



Llandrindod Wells and District

Dear Llandrindod U3A Member

Welcome to our September 2021 Newsletter (number 16)

Introduction

There is no introduction. I am much too keen to get down to business and deliver some good news.

Welcome

To Tonia Greene our latest new member, we look forward to meeting and getting to know you along with the other new members who have had the confidence and optimism to join during the last eighteen months.

If members have recent back copies of Third Age Matters and Borderlines our membership secretary Janice would appreciate them to go into new members packs. Please bring them along to the next meeting.

A Formal Thank You ...

To Clive Barrett who has been our press officer for as long as I can remember, ensuring forward notices get into the local papers and providing concise write ups from the main meetings for the press and website. Clive can no longer continue in this invaluable role due to ill health. We all wish you well Clive and can only thank you for the contribution you have made to the success of our u3a.

Clive is willing to pass on all the contact information and his experience to help someone else undertake this important role. So if you are interested please get in touch with a committee member. We need a press officer

It may be worth saying that I personally believe no commitment to any role within u3a should last for more than three years unless that individual wishes to carry on. I have been amazed by the commitment and stamina of some of our members to the roles they voluntarily take up and quietly perform.

To the management of the Metropole Hotel who have agreed to hold back the proposed price increases for venue hire into 2022. Holding the hire costs to those of the pre lockdown rate is a real relief. Recognising the pressures the Hotel is under and the position of our own membership, the committee had no desire to increase the cost of membership or look at alternative venues. Crisis averted.

Restarting Main Meetings

Our first meeting at the Metropole Hotel will take place on **Monday 11th October**, 10:00am for 10:30am. We have chosen a speaker known to us, Dean Powell, who is a lively and humorous presenter. We have gone with the topic "Glyn Houston – A Black & White Actor" which Dean recommends as a talk which goes down particularly well with audiences.

In the spirit of working as closely as possible with the Metropole you might well be asked, as part of a random sample, if you will be attending the meeting on the 11th in person. This is to help us gauge likely numbers, which will assist in setting out the room and avoid unnecessary work and costs for the venue.

Safety First for Meetings

I know this was in my last Newsletter but with the virus still present across the country it is worth restating. The committee's priority remains the health and wellbeing of our members, while every member has a duty of care towards other members.

If you plan to attend u3a activities, please make sure you are 'Doubly jabbed' unless:

- you have very recently had Covid 19 and have a high antibody level confirmed by a recent blood test;
- medically you are unable to be vaccinated;
- you have proof of a negative test taken 24 hours before any face to face meetings. Free lateral flow test kits are readily available.

For the time being the following arrangements will apply for the monthly meetings in the Metropole:

- we ask that masks be worn as you arrive and when moving around unless you have medical reasons for not doing so.
- please take your drink to your seat. Masks may be removed when you are seated.
- registration will be taken on entry which will include checking your contact details for Track and Trace.
- we will try to accommodate those who wish to remain more socially distanced from those not in their "bubbles".
- the room will be well ventilated so you may want to bring out the "thermals" early.
- the usual display/notice boards will not be used

The Zoom option for Monthly Meetings

We appreciate that many of our members may be unable or reluctant to attend the monthly meetings just yet. So we are arranging for members to be able to watch the meeting "live" over Zoom. This is made possible with the technical expertise of Nick Talbott and Stephen Ashley who has come forward to "host" and control the Zoom meeting. A licence will be bought for up to 100 members to watch the presentation from the safety and comfort of their own homes

If you have already used Zoom as an “invitee” to a meeting you will know just how easy it is to click on an email link and be let in by the host. If you have a computer, phone or tablet but have not yet used Zoom, there is a guide to joining a meeting available [on the Zoom website](#). If you want to have a short practice session you can [email Nick](#) who will set up a test meeting for you so you can see how it works. If you need help getting set up to use Zoom, or have any questions about using Zoom to view the meeting, please [email Nick](#).

For all of those who have an email address, the Zoom link will be sent around a couple of days before the meeting. It is easier to send to everyone on the email list, so just ignore it if you are planning to attend the meeting.

Christmas Lunch

Christmas lunch for those who wish to partake will follow the main meeting on the 13th December. The menu is on the website and also accompanies this Newsletter. The menu does look particularly delicious this year.

The price for a 3 course lunch will be £21.00, for 2 courses £19.00

Kathie our Secretary does all the organising. This is a u3a lunch so please ensure you book and pay via Kathie not directly with the Metropole Hotel. Kathie will be available at the meetings in October and November to take orders and payment. The order and full payment has to be with the Metropole 15 days before the meal, to ensure supplies. Money will be refunded should Government covid restrictions close the hotel.

New Website for Llandrindod Wells and District u3a

Our new website is now live and taking “hits.” Now that we are resuming activities again it would be great to have photographs and write ups of your u3a activities to get new and up to date material on the website. Training has begun for those Interest Group Leaders who want to maintain their own groups’ pages. Other material can be [emailed to Nick](#) who manages the website.

Interest Group News

New guide for Group Leaders

If you have a passion and would like to set up a new interest group it is not difficult. Most groups have just evolved and operate very independently, which is totally acceptable. But most new leaders do have some questions so a document is being developed to help. A second draft following comments and input is currently being finalised then it will be sent around the existing group leaders before going onto the website.

The guide will include helpful lists and resources for Leaders, as well as guidance on running a group. In summary there are 7 key points:

- 1) Check your group members are fully paid up members of u3a.
- 2) Lead and be led by the group members, the leader does not have to be an expert.
- 3) It's for enjoyment as well as learning.
- 4) Keep a register – for insurance purposes.
- 5) Keep financial records, which can be as simple as incoming and outgoing expenses
- 6) Be aware of risk/venue and Covid assessments.
- 7) There is help via the Interest Group Co-ordinator with resources and marketing.

Earth Sciences Group

The inaugural meeting of the Earth Sciences Group takes place at the Llandrindod Radnor Museum on the 23rd September at 11.00 with Joe Botting giving the talk on the Museums geological exhibits. If you wish to join you still can. Just contact Michelle the group's leader, michelle@u3a-llandrindod.org.uk. The Museum have asked for a small donation per person (£1 to £2 each). And Joe is giving us his services for free, lovely man!

Charabanc Club

The Charabanc club is open to all members on a first come first served basis. Previous trips have included Chester races, Bath, Llangollen – Pontcysyllte Aqueduct and Cardiff.

It is difficult in the current climate but I wish to see if there is enough interest to run a trip to Royal Edinburgh Military Tattoo in 2022 which runs from the 5th to the 27th August. I am going anyway and as in all Charabanc Club outings anyone who wants to join me is welcome. Final date to be confirmed.

Staying in a 3* Holiday Inn Express in Edinburgh City Centre. Initial costing is for the hotel based on a 2 night stay with breakfast included. Arriving on Sunday and departure on Tuesday (the most cost effective option) and includes the Tattoo ticket for the Monday night.

Prices £273.98 per person (double occupancy) or £295.26 for upgraded tickets for the seats at the Tattoo. The single occupancy is extortionately expensive at £472.15 (or £493.43) so those willing to share a room let me know. This price does not include the coach or train fair. The options and costs for travel are still being obtained.

If you would be interested enough to place a non refundable deposit of £75 in early November please let me know and sign up at the meeting or via email to karen@u3a-llandrindod.org.uk. This is a long time away but this year's Tattoo tickets have been carried forward for first refusal for next year. While the hotels fill up very quickly. One travel company said the closest hotels they were offering were in Perth and Sterling!

National u3a news

If you look carefully at the screen shot in this month's National u3a Newsletter under the heading "A Celebration of u3a Creative Writing Talent" you will find a picture of our own Margaret Mason who was one of the judges. Over 350 members nationally entered the competition which was modelled on the creative writing competition held in Wales (not that

that is recognised in the article). Margaret has previously judged the Welsh competition and has enviable stamina when it comes to reading and evaluating The three winners were from, Crediton, Peterborough and Bognor Regis u3a's. You can [read all the winning stories](#) on the National u3a website.

Mid Wales Network of u3as

Network representatives have been invited to national virtual Network Link Meeting on 12th October 2021 using Zoom. The theme is: What's Ahead!

There will be presentations on Member Services, 40th Anniversary celebrations, Beacon for Networks and Goods and Services from TATTL (Third Age Trust Trading Ltd) Included will be a short Q and A after each presentation then discussion time in breakout rooms. Will report back anything of interest or importance.

Aberystwyth u3a online talks

Aber u3a have given thought to their Tuesday sessions and decided to continue on an ad hoc basis only. [See their website](#) which also gives YouTube links to past talks.

Short Story

My thanks to Jill Clay for this month's short story "How to get rid of unwelcome visitors" which accompanies the newsletter.

Pass it on

I know that we don't reach all our members through email, so please pass on the information to u3a members who may not be getting these newsletters.

My thanks to everyone who contributes to these newsletters. Please do send me your news and other items for the next edition. I will continue with the Newsletters for a few months until we are fully settled back.

I look forward to seeing you at our October meeting.

Karen Latham

Chair, Llandrindod Wells and District u3a

U3A Contacts

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The contact information for all Interest group leaders is available on the [Llandrindod U3A website](#).