

USK

u3a

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With leaves turning golden and nights drawing in, autumn is the perfect time to settle down in a comfy chair with some literature for company. Did you know that John Keats called autumn the 'season of mists and mellow fruitfulness'. You might like to read some autumnal poems by classic and contemporary poets, including John Clare, W.B. Yeats, Robert Frost, Emily Brontë, Carol Ann Duffy and Benjamin Zephaniah. It is also the perfect season for a cozy murder mystery, a fantasy read, or just a really great novel set in September, October, or November. As Anne narrated in *Anne of Green Gables*, "I'm so glad I live in a world where there are Octobers". And don't forget *Jane Eyre* begins on a dreary November day—"There was no possibility of taking a walk that day..." Whatever your choice, enjoy the season and the glorious feeling of curling up warm and comfortable with a good read!



CELEBRATING THE 16th ANNIVERSARY OF USK u3a



On Friday, 27th September, nearly forty members met in the Centenary Hall, Usk to celebrate 16 years of the formal start of Usk u3a. The event began with a glass of prosecco or fruit juice for members, followed by a fascinating talk by Cath Barton, Abergavenny author, literary critic and photographer speaking on 'Art as an inspiration for stories'. The event concluded with a tasty afternoon tea. If you attended the event, can you spot yourself in one of the pictures? If you like the sound of this event, look out for next year's meeting and book your place.





This event took place in u3a week, so it was a double celebration. U3a week 21-27 September, is a yearly celebration of the learning, fun and laughter of the u3a movement. Across the country, u3as planned events, talks, lunches and day trips to mark the occasion.

Our own Bridge Interest Group got involved in u3a celebrations too. Members of this group enjoyed a lovely afternoon on 23rd September. There was an intricate session where nearly everyone moved tables, which was brilliant, because members got to play against

each other and chat to more of the members. The convenor, Lee Blanning, organised the event and provided prizes of wine and cheese for the winners. A brilliant afternoon all round!



Our next members' meeting is the famous 'Members' Quiz'



Why not come along to our famous Quiz session on Friday, 25 October at 2pm? It is taking place at Llangybi Hall, Llangybi.

Teams should have a maximum of six members but there is no minimum number. We expect to make up some teams on the day so if you come alone everyone can join in the fun.

We have a range of prizes to be given on the day.

Information about the Christmas lunch

Once again, we have arranged a Christmas lunch for members. It is taking place on Friday, 22 November 12.30 for 1pm sit down at the Cwrt Bleddyn Spa Hotel, Llangybi.

This event is an opportunity to get together with others and celebrate the season. The cost of the two-course meal, including tea or coffee, is £26 and includes a choice of main courses and desserts. The menu is traditional Christmas fayre with a vegetarian or fish option. Entertainment and raffle prizes are included in the price.

Members will need to find their own way to the hotel and might like to car share.

Please book by Friday, 15th November using the booking form that has arrived by email.

If you have any queries contact Joan Clarke jpiljoc@aol.com 01633873211 who is making the arrangements.





The Third Age Trust Report: Learn to Live

A new report, titled *Learn to Live: A blueprint for better health and wellbeing*, has been published by the Third Age Trust. This report highlights the value of a low-cost, non-formal learning model for better health and wellbeing, and for healthy and active ageing. The report suggests that non-formal learning can help tackle loneliness, encourage social connection, and even improve the health of participants and wider communities. The u3a model embodies the five ways to promote wellbeing - connecting, being active, taking notice, continuing to learn, and giving. It also tackles ageist attitudes and stereotypes. The report calls for greater recognition of the value of non-formal learning and for more resources to enable access to many more who could benefit.

"The u3a movement contributes so much to society. It not only supports people to continue learning and engaging in life, but it draws people together and helps to build strong, connected communities. This is a vital antidote to the widespread and devastating effects of loneliness and social isolation." Says Harriet Radermacher, author of the report and Policy Manager at the Third Age Trust. "We hope that this report will raise awareness of the value of non-formal learning, and generate momentum to ensure this low cost and accessible option is available for people of all ages to come together and stay healthy and active."

You can read the full report on the Trust's website at <https://www.u3a.org.uk/latest-news/new-report-learn-to-live>