



# Klarion

## Kings Norton and District U3A

### Newsletter January to April 2024



Omaha Beach 6<sup>th</sup> June 1944.

This year is the 80<sup>th</sup> anniversary of the Normandy Landings which began the struggle for the liberation of Europe from Nazi occupation. Combined armies of American, British and Canadians crossed the channel, and under fire took the beaches and established a bridgehead. The Americans were assigned Omaha and Utah beaches, The British forces, Sword and Gold beaches and the Canadians, Juno beach. Some British forces landed by glider at the now legendary Pegasus Bridge, the bridge over the Caen Canal and the bridge over the River Orne. This had to synchronise with the beach landings to control transport links. The picture above is a modern colorized version of the original: it gives some idea of the colossal amount of equipment, and manpower needed, and the huge amount of organisation and logistics involved.

Sadly today we all face a similar threat and would do well to remember how much was given by our parents generation.

The United Nations was founded in 1945. and NATO on 4<sup>th</sup> April 1949 to make sure that all that never happened again. !

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# From the Chair.

## Hello Members,

The Third Age Trust has been exploring how to structure a more fit for purpose model for the future, one which would recognise reducing costs and give individual u3as more say in how it runs. Under the banner Fit for the Future it is now considering whether we should make a change in the organisation.

Currently we have a Governing Board made up of Regional Trustees and Board Officers which guides the governance and direction of the u3a movement. As there's now much more regulation around charities, it's felt that time to deal with compliance had predominated to the detriment of u3a issues being represented. The proposal is to have a smaller Board of Trustees, elected by u3as, for their skills, while there'd a u3a Council with 2 representatives from each Region, whose job is to represent the interests of u3as and make sure that they receive the best possible service from the Trust. The devil is, of course, in the detail - and those details are still being worked out. But none of this will happen unless u3as agree that this is the best option for the organisation. If trustees think that most u3as support the change, then a resolution will be put to the 2024 AGM in October when if the change will happen if u3as vote in favour.

A survey is underway on the national u3a site which can be reached from our Website and then select Fit for the Future from the Members menu. Or, if you prefer you can contact me on [vahone94@gmail.com](mailto:vahone94@gmail.com) with your view, as the Committee can submit a response on behalf of Kings Norton u3a. This is your chance to have a say in our future. Thank you

Vicki Hone



# A.G.M

Our AGM is on 4<sup>th</sup> June.2.pm

This is particularly important this year as some committee members have to stand down as they have come to the end of their constitutional tenure. We also need more general committee members. If you would like to stand for the committee please contact our business secretary Lorna Brown on email. [brown\\_holelane@btinternet.com](mailto:brown_holelane@btinternet.com)



The AGM will be followed by tea/coffee and cake, and music, and commemoration of D-Day



# U3a Matters

## APPOINTMENT OF ACCESSIBILITY OFFICER

We have drawn up an Accessibility Policy to ensure that our u3a takes steps to review accessibility and safeguarding needs of members and makes reasonable adjustments, where possible, to accommodate those needs safely.

We are pleased to announce that Jane Evans will now be expanding her role as Welfare Coordinator to become our Accessibility Officer. Jane will be responding to requests from individual members, Group Leaders and the Committee for advice on safe access for all. Initially requests can be made through the Committee.



**New**

## Kings Norton U3a Website

### **New Website now available!**

The new 'Word Press' KN u3a Website is now available and every Interest Group has a page. Margaret Lusher has been very busy transferring all your information onto your new pages and has made our Introduction Pages sparkle with attractive Kings Norton photographs. She will be supplying Log-in details so you can add to and design your own pages. The website is user friendly and with better, more attractive features than the old Site Builder version. You will be able to make your page and therefore your group very inviting. It is your opportunity to design an advertisement to potential new KN u3a members; who will be logging on to see what we are about before they join. You can get some ideas by looking at other KN Interest Groups and even other u3a Groups using Word Press.

# u3a Interest Groups Online

## Connect with an online learning community

u3a Interest Groups Online is an online u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home.

The interest groups are run by members and are a great way to meet people from all across the u3a movement.

**Membership costs £12 for the year**, giving you access to over 100 different groups, from Laughter Yoga to Armchair Archaeology. Members are encouraged to start new groups in any subjects they are interested in.

You can join **Interest Groups Online** in addition to your local u3a membership, or on its own.



Join now at  
[u3a.org.uk/igo](https://u3a.org.uk/igo)





UNIVERSITY OF  
BIRMINGHAM

University would like your help

## Are you 60 or over?

### Do you spend time sitting?

Do you spend time sitting doing activities like socialising with friends and family, watching TV, using a computer or tablet, reading, doing puzzles or hobbies like knitting or making models ?

## Would you like to take part in research into healthy ageing?

We are looking at whether changing sitting habits can improve your physical function (walking speed, strength and balance), quality of life and ability to perform everyday tasks.

## Who can take part?

- ✓ 60 or over
- ✓ Able to walk (with or without aids)
- ✓ Spending several hours a day sitting, reclining, or lying during waking hours (including activities like those above, mealtimes and travelling)
- ✓ Not in paid or voluntary employment
- ✓ Own a mobile phone (and preferably have access to the internet)
- ✓ Have up to date Covid 19 vaccine status

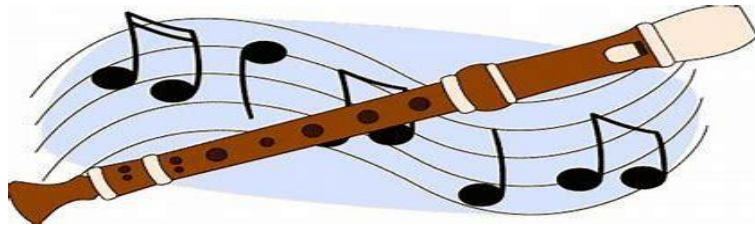
Interested and want to find out more?

Contact the researcher at [vxh647@student.bham.ac.uk](mailto:vxh647@student.bham.ac.uk)

# Kings Norton Interest Groups

## Recorder Group

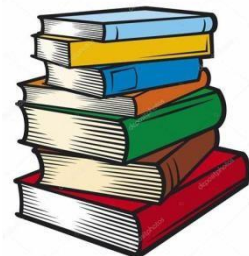
The Recorder Group is doing very well, our playing is greatly improving, and we have fun in the process. We have room for a few new members, particularly anyone who can play treble, tenor or bass. So please contact Group Leader Jackie Johnson if you are interested. Email : [gratelus@blueyonder.co.uk](mailto:gratelus@blueyonder.co.uk)



## Wednesday Book Group

I have recently become the group leader of this group which is the newest and smallest of the book clubs. We meet on the second Wednesday of the month at 2pm in The Navigation pub ( Wetherspoons) on Wharf Road, Kings Norton. All the members take it in turns to suggest books and these can be any genre. The idea is to read something that you might not normally choose. We then discuss the book and hopefully you will discover things which you didn't pick up. It is perfectly okay to say you didn't like a book. We are all different. We would love some new members and I can be contacted via the group page of the website. I hope to meet some of you soon.

Val Stowel



## Coffee Mornings & Tea Afternoons Hosts Required

We would like a few members to come forward to host above events.

We would like to put more of these events on and welcome New Members into u3a. They will mix with experienced members in a social setting; rather than a regular learning group setting.

The more hosts we have willing to host once a month, the more events we can have per month. i.e. One host one coffee morning, 2 hosts 1 coffee morning and 1 tea afternoon.

Friday 10 May - Host is Helen



The next event I need a host for is the Tea Afternoon at 'Paul's at 41' Harborne Cafe (B17 9NT) on Friday 12 July, 2.30-4.30pm, I will be there to show you the ropes. The volunteer hosts (of future events) can choose the venue/cafe, the morning or afternoon and the time and date. Don't forget we are Kings Norton and District u3a. We have members in all these places.

Do you know any suitable venues in Longbridge, Cotteridge, Northfield or Bournville as well as Kings Norton?

### What does a host do?

1. Choose your venue, time, date. Check if they can they cope with 10 or so people. Check stairs/disability access.
2. Let me know details so I can advertise the event for you.
3. On the day please arrive early, check the tables are suitable and welcome members, introduce yourself, then each member to each other. Make a note of their names for me.
4. Paying your bill will remind members to pay. Check with cafe that everyone has paid before you leave.
5. Enjoy the event yourself.



What is the 'Trader Cafe' like in Northfield?  
I am surprised at how many cafes there are in Northfield!



# Museum Visits

## January -

In January we went to the Herbert Art Gallery in Coventry to see the Wildlife Photographer of the year exhibition and enjoy the history gallery, the story of Lady Godiva and the Long Gallery exhibits.

## February -

February's visit was to St Mary's Convent in Handsworth. A real treat. Housed in a peaceful haven designed by Augustus Pugin. The Sisters of Mercy gave us a very warm welcome and showed us their beautiful building and told us about their history and the work they have done and still do in the community. They also provided us with a delicious lunch.

## March -

In March a group of us visited the Gas Hall in Birmingham to the Victorian Radicals exhibition where we saw the Pre-Raphaelite paintings that have now come home after their tour of America and other treasures. April -

In April we visited Bantock House and park in Wolverhampton. Home of the Bantock family, local industrialists and benefactors. A Museum of Edwardian Life and history.

Sandra James and Pat Davies

*Wildlife Photographer of the Year.*

*St Mary's Convent, Handsworth Coventry*

*Art Gallery*



*Bantock House, Wolverhampton*

*Victorian Radicals Exhibition. Gas Hall  
BMAG*

To launch our new website we are holding a photographic competition to find 3 pictures to front up our welcome page. So get out your phones or cameras and get shooting.

We need 3 pictures to represent our area. From Kings Norton, Bournville, Longbridge, Northfield, Cotteridge and Stirchley.

We offer 3 prizes of £25 each. To be sent by 17<sup>th</sup> May to Newsletter Editor at [p.helenkempster48@sky.com](mailto:p.helenkempster48@sky.com). Phone pictures can be sent as an email attachment, camera pictures as a Jpeg, or attached to an email.

<p>The talks begin after u3a notices and generally last for 40-50 minutes, finishing by around 3.30pm. One or two may run a little longer so if you need to leave early, please sit near the exit door</p>		
<b>JANUARY 2<sup>nd</sup></b>	<b>No Meeting</b>	
<b>FEBRUARY 6<sup>th</sup></b>	<b>SCOTT JOPLIN</b>	<b>Roger Browne</b>
<b>MARCH 5<sup>th</sup></b>	<b>WHAT A CURRY ON</b>	<b>Andy Munro</b>
<b>APRIL 2<sup>nd</sup></b>	<b>HIDDEN DOCUMENTS of COUGHTON COURT</b>	<b>Vanessa Morgan</b>
<b>MAY 7<sup>th</sup></b>	<b>JAMES WATT</b>	<b>Chris Rice</b>
<b>JUNE 4<sup>th</sup></b>	<b>AGM (&amp; afternoon tea - tbc) &amp; guest speaker</b>	<b>Alan Walmsley</b>
<b>JULY 2<sup>nd</sup></b>	<b>MURDER TRIAL</b>	<b>Alan Cutler</b>
<b>AUGUST</b>	<b>NO MEETING</b>	
<b>SEPTEMBER 3<sup>rd</sup></b>	<b>GARDENING FOR WILDLIFE &amp; YOUR PLATE</b>	<b>Warwickshire Wildlife Trust</b>
<b>OCTOBER 1<sup>ST</sup></b>	<b>MAD ENGLISHWOMAN, THREE DOGS AND MID-DAY SUN</b>	<b>Ginny Davis</b>
<b>NOVEMBER 5<sup>th</sup></b>	<b>CANAL HISTORY &amp; HERITAGE</b>	<b>Roger Butler</b>

Website Competition



SPEAKER PROGRAMME FOR 2024

