

Welcome to the November Newsletter. Time seems to fly by, and our thoughts are already turning to Christmas which is just a few weeks away.

I would like to thank those members who took time to complete our recent survey. The Committee have been discussing the results and we will use them to shape our activities next year. Several points stuck out for me, which you'll see, along with the results, on pages 4 - 6.

We also have a lucky winner drawn from survey respondents who entered the prize draw. The £30 shopping voucher has been won by Frances Daniel. Congratulations Frances!

There have been some changes on the committee in recent weeks.

Don Campbell is our new Groups Coordinator taking over from John Haigh. Don will be supporting our Group Contacts and helping to get new Groups started. Please contact Don for any questions related to Groups. I would also like to thank John for doing this role over the past couple of years.

Maria Thompson has been appointed as our Social Secretary. Maria will be working with the committee to deliver our social events. If you would like to help with organising future events, please contact Maria.

Gill Scovell has been our Speaker Secretary for a number of years and has done a great job finding speakers for our monthly meetings. Gill has indicated that she wishes to step down, so we are now looking for a new Speaker Secretary. If you would be interested in taking on this role, please contact Gill or myself.

Finally, I would like to draw your attention to the Groups Open Day on November 27th, and our Christmas Party on December 11th. I do hope that you will be able to attend, and look forward to meeting many of you.

Ewan

Your Chair.

What's on?
All at The Bridge in Sea Road MoS

Groups Open Day Fri Nov 27th 2 - 4 pm
Coffee Mornings Thurs Nov 26th & Jan 28th 10.30-12.00
Monthly Meetings Tues Dec 1st & Jan 5th 2pm
🎉Christmas Party Fri Dec 11th 2 - 4 pm🎉

Groups Open Day Friday 27th November 2pm - 4pm at The Bridge

All members are invited to come along No need to book
40 of our groups will be represented
Talk to Group Contacts & Committee Members
Find out about what different Groups do
Many games groups will be there so you can try them out!

🎄Christmas Party🎄

Friday 11th December 2 - 4pm at the Bridge
Tickets only £5

Available at the Groups Open Day, the December meeting, or online, contact the Treasurer via the website



The Monthly Meetings - First Tuesday of every month
2pm at The Bridge

December 1st: The Inside Story - Part 2

Speaker Alan Jones



Alan came to us early in the year and captivated us with his hilarious talk on the human body. By popular request he is coming again to give the other half of the same subject.
100,000 heartbeats every day, eyes that see upside down, a brain that forecasts your future, amazing medical cures and the bugs that defeated science. Get the Inside Story about your body, because you won't go anywhere without it!

Alan has been fortunate to enjoy a variety of careers, each bringing their own unique experiences and events. A trained nurse, hypnotherapist, BBC journalist, and more, now all provide a wealth of anecdotes.

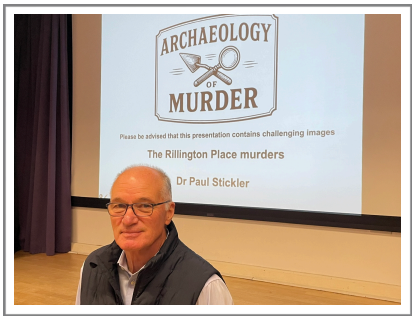
January 5th Motorcycle Speedway. Speaker: Richard Hutley

4 Riders on bikes that do 0-60 mph in less than 3 seconds on a loose surface, no brakes and slide sideways to make the corners. Thrills, Spills and for some - Glory. The smell of Castrol R Oil and Methanol. Speedway – at one time the second most popular spectator sport in the UK. Learn about the history, the bikes, the adrenalin-fuelled meetings and what happens before, during and after race day – from a rider's perspective.



Richard is a retired Police Inspector from Dorset Police

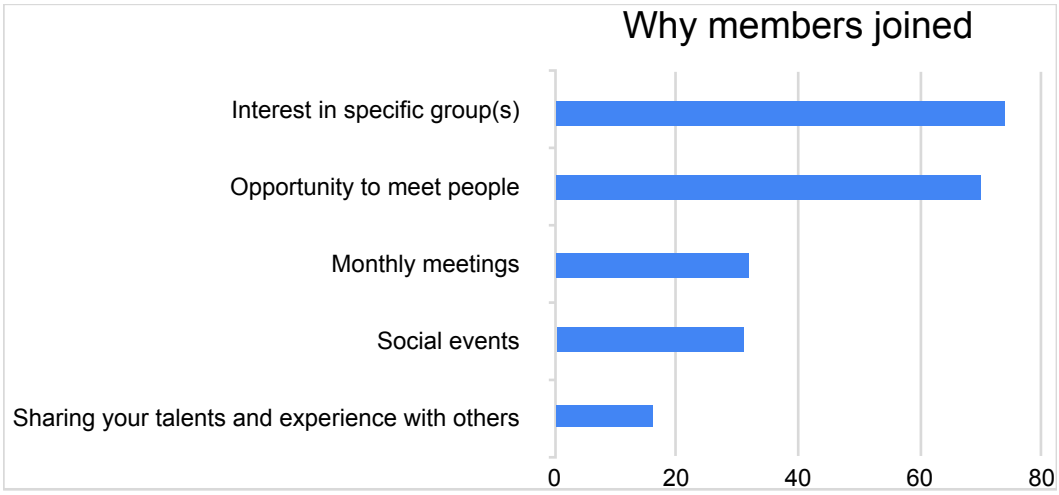
The hall was packed for the November meeting, where returning speaker Dr Paul Stickler gave a fascinating, and at times horrific talk about the Rillington Place Murders. Members were gripped by all the facts and evidence, but somehow managed to laugh as well!

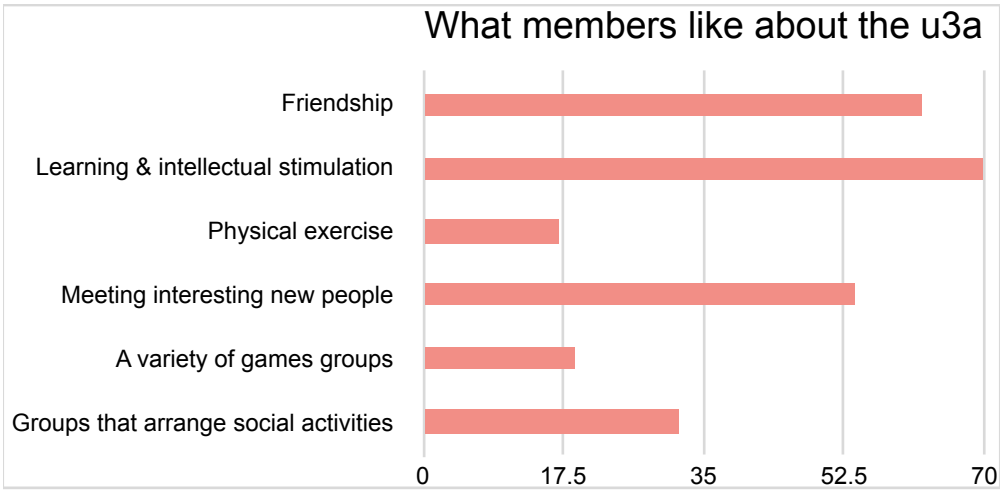


Members' Survey

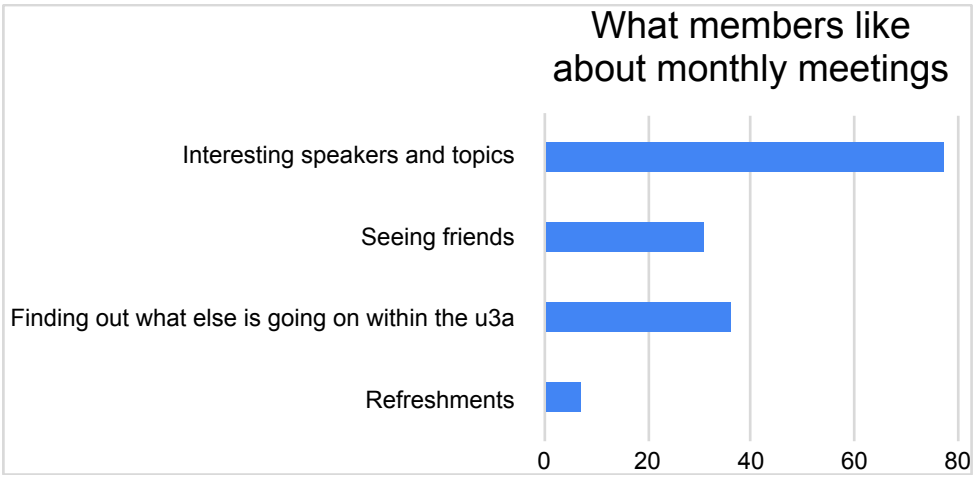
Here are some of the interesting findings from our survey, with some comments from your Chair:

Our membership continues to grow:



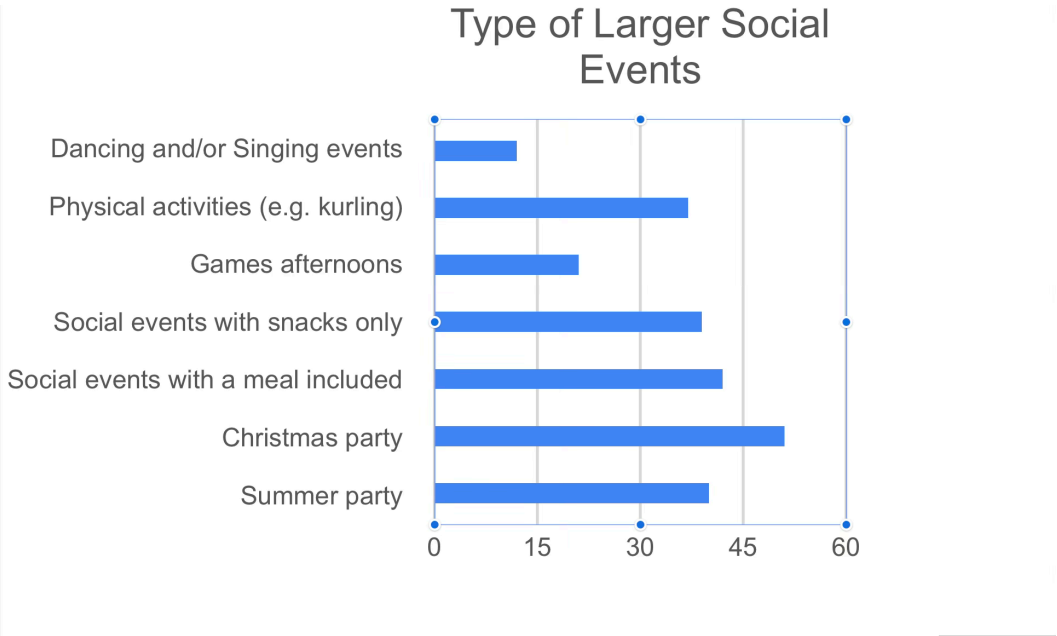


Monthly meetings



These are well supported and valued by our membership. Several members requested that we try to broaden the range of topics covered, and we will try to do that as we put together next year's speaker programme. If any of our members would like to give a presentation, please contact our Speaker Secretary.

Social Events:



There was broad support for organising more social events. We are trying to do that, starting with monthly coffee mornings and our upcoming Christmas party. We will try to build on this in 2027.

Workshops:

Workshops

Interest in workshops

Workshops Yes	86
Workshops No	17

Preferred Workshop Topics

Healthy Living e.g. nutrition and lifestyle	40
Art & Crafts	39
Specialist topics	39
Useful apps for mobile devices	37
Technology, social media and WhatsApp	42

Suggested other topics for workshops

Cars & Sport
Travel

Most respondents said they would be interested in attending workshops organised by the u3a. We will be discussing this further at the committee with a view to organising some workshops in 2027.

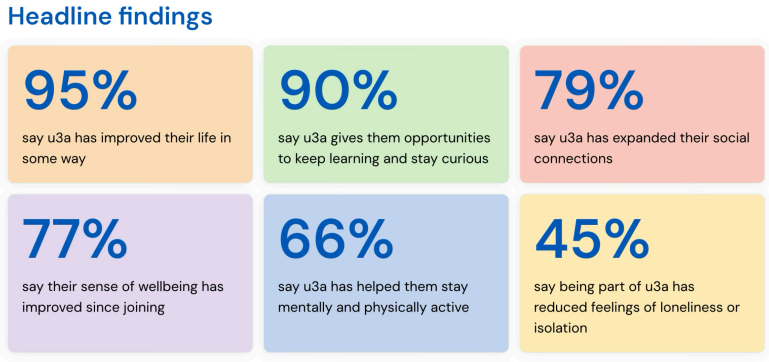
Groups

As you know, members start and organise the groups. The Committee will offer help in any way if you wish to set up a new group. Here were some suggestions from the survey:

Suggested new groups

Category	Topic
Computer	Beginners computer group
Dancing	Country dancing
Dancing	Line dancing
Exercise	A different yoga group. Ie laughing yoga
Exercise	Yoga/stretch/pilates/zumba/pickle ball
Games	I would love there to be a facility in the bridge club for beginners - though there probably aren't enough people who need to learn!
Games	Cribbage although a new group has been formed. We will have to see attendance in the winter
Games	Maybe more games eg backgammon
Games	There was talk about possibly one to assist with cryptic crosswords
History	Local history
Languages	A Real beginners group for conversation foreign languages
Languages	I'd like to do conversational French but the current timings of the groups don't suit me
Literature	Poetry
Sport	Possibly a sport discussion group once a month
Other	Holidays abroad

Third Age Trust Member Survey



You may have responded to the Third Age Trust Survey. You can see the full results on the u3a TAT website or magazine. It's great to see how pleased members are with their u3as.

One of the suggestions for a group was holidays. Did you know that the Third Age Trust have just set up this group?

Discover u3a getaways!

The Third Age Trust have launched u3a getaways - an exclusive holiday programme for u3a members. These bespoke trips have been designed to create opportunities for members to come together from across the UK to learn, discover and explore.
Every getaway blends relaxed, well-organised travel with enriching and immersive experiences. Beyond traditional sightseeing, you can expect talks, workshops and shared adventures that build lasting friendships.
They have teamed up with The UK Holiday Group, a highly respected name in travel with over 40 years' expertise in creating exceptional excursions.
A range of short stay trips are now available to book. Have a look on the TAT website to read about recent trips and see what's planned for the future. You can Email enquiries@u3agetaways.com or ring 01603886773 for further information.

Theatre Trips for 2027

Theatre Group: The Mayflower Theatre, Southampton

We are booking for the following musicals later in 2027. Please contact Ian Fulton if you would like to join us for any of these if you haven't previously advised.

Cats on Thursday 8 April 2027 at 2pm. Tickets £45 each. Deadline to pay 2 January 2027.

Grease on Thursday 15 July 2027 at 2pm. Tickets £39 each. Deadline to pay 6 April 2027.

Jesus Christ Superstar on Thursday 2 September 2027 at 2pm. Tickets £55 each. Deadline to pay 31 May 2027.

Just for One Day on Thursday 30 September 2027 at 2pm. Tickets £42 each. Deadline to pay 15 July 2027.

Milford U3a members get a £5 discount on these prices (but not guests).

If you are interested in any of these performances, and would like to be kept up to date, you can join the Theatre Group and you will receive regular emails from Ian Fulton, the Group Contact. Please see the website for details: Theatre Group

Fascinating Volunteer Opportunity!

Want to help keep our website up to date? We need a volunteer for just a couple of hours a month to support our website manager, Angela Bunting. WordPress experience is a plus, but not required– training is provided and there is no coding involved. **Click here to message Angela for details**

Visit the website

For information on all our groups, look at the Groups pages on the website:

Groups information

Please send articles for the Newsletter to jenny@whitleyonsea.net

Please send photos too! We particularly like to hear from groups who have spaces for more members.

For more information visit the website Milford on Sea u3a website

To contact us with comments please email: milfordonseau3a@gmail.com

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Read on for Community Information

Join with your u3a friends and come along to the Bridge's Christmas Party

Christmas Party Night with local band Persona Music
Friday 4 December 8pm Tickets £15

Let's get the Christmas party started!



Gather your friends, bring your dancing shoes and kick off the festive season at **The Bridge's Christmas Party Night!**

Local cover band **Persona Music** will bring the live tunes for a brilliant evening of dancing, festive fun and tasty party snacks.

Persona Music have been bringing good energy and great tunes to venues and festivals across the south coast since 2023. Expect favourites like Proud Mary, Dancing in the Moonlight and Crocodile Rock as well as some other well-known Christmas hits! Whether it's a festive get-together with friends or a night out with colleagues, come and celebrate with us!

Book your tickets today and join us for live music, dancing and plenty of festive cheer!

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