



THE UNIVERSITY OF THE THIRD AGE

TOWER HAMLETS U3A SUMMER 2010

Hello all Tower Hamlets U3A members

Message from Jil Cove, Chair of U3A Tower Hamlets

I hope all is well and that we can look forward to a good summer to enjoy the outdoors.

The first thing I want to let you know about is our next General Meeting which will be held on **Wednesday 23 June at 2.30pm** in the **Anson Room** at **St. Margaret's House**. Our guest speaker will be **Patty Singleton**, a U3A member, and she will be speaking about **Tower Hamlets Living Streets**. This is a local voluntary organisation which believes that streets are for people and not just vehicles. So, if like me, you are fed up with trying to get around on cluttered pavement, with poles in the wrong place, too many bollards and rubbish, advertising boards taking up space or just trying to find a safe place to cross the street where it's convenient to you, then **do come** and hear how you might be able to join in with a Street Audit which is reported back to the Council to influence their future plans for renovating local streets. I hope that many members will be able to come to this meeting and maybe have some suggestions for where future Street Audits, could be done.

As always, we are keen to recruit new members so if you have a friend, relative or neighbour who might be interested, please do invite them to come along to the General Meeting so that they can see for themselves that we are all friendly and what we currently offer.

Since our web site has been active we receive all sorts of information and invitations. I think that you probably don't want masses of emails from U3A but both Dawn and I are keen to keep you fully informed. Current information is pinned up on the notice board in the Resource Centre at St. Margaret's. I do hope that, if you see something of interest, you are able to call in and get the all the information by reading the item in full.

The requests for volunteers to take part in medical research in Queens Square is an example and maybe you felt able to take part in this non invasive research. I'm sure we will receive more requests in future and it is interesting to see that U3A members are specifically contacted for our life experiences, our age and the valuable contributions we can offer.

We have been invited to take part in St. Margaret's **Summer Fete** on **Thursday 5 August** and despite the downpour last year it seemed as if we all had an enjoyable time and I have said we would like to take part again. The bric a brac stall did well and donations of small items in good condition and unwanted books, DVDs or CDs would be very welcome. But **please** no clothes, shoes etc. Patty Singleton, the Local History Group leader, has also offered to take people lead two 30 minute historical walks around the area next to St. Margaret's which we hope will have good attendances.

So, can you please start collecting things for the stall, and during the week of **2 August** take them into St. Margaret's for storage. Or you can bring them along on the day. We also need volunteers to set up and staff the stall, encourage people to join the U3A and anything else that needs doing. If you are going to be able to come and help it would be great if you could let us know in advance, either by email or phone (see back cover) so that we know who to expect.

If you have visited the Resource Centre you will have seen that there are a lot of bare walls which makes it look unfriendly and uninviting. If you have any unwanted bright pictures, posters or photos that could be put up, they would be welcome and you could take them into St. Margaret's clearly identified for U3A or better still, you could actually put them up in the centre. Thanks

Hope to see you on **23 June** at the **General Meeting**

Jil Cove – Chair Tower Hamlets U3A



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Tai Chi Group

By Dawn Bigsby



The tai chi group continues to flourish with up to a dozen attendees. Some of the players have been with me for two years but we have some new starters too, and members are very welcome to come along and see if something for them.

We practise chi kung exercises—slow, gentle movement to loosen tired joints and improve balance and co-ordination. Clearing the mind and encouraging long, slow breathes is as important as physical movement and usually much harder to do! But practice makes perfect, and the health benefits are well documented.

We also work on our tai chi form—a series of movements incorporating all of the above. All in all, very good for you. And we have lots of fun too!

We meet Mondays at 12 noon for an hour. By all means just come along. No minimum fitness requirements! Or you can call 020 8980 2092 or email dawnbigsbys@yahoo.com

Local History Group

By Patty Singleton

Tower Hamlets has a rich history, and it was a pleasure to set up the Local History Group, which has attracted nine members.

The usual format is to meet at the Resource Centre to learn about our chosen area, using maps, books and other information. Two weeks later we walk around the area, which always provides more discoveries. Occasionally we visit churches, archives and other places of interest.

New members are very welcome in our sociable group. We meet on the 2nd Wednesday of month at the Resource Centre at St Margarets House, and walk on the 4th Wednesday. This may vary, so new members should check with me at meat.patty@talktalk.net



Social Group

By Heather Dyer

Six garden lovers from the Tower Hamlets U3A Social Group went on their first outing on Friday May 21st to view two leafy gardens which opened especially for us in London Fields.

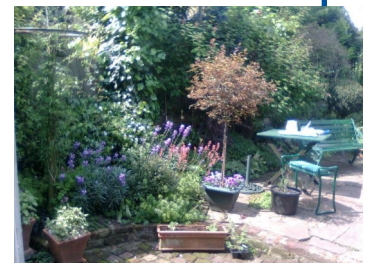
The first garden belonged to Tigger Cullinan in Mapledene Road. Tigger has a long north facing garden lovingly tended and packed full of a rich variety of plants. Particularly impressive were the roses and clematis, many of which were blooming and enjoying the warm sunshine. Tigger also kindly treated us to home-made lemonade and biscuits, and she has invited us back later in the season.

The second garden was close by in Malvern Road and owned by Kath Harris. Kath welcomed us warmly and showed us round her lushly planted east facing garden, with raised wooden path, water running in rills, acers, flowering cherry trees and trees ferns.

A quartet of gardens in London Fields is part of the National Gardens Scheme, including Tigger's and Kath's, and we urge you to take a pleasant stroll to view them one day. Visit www.ngs.org.uk.



Our next trip in June to garden havens in the City of London is being led by Patti, who heads U3A's Local History Group. It will take place on Thursday 8th July from 2pm. We will announce the exact date as soon as its organised. New members of the social/garden group are very welcome (or just come as a one off.) Contact heatherdyer@homecall.co.uk



U3A – Jazz Appreciation

By Peter Sellars



Join us at our weekly session where we listen to, and talk about, Jazz: What is jazz; what's special about it? Why is some of it good fun and some of it hard work?



In the last couple of months, our regular weekly meetings have included two very special events: Myra Love, the local jazz singer, gave a session on what it takes to sing jazz, and Stan Robinson, the eminent sax player, talked

about his favourite jazz saxophone pieces. Myra and Stan gave an astounding impromptu performance of the Gershwins' song The Man I Love.

Normally we meet at St Margarets, but we've also had outings to festivals, concerts and local gigs. Email me at peter@sellars.demon.co.uk

The Book Groups

By Jil Cove

The **Monday Book Club** has been meeting regularly for the past three months and have managed to read a different book each month. When we get round the kitchen table in the Resource Centre to discuss our thoughts, we end up with some lively discussions with varying opinions on the merit of that months book. We would welcome new members so if anyone is interested in joining us, please contact me by phone on **02072474283** or by email on jilcove@yahoo.co.uk so I can tell you what book we are reading and the date of the next meeting

The original book club will be ending the Brunel reading project in July, so rather than having two book groups going, we thought that it would be more practical if we joined together after a break during August. I hope that will be convenient for everyone in both groups, and I will let you know a possible new meeting day for each month and what book has been chosen to start us all of together.

Brunel Reading Group

By Jill Truman

Ten people have been meeting monthly, as part of a London-wide project run by Brunel University, to research attitudes to ageing as reflected in contemporary fiction. Each month, we have discussed a different book and compared its contents with our own ideas and experiences. Meetings are always lively and interesting. Also, we have been able to meet some of the authors of the books we have read and there will be a conference, probably next year, at which the results of our labours will be revealed.



U3A Consumer Rights Group

By Kath Church

Jane Preston, Senior Consumer Services Officer at Tower Hamlets Council, led the group through the maze of regulations and directives covering consumer rights. The classes were well presented and informative, with useful supporting materials including handouts and Office of Fair Trading publications. Some of the areas discussed during the four meetings were contracts and sale of goods, distance selling regulations, and the consumer credit act (1974).

A Gentle Reminder from the Treasurer...

I do hope you have been able to make use of and enjoy your membership of U3A over the past year. The fees for 2010 /11 are now overdue, so please pay up before end of July for another year of events and interest groups. Fees remain the same as last year at £7.50.

Sue Johnstone, Treasurer



The art classes are still popular and recently the art group have had visits to Flowers East Gallery, Geffrye Museum and The British Museum. The visit to the British Museum was part of a project to involve people in developing a piece of art specific to a particular culture, using recycled materials. With this in mind individuals in the group all created their interpretation of an African mask.



Limited places so get in quick.
Call Bob Dawson on 07951760246.



New Art History Group

We are pleased to tell you that one of our new members would like to start a new group on Art History and he will be at the General Meeting to tell us more about it. However, in case you aren't able to come along to this meeting, I wonder if you could let us know by either email or phone (see below) if you might be interested in this new topic, as it's helpful to have about 5 or 6 people to start a new group to make sure it is enthusiastic and viable.

And now a request – does anyone have such a thing as a Kodak Carousel hidden away in a cupboard that you no longer need or use? If so – would you be able to lend/donate it to the U3A for use in the Art History group? Or maybe you know someone who just happens to have one taking up room and who would be willing to donate it to the U3A. If you do, can you please let Jil or Dawn, in St. Margaret's, know? Many thanks.

HOW TO FIND US

Tower Hamlets U3A
St Margarets House
21 Old Ford Road
London
E2 9PL

Telephone: 020 8980 2092 or
020 7247 4283

Email: u3atowerhamlets@googlemail.com
or jilcove@yahoo.co.uk

Website:
www.u3atowerhamlets.wordpress.com

Most U3A activities take place in the Resource Centre at St Margarets House. Please enter through the tunnel alongside No 17. Proceed through the garden, following the path round. The Resource Centre will be marked.

