

July 2021

Phone National Office: 0208 466 6139 [u3a.org.uk](http://u3a.org.uk)



## Introduction from Sam Mauger

It is great to hear that many u3as are getting back to face to face as well as online meetings. I hope that you all manage to enjoy the summer weather wherever you are in the movement.

As you can see below in the newsletter, there are many exciting initiatives happening within u3as using the skills of our members, everything from knitting to quizzes to boules.

If you are a member of a committee, please check that your u3a has voted in the current elections for officers for the Board of the Third Age Trust. Also if you are in the London or East Midlands you can vote for the Trustee for your region and in Wales you can vote for the Trustee for your nation.

The Trustees work very hard to ensure that everything the Third Age Trust does supports u3as across the movement.

I wish you all a very happy and sunny July.

With regards,

Sam Mauger  
Chief Executive

## Yarnbombing brings smiles to Seaham

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Seaham & District u3a's 'Knicky Knack Knitters' decorated their local railway station with knitted and crocheted displays, many of which reference Seaham's history. It took a year to create the display and three hours to put it up.

Linda, one of the group's members, says, 'As people came and went it was obvious that it was a huge success, questions were asked about our u3a and lots of interest was shown. After such a difficult time, we hope this will brighten up the station and give people lots of pleasure.'

## The Taste of India and Pakistan

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The Cuisines of the World initiative invites members to share home recipes from across the globe. This month, the focus is on India and Pakistan. Try u3a member Jayam's chickpea curry recipe below.

### Gujarati Chick Pea Curry

Warm 2 tbsps of oil in the pan.

Add a small cinnamon stick & ½ teaspoon of whole cumin seeds.

When the cumin seeds brown, add chopped fresh ginger & garlic and green chilli paste.

Add 1 tin tomatoes and immediately add ½ tsp. turmeric & chilli powder and add ½ tpsps dhania powder & garam masala. Add a pinch of salt.

Add 2 tins chickpeas and 2 or 3 pre-boiled potatoes. Stir well.

Add coconut milk. Simmer for a while on medium heat, stirring occasionally.

Add sugar & lemon juice to taste.

Add chopped fresh coriander leaves at the end as a garnish.

TASTE IS A MUST! Adjust salt, lemon or sugar if needed.



## News from the Board

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### Chair of the Third Age Trust, Ian McCannah

""At the turn of the month the Trust's Board of Trustees met in person for the first time since March of last year.

The location was Kenilworth in the West Midlands. We all appreciated the opportunity to catch up with one another face to face after such a long time of meeting virtually. The chance to meet six new regional trustees elected last autumn for the first time was valued by all.



During the meeting work started on some key issues for the new board, elected at the Trust AGM next month, to consider – a Strategic Plan that will take account of challenges posed by the pandemic to the Trust and the wider movement; a Digital Strategy that will encompass further development of the Beacon membership system and the technology requirements of the u3a Office; and, an online platform that will bring together a number of virtual learning offerings, include Trust u3a.

The meeting in Kenilworth was also a rehearsal for the AGM on 26 August. Members will have the option to attend physically or virtually."

## Your Stories

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Ashingdon and Rochford u3a have been working with Rochford District Council to contribute to a tapestry which is a visual display of over 1,000 years of local history.

There are ten panels, each 2ft by 3ft. The community project was created over 20 months.

## Foyle u3a Get Bouled Away

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As part of Foyle u3a's Summer programme, they hosted a French Boules Day. Members were given a crash course in Petanque – over 40 people came and it was such a success that a Petanque group has now been set up. It is part of Foyle u3a's summer programme, which also includes 4 legged walks with members' dogs, picnics with music from the folk and ukulele groups, a day of outdoor games and more.



## In Focus

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### Barry, Thorpe Bay u3a



I've been an official police volunteer in the Scams Protection team since June 2020. It all began in 2017 when the then Chief Constable of Essex came as a guest speaker to our u3a meeting at Thorpe Bay u3a.

He brought with him another colleague who spoke to us about cybercrime and the impact on the older generation. As my working life had been spent in IT, when chatting after the talk, I asked if I could work with the police and develop a seminar for Thorpe Bay u3a to help people know what to look for. He readily agreed.

Working around my kitchen table, I developed a half day seminar with the Head of Protection and Prevention. I started doing presentations with live demonstrations to Essex clusters of u3as and this led to me presenting at the u3a AGM in 2018 and 2019.

I've been doing the sessions as webinars now – and have been doing one every month for u3a nationally too.

I continually have success stories where people come to me and say, 'Barry I spotted this, this is a scam isn't it.' It's great, it makes me feel it's all worthwhile.

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Headline photos: Stourbridge u3a flower planter, a hoverfly photographed by John of Blackwater u3a, Croydon u3a getting into the football spirit by wearing the England team colours in a virtual chair yoga meeting.

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