

CHEW VALLEY U3A NEWSLETTER

Chair Chat

Thanks to all 70 of you who attended our January main meeting. The 2025 Membership registration kept committee and members busy whilst those in the kitchen worked hard to keep up with the queue. Dr. Phil Hammond then kept our focus and made us laugh as he talked about his personal career, linked experiences, anecdotes, challenging times and wise words based on the CLANGERS



Membership

If you haven't renewed your membership yet then application forms will be available at the door during each monthly meeting at Ubley Parish Hall.

They were sent out by email to all 2024 members who had supplied email addresses and soon will be available on line via our website. Please contact a committee member if you need a printed pack.

Lunch Group

February Thur 20th 12.30 at table – Blue Bowl, West Harptree.

March Wed 19th 12.30 at table – Ring O' Bells, Compton Martin. Please let Carrie know if you will be attending

Chew Valley u3a Psychology Group news

The Chew Valley u3a Psychology Group started at the same time as this U3A itself started, and has been going strong for nearly 25 years. It is a friendly group where we can learn together and, though it is not a therapy group, it is an opportunity to learn about ourselves and to connect with other people as we learn. I asked members to send me words about their experience of being in the group, and here is one of their responses:

What do I like about the U3A Psychology group? It is illuminating, a source of continual / continuous learning, opening up new relationships and new horizons and new insights into how we as humans operate. All meetings are held in complete confidence. We are able to open the meetings with news of recent events in our lives if we wish to, but equally we can just sit and listen to others. I joined U3A and the Psychology Group in 2011 and have been a member ever since. Our meetings are a monthly mixture of TED talks and a current book which is usually chosen by majority vote. If this sounds too cerebral and academic it is not, I can assure you! It is friendly, accessible and a source of great group togetherness!

We have a meeting on Zoom on the morning of the first Tuesday of the month, and in person meetings on the third Tuesday. We have two groups and there are a few spaces in the group which meets on the third Tuesday in the morning. If you would like to give the Psychology Group a try, please email jocelyn@ryder-smith.co.uk



FUTURE MEETING

17 February- Ian Cassie SS Great Britain from Launch to relaunch



Walking Group January walk

Spent 2 hours walking around Ashton Court followed by excellent lunch at the Failand pub
Next walk on 24 February. Contact Sandy for details