

### Welcome to our first newsletter!

*We intend to produce 4 editions of the mini newsletter a year providing a means of additional communication.. The intention is to provide four pages maximum that also links to the u3a website [www.verwoodu3a.org.uk](http://www.verwoodu3a.org.uk)*

#### Introduction

It has been a tough year for us all. Many have had life changing events/changes, others too scared to go out and about. It has changed us all.

Have you become reclusive?  
Do you want to meet new people?  
Do you want to join in more activity?  
Do you want your life back?

As the country opens up, it's time to take stock of what we want for ourselves.

#### What can we do for you?

We can help to reduce isolation by providing a vehicle that enables you to meet new people in a friendly and fun environment. You can join groups that offer a range of activities for you to learn either from scratch or to further develop skills and hobbies. Have you thought about joining new activities or restart with old ones now we are able to start again.?



#### Who are we?

You will know that the Verwood u3a is a friendly community group of semi retired/retired 'young at heart' people. There is no lowest age limit but as members we do not work full time. We are a registered charity that is a member of the National u3a body

that provides us with educational and administrative support. Verwood u3a is all voluntary. We like to help each other and learn for fun. We are proud to be self funded with membership subscriptions being kept as low as possible.

#### So what's happened over this past year?

A limited number of classes were able to continue throughout the pandemic by using Zoom as a vehicle to meet together. This has resulted in some of the activities thinking about different approaches for the future. Some of these may be welcomed by members and attract new members that may be your friends and family, so spread the message!



#### How will u3a look from September 2021?

Face to face activities are still really important and many activities will continue to use this again from September 2021. However, Zoom meetings also provide new learning opportunities. In some cases there will be a mix of face to face and Zoom sessions providing different approaches to suit as many people as possible. It's just a case of watching this space and the website [www.verwoodu3a.org.uk](http://www.verwoodu3a.org.uk) to keep yourself up to date. The website is being regularly updated as activities are firmed up for delivery from September so keep checking.

In September 2021 the new year for Verwood u3a begins. Membership is reduced to £25 for the year up to July 2022. Very reasonable! This entitles you to participate in as many classes as you wish as long as there is availability. Some classes are extremely popular and book up very quickly so be ready and come and join us.

Invite your friends and neighbours to join.

Spread the word.

Want to know more?

Verwood u3a is holding an Open Day in the main hall of the Hub on Wednesday July 21st from 2pm to 6pm. Put the date in your diary and come along to meet leaders of the activities and find out more about what is available.

How can you help?



There are many ways that you can contribute to our u3a! Here are a few:

JOIN US! At only £25 for the year it's really good value. You can access all sorts of interesting activities.

Come to the Open Day on Wednesday 14th July and find out more. All of the information will be available soon.

Explore our website: [www.verwoodu3a.org.uk](http://www.verwoodu3a.org.uk)  
This will hold all the information you will need once the update has been done.

Are you passionate about a skill/hobby/interest? If so, would you be prepared to lead a group.? Remember it is all about self help of the members, but someone is required to take a lead and it isn't arduous. This helps to provide a focal point for contact. If interested contact the Chair: Jim Green on [verwoodu3a@gmail.com](mailto:verwoodu3a@gmail.com) as soon as possible so that we can make sure we are ready for our Open Day.

Have you got a story to tell about running a group or being in a group that would be of interest to other members? Please send to me at [newsletter@verwoodu3a.org.uk](mailto:newsletter@verwoodu3a.org.uk)  
For next edition at the end of September

So what is it like joining an activity?

The newsletter will include articles about what it is like to participate in an activity. To start we will look at the Cookery activity.



Linda Wyatt

Cookery Group

The group has continued to meet on Zoom over the past year. We are a group of like minded people who enjoy watching demonstrations by the Leader and discussing and sharing successes, challenges and all foodie chat. Both men and women join in. Some are learning from scratch, others want to develop their skills and some just enjoy the interaction with others.

The group meet every other week during the u3a term times on a Monday morning for one and a half hours. Some of the dishes demonstrated and discussed over the past year have included:

Game Pie	Cookies
Stuffed Trout	Sticky Frosted Ginger Cake
Apple Galette	Hot Cross Buns
Flemish Stew	Sourdough Bread
Eclairs/Profiteroles	Croquettes

At a couples conference the speaker mentioned that couples are so disconnected that 85% of husbands don't know their wives favourite flower.

Pat turns to his wife and whispered

"It's Self Raising isn't it"



At a recent meeting we decided to continue with the Zoom classes but meet occasionally to

participate in some fun competition style events similar to the challenges seen on Bake Off/Master Chef. We may also include some sessions where we cook the same dish in our own kitchens so that our skills and ideas can be shared together. You are able to pick and mix the type of session that appeals to you.

A couple of members of the group have provided comments about the activity:-

"I find it useful to see Linda demonstrate techniques during the session as well as give advice on buying ingredients and equipment. The session is interactive and allows questions so you can check your understanding of what is being explained."

"I have been part of the cookery group since it started a couple of years ago. Initially it was in a church hall in Verwood but due to Covid restrictions we started to do it via Zoom from Lindas own kitchen. This has worked extremely well, even better than in the church hall.

Some of the recipes seemed to be quite adventurous but we were shown step by step how to produce some delicious homemade meals, bread and cakes with ease. It has certainly expanded my knowledge and ability much to my husband's delight"

A few photographs of dishes made-



The National u3a are introducing a money saving scheme called Click and Save.

u3a Click and Save is a scheme which offers a rebate for our members when shopping with selected retailers, including big brands such as Sainsburys, M&S and Costa Coffee.

Full details will be sent to members when available



The Travel Group have rearranged the Kynren trip to 6/8/21 - 9/8/21

3 Nights dinner, bed & breakfast £339

Contact Sylvia on 01202 813206

Full details on [verwoodu3a.org.uk/travel](http://verwoodu3a.org.uk/travel)

You need to be quick as this is a popular visit

So after such a miserable year let's use this restart of our activities to escape the lockdowns and isolation, join new groups, make new friends. and **Learn, Laugh, Live.**