



# Monthly newsletter

January 2023

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## Committee

We will be launching our new redesigned website on 1st February. It follows the brand guidelines issued by the Third Age Trust and meets web standards for accessibility. We hope you will like the new design and find it easy to navigate.

## Members Meeting

**2.30pm 17 January at Bridges**

Cherry Taylor, Chair of ACE Monmouth, will share information about this community project that is a Monmouth Town Council Partnership.

ACE stands for Action on Climate Emergency and it has lots of projects and initiatives under the 6 themes of Energy, Transport, Nature, Buying, Food and Waste. It has town council funding to 2025 and all factions of the community are invited to join in.

Part of its aim is also to work with our Town Council to help it comply with the Well-Being of Future Generations Act 2015 with respect to the environment.

Any members with suggestions for future meetings, please pass them on to a member of the committee.

## Groups

### Country Dancing

Country dancing is taking place at 2.00 pm on 16th of January in the ballroom at Bridges. We welcome all newcomers to this social activity. No experience necessary, with or without a partner, just wear comfortable shoes. Christine Davey.

**Science and Technology:** *And why there will be blackouts* by Professor Averil MacDonald  
Tuesday 10 January at 2.30pm in the BRIDGES CENTRE

At a time when we all recognise that fossil fuel energy production is harming the planet and that we need to change to cleaner forms of energy delivery, we are suddenly faced with the possibility of power cuts. What's going on? In this talk I will explore the underlying issues within the UK power system and discuss how to get from where we are to where we need to be – and it's not going to be easy!

Forthcoming events:

14 February: Life and death in Iron Age Wales

14 March: Humphry Davy: from Cornwall to Clifton – the promotion of a genius

If you are not a member of the Science and Technology group you are welcome to attend as a guest for the small fee of £3 (or you can become a full member for £12).

Contact Cherry Lewis on [monmouthu3amembership@gmail.com](mailto:monmouthu3amembership@gmail.com)

## Woodworking

I am trying to gauge the level of support there would be for a U3A group dedicated to woodworking. I would emphasise that I am not a professional woodworker but enjoy making lots of sawdust and producing some useful items. My ambition is to cut a perfect dovetail joint!

The meetings would probably be monthly. The format could be one where, for example, members share ideas, listen to talks on matters relating to woodworking, try to solve problems with equipment and generally to learn from each other. The final format will hopefully satisfy the members' requirements. There is also scope for visits to timber merchants, woodworking factories, sawmills and trade events. Potential members might have more ideas and it would be good to meet together to discuss them. I hope to attract a range of abilities and interests from carvers to turners and cabinet makers to fretworkers. If you want to be part of the initial discussions please email me your contact details and a brief description of your abilities. If there is sufficient interest, I will organise a meeting to plan the next step. I look forward to hearing from you.

Alan Francis ([dousland@gmail.com](mailto:dousland@gmail.com))

## Strength Training

Some Monmouth U3A members have expressed an interest in a strength training class with Ludus Gym owner, Tom Burns. The sessions will focus on practical movements to help with every-day tasks like lifting things, standing up, balance and overall strength. No more than 12 people would be taught at one time, meaning Tom will be able to make sure everyone's postural form is correct and safe, and that everyone understands what they are doing. All experience levels are welcome as each movement will be demonstrated before anyone is expected to attempt it. Tom has kindly agreed to hold a taster session for £8 each if there's enough interest. Classes will occur weekly, but be paid for in 6 session blocks for just £35 (under £6 per session!) and he would need a full class of 12 to keep the cost to U3A members so low.

If you are interested in gaining energy, healthier sleeping habits, balance, a stronger immune system, a reduction in pain, knowledge about lifting things safely, mobility, stronger bones, flexibility and preventing injuries then please register your interest in the taster session (date to be confirmed) with Kiara White via email at [kiaracianwhite@gmail.com](mailto:kiaracianwhite@gmail.com) or call her on 07480 136457.

Please note that this strength training group will require someone to step forward to be convenor. The role would include: making sure people pay on time, liaising with Tom, keeping an up-to-date list of members etc. As convener you would be helping people make potentially life-changing improvements to their health. For more information about helping out and being a convener please contact Kiara White via the contact details above.

## Events

### Christmas trip to Westonbirt.

On a very cold, moonlit night, a party of thirty five u3a members travelled by coach to Westonbirt in Gloucestershire, to enjoy the Enchanted Christmas lights at the Arboretum. We couldn't have picked a better night and although it was very cold and there was a threat of snow, there was very little wind and there were plenty of opportunities to enjoy mugs of hot chocolate, doughnuts and mince pies.

The lighted trail was beautifully done and at times there were opportunities to participate in activities to bring the lights on, encouraged by 'woodland folk'. One such activity that we participated in, involved jumping up and down on a platform in competition with another group, to see who could light up their tree first. Other lights worked in conjunction with the rhythm of a piece of music that was being played. The lights were all carefully placed to really enhance the outlines and structures of the beautiful trees in the Arboretum.

At the beginning and end of the trail there was a funfair with typical foods and rides. I am not sure whether any members of our party attempted the dodgems or Ferris wheel! But some visited the restaurant and gift shop.

By 9.45pm we were safely back in Monmouth after a very pleasant coach trip. It would be very enjoyable to make a trip to Westonbirt in the Spring or Summer to see the Arboretum in full leaf. Diana Wilkinson

## National

### News from the Third Age Trust

Here is the latest copy of the Third Age Trust newsletter [u3a Newsletter Express 25-12-22](#)  ([mailchi.mp](#))