

January/February 2020

PLEASE NOTE

The January Monthly Meeting is a week early this month to accommodate the speaker's diary. Although the date was given correctly in the last Bulletin, there has been some confusion due to the bonus of an extra meeting with speakers on Friday 31st January, organised by the Coping with Ageing Group. Full details of both events are below.

MONTHLY MEETING



A light-hearted school talk by
JOHN SHEEN

Friday 24th January 2020
2.00pm at Llangybi Village Hall

Free admission

TUCK SHOP open for tea and biscuits

EXTRA MEETING

Positive Thinking

Friday, 31st January at 2pm at The Sessions House, Usk

We have three inspiring speakers
who will each give a short informal talk and answer our questions

A cheerful and encouraging afternoon is guaranteed!

Cups of tea, cake and gossip included – ALL WELCOME

NEW CRAFTS GROUP STARTING IN JANUARY

Our first meeting will be held on Tuesday 21 January at 2-4 pm in the Sessions House, Usk. Refreshments will be available and there is no charge for the first meeting. Future meetings will be held on the third Tuesday of the month. Everyone Welcome !

For further information, please contact Ann on 01291 672173

New Book Group ?

Still a full house for Book Group 2, however the list of enquiries about U3A Book Groups is growing and the possibility of a new group forming almost there. We just need 2 or 3 more names to get one going. Are you interested? There will be help to set it up as soon as we have enough numbers. *Rosemary 01291 671567*

Wine Tasting cancelled

Unfortunately, the Wine Tasting planned for 7th February has been cancelled due to low numbers.

Membership Subscriptions for 2020

This is a gentle reminder to all members who have not paid their subs for 2020 which became due on 1st January. Please send a cheque for £12 with a membership renewal form to Mrs R Meek, 5 St Cybi Avenue, Llangybi, USK NP15 1TT. Or alternatively go to the USK U3A website and follow the instructions on how to pay on line. Thank you. *Roma*

Can you help the Painting Group?

The Painting Group is looking for someone who can give them some hints and tips to improve their painting skills. If you think you might be able to help, please contact Margaret Hatfield who is a member of the group.

Phone: 01292 450209 or email: margarethatfield@madasafish.com

USK U3A COMMITTEE

Don't forget we need members to take a turn on the Committee if we want to continue enjoying our U3A.

Being a Committee member is not particularly arduous or time-consuming (the Committee meets once a month for no more than two hours) and is not a long-term commitment (members are elected for a period of only one year). You don't need any special experience or skills. It is your opportunity to have a say in how our U3A runs and what we do.

If you want to continue coming to U3A, please think hard about whether that is worth just two hours of **your** time a month, for one year. Lifts to meetings can be arranged if transport is a problem. The situation is urgent. **Please don't wait till March to think about this.** Find out more **NOW** by contacting one of the current Committee members below for an informal, no-commitment chat.

Mel Witherden Phone: 01495 769000 email: mel@sunlea.org.uk
Maggie Corke Phone: 01633 430237 email: cafnews@btinternet.com
Joan Bennett Phone: 07974 776805

Dates for your diary

Note: Meetings held in members' homes may have to restrict numbers. At present, most groups are able to accept new members. Please check with the Convenor.

Monthly Meeting

Friday 24th January at 2.00pm, Llangybi Village Hall (see page 1)

EXTRA Meeting

Friday 31st January at 2.00pm, The Sessions House (see page 1)

Bridge Group

Convenor: Mary Atkins 07903 977661

Every Monday and Wednesday afternoon at 1.45pm at the Sessions House, Usk.
New members welcome. Please contact Mary if you are interested.

Coping with Ageing Group

Convenor: Libby Harry 01291 408348

Friday 31st January at 2.00 pm at The Sessions House, Usk. (see page 1)

Tuesday 11th February at 2.00 pm at The Sessions House, Usk

Dementia Information Session with Iain Cameron, Dementia Friends Champion, Alzheimer's Society

Cribbage Group

Convenor: Roger Goffin 07501 954247

Every Wednesday evening at 7.15pm at the British Legion, Old Market St, Usk.
Absolute beginners to experienced players are welcome. Tuition will be given.

Craft Group

Convenor: Ann Jones 01291 672173

Tuesday 18th February at 2.00pm at the Sessions House

If you like to sew, knit, crochet, quilt, embroider or any other craft, or maybe you'd like to learn a craft then this could be the group for you.

Gardening Group

Convenor: Margaret Hatfield 01291 652972

Friday 14th February at 2.00pm at Llangybi Village Hall)

A talk by Marion Stainton on 'Murder, Magic and Potions in the garden'.

Marion is the owner of 'The Brooks' garden in Herefordshire and is very interested in sustainability and the environment and gives a variety of talks to gardening groups and horticultural societies. This meeting is open to all members of U3A. There will be a charge of £2 which includes tea and biscuits.

Please note the gardening group meeting is usually the second Friday of the month but this year the second Friday in May has become a bank holiday and in April Good Friday. The Monthly Bulletin will have all changes to the programme and hopefully the website.

Reading Group 1

Convenor: Hilary Burgess 01291 690861

Thursday 20th February at 2.00 pm The Giver of Stars by JoJo Moyes

We meet in a member's home. Please contact Convenor.

Reading Group 2

Convenor: Rosemary Cochrane 01291 671567

Thursday 6th February at 10.30 am

Currently it is not possible to increase the numbers in our group but I am happy to take names of anyone interested to go on a waiting list. There may be sufficient interest for a third group to be established in the coming months. Rosemary

Scrabble Group

Convenor: Rosemary Evans 01291 672276

Wednesdays 2 - 4 pm, 12th and 26th February

We meet in a member's home. Please contact Convenor.

Gentle Walking

Convenor: Myra France 01291 673377

All walks are subject to change depending on the weather. Contact Myra if doubtful.

Walks usually start at 10am from the main car park in Usk. If coming for the first time, please contact Myra in case of changes. All members welcome.

Monday 10th February - Snowdrop walk

Monday 24th February - Monmouth

Coffee Walks

None at present.

Did you know

Bowel Screening Wales, with support from Bowel Cancer UK, the UK's leading bowel cancer charity is running a campaign to promote bowel cancer screening.

In Wales, every year more than 2,300 people are diagnosed with bowel cancer and over 900 people die. It is the fourth most common cancer and the second biggest cancer killer in Wales, **but it is treatable and curable especially if diagnosed early.**

Bowel Screening Wales post a screening test to men and women, between the age of 60 and 74 every two years. Only 56% of people return the test, this number is even lower for men. Completing and returning the test can literally save lives.

PLEASE NOTE

The February/March Bulletin will be produced by Mel Witherden while Maggie is on holiday. If you have anything for that issue, please send it by 14th February to:

Mel Witherden, mel@sunlea.org.uk