

Message from the Chairman

As our summer term has just ended, now seems a good moment to reflect on the last academic year. Overall the year has had the feel of the years before Covid - a full programme, with a wide range of courses and activities with only minimal restrictions. One lasting, positive change has been the addition of hybrid course delivery, which has increased the number of course places available. For this we owe a debt of gratitude to tutors for being prepared to adapt their materials and delivery. As always, it was only possible through the tireless effort of our staff, with the help of volunteers, in managing the numerous concurrent online sessions.

You will have received the Programme with this Newsletter. As every year, it contains a truly bewildering range of subjects and activities. We are very fortunate to have such a talented group of members who offer their time and expertise in running or organising our activities. So, you now have the enjoyable task of choosing courses that appeal and also fit into your busy lives. The dilemma of too much choice!

While the bulk of the administrative work of the organisation is done by our staff, there are various tasks for which we need the help of volunteers. Please see details of how you can help on page 3. Essentially, we are a member-based organisation, run by its members for the benefit of the members, not a service provider from which services are purchased. If you would like to be involved in helping the organisation to continue to run smoothly, please consider volunteering.

You can also contribute by helping with our most immediate challenge, recovering our membership, which is still about 10% below our financial breakeven point. While this is a slight improvement on last year, we are still nibbling into our financial reserves. To this end, you may well have noticed that we've ramped up our advertising considerably this year. However, as the recent members' survey showed, over two thirds of new members joined through being referred by a friend, so you are our best recruiting agents. In the first instance, please encourage your contacts to attend our Open Day on Thursday 6 July.

Historically, I am aware that there has been a reluctance to grow the organisation for fear that members would not be able to get onto their chosen courses. However, new members bring new tutors, as about one in eight members offers to run a course or activity, so new members will mean new courses and activities.

In the meantime, I hope you will find something of interest in our summer events programme. Finally, on behalf of the staff and Council I wish you all an enjoyable summer and look forward to welcoming you all back for the Autumn term.

Tim Ewbank

Term dates 2023-24

Autumn term: Monday 9 October - Friday 15 December 2023

Spring term: Monday 15 January - Friday 22 March 2024

Summer term: Monday 15 April - Friday 14 June 2024

The start date for each course is given on the website, which is regularly updated.

Changes to renewing membership via the U3AC website

The order in which you pay your annual subscription and apply for courses has been changed. You need to pay the annual subscription first, afterwards you will be able to select your courses. This reinforces the fact that our activities are for members only.

We have responded to member objections to using Paypal when making website payments and are pleased to announce that all such payments will now be made by debit or credit card only.

We will shortly be introducing the option of paying your subscription by annual direct debit. When it is ready, details will be available in the weekly Bulletin.

U3AC premises

From Monday 10 July to Friday 11 August 2023 the U3AC premises will be hired out to a local language school. During these dates members may visit the reception desk on the first floor but unfortunately not the other areas, including the social area, as they will be in use.

From Monday 14 August to Friday 15 September the premises will be closed to all visitors to enable staff to deal with course allocations. Contact can continue to be made by email or telephone.

Promotion of our Open Day on Thursday 6 July

We will be holding our Open Day for prospective members on 6 July from 10 am to 1 pm. This is an important recruiting opportunity at which we showcase the range of courses and activities we offer members and is a chance to meet some existing members and tutors/organisers.

Your help in promoting U3AC is both necessary and appreciated, as we need to recover our membership to pre-pandemic levels.

Open Day 6 July

The event is for prospective members only – we regret we will not be accepting membership forms etc for processing at the Bridge Street premises on this date.

Business cards

Attached to this June Newsletter is a “Retired, not tired” business card. You may have seen this strapline in our recent marketing initiatives. One of the many benefits of joining U3AC is that it can help members to stay mentally and physically active whilst learning and enjoying activities for fun. We need your help in promoting U3AC to new members, so please do give this card to a retired or semi-retired friend who you think would benefit from joining us! Contact the Office if you would like additional business cards.

Donations & legacies news

The late Eileen Benroy, an active member from 1999 to 2018, has kindly remembered U3AC in her will by leaving us a generous legacy. We continue to be enormously grateful to past-members and benefactors who have chosen to support the ongoing work of U3AC in this way.

Summer events

A programme of events is now available. Events have now started and include tours, talks and a garden party on 24 July. Places need to be booked in advance, preferably by email to office@u3ac.org.uk. Payment can be made for the one chargeable event, the Christ's College Garden Party, at the U3AC Office in person using a debit or credit card or online using Eventbrite (who charge a non-refundable booking fee). Full details are in the programme on our [website](#).

Additional Garden Party – date for your diary

Sunday 3 September, at The Dovecote in Haslingfield. Keep an eye on the weekly Bulletin for further details nearer the time.

Volunteering

There are many opportunities for ensuring the ongoing success of the organisation by volunteering. Although many members will have joined U3AC to take part in courses, all members are encouraged to commit to volunteering in one of the ways below. When enrolling online please complete the Volunteering section in "Your Info". If you are completing a paper application form, please enter the details on there.

Reception desk

You will be meeting and greeting members as they come into the first floor and be there to assist with any enquiries they have, plus doing photocopying for tutors. Interested members will be friendly and welcoming, and need to know their way around the website to confidently be able to answer members' queries. There is a small team of volunteer receptionists who each work one day a week and we are in need of cover for them in case of holiday or illness.

Zoom host

The role entails being in the U3AC premises, digitally opening and closing Zoom classes as a host on our licenses, being alert to anyone having technical difficulties, troubleshooting and giving advice where possible, taking the register, liaising with the Office staff via walkie-talkie and tidying classrooms at the end of the day. Interested members will be friendly and welcoming, have a good understanding of computers and have attended Zoom courses. Could you spare half a day each week in term time? The day would be the same each week and would be fixed by mutual agreement. This is a very important role which benefits a large number of members, without volunteers we will be unable to host Zoom courses.

Trips and visits

The Cultural and Social Activities Committee welcome members to join them in arranging day trips and visits and processing applications.

Tutoring

Like getting satisfaction from teaching others something interesting or helpful?

Enjoy sharing your interests with like-minded people?

Teaching for U3AC is particularly rewarding as all the students are not only keen to learn but can also provide knowledge and information from their own experience which enlivens the whole process.

Courses

Amendments to 2023-24 Programme

FLM 02: Moviemaking - start date is now 23 October.

New courses – please enrol on your application form

FIT 40: Table tennis (Friday)

Coordinator: Jonathan Clough

Assistant coordinators: Deborah Clough, Simon Pearl, Sue Purselglove

Day and time: Friday 14:30 - 16:30

Venue: St George's Church Hall (Community room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 26

Start date: 13 Oct

Have fun, make friends and get fit playing table tennis. All levels of play welcome as we try to pair off newcomers with more skilful players. We play doubles which can be fast and furious! Your skills will soon improve and there will be lots of laughs. You will need your own bat and white balls only are provided so if you prefer colour bring your own. Wear loose sports clothes and bring a drink (water is available on site).

Format: Course or activity without teaching

About us: We're not fiercely competitive, so if you've always fancied having a go at table tennis we look forward to seeing you – we're a friendly bunch.

SCE 22: Eat well, live longer, live well (Spring term)

Leader: Alan Winfield

Day and time: Tuesday 15:45 - 16:45

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 16 Jan

What to eat, what to avoid, how to cook it. We will look at safe simple lifestyle prescriptions based on solid scientific evidence referring regularly to a whole host of published research papers. 100 years ago the major causes of death were pneumonia, tuberculosis and diarrhoeal disease, also malnutrition in some parts of the world. Today death in the developed world is largely due to lifestyle diseases. No fads, no moral crusades, just solid scientific evidence based on peer reviewed research publications.

Format: Lecture

About me: It is important to say that I am not medically or nutritionally trained. I have a scientific background and some scientific research experience. I see my role as a facilitator.

SCE 22(z): Eat well, live longer, live well (Spring term)

As for SCE 22 but attending via Zoom.

WOR 06: The Balkans

Leader: Alan Winfield

Day and time: Tuesday 15:45 - 16:45

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (8 weeks)

Places: 20

Start date: 24 Oct

This course will look at the history, geography, politics, ethnicity and peoples of Albania, Macedonia, Montenegro, Bosnia Herzegovina, Croatia and Slovenia. We will have a virtual tour of parts of these countries and visit sites of interest. A visit may be arranged to one of these countries if there is sufficient demand.

Format: Lecture

About me: I have been leading walking holidays and coach tours in the Balkans for over 20 years. I taught in Albania in 2011 and 2012.

U3AC round table lunch group

This social lunch group / club meets once a month (usually the first Wednesday of the month) at restaurants across Cambridge. Usually there are about 8 members meeting at once. The group ran successfully last year and will be continuing again in 2023-24, coordinated by Olga van den Akker. If you are interested in joining, please contact the Office by 22 September and we will pass on your details.

About courses

Hybrid courses information

Several courses are running in a hybrid format, whereby some members are in a classroom and others attend simultaneously via Zoom. Courses in hybrid format have the same course code, but the Zoom class has a (z) suffix eg HIS 01 and HIS 01(z) - you need to apply for one or the other. If you enrol for the classroom option you can also attend via Zoom if you cannot attend in person one week, but if you enrol for the Zoom course, you **cannot** attend in person.

Oversubscribed courses

Every year, several courses are oversubscribed – not necessarily the same courses each year and we can't always predict what they will be. However, in case it helps in terms of managing expectations we wanted to let you know that all Art History courses were oversubscribed last year and we would expect the following ones to be heavily oversubscribed this year:

Light-hearted crafting and making group

Dance and exercise to Zumba

Walks around Cambridge - Tuesday

Cambridge City walking group - Saturday

Botanic Garden group

Spines, shoulders, hips and knees. How do they work normally, what can go wrong and what can you do about it?

Cambridge history and the wider context

Explorers and travellers in Asia

British Prime Ministers - Disraeli to Thatcher

From Parnell to the 1916 Rising and its aftermath

Irish cultural history

Napoleon Bonaparte

The history of England AD 410 to 1066

The Three Kingdoms under the Stuart Monarchy 1603-1714

Modern European novels

The learning brain

Cosmology

Remember, all courses are allocated using a computer algorithm. Full details of how courses are allocated can be found in the Programme.

Tutors' details

For data protection reasons, the Programme does not include tutors' contact details or the venue if a course is held in a member's home. This information is given on the members' area of the website. Members without internet access can obtain this information from the Office.

To view the details on the website, log in using your username and password. Your username is usually your first name, then a full stop, then your surname. The first time you log in, you will need to set up a password. To set up a password, click the 'Forgotten Password?' button on the login screen.

Please contact the Office if you have any difficulties using the website.

Access to venues

If you have mobility issues please look at the 'Course venues' pages at the end of the Programme to check whether the course you are interested in is held in an accessible room before applying for it. However, every effort is made to ensure courses are accessible.

Closing date for applications and course allocation

We would like to receive your application for courses by 1 August. Applications received after this date will not be included in the automated allocation process.

A letter giving details of which courses you have been allocated will be sent to you by post with your membership card and Newsletter at the beginning of September.

General information

Gift membership

Do you know someone who is retiring shortly? Would you like to give them a retirement gift of a year's U3AC membership? Contact the Office and we can send them a gift card along with a Programme and application form.

A reminder

The annual membership subscription of £105 contributes to the administration and accommodation costs of the U3AC. **It is not a payment for courses, lectures or activities.** Members can attend the Wednesday and Norah Boyce lectures (space permitting), apply for up to 6 courses and apply for visits arranged throughout the year. You can also join any of our “Xtra activities” groups which are open to all members.

If you apply for only ONE course and that course has a limited number of places we cannot guarantee you a place on that course, so it is advisable to provide an alternative.

Cultural and Social Activities

These activities are organised by the U3AC Cultural and Social Activities Committee. The Chair of the Committee is Clem Messenger.

A visit has been arranged on Tuesday 3 October to Charles Rennie Mackintosh House and Northampton Museum and Art Gallery. The Museum houses its famous shoe collection. Cost £27. Application forms are now available from the Office or on the [Trips and visits](#) page of the website. Closing date 8 September.

New: If you wish to pay by bank transfer, it is now possible to complete an online application form on the [Trips and visits](#) page of the website. Communication will be done via email without the need to provide an SAE.

Norah Boyce Science Lecture recordings

Recordings of previous terms' Norah Boyce Science lectures are now on the Norah Boyce Science Lectures page of our website for you to view.

Wednesday Lecture recordings

Recordings of last term's Wednesday lectures are now on the Wednesday Lectures page of our website for you to view.

Deaths

We were sorry to hear recently of the deaths of:

Stella Malhotra in December

Jim Haskins in December

Dick Wilson in March

Don Jordan in March

General administration

Council meeting

The next U3AC Council meeting will be on Tuesday 22 August 2023.

Other organisations

McGill Community for Lifelong Learning (MCLL), Montreal, Canada

The 'Fall' programme is now available on their website: <https://www.mcgill.ca/mcpll/>

Details of events held by other organisations can be viewed on our website: <https://www.u3ac.org.uk/news/other-organisations/>