



From The Chair

Group Activities are at the heart of what Monmouthu3a offers you as members. These two new activities were suggested by members.

First Aid workshop

There was plenty of interest, so the First Aid Workshop, run by Red Cross, will be on the morning of **Friday 19th APRIL at Bridges**. Numbers limited to 15 to allow hands on training. A small charge of £3 for room hire is required **IN ADVANCE** to secure your place.

Repeated at 2.00 in the afternoon of 19th April

Details on [First Aid Workshop with the Red Cross - Monmouth u3a](#)

Opportunity: Beginners French

I'd like to know how many would be interested in a beginners' French group? One of our very successful, professional tutors will offer this on a weekly basis for a fixed group fee, so more people means lower cost per person. Location within Monmouth tbc. Modest or zero knowledge of French is a good starting point.

Proposed Tours of Romania (May 2025) and of Morocco (Autumn 2024).

The Romania Trip in 2025 is very popular but people want something to look forward to this year. The proposed itinerary is on the Local Social page to download as a pdf.

If you have any suggestions for new Activities, please contact the Chair Averil Macdonald' on a.m.macdonald@reading.ac.uk.

From the Calendar

7 March @ 19:00 – 21:00 **PUB CLUB** [Thirsty Thursday Pub Club](#)
Punch House Agincourt Square Monmouth, NP25 3BT

8 March @ 14:00 – 16:00 **CHOIR**
[The Good Day Choir – inaugural meeting No2](#)
Bridges Centre Drybridge Park Monmouth, NP25 5AS

8 March @ 19:30 – 22:00 **SOCIAL OUTINGS**
[Savoy Theatre 'The Importance of Being Earnest' – Off Centre Theatre.](#)
Pre-theatre dinner available from 6 pm
Savoy Theatre Church Street Monmouth, NP25 3BU

10 March @ 16:30 – 19:00 **SOCIAL OUTINGS**
[The Anatomy of a Fall – Savoy Cinema Matinee](#)
Savoy Cinema Church Street Monmouth, NP25 3BU

12 March @ 14:30 – 16:00 **SCIENCE AND TECHNOLOGY**
[From Gout to Heart Disease](#)
Free to group members, Monmouth u3a guests £3
Bridges Centre Drybridge Park Monmouth, NP25 5AS

12 March @ 16:00 – 19:30 **SOCIAL OUTINGS**
[Oppenheimer – Savoy Cinema Matinee](#)
Join us for tea and buns at Malt House, St Mary Street at 3.00pm
Savoy Cinema Church Street Monmouth, NP25 3BU

13 March @ 14:00 – 15:30 **GEOLOGY**
[Early female geologists or palaeontologists – Guy Moody](#)
Fee to attend is £2
Bridges Centre Drybridge Park Monmouth, NP25 5AS

14 March @ 19:00 – 21:00 **PUB CLUB**
[Thirsty Thursday Pub Club](#)
Punch House Agincourt Square Monmouth, NP25 3BT

19 March @ 14:30 – 16:00 **MEMBERS' MEETING**
[Health Help International – Hilary Winstanley](#)
Free event for all Monmouth u3a members. Come alone or bring a friend. Stay for tea, biscuits and chat afterwards
Bridges Centre Drybridge Park Monmouth, NP25 5AS

21 March @ 10:30 – 19:30 **THEATRE**
[Theatre visit – Matthew Bourne's – Edward Scissorhands Cardiff](#)
Theatre visit – Matthew Bourne's – Edward Scissorhands Cardiff

21 March @ 19:00 – 21:00 **PUB CLUB**

[Thirsty Thursday Pub Club](#)

Punch House Agincourt Square Monmouth, NP25 3BT

22 March @ 14:00 – 16:00 **CHOIR**

[The Good Day Choir – inaugural meeting No2](#)

Bridges Centre Drybridge Park Monmouth, NP25 5AS

24 March @ 12:00 – 16:00 **SOCIAL OUTINGS**

[The Vaughton Sunday Lunch](#)

Creates restaurant Church Street Monmouth, NP25 3BX

25 March @ 16:30 – 18:30 **SOCIAL OUTINGS**

[Wicked Little Letters – Savoy Cinema Matinee](#)

Join us for tea and buns at Malt House, St Mary Street at 4.00pm

Savoy Cinema Church Street Monmouth, NP25 3BU

26 March @ 19:00 – 22:00 **SOCIAL OUTINGS**

[Blake Theatre: Madam Butterfly simulcast from ROH](#)

Blake Theatre Almshouse Street Monmouth, NP25 3XP

27 March @ 14:00 – 15:00

[Romania Tour Information Meeting](#)

Bridges Centre Drybridge Park Monmouth, NP25 5AS

Members Meeting

Monthly Members Event Tuesday 19th March at 2.30 at Bridges Centre

Health Help International – Hilary Winstanley

Health Help International aims to improve the welfare of the less fortunate in our world.

HHI provides help to both individuals and communities; work is currently focussed in India and Zambia. HHI projects are wide ranging, concentrating on health and education. From supplying infrastructure for hospitals and clinics and medical equipment to funding medical aid to those needing treatment. Schools and training centres are supported across these areas for both adults and children that have disabilities.

A small selection of craft items will be available for sale on the day.

Social Opportunities

Weekly Members Get-Togethers – dip in and out when it suits you

Coffee and Chat every Monday morning

Come along to the weekly Coffee and Chat at Estero Lounge every Monday at 10.30 for interesting conversations and good company. No need to book.

Thirsty Thursday Pub Club

Every Thursday from 7-ish to 9-ish come along to the Punch House – we have the rear room reserved. Join us for a relaxed evening out – and they serve coffee too! No need to book. Social Opportunities in February: open to all – details at What's On – Monmouth u3a

Social Opportunities in March

Friday 8th March: 'Importance of Being Earnest', Savoy Theatre

Science and Technology

Tuesday 12 March at 2.30pm in the BRIDGES CENTRE

Net Zero Britain: Keeping it Simple John Nichols

In 2019 the 2008 Climate Act was amended to commit the UK to reaching net Zero Carbon emissions by 2050. In 2020 the Act was further amended and committed the UK to a 75% reduction in Carbon emissions by 2035.

These targets will have significant implications across many aspects of the UK economy. They will require massive investment in green electricity generation and distribution, and there will be many serious changes, not all of which will be universally popular.

The subject has been discussed widely in the media but, very often, these discussions have been generalised rather than specific. The Future Climate Engineering Group felt that a detailed Plan should be developed. This talk will exemplify some of these ideas.

If you are not a member of the Science and Technology group you are welcome to attend as a guest for £3 (or you can become a member for £12). Non u3a members can attend once before joining the u3a.

Geology Group -- at 2.00pm on Wednesday 13th March in the Ballroom at Bridges. Guests very welcome.

Guy, our original co-leader, will return to talk about

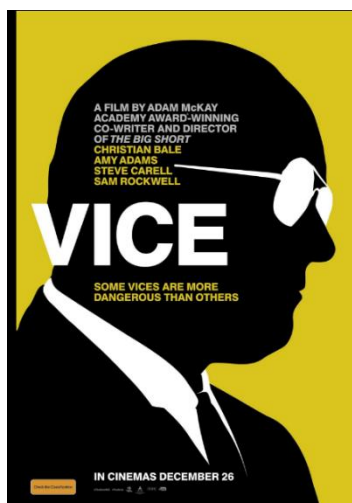
"In my talk I describe three women who have had significant roles in the history of geology and palaeontology. All made their mark despite their sex and the prevailing views on the role of women at the time they did their work. It is too easy to forget the influence they had since for the most part the history of women in science has largely been neglected until very recently."

Country Dancing

A rather small group of members enjoyed our February get together. We really need more of you to come and try out this relaxing and sociable activity. We meet on the third Monday in the month at Bridges at 2p.m. in the ballroom for two hours of gentle activity. No previous knowledge is required, only comfortable shoes.

Do come along on Monday 18th March and join us.
Christine.

Film Club



The film for March will be 'Vice', starring Christian Bale and Amy Adams. Come along to Bridges on Friday 22nd March at 2.00 pm to admire this satirical biopic of Dick Cheney, the most powerful US vice-president ever. Admission £2 for members, £3 non-members.

Please note; there is no separate membership fee or booking required. Just turn up.'

Yoga

Chair based Fridays 1.30 – 2.30 Wye room at Bridges.

After 2 taster sessions, I am pleased to report that the Chair based yoga is now going ahead as a new group.

14 people have signed up for the first 4 weeks and we have a waiting list. If you want to be added to the waiting list – please contact me on Sue@cobourne.com I am also looking for a volunteer from the group to take over as the convenor.

Yoga for beginners – Thursdays 0930 –1030

Yoga for beginners is now running successfully.

There is currently one space available.

If anyone else would like to join us – please contact me on Sue@cobourne.com

I am also looking for a volunteer from the group to take over as the convenor.

National

For a range of ideas and wider opportunities go to: www.u3a.org.uk