

Lostwithiel U3A Newsletter June 2022

Open Meeting

Our gradual return to normal continues with our first truly open meeting for two years held on the 16th May. Almost forty members and guests enjoyed a talk by marine artist Mike Haywood who dispelled many of our long held beliefs about the voyage of the Mayflower, as well setting the migration of the settlers within its historical context.

The Next Open Meeting

Monday 4th July at 2pm in the Church Rooms.

Sally Pestell of the **Cornwall Music Therapy Trust** will talk about the work of the charity. In this world of medical and political turmoil this is a particularly significant talk as music therapy is a registered, clinical, psychological intervention, regulated by the Health and Care Professions council. Its purpose is to allow the client to translate their emotions and psychological processes into expressive music in order to release feelings, repair them and heal. Music can offer an alternative method of communication or expression where words are not an option or are inadequate.

The list of those who have been shown to benefit from music therapy is extensive, and includes adults and children with learning disabilities, mental health problems, bereavement issues, eating disorders, challenging behaviour, autistic spectrum disorders, dementia and Alzheimer's disease, emotional problems, life-threatening and life-limiting diseases, problems related to abuse, attachment issues, family and adoption problems, multiple sclerosis and post-traumatic stress disorder.

(Source: Cornwall Music Therapy website)

Updates from the Groups

Most groups have a full and interesting programme for the rest of the year. Although some groups are operating a waiting list for membership e.g. Walkers and Electric Bikers others are pleased to welcome new members.

Art & Craft Experiments: The June meeting plan is to go out and about with sketch books (weather permitting).

Bird Watching: are visiting Goliath and Siblyback on the 15th June.

Bridge: are being deprived of their regular venue quite a bit at present, but are enjoying visiting the homes of several members who have kindly stepped in to host bridge afternoons.

French: The next meeting will be on Tuesday 7 June in the Church Rooms, Lostwithiel at 2 -3.30pm. There will be a small charge to cover room hire and a hot drink. Meetings are held in the Church Rooms on 1st and 3rd Tuesday afternoons each month. Contact Veronica for more details.

Garden Visits: The next visit will be on Wednesday 8th June to Tremenheere Sculpture Gardens near Gulval, Penzance.

Photography: Is visiting the Wheal Martyn China Clayworks on Thursday 23rd June.

Strollers: Next walk will be on Monday 6 June. There is a change to the programme as the group plan to enjoy the Lady Vale walk at Cardinham Woods which was cancelled previously due to bad weather.

Theatre: Are looking forward to enjoying Straight Line Crazy on 9th June at Bodmin cinema and Plymouth Symphony Orchestra on the 19th June at Starts.

Wine Appreciation: Will next meet on 25 July

Please see our group web page <https://www.lostwithielu3a.org.uk/our-groups> for up-to-date information.

New Groups:

Talking about over-subscribed groups it is worth remembering that it is always possible to set up a new group especially one that ease the pressure on waiting lists.

Other ideas are always welcome such as "Day Trippers" for those who like the idea of a day excursion , by train or bus, around the county in the company of like minded people.

If you have an idea for a new group please contact our Chair - Chris Dimond

Capital Asset Grant:

You may be aware that your Interest Group is eligible for a grant of up to £50 each financial year to purchase any "assets" which would be of use to members. There is no need for committee approval.

The criteria are:

- the item must be of specific use to the Interest Group
- the item must be re-usable
- the item must be held by a group member, but available to all if needed

Examples purchased to date include maps for the Walking Group, tasting glasses for the Wine Group, a metronome for the Ukulele Workshop, a table for the Bridge Group.

If you would like to purchase an item which fits these criteria please check with the Treasurer that the purchase is appropriate and then supply an invoice for the goods. The purchases go into the Group Assets section of the Lostwithiel U3A accounts.

u3a online courses

Keith Southgate recently followed the six week u3a on-line Cryptic Crossword For Beginners Course which he highly recommends. The u3a runs other courses on a wide variety of subjects which you may find interesting. Further information about current on-line learning may be found at

<https://www.u3a.org.uk/events/educational-events>

AGM

Finally a reminder that the AGM is on 4th of July and will take place after the Open Meeting.

Contacts

Chair – Chris Dimond 01208 871784

Membership – Sue Sargent 01208 368935