

Bridlington u3a Newsletter

JANUARY 2025



Welcome to your new-look Newsletter!

This Newsletter is designed to give you lots of information in one place. If there is anything you would like to share with the group, please email admin@u3abridlington.co.uk

Next Month's Meeting

Next Month's meeting will be on **Monday 3rd February** at 10am at Bridlington Spa. The subject is Toads, Moths and Puffins – the Animal Sculptures of East Yorkshire, an illustrated talk. Our speaker is Rick Welton who was the project manager for the sculptures.

Further meeting dates this year

Monday 3rd March

Tuesday 29th April

Tuesday 20th May

Monday 23rd June

Monday 14th July

LAST MONTH'S MEETING

What a fantastic concert we had last month! We were thoroughly entertained by our dancers and musicians – so good to see so many smiling faces. The mince pies went down well, as did the fabulous selection of raffle prizes. A particular mention must be made of our flower arranging group who made the tables look so beautifully festive. Thank you so much to all of our performers, our volunteers and committee members for all their hard work. A fabulous end to the year.



??*!*? QUIZ ?@!***?

Our next quiz is at the Town Bar on Queensgate YO16 7LN on Wednesday 22nd January 7.30 – 10 pm. Entry fee £1.50 per person. Maximum 6 per team – don't worry if you're on your own, we'll have a friendly team for you to join!

GROUP NEWS

Here are photos of the **Short Walks** groups enjoying their Christmas lunch at the North Star. Photos courtesy of one of their members, Trevor.

They currently have a couple of spaces on both the Monday & Wednesday. The walks are up to 4 miles. For further information email

groups@u3abridlington.co.uk



Some of the **Over-the-Hill** Mob on their Christmas walk from Fridaythorpe pond.

NEW MEMBERS NEEDED!!

The **Play Reading** group that meets fortnightly on Tuesday mornings at the Business Centre. It is a friendly, sociable group, no acting experience necessary. They read a variety of plays.

The **Allotment** group will resume in spring. There are many health benefits to be gained from moderate exercise and the opportunity to produce lovely edible crops. Some manual labour is involved; digging, weeding etc but it can be done at your own pace and to suit your own abilities.

There is a taster session for **Pickleball** at the East Riding Leisure Centre on Sat 25th January

For further information about any of these activities please contact Geoff or Brian by email

groups@u3abridlington.co.uk

OTHER NEWS

We are often contacted by outside agencies who wish to engage with us. I have put the details below so that you can become involved if you are interested:

From Clive Nicholson, Humber Teaching NHS Foundation Trust

Are you aged 18 or over and experienced or witnessed some form of trauma, either during childhood or as an adult (e.g. accidents, serious illness, abuse, assault). This national survey is trying to understand the impact of trauma on mental health, to help improve support. It will take around 15 minutes to complete, depending on how you answer the questions. You don't need to answer any questions you don't want to.

Take part online by visiting: [Bit.ly/TSHumber](https://bit.ly/TSHumber)

Participate in a PhD Research Study on Work-Related Transitions

This PhD study is looking at the impact retirement and work-related changes such as role or career change can have on mental health and wellbeing.

The study is looking for people who are:

- aged 50 and over
- have experienced a work-related change in the past 5 years (such as retirement, career or role change, or moving from full to part time hours)
- have experienced a negative impact on their mental health or wellbeing due to the change

The study involves a 30-45 minute phone interview to share your experiences.

If you are interested in taking part, please contact **Rebecca** at rebecca.woodhouse@york.ac.uk or phone/text on 07385 341560.

From Stephanie Turner Bridlington Primary Care Network Dietitian

Are you interested in a programme to help you lose weight? If so, the NHS Digital Weight Management Programme could be the right thing for you. This free programme offers support to people who have diabetes, or high blood pressure or both with a BMI of 30kg/m² or more (or 27kg/m² > only for some people). The aim is to improve health and manage weight.

It is delivered online, so you will need to be confident on the web and have internet access on a device such as computer, tablet or phone. To find out more, including how to be referred, you can attend a face-to-face event on the 9th of January 2025 at 1:30pm or 3pm. This will be at the Crown Building, at the main entrance on Quay Road, Bridlington. You can also see this link for more details from NHS England:

https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/?fbclid=IwZXh0bgNhZW0CMtAAAR1I8kpyTlznC1dMEkp0VZ7YU9FTy6bfyIh5c4HcdEoWwuE4jDi6fh2Rdyo_aem_MJtCKx14qzERnjNQHOswgg

You can book onto the event by contacting: hnyicb-ery.bridlingtonpcn@nhs.net or 07857 650658 or just turn up. Please note this is not the programme, this is an information event about it. There will be an information event on a weekend in due course.

There have been some changes to your committee recently so we thought it may be useful to put faces to names!

			
Chair Diane Arthur	Treasurer Christine Latham	Secretary Sue Blake	Membership Secretary Lynda Sawyer
			
Group Co-Ordinator Geoff Elwood	Group Co-Ordinator Brian Elwood	Committee Member Mike Heslop-Mullins	Committee Member Carmen Mills

PROPERTY TO LET

Three bed detached house for rent long term on a quiet residential cul de sac with many retired and elderly people. Near Morrisons.

Rental subject to credit checks. Monthly rent disclosed to interested parties.

If you are interested, please contact Judy via email judybroadbent@hotmail.co.uk

ITEMS FOR SALE/FREE TO A GOOD HOME



Light fittings free to a good home.

Call David on 07973 928370