seat. If there is anything else we can do that enables you to take part, please tell us. If you would prefer to talk to someone before you attend, then please give Sandra Barker a call and, if you have any suggestions, we'd be very happy to hear them. wellbeing@leicesteru3a.org.uk

Also, if you know of any member who is unwell or has suffered a loss, then please tell Angie Barnes who has taken over from Elizabeth Hassall, and she will send a card. Send your notices to - cards@leicesteru3a.org.uk .

NEWS FROM THE GROUPS COORDINATOR - Sue Took

If anyone is interested in running a group please get in touch with Sue via groups@leicesteru3a.org.uk for more information.

NEWS FROM THE GROUPS AND INDIVIDUAL MEMBERS

As we enter the New Year, the **Digital Photography Group** goes from strength to strength, increasing in numbers and with that, the range of creativity and interesting images to share. Recent themes have included 'Self Portraits' and 'Still Life'. Who knew that there were so many ways of 'taking a selfie', or what compositions could be made of so many different objects, materials and arrangements? Some of the members' images are included here to show what we have been getting up to. We meet on the second Thursday of the month at Christchurch 2.00 to 4.00 PM. Members bring images on a flash drive/memory stick, to show, share and discuss. From time to time, we go out to take photos together, or to a photography exhibition. If you have a smartphone, tablet or 'proper camera', like taking photos, and would be interested in joining us, do contact me and I will be happy to let you know more.

Here's one of my own: Still Life - 'Ready for the Pot'



Richard Taylor, Convenor.



Time for Tea' by Jo Poon

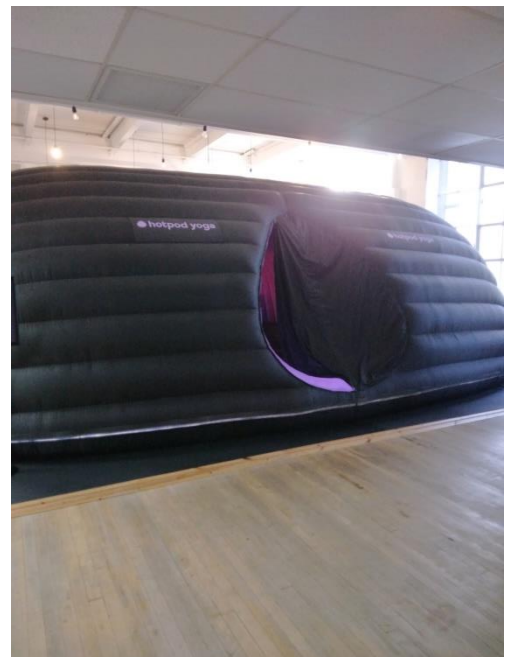
*And, "Vikings in Torrison".
From Cliff Ault*



How Hard Can it Be2



January's Hhcib2 group had a go at hot yoga which I'd never heard of before. It was a lovely relaxing session in a hot dome doing some simple yoga. It was something I would do again, and we all enjoyed it.





PUZZLE CORNER A Sudoku (created by Cliff Ault – Member Cryptic Crossword Group) **Solution on page 10.**

			5	4	2			
					6		1	
		5	9	7				6
3	8	1					6	
	2		1	9				5
	9							
					5			
	1		8					
		4			7			2

ABOUT THE NEWSLETTER

Delivery

The newsletter is normally printed for those who prefer a hard copy. It is available on a first come first served basis at the monthly meeting and coffee morning. If you would like a hard copy but cannot make these events the Membership Secretary is happy to send a copy by post to anyone who sends her a supply of stamps and their full address. It will also continue to be delivered to members by email as a pdf file before each monthly meeting.

Note from the Editor - Registered blind? We can provide an A3 version for you. Please let me know so that I can arrange to get one printed for you each month.

Photos

Please remember to get permission from any people in your photos for us to publish them. This permission will be assumed if you send them to the editor.

The deadline for items to be included in the next newsletter which will be in March is mid-day Friday 21st February 2025.

Contributions should be sent to the Editor Margaret Potter at: newsletter@leicesteru3a.org.uk If you want to submit your entry as hard copy, please contact Margaret or the Membership Secretary, Angie Barnes, for the address. membership@leicesteru3a.org.uk

REPORT FROM THE CHAIR – NEIL TAYLOR

Following up on last month's mention of changes at the Third Age Trust, we now have a new Chief Executive in Iain Cassidy and a new Chair to the Third Age Trust in Allan Walmsley. The new Council of Representatives of members of u3as from all the regions, has held its elections with our current representative John Lewis, and Barry Appleby from Burton u3a elected unopposed.

The Board of Directors is holding its elections, and they will be complete by publication of this Newsletter.

As I write preparations are well under way for Leicester u3a's AGM in March.

The Annual General Meeting is our opportunity to report to you all of our activities and aims for the future and give you a description of our finances, and the Committee and I do hope you will be able to attend. But as important of course is that all your groups are underway as the weeks go by - the heart of what we do.

SUDOKU SOLUTION

1	6	3	5	4	2	9	7	8
2	7	9	3	8	6	5	1	4
8	4	5	9	7	1	3	2	6
3	8	1	7	5	4	2	6	9
4	2	6	1	9	3	7	8	5
5	9	7	2	6	8	1	4	3
7	3	8	4	2	5	6	9	1
6	1	2	8	3	9	4	5	7
9	5	4	6	1	7	8	3	2

From The Editor

To all members – Thank you to everyone who has submitted copy for the newsletter throughout the year. It has made my life so much easier.

To all of you who have enjoyed reading it, can you perhaps contribute to 2025? It doesn't have to be a long article, but I know that there is much more going on in our u3a than appears in the newsletter.

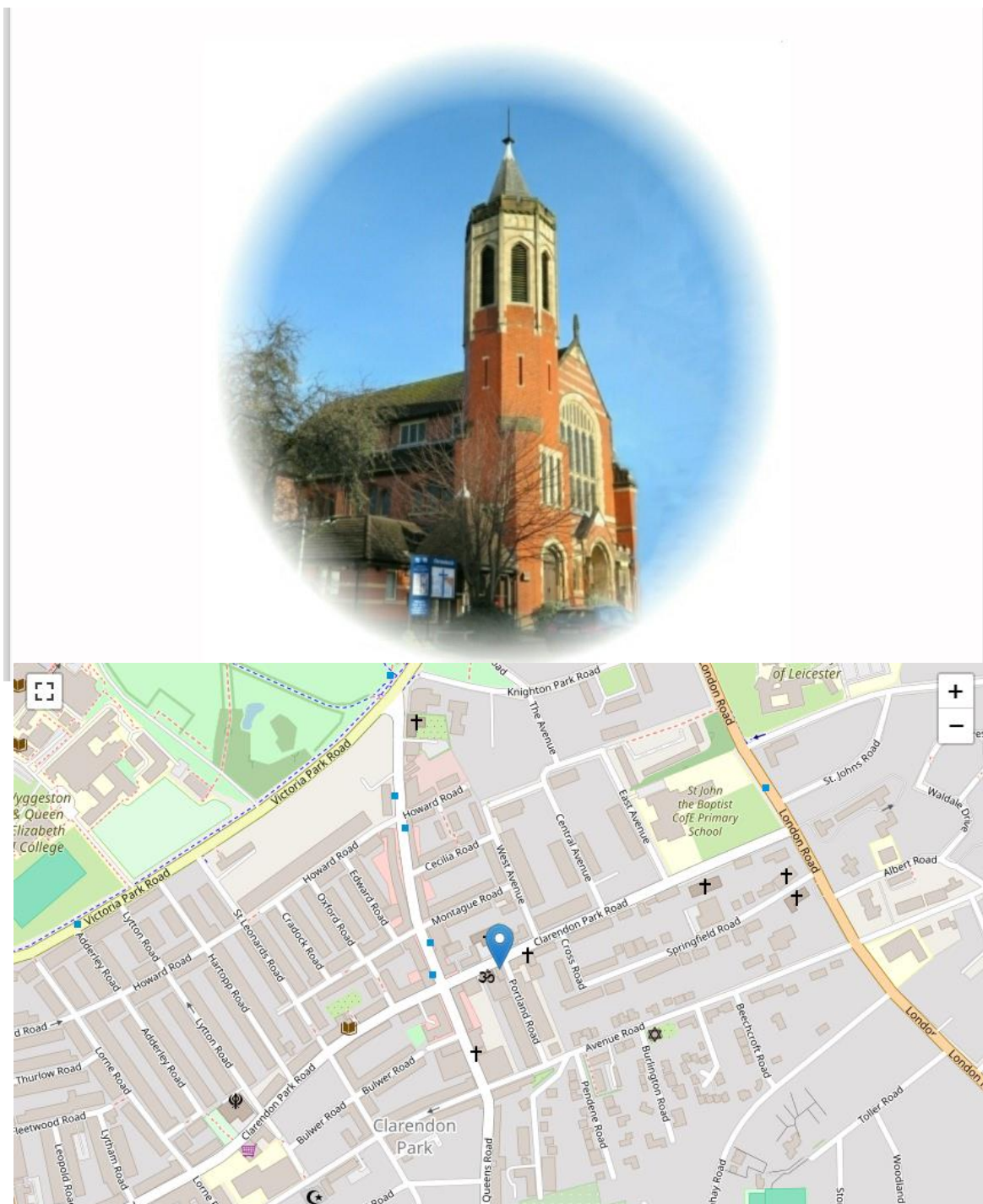
To all Convenors – However large or small your group please consider submitting an article. OR – If your group makes a change to it's format or meeting date in the following few weeks each month, let me know and I will try and find room to publish it.

Regards

Margaret Potter – Editor

newsletter@leicesteru3a.org.uk

telephone number in your contact sheet.



Leicester u3a meets at 2:30pm on the second Tuesday of each month (except August and December) at Christchurch, Clarendon Park Road, LE2 3AH, and there are special interest groups that meet regularly in members' homes and elsewhere. For more information, or to join, contact the Membership Secretary at membership@leicesteru3a.org.uk or telephone 0116 2152751

Edited by Margaret Potter, and printed by Lionheart Print at Beauchamp College, Oadby