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Weston-super-Mare u3a News

Sunday, 27th October, 2024

From the Editor

More Problems with the email

It transpires that AOL/Yahoo had set a limiter to avoid receiving too much mail from our email hosting service's mail server and apparently it reached the allocated limits, meaning not all emails were sent to AOL, Yahoo or Sky email addresses after last weekend. I'm assured that this issue has been resolved. We'll see when I send this week's email!

Parking at Tesco

Now this is **important**. For those of you that have enjoyed free parking in Tesco's car park in recent months, please note that the machines will be back in operation with effect from 1st November. As before, for a minimum spend in the store you will be able to park for up to 3 hours. Please don't get caught out, read the signs on display in the car park and the inside store and don't get a £70 fine.

Groups Round-Up

Chair Yoga, at Faces Café

No meeting this Monday 28th October.

New Group – Book Club 2

[Laura Woodard](#) is starting a new book group which will meet at Faces Cafe in Station Road, opposite the old Victoria Methodist Church. Meetings will start at 10.00am and run for two hours on the first Wednesday of the month. The first meeting is on Wednesday 6th November. The cost will be £2.50 which will include tea or coffee.

Laura will bring the first book.

Mindfulness for Beginners

A course of twelve one hour sessions for those interested in finding out more about mindfulness will start with an introduction at 2.15pm on 5 November 2024, at St Joseph's Church Hall in Camp Road, Weston-super-Mare BS23 2EN.

This will be run as a closed group, meaning, no one else will be able to join once the 12 sessions have started.

There has been a lot of talk over the last 20 years about the benefits of mindfulness. If you're just curious or know this group is for you contact [Corinne Edbrooke](#) the group leader.

French - can you help?

Weston u3a already has a longstanding French group, a beginners group who are rapidly becoming more than beginners and a brand-new absolute beginners group.

All three groups are currently full. At the Open Day, Robert Roscoe was approached by another six people who wanted to start learning or re-learning French. No doubt there are others, who weren't at the open day, who would also like to do the same.

Great, just one problem, we don't have any spare French Group leaders.

Would you like to try your hand at leading a small group of French beginners, or people who are a bit rusty? You don't have to be fluent or have teaching experience, just a little enthusiasm and a noble desire to help your fellow members.

If you can help, please get in touch with [Jenny Schofield](#)

Singalong

Paul Johnson has agreed to play the piano for our next singalong on Friday 1st November. Thank you Paul. Please come along to the United Reformed Church Hall in Waterloo Street starting at 2pm to start your weekend on a bright note!

Winter Newsletter – Last call

Absolutely last chance. Don't forget to send any items to be included in the next (Winter 2024) newsletter to Janis Blake at [Newsletter Editor](#) by the Friday (31st October).

Open Day

Our annual open day, held at the United Reformed Church on Friday (25th October) brought nearly 200 visitors to see displays by our group leaders. 16 new u3a members joined on the day. Thank you to all the group leaders who came and those who helped with setup, teas etc..

Gift Aid

The u3a can claim extra money from HMRC, (*it's always nice to get some back!*). If you gift aid your membership fee we can claim an extra 25p for every £1 you donate. That's as long as you've paid the basic rate of tax and make the donation from your own funds. The amount of tax you pay must cover the cost of all your gift aided donations throughout the tax year.

If you didn't gift aid your fee when you first joined, at no cost to you, we could gain an extra £3 on your £12 fee, please let us know if you now want to do this.

Or, if you need to make a change because your liability for income tax has changed, again let us know. Email any changes to the [membership secretary](#).

When we move our Membership System to Beacon we will be able to record details of couples and introduce a Joint Membership at a reduced rate. (the u3a will save on the cost of the u3a Matters magazine for joint members and so can pass on this saving). Married couples and couples in a civil partnership living at the same address can gift aid their fees even if only one of the couple pays income tax as long as the tax payer pays the fee. Beacon will make it easier for the u3a to claim where only one member of a couple pays tax.

Well that's enough of that. Bye for now.

Sent on behalf of Weston super Mare U3A

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