

UPTON & LYTCHETT u3a

NEWSLETTER - July 2025

Welcome to our summer Newsletter.

Summer is a fabulous time of year, when long light nights and warm days lift our spirits and make most of us feel better. It's also a very busy time for the u3a Committee.

Although the 31st of August is officially the end of our year, for many of our groups who take a break during the summer the end of July marks the time when they stop meeting. Whilst this gives our members time to perhaps take a holiday or catch up with family, it also gives the Committee a chance to focus their efforts into preparing for enrolment and developing our program for the coming year. There's a lot for everyone to do in a short space of time. In addition to the day-to-day tasks we also have to organise the AGM, elect a new Committee, appoint people into post and support new members to get up to speed with the role they've taken on before the new year begins in September.

This year we are pleased to welcome two new members onto our Committee. Sue Partridge who was Publicity Manager has rejoined us as Membership Secretary and Bernadette Stonelake, who is new to our Committee, will be taking over from our Treasurer, Andy Jenkins, who has been with us for the past six years. Andy has done an excellent job looking after our finances for all this time. Not only has she steered us through the difficulties of Covid 19, she has been instrumental in enabling us to maintain a healthy financial position. My thanks and those of the rest of the Committee go to Andy for all her hard work, and we look forward to continuing to work with her in an informal capacity.

ENROLEMENT 2025/2026

As usual, soon after the AGM on 23rd July, enrolment for next year will begin. With our new online Application Form and payment system, it couldn't be easier and I encourage everyone who can to enrol in this way. But for those who can't, or who aren't sure how to do this, we are running two enrolment sessions. Each of these will be based in the local Library, where Committee members will be on hand to guide members through completing the online application form or to assist with the paper version if preferred. As well as completing the forms we will be able to talk members through any information you may need about our many activity groups and answer questions about our u3a.

PLACE	DATE	TIME
Lytchett Matravers Library High Street, Lytchett Matravers BH16 6BG	Monday 18th August	2.00pm - 5.00pm
Upton Library Corner House, Upton BH16 5PW	Wednesday 20th August	2.00pm - 5.00pm

No need to book just come along, and please bring anyone else you know who may find this useful. We are also encouraging potential new members to pay us a visit, so please spread the word amongst your friends.

ANNUAL GENERAL MEETING

WEDNESDAY 23rd JULY 2025 - 2.00pm - LYTCHETT MATRAVERS VILLAGE HALL

Each year we try to alternate the venue for our AGM so this year it will be in Lytchett Matravers. The mere mention of the AGM can, I know, elicit a sigh and roll of the eyes and I have to admit it's not the most interesting of activities our u3a gets up to. However, it is an essential part of running our u3a, and it is your opportunity to have your say in an open forum and to get answers to your questions. The formal AGM notice has already gone out, so do please come along. As well as presenting the report and accounts we will be updating members on key points from last year and planned developments for next year. We will also be presenting our proposals for next year's fee structure.

Tea and cake will be available following the AGM so for catering purposes please let our Secretary, Sharon Morgan know if you will be attending.
sharon@applehouseprojects.com

GROUP NEWS

Our existing groups will restart in September but over the summer I'd like to get a couple of new groups off the ground:

Does anyone have or know of anyone who has a large shed or outbuilding that a possible Men (and Women) in Sheds group could use for meetings? We have several people interested but nowhere for them to meet.

We have also been asked if we could reform the u3a Choir that disbanded during lockdown. Would or could anyone with a strong musical background offer to lead a choir group?

Our Upton Pétanque Group is fairly full, so would anyone be interested in a new Pétanque group using the pitches in Lytchett Matravers? Parking there is free!

Would anyone enjoy forming a group to go on outings at the weekend? If so, let me know.

Have a good summer everyone!

Gwyneth Harrop - Groups Coordinator

**AUTUMN TALK AND TEA – 17th October 2025 at Lytchett Matravers Village Hall
2.00pm – Cyber Crime Prevention**

We've all read the newspapers and heard reports of people who have been scammed in one way or another. It's a widespread problem from which no-one is immune and careful as we may be, it's still very easy to get caught out. So, for our next talk we are pleased to tell you that we have been fortunate to book Hannah Bird who is Cyber Crime Prevention Officer for Dorset Police. Hannah will give us a talk on scams and various ways to guard against getting caught out by this horrible crime. There will be time to ask questions and seek advice afterwards. We hope that many of you will find this a subject of interest.

As there is no charge for the speaker we will not charge members to attend but we would like a contribution towards the hire of the hall which we will collect at the door. Tea and cake will be served. We hope to see many of you there. No need to book.

U3a LOCAL HISTORY GROUP

Celebrating Lytchett Matravers Village School – 150 Years Anniversary

Lytchett Matravers Village School will be celebrating 150 years this month. To commemorate the occasion our u3a Local History Group will be supporting the event with a special display. The village school really is part of the heart of Lytchett, so whether you are amongst the many people in the village who have connections to the school, or just interested in supporting it, the school is inviting you to join in their celebration.

Lytchett Matravers Village School - Tuesday 8th July - 6.00pm - 8.00pm

NEWS AND EVENTS FROM OTHER u3a's

South East Region u3a Summer School

For those of you who are interested the u3a South East Region is once again running their excellent Summer School. For more information or to book please visit the link below.

Monday 1st to Thursday 4th September 2025 at University of Chichester

<https://southeastu3aforum.u3asite.uk/2025-2/>

A Day at the Races

We don't have enough admin capacity in our u3a to organise days out but that doesn't mean our members can't join in activities that other u3a's arrange. Here is an invitation from a neighbouring u3a in Devon.

Dee McVey, Chair of Okehampton u3a, has negotiated a discount at Newton Abbott Racecourse for u3a members. Instead of £18 for an online purchase of Paddock tickets it's been reduced to £10 per person for admission on Tuesday 9th September. It would be great to meet up with members from neighbouring u3a's, and combine this with a day at the races. If members would like to go, please email Dee; chair@okehampton-u3a.org.uk or phone her on 01837 658590 by 25th August.

We ask our members to get in touch – and here we have a lovely article written for us by Ginny Brown.

U3A – a Newbie’s Perspective

I’ve been most surprised by the knock-on effects of U3A; it’s not just about the classes but the connections and community.

I had worked full time for many years and hadn’t really got to know my local community but by joining U3A, and just a few classes, has meant that when I go to the library in Upton, I might see someone from my walking group; on a talk about local wildlife, I bumped into people from my Argentine Tango group! I recognise people in Lytchett Matravers now, when I go there for Tai Chi.

I have found everyone to be so friendly and even though we may not seem to have much in common at first – we really do – we are the ones that are getting out there, moving our bodies, stimulating our minds and meeting other people. I think it is such a positive organisation and I would encourage anyone to have a go and join.

I appreciate all the members who have taken the time to have a chat with me and make me feel welcome, and the group leaders who give their time, their homes sometimes - for activities such as playreading or games - and their expertise, for activities such as chess. There are behind the scenes heroes of U3A too – the secretaries and chairs, coordinators and treasurers – and they can always do with support if someone has time to help.

I would say there is something for everyone (of a certain age!) at U3A, whether you want to take part in a group, lead an activity or help with the admin.

I’m looking forward to trying more activities...maybe Pickleball, which I learned about from another group, and this is how the connections work...

Ginny Brown 23 June 2025

It’s always good to hear what our members think of our u3a or to have their views.

Please keep them coming.

You can contact any member of our Committee at any time.

Just go to our website and email via the Contacts page.

**WE WISH YOU ALL A VERY ENJOYABLE SUMMER AND LOOK FORWARD TO
SEEING YOU AGAIN IN SEPTEMBER**