



Dear Members of Newham u3a,

A very happy new year to you! My apology for the delay in getting this communication out from the other side of the world in Melbourne Australia, I will be back in early March.

Since our official launch in mid-October last year, we now have some 40+ members. I am hoping that by the Spring we will have more uptake in membership and we can get more interest groups in action.

In the short space of time, I am delighted to report that a few groups are now up and running:

- **Walking Group** – there have been a few outings over the last 2-3 months (even with the cold weather) – Thames Barrier Park, Guided walk conducted by Tower Hamlet u3a, Manor Park Cemetery, Nunnery Gallery visit, also Two Temple place (scheduled for 5th Feb)
 - If you have any suggestions for walks and / or able to lead a walk – please contact Sharon via email (sharonfell@icloud.com)
- **Art Group** – Newham U3A Art group have been meeting fortnightly over the past couple of months at East Ham library. We meet on Monday mornings (fortnightly) and have been concentrating on drawings and watercolours. For our last session before Xmas we were painting seasonal Robins and in January we are starting to work on landscapes. This group has been pretty active and very well guided by Marie; the Group will also be including visits to art galleries. If you want to join or have suggestions please contact ([Marie](mailto:mariechristie56@gmail.com)) (mariechristie56@gmail.com)
- **Yoga Group** – we met a few times from October to November in Canning Town, it would appear that the location is not ideal for some members. We are still trying hard to find an affordable place nearer to East Ham / Plaistow starting in mid-March. If you have any suggestion or would like to join please contact [Peter](mailto:chair@newham-u3a.org.uk) (chair@newham-u3a.org.uk) ; given our current low membership numbers and a relatively low cost of annual membership fees, we simply can't afford to pay £20 an hour to hire a venue. I am reluctant to move to a pay-per-class model for a venue but we may have no choice in the region of £2-3 per class for the venue hire. My previous u3a in Tower Hamlets had to pay for a Dance Studio space for yoga classes and we had to charge £5 per class just to even out the costs per month (i.e. as attendance figures did fluctuate from week to week) ; one possible option is to share a class with TH-u3a at Bethnal Green (I will continue to teach there – maybe fortnightly)

- **Theatre Group** – this Group is led by Rosemary, Secretary to our u3a and this is the report attached below:

Our first hurdle has been jumped! We met at my house in December and watched the National Theatre at Home production of Under Milk Wood with Michael Sheen. The main purpose of the meeting was to decide how we would manage the group and in essence we agreed we

- Would meet approximately 2 monthly
- Would prioritise local theatres
- Would prioritise matinee performances
- After the performance we would go to a local watering hole (tea, coffee or stronger drinks) to talk about the show and decide the next venue. We have broken one rule already. Our first outing will be to the West End to see The Pirates of Penzance at the Coliseum at the end of February but it is a matinee!

We would welcome any members who would like to go to the theatre with a like-minded social group to join our group. And a Happy New Year!

Anyone interested in joining this Group please contact [Rosemary](mailto:rosjenk@btinternet.com) (rosjenk@btinternet.com)

- **Gardening Group** – a few of us went to the Forest Gate Community Garden (FGCG), we were made to feel very welcome and were assigned a raised flower bed for our use. So, I expect come Spring, this Group will have regular meetings at the FGCG. Please contact [John](mailto:searsgolden@btinternet.com) (searsgolden@btinternet.com)
- **Talks & Presentations** – we started off pretty well in November with a fascinating talk given by Dr Martin Edwardes – Newham u3a Committee member and key contributor on the subject of “Approaches to Linguistics - the isms”. Martin has been lecturing at King’s College London for the last 10 years
 - More talks are in the pipeline from March, again we are still attempting to find a more affordable venue; at East Ham Library we ended up paying £40 for 2 hours so we could have tea / coffee before the talk
 - If anyone has a subject for presentation, please let me know
- **Book Club** – this Group is meeting monthly (one book per month) lead by Marie, please contact Marie if you are interested. Members will take turns to nominate a book, so if you don’t like a particular genre, please feel free to select a book of your choice for the month. mariechristie56@gmail.com
- **Bridge** – The Bridge club has its first meeting on Thursday 20th February at 1pm in East Ham library. Please contact Anna if you are interested (admni@newham-u3a.org.uk)
- **National U3A Online talks & groups** – just a reminder that as a member of Newham u3a you can register and access a number of online groups and talks ; some Groups are chargeable – for example, I signed up to the Climate Matters Group – they meet monthly online, plus other in person events throughout the year ; there is a local group for London region. There is also a Climate Matters conference scheduled of May 2025 at Warwick University – which I am attending. I am hoping to start a Newham u3a Climate Matters discussion group either meeting in person or online – once a month. Please let me know if you are interested.

- **Online Conversation** - Hilary (Cttee member & website) has kindly invited members to attend their online Conversation Café – it is not a Newham-u3a group, if you want to try it out please make sure you abide by their rules. “Our online ["Conversation Café"](#) – is a simple, hospitable, empathetic space where feelings & uncertainties about our future, the climate and the complexities of our world can be safely expressed. World events impact us all in many ways, and it can be hard to share our thoughts and feelings. We don't have the answers, but sharing may help us to build some resilience to deal with inevitable changes. This is an advice-free zone where all feelings are welcome!” Contact Hilary for any more info info@newham-u3a.org.uk
- **From Rosemary** - on January 17th I represented Newham u3a at the London Region u3a Delegates meeting where a presentation was given on the learning opportunities available to members. There is an amazing, very extensive list of learning activities, talks, courses and informative papers all free. I was very impressed and plan to access some of these. To access the whole programme you need to go to the [u3a website](https://www.u3a.org.uk) (<https://www.u3a.org.uk>) and then [ONLINE LEARNING EVENTS](https://www.u3a.org.uk/learning/learning-activities) (<https://www.u3a.org.uk/learning/learning-activities>) You will find yourself in an Aladdin's Cave and wish there were more hours in the day.

Best wishes for 2025
Peter Chung
Chair, Newham u3a

Newham u3a Website

<https://www.newham-u3a.org.uk/index.html>

For further information on Newham u3a please contact
info@newham-u3a.org.uk
chair@newham-u3a.org.uk



Nunnery Gallery Visit



- January Theme – Landscape



- Art Group
December theme



- 1st Walk (there were 11
members but not all wanted to be
in the photo)



- At FCCG