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Weston-super-Mare u3a News

Sunday, 13^h October, 2024

From the Editor

I received some positive feedback after last week's email, so here's more of the same, Best wishes, Simon Pratt

Groups Round-Up

Open Day

Weston-super-Mare u3a Open day is on Friday 25th October in the United Reformed Church Hall in Waterloo Street starting at 2pm.

Our group leaders will be there to talk about what their group does so that members and potential members can decide which group(s) to join. Please advertise this to your friends who are not members and encourage them to come along and see the benefits of being a u3a member.

Unfortunately, many of our groups are already full. For instance, French for Absolute Beginners started recently and was immediately full. We need more group leaders. Please if you have an idea for a group contact [Jenny Schofield](#) the Group's Coordinator and she will help you to get set up. Book clubs are always quickly filled, do you fancy starting a new one, contact Jenny.

Proposed Group - Mindfulness for Beginners

Corinne Edbrooke is offering to run a 12 session course for those interested in finding out more about mindfulness.

This would be a closed group, meaning, no one else will be able to join once the sessions had started.

The plan is to meet (usually) on the first and third Tuesday of the month from 2:15 till 3:15 at St Joseph's Church Hall in Camp Road, starting with an introduction on 5th November 2024.

Interested? See more information [here](#).

Trips News

Nora Charters' trip to the [Exeter Christmas Market](#) is full but Nora is keeping a waiting list in case anyone drops out. Let her know if you want to be on the waiting list, contact Nora through the link on event page on the website.

Jenny Schofield has filled all her theatre seats for [Murder on the Orient Express](#) next year but will try to get more tickets if there is sufficient demand. Contact [Jenny](#).

Our Trips are always popular and fill up fast. Jenny Schofield, as Trips Coordinator, would like to have one trip a month next year. Can you help her meet this target? Contact [Jenny](#) for advice if you think you could run a trip, especially if you have a good idea for a destination.

Winter Newsletter

Just a reminder, send your submissions for the winter edition of the Newsletter to the editor, [Janis Blake](#) (click on the link) before 31st October.

Is your data up to date?

As you are reading this we must have your email address recorded correctly in the membership database but have you moved, got a new mobile phone number, don't use your landline phone anymore? We have an obligation to keep data up to date and accurate (read the u3a [Data Protection Policy](#)). This is what we currently hold about you:

Last four numbers of your mobile:

Last four numbers of your landline:

The street you live in:

(only the street is shown from your address record just so that you can see if it is still up to date)

If any of this needs changing reply to this email with your new details. Read our [Privacy Policy](#) to see how we use your data.

Equality, Diversity and Inclusion

The national u3a Equality, Diversity and Inclusion Committee invite members to a zoom presentation on October 23rd from 10am to 12.30pm. This is an

introduction to the Equality Act of 2010 and supports u3a members to understand their legal responsibilities. More details [here](#).

Learn to Live: A blueprint for better health and wellbeing

The National u3a launched a new report on 1st October, International Day of Older People.

The report - 'Learn to Live: A blueprint for better health and wellbeing' - shines a light on the u3a non-formal learning model and the benefits for promoting and maintaining happy, healthy lives.

You can download the report from [here](#).

Bye for now!

Sent on behalf of Weston super Mare U3A

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