



THE UNIVERSITY OF THE THIRD AGE

## Newsletter August 2018

Registered Charity number 297529

### Chair's message

The Third Age Trust has just published a report titled [Learning not Lonely](#). It is the result of research and a consultation with U3A focus groups into the impact of the U3A lifelong learning model on health and social well-being. Of those surveyed 91% said their involvement had helped them make new friendships and feel supported. There were distinct advantages in the informal and self-help model over more formal educational opportunities.

Current research has shown that loneliness particularly among the elderly has severe consequences for both mental and physical health. In this respect we can perhaps congratulate ourselves in having a vibrant and growing U3A offering a huge variety of opportunities, primarily learning opportunities but in a relaxed social context. The report suggests that rather than just overcoming loneliness it is better to talk of promoting well-being. It does, however, raise some questions which we could pay attention to.

#### **Is the U3A concept widely understood in our locality?**

The word 'University' puts people off especially those whose experience of formal education has not been a happy one whatever their life achievements. Could we do more to engage with a wider constituency including local minority communities?

#### **Do we do enough to reach out to other community groups?**

Some U3As engage in shared learning projects from historical research to care for the environment. Others have groups based in retirement homes. Some work with local community centres or have stands at local fetes and fairs.

Of course, it is easy to raise these questions but if we think we should respond, it is over to you. That's the U3A model. If you feel we should be responding to these issues in some way, I would be very pleased to hear from you.

**Michael Cockett**

### Annual General Meeting

Our **AGM** takes place in October and you will find the agenda and nomination forms for the committee at the end of this newsletter.

We have **4 vacancies** including for **Vice Chair and Treasurer**.

New ideas and new people are essential for any organisation to develop and grow, so please consider coming forward to help keep our U3A vibrant and relevant.

If you have any queries about the newsletter, please contact the newsletter editor [pat.cockett@ru3a.org.uk](mailto:pat.cockett@ru3a.org.uk)

## Committee 2018-2019

### Chair

**Michael Cockett**

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### Vice Chair

**Colin Mitchell**

01737 246589

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**Hon. Secretary  
Elizabeth Gurteen**

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**Hon. Treasurer  
Alex Hunter**

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## Committee members

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**Pat Cockett**

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**Tina Pankhurst**

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**Heather Phipps**

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[heather.phipps@rru3a.org.uk](mailto:heather.phipps@rru3a.org.uk)

## Welcome to new members



We would like to welcome the following new members who have joined recently:

Jane Bourne, Michael Bye, Sandra Clarke, Pamela Cock, Hazel Cooper, David Dick, Helen Doling, Amanda Dunn, Cynthia Haynes, Elaine Orr, Karen Randall, Judith Robinson, Gemma Roulston, Sally Turner, Simon Wood.

We hope you enjoy the learning opportunities and friendship that U3A offers.

If you have any questions please ask any of the Committee, who can be identified by their badges at the Friday meetings, or contact them directly.

## Welcome and information meetings for new members

Welcome meetings are held regularly for new members to meet the committee, to hear in more detail about what U3A has to offer and to get to know other new members.

All members joining since August will receive a personal invitation to the next meeting at 10.00am on **Tuesday 20 November** in the meeting room at Reigate Park Church.

We would love to hear from you if you joined Reigate and Redhill U3A recently, have not yet attended a meeting and would like to attend the next meeting in November.

Please contact Elizabeth Gurteen on [elizabeth.gurteen@rru3a.org.uk](mailto:elizabeth.gurteen@rru3a.org.uk) or 01737 247791 and she will put you on the list.

## Friday meetings

At Reigate Park Church, Park Lane East, Reigate at 2 pm

### Friday 7 September: The Plight of the Bumblebee

**Nikki Gammans**



This talk will cover the three types of bee - their ecology and lifecycle, their decline and how we can help through gardening for them. Nikki Gammans will also discuss the reintroduction project for one of the UK's extinct bumblebee species, the Short-haired bumblebee.

Nikki has studied Biological sciences in Edinburgh, Southampton and Maine University in the United States. A long-standing interest in insects particularly bees, wasps and ants started at the age of 16, lead to the decision to do a PhD in this field and eventually make a career in insect conservation.

### Friday 5 October: Reigate and Redhill U3A Annual General Meeting

Speaker to be announced

### Friday 2 November: Tales of a Modern-Day Plant Hunter

**Tom Hart-Dyke**



The UK's first ever 'World Garden of Plants' at Tom's family home Lullingstone Castle in Kent, is the vision of this Modern-Day Plant Hunter.

**Tom Hart-Dyke** first shot to international prominence in the year 2000, when he was kidnapped in the Colombian jungle on a plant hunting expedition that went

dangerously wrong. Since his release from captivity, Tom has been busy building the 'World' in his back garden at Lullingstone Castle.

**Tickets (£12) for the Christmas Tea Party on Friday 7 December will be on sale at the AGM on Friday 5 October**

#### **Bring a friend**

*Just a reminder – if you think friends might be interested in the topics of the Friday meetings they are welcome to attend. They will be asked to sign in so that we have a record of attendance.*

## “I’d like to ask you a few questions”



**How many feathers are there on a Robin?**

Someone from the **Ornithology** group probably knows.

**How much water does the Flying Scotsman need to steam power from Edinburgh to London?**

Ask a member of the **Railway Studies** groups.



**Can you describe Reigate Stone?**

The **Earth Science** group could explain this.

**Can you make white wine from Black grapes?**

Easy question for **Wine Appreciation** members.



**Does it matter if fabric has a nap?**

The **Dressmaking** group members know the answer to this.

We are constantly being told to eat less sugar, salt and fat, cut down on alcohol and cut out smoking altogether. You might wonder what's left that you can indulge in with no guilt.

I have the answer to that question – **learning!!**

You cannot overdose on gaining knowledge or a new craft skill. A quick look through our numerous and diverse active groups gives you lots of choice, so dive in and help yourself to as much as you can.

As usual, for anything to do with groups you can contact me, **Jan Brown – Group Coordinator** at [groups@rru3a.org.uk](mailto:groups@rru3a.org.uk)

Visit the [Groups page](#) of the website [rru3a.org.uk](http://rru3a.org.uk) to discover all the groups that are looking for new members.



Special computer support session on **Tuesday 16 October.**

See Page 8 for details

**Have you moved to a new house or changed your email address?**

Please let **John Hopkins** on [data@rru3a.org.uk](mailto:data@rru3a.org.uk) know so that the details we hold can be updated.

## Events



**Thursday 20 September**

**Kensington Palace  
£54 (including lunch)**

Visit **Kensington Palace** after lunch at Kennedy's restaurant, to see Princess Diana's frocks, The Queen Victoria Exhibition, State Apartments and Gardens.

## Outings



Contact Jane Rayner on [outings@rru3a.org.uk](mailto:outings@rru3a.org.uk) or 01737 240973



**Monday 29 October**

**Royal Hospital Chelsea  
and National Army  
Museum  
£40 including cream tea**

This outing includes a visit to the **National Army Museum** and a tour of the **Royal Hospital Chelsea** with a Chelsea pensioner in scarlet.



### Coffee mornings and computing help

**St Joseph's Community Centre, Ladbroke Road, Redhill, RH1 6SY**

Everyone is welcome to attend the coffee mornings held once a month from **10.00am to 11.30am** on different days of the week to avoid clashes with group meetings.

There is usually a theme for each meeting and there will be **Help with Computing** tables at each meeting. So, bring your computing device with you if you need some advice.

The dates and the themes for the rest of the year are as follows: **Tuesday 11 September – DVD and CD swap, Tuesday 16 October – Computing focus (see page 8), Thursday 22 November. – Swap/sale of Christmas cards, gifts and decorations.**

If you have any queries, please contact [elizabeth.collins@rru3a.org.uk](mailto:elizabeth.collins@rru3a.org.uk) or 01883 371894

## Holidays

### The Historic Houses and Heritage of Lincolnshire



Lincoln Cathedral

5 days from £449 departing 11 October 2018

We stay 4 nights on a half board basis at the centrally located 4\* Double Tree Hilton hotel in Lincoln.

Visits and tours include Lincoln Castle, Cathedral and Medieval Bishop's Palace, Newark on Trent with river cruise, Doddington Hall and Gainsborough Old Hall.

Contact Sally Baker on [holidays@rru3a.org.uk](mailto:holidays@rru3a.org.uk)



**U3A Evenings**  
 Reigate Manor Hotel, RH2 9PF  
 Doors open 7.00pm for 7.30pm

**Tuesday 25 September**  
**The Golden Years of Hollywood**

Songs, stories and iconic moments from  
 Hollywood films of the 30s, 40s and 50s.

Tickets now available from Sally Baker: [sally.baker@ru3a.org.uk](mailto:sally.baker@ru3a.org.uk) or 01737 221766

## National U3A offers for members

### U3A Jazz Study Day 2018

**19 September – 11am to 4 pm    £20**  
**Westminster Cathedral Hall**

The master of the saxophone and clarinet, band leader Alan Barnes, with his eight piece all star band has been invited to enlighten and entertain members. The first half, in the morning, will be the informative part, with Alan and the band illustrating jazz styles through the years, and taking the audience through his composing and arranging process. The afternoon session will be a concert performance by Alan and his Octet. Alan's band is – really – the best of the best in jazz.

### U3A Conference and AGM

**28 – 30 August**  
**East Midlands Conference Centre,**  
**Nottingham**

The title for this year's conference is "Shaping our Tomorrow". With workshops focusing on lifelong learning, managing new educational resources, finance and banking for charities, and supporting the growth and development of U3As, there will opportunities to discuss, debate and enjoy the views of colleagues across the movement. There will also be some free time to share interests such as singing, ukulele playing, walking and many other choices.

#### Summer Schools

**11 to 14 September**  
**National Summer School**  
**Royal Agricultural university**  
**Cirencester**

**15 September**  
**Family History Conference**  
**Buxton**

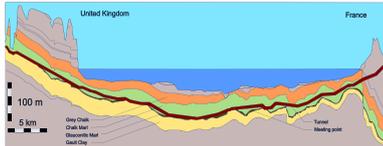
To find out more and book your place on any U3A National Event, visit the Events section of the website  
<http://www.u3a.org.uk/>

# Study Days

## Organised by the Surrey Network of the U3A

### Friday 21 September Major Infrastructure Projects

**John Kennedy, Alan Dyke  
& Bernard Gambrill.**



A day on the three major railway projects of our time:-  
the **Channel Tunnel** which has the longest undersea section in the world;  
the **high speed link** from St Pancras to the Channel tunnel which reduces the time taken to get to Paris to just over two hours; and  
**Crossrail** which provides a high capacity link across London and easier access to Heathrow.

All presented by engineers who worked on them and know the inside story.

**John Kennedy** was a Chartered Mechanical Engineer who was seconded to Eurotunnel.  
**Alan Dyke** is a Chartered Civil Engineer whose working life has been on railway engineering projects. **Bernard Gambrill** is a Chartered Civil Engineer who has worked on the management of new railways.

### Friday 19 October Creative therapies and singing for health and pleasure

**Bekah Duncalfe, Rebecca Hitch and Ursula Steiger**  
With the Canterbury U3A  
Singing for Pleasure Choir

The innate qualities of music can be used to facilitate emotional well-being and communication. This can enhance self-awareness and the awareness of others, improve attention and concentration, promote communication and improve self-confidence and independence. The first two speakers work with people with brain injuries, dementia and autism.



**Ursula Steiger** has been running an interest group on singing at Canterbury U3A for ten years and appreciates the health benefits of singing as well as the sheer pleasure of being involved. In her second session Ursula will be accompanied by the 120-strong Canterbury U3A choir.

### Friday 16 November Landscape, society & agriculture - How our Food Systems are Shaping the UK



**Dr Richard Baines**, Royal Agricultural University and Independent Consultant

Waves of early human migration occupied the UK as hunter gatherer societies that were at the mercy of the environments they found here including the last Ice Age. It was not until some 8,000 – 10,000 years ago that early humans discovered agriculture.

In 2007 the United Nations declared that more people now live in urban areas than in rural areas; however, food is mainly produced in rural areas which leads us to ask how will our landscapes and societies be influenced by urbanisation?

Today we will explore the links between landscapes, society and agriculture in the UK from the start of agriculture to the present day before considering the potential implications of Brexit, Globalisation and Local Food Systems on our society

*Study Days are usually held at the Menuhin Hall, Stoke d'Abernon from 9.30am to 4.00pm. To reserve a place, complete the slip on a Study Day form (available at Friday meetings from Jan Brown, or download from the [Surrey Network website](#)). Send the slip with a cheque for £10 (£12 for non-members) to the address shown on the form enclosing a SAE or email address for confirmation.*



## Get On line week event

As part of the national **Get Online week**, the coffee morning on **Tuesday 16 October**, will offer support to members and their friends to **Try One New Thing** on a mobile computing device. This will be in addition to the general help service that is on offer at the monthly coffee mornings.

A separate room is available for timed sessions on specific topics. We have had several suggestions such as renewing a driving licence, looking up train times and booking tickets, using FaceBook safely, managing photos, finding help on YouTube - to name but a few.

If you have any suggestions for topics that could be addressed, please send them to [pat.cockett@rru3a.org.uk](mailto:pat.cockett@rru3a.org.uk) or 01737 760310

Once all the suggestions have been received, further details will be published. The event will take place at St Joseph's Church Community Centre, Ladbrooke Road, Redhill from 10am to 1pm.

### Emails from Committee members - scam awareness message

You may have noticed on Page 2 of this newsletter that all the committee members have an email address linked to Reigate and Redhill U3A website [rru3a.org.uk](http://rru3a.org.uk). Some also have a generic email linked to the role they carry out such as [groups@rru3a.org.uk](mailto:groups@rru3a.org.uk). It is good practice to publish such U3A specific email addresses ensuring that personal data is not in the public domain. Once an email has been received it is automatically forwarded to the linked personal address.

It has come to our attention that someone has been sent a scam email looking as if it was sent from one of these generic addresses.

The advice below is adapted from guidance from the **Consumers' Association Which?** To read the full 10-point advice, click on here: [How to spot an email scam](#)

#### Check the 'from' address

It's always worth checking the address the email comes from. Scammers often change the **from** name to make it look more like it is from a person or organisation they are pretending to contact you from.

A scam email usually has a fairly bizarre email address **behind** what looks like a genuine sender name. To find out if there's a fraudster behind what looks like a genuine sender, use your mouse to hover the cursor over or right-click on the sender name and you should see the email address behind it.

#### Is the greeting impersonal?

Increasingly scammers are getting better at sending emails which include our name in the first line of the message. However, not all of them do. Sometimes scam emails will just say "Hi" and not include your name, other times your email address will be used after "Hi". This impersonal approach to contacting you is another sign that it's likely to be a scammer behind the email.

#### Check with the real person or company

If you are at all suspicious, do not reply to the email, do not open any attachments, and, delete the email. Use published telephone numbers to check with the sender and ask them to resend if genuine.

Pat Cockett



**THE UNIVERSITY OF THE THIRD AGE**

**REIGATE & REDHILL U3A**

Registered Charity No 297529  
 Affiliated to the Third Age Trust  
 52, Lant Street, London SE1 1RB

**NOTICE** is hereby given that the **ANNUAL GENERAL MEETING** of the **REIGATE AND REDHILL U3A** will be held at 2 p.m. on Friday 5<sup>h</sup> October 2018 at Reigate Park Church

**AGENDA**

1. Apologies
2. Minutes of the AGM held on 6<sup>th</sup> October 2017
3. Chair's Report
4. Treasurer's Report
5. Appointment of Accounts Examiner
6. Election of committee members
7. Consideration of resolutions submitted by members  
 (These will be made available in advance of the meeting)
8. Any other business (see note below)

**ELECTION OF OFFICERS AND COMMITTEE MEMBERS**

The Officers and Members in post for 2018/19 are:

Chairman: Michael Cockett

Vice Chair: *VACANCY*

Hon Secretary: Elizabeth Gurteen

Hon Treasurer: *VACANCY*

Committee Members: Jan Brown, Elizabeth Collins, John Hopkins, Hilary Loney, Dennis Oakley, Heather Phipps and *TWO VACANCIES*.

Nominations for Vice Chair, Treasurer and Committee Members should be made on the slips overleaf and returned to the Secretary by Friday 31<sup>st</sup> August 2018. Please ensure that they are correctly completed and that the nominee agrees and signs the Nomination Form.

**Please note:** If you have any points to raise under the heading of Any Other Business for this meeting please let the Chairman know in writing by the Friday 31<sup>st</sup> August 2018 in order that a considered response may be given.

**AGM MEMBERS' RESOLUTIONS**

I wish to propose the following resolution for consideration and vote at the Annual General Meeting on Friday 5<sup>th</sup> October 2018

.....

.....

Signed: ..... Address: .....

Name (printed): .....

Please return this slip to the Secretary by Friday 31<sup>st</sup> August 2018

Secretary: Mrs Elizabeth Gurteen, c/o 62 Abinger Drive, Redhill, RH1 6SY

**NOMINATION FORM FOR TREASURER**

I wish to propose .....

Signature of Proposer:..... Printed Name:.....

Address:.....

Signature of Seconder: ..... Printed Name:.....

Address:.....

Signature of Nominee: ..... Printed Name:.....

Address:.....

Please return this slip to the Secretary by Friday 31<sup>st</sup> August 2018

Secretary: Mrs Elizabeth Gurteen, c/o 62 Abinger Drive, Redhill, RH1 6SY

**NOMINATION FORM FOR VICE CHAIR**

I wish to propose .....

Signature of Proposer:..... Printed Name:.....

Address:.....

Signature of Seconder: ..... Printed Name:.....

Address:.....

Signature of Nominee: ..... Printed Name:.....

Address:.....

Please return this slip to the Secretary by Friday 31<sup>st</sup> August 2018

Secretary: Mrs Elizabeth Gurteen, c/o 62 Abinger Drive, Redhill, RH1 6SY

**NOMINATION FORM FOR COMMITTEE MEMBER**

I wish to propose .....

Signature of Proposer:..... Printed Name:.....

Address:.....

Signature of Seconder: ..... Printed Name:.....

Address:.....

Signature of Nominee: ..... Printed Name:.....

Address:.....

Please return this slip to the Secretary by Friday 31<sup>st</sup> August 2018

Secretary: Mrs Elizabeth Gurteen, c/o 62 Abinger Drive, Redhill, RH1 6SY

**NB If you have further nominations please feel free to photocopy this page**