



Llandrindod Wells and District

Dear Llandrindod U3A Member

Welcome to our February 2022 Newsletter (number 20)

When the committee decision was made to cancel both the January and February meetings omicron was a very serious concern and Wales had the most stringent restrictions. Having already communicated to the members that there would be no meeting in February, it was with regret but on balance sensible to remain with that decision and communication and not to reinstate the meeting in February. The lesson learnt for me is in the light of the best information available, if we do have to cancel any meetings in the future, we only do so a month at a time.

Getting back to normal

I sincerely hope that from March 2022 the Llandrindod Wells u3a will once again be fully operational, with our main meetings taking place on the second Monday of every month. We will continue to hold "hybrid" meetings giving members the choice of attending in person or watching via Zoom so members can decide how they wish to take part in meetings, based on their own circumstances.

The interest groups, the life blood of our u3a, are again coming together to pursue special interests and learning in a spirit of friendship.

Borderlines will once again be published, under new editorial control, on a quarterly basis.

The website is better than ever, easier to negotiate, and receiving both more input from members and hits, a model which is being adopted by other u3as.

So we go into the 2022-2023 year if anything stronger than before the pandemic. As circumstances change and we move back to "normal" I do not feel the need to continue with a regular monthly Newsletter as the other channels of communication open up again. Twenty is a nice round number.

I am happy to remain your Chairman to complete my full three year term and really look forward to seeing you all when I am able to address the membership in person once again.

Formal Notice of the 2022 Annual General Meeting

The AGM is due to be held on April 11th at 10:30 in the Metropole Hotel. Papers for the AGM will be available to members via the website from the 21st March.

The committee have decided to postpone the AGM by one month, allowable under the constitution, to give time for completion of the annual accounts and the external audit of accounts. Having cancelled the full meeting in February the committee also wanted to give

some extra time to identify new committee members. To date only one person has come forward to join next year's committee which is very disappointing.

Volunteering for the Committee

We have written to all "new" members who have joined the u3a over the last three years, but I am now addressing the request for new committee members to everyone.

The u3a relies on its members and especially the committee to keep the organisation alive and moving forward. By its very nature the membership ages year on year and many of our members have in the past served by running interest groups and being on the committee. So we look to new members to come forward for that vital injection of new ideas, skills and energy.

I am asking that you seriously consider joining our good-humoured and enjoyable committee for the coming year. The commitment is to one committee meeting a month. Over the last two years our committee meetings have been "virtual" meetings held via Zoom: a method which we find suits us well as it saves time and avoids the need for travelling. Papers, documents and general communications are sent out via email.

There are some specific roles on the committee which need to be filled, Treasurer and Committee Secretary both being very important. But we also need general committee members as well.

Please do not be shy or reticent in putting yourself forward. There will be experienced members on the committee to help and support. Should you wish to do so, you would be welcome to "sit in" on our next Zoom committee meeting which will be on Thursday 3rd March at 10am.

Please contact myself karen@u3a-llandrindod.org.uk or phone 01597 824222 or any of the current committee members should you have any questions.

A copy of the Nomination form accompanies this Newsletter. We, the committee, look forward to receiving your form which should be returned before March 18th to the Secretary, Kathie Richards-Jones - kathie@u3a-llandrindod.org.uk

No committee, no u3a !!

Financial Matters

Due to the charges imposed by HSBC Bank for charitable organisations the committee did approach Lloyds Bank in regard to possibly changing accounts to Lloyds. But Lloyds are not currently taking any transferred accounts (business or charity) only new accounts where the account holder does not already have a bank account.

So until the new Treasurer is in place and we can revisit this issue, we will remain with HSBC. Therefore it is important that members pay by bank transfer or standing order. Forms can be downloaded from the website and will be available at the March meeting which is when the subs become due for 2022-2023.

The membership subscriptions will be unchanged for the coming year.

Borderlines

A request from Robert and Margaret Wood

Hello all interest group leaders (and members)

We hope you are all keeping well and have now had a chance to see our first effort at producing the Borderline issue which is available on the website as we could not meet in January or February.

This is now where we need your help, we need some input from yourselves for the next issue as we have no information to include at the moment.

We are hoping to produce the next issue for April. We will need input from you by Monday 21st March 2022 if that is possible please.

Thank you

Margaret and Bob Wood – email borderlines@u3a-llandrindod.org.uk

The Creative Writing Group has been a great support during Covid. Their excellent additions to the Newsletter have been brilliant, as demonstrated by this month's contribution which accompanies this newsletter. I hope the creatives amongst you will continue to support and put forward pieces to go in to future Borderlines publications written and artistic, along with photographs of u3a activities, editorial and individual "interest" pieces for the publication.

Interest Groups

There is an [excellent page on our website](#) with lots of information about guidance, support and resources available for Group Leaders both at the local and National UK level. An interesting read even for those who have run groups for years.

Here is an update from some of the groups that are restarting or planning their 2022-2023 programmes this February.

Landscape History Restarting – an update from group leader Terry Couzens

The Landscape History Group is restarting after 2 year break. First meeting will be in the Royal British Legion Hall in Tremont Road at 10.30 on Thursday 17th February. Future meetings will take place on the 3rd Thursday of the month.

The programme is determined by the interests of the group and will include lectures, walks and field visits. The first meeting will discuss with the group the programme ahead and include a short illustrated and fascinating story from neighbouring Shropshire.

Past members and new members to the group are most welcome.

New French Group – an update from group leader Michelle Thomas

The first French Group meeting was held virtually over Zoom on 17th January. We introduced ourselves in French, and gave a background to why we want to maintain our French language skills. We then had a lively discussion in both languages based on a

vocabulary list from a website which has free resources, such as word lists, short stories with translations, and videos. Some of these resources will be used to focus and give some structure to the sessions.

We had our second French Group meeting via Zoom on 7th February, with a new member joining.

We have decided to meet on the 1st and 3rd Monday afternoons of the month at 2:30pm so next meeting is Monday 21st February.

Future dates will be published on the website.

Some of us know more French than others, but it does not matter. We are having fun, which is the most important aim in my view. Happy to have more people along, although smaller groups work quite well on Zoom.

The Garden visiting group

The garden visiting group will be meeting in February to draw up this year's programme of garden visits. The group is currently at capacity but if you are interested in joining the group please contact the group leader or Steve Ashley and if there is enough demand a new group could be established. A second group always has the advantage of the experience and previous programmes of the existing group.

Sunday Lunch Groups

One Sunday Lunch group is now up and running successfully under Meg Lewis' leadership and is now virtually at capacity.

The other Sunday Lunch group is now requiring a new leader as the demand grows for this ever popular activity.

Bridge Group

We need another one, or preferably five, people to come forward for Roger Cumberland to set up a new Bridge Group. Please email rogerc@u3a-llandrindod.org.uk if you would like to join in.

For the latest information and updates on u3a interest group activities please [go to our website](#) where you will be able to see which groups are continuing to operate during the current restrictions.

Our Website

Do remember that [our website](#) is the best place to find information about our future meeting programme, interest group activities and general news about the u3a.

Nick is proposing a new page on the website a Notice Board where ideas for new groups etc could be posted. A good idea and one which may link us to specialist groups in other parts of the country where a critical mass for running a group locally is not achieved.

I am pleased to say several of the Interest Group Leaders have attended Nick's training sessions and are now maintaining their own group's pages on the website. Nick will run a

refresher for those, like me, who need it or may in the future want to run their own Interest Group pages. As always Nick is on hand to help or put up material for those who do not feel confident enough to add material to the website themselves.

Free Training offered by Prime Cymru

We have received the following information from Jan Allen-Darby, Development Officer South Powys with Prime Cymru:

I wanted to let you know that as well as providing support for people to help them into volunteering, employment, training and self-employment, we offer eligible clients free training in Health and safety in the workplace, 1st Aid First response, Safeguarding, COSHH and Level 2 Food Hygiene, (this is sometimes handy for people going into, or are already volunteering). We also have developed a short training module to help people to use video calling apps, such as MS Teams and Zoom. This is aimed at helping people prepare for video interviews, but can also help people to keep in touch with friends and relatives.

Eligibility criteria for our current project includes those with a health condition (this can be anything from RSI to long-term health conditions), those on a pension, sickness benefit ESA/UC sickness element or living from savings.

If you would be interested, please contact Jan directly: email janet@primecymru.co.uk or phone 07983 097629

National u3a news

We have also received an email request from Sue Shannon Jones, the Wales Third Age Trust Trustee for Wales, requesting volunteers. It is definitely that time of year. Sue writes:

I have a 'shopping list' of the kind of volunteers we need

- Judges for the Short Story competition;
- Volunteers to help new u3as start up and those who are looking at relaunching their u3a;
- people who can provide advice and support for websites and using zoom etc;
- we also need PR advisors and research and shared learning coordinators;
- and people who can help organise and facilitate meetings and conferences.

I'm aware that some people are already doing some of this, but we definitely need more. We can never have too many. If you or someone you know want any further information on this please let me know.

I shall be organising an online meeting toward the end of February, anyone who is interested in helping to maintain a healthy and vibrant u3a in Wales will be welcome. If you don't feel that you can volunteer any time, your ideas or comments would also be appreciated.

Please would you pass this information on to all members inviting them to contact me through the Wales website or my email Sue.Shannon-Jones@u3a.org.uk

Do remember that you can sign up to receive the u3a's National Newsletter on the [National u3a website](#) where you can also view any newsletters you may have missed.. The newsletters cover a wide range of topics, activities and events held by u3a's throughout the country.

Taking Care with Covid

The Coronavirus vaccination has certainly been one of the most divisive issues in my life time with positions and opinions hardening as time has gone on. I have already observed the splitting of long term friendships while listening to all the arguments and information.

The committee take the responsibility for our organisation and all our membership very seriously. To date, we have followed all the National Guidance and at every turn taken the cautious approach. As you can appreciate, the Coronavirus situation occupies part of the agenda at each of our committee meetings. The situation remains that we request all members consider the safeguarding of others and do not attend u3a activities unless they are fully vaccinated, or if medically excepted, take a Covid test which proves negative before joining any u3a activity.

Chairman's Liberty

I sometimes get involved with research projects with Warwick University and have during my career supported and funded PhD students. This does make me a bit of a soft touch when I receive emails from students like the one below. As this particular study and piece of research will hopefully add to the weight of evidence leading to better support for those more elderly leaving hospital you may wish to contribute if relevant.

Catherine Launder is a PhD student with the Centre for Innovative Ageing (CIA), College of Human and Health Sciences, at Swansea University. She writes:

The title of my PhD is: Transitions in Care: Information needs concerning the discharge from hospital of an older person

My research is exploring the information expectations and needs of older people being discharged from hospital and those of their carers. The study has received ethical approval from the College of Human and Health Sciences.

I am looking for people I can interview who are:

- people aged 65 and over who have been discharged from hospital in Wales within the previous 18 months
- or kin / non-kin carers of people like those above

If you would be willing to take part in Catherine's study please contact her: email 123412@swansea.ac.uk or phone 07763 871 038

As I said in my introduction, I am expecting this to be the last of my regular newsletters. I would like to thank everyone who contributed material for the newsletters and those that took the trouble to respond. It is always nice to get feedback and know that they are not just ending up in your junk folder!

I look forward to seeing you at our March meeting when we will be hearing the story of Radio Caroline.

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](#).