

Chair's Bulletin of matters of interest for Ru3a members:-

- ✚ The next monthly meeting will take place at 10am on Tuesday 14th July at St Peter's and there will be an entertaining talk by Nina Dauban entitled 'What you don't know about charity'.
- ✚ **PAT Testing:** Gavin the electrician will be on hand between 9-10 am in the Lounge on the day of the Meeting to test any remaining u3a electrical equipment which needs checking.
- ✚ **Health Matters: Staying hydrated** To stay hydrated, the NHS recommends we drink plenty of fluids: water, diluted squash and fruit juice, and other fluids like tea and coffee count towards your daily intake. Aim for 6 to 8 cups or glasses of fluid a day: This is a general guideline, but individual needs may vary. Here is more detail: <https://www.nhs.uk/live-well/eatwell/food-guidelines-and-food-labels/water-drinks-nutrition/>
- ✚ **Marathon Month:** Early next year, NHS England will launch a "marathon a month" challenge, asking people to walk for around 30 minutes a day. Those who do it every day will hit roughly 26 miles a month - the distance of a marathon. Users will be able to log their walks online, or through their phone or smartwatch. And the NHS says those who complete the challenge will then be eligible for rewards - which could include incentives and discounts. Remember, every little helps – even if the marathon is not for you!
- ✚ **Holidays 2026:** Final few seats remaining for a 5-day holiday in Cromer from 12th September 2026. **2 x Double rooms only: book by 14th July.**
- ✚ **Holidays 2027:** Scotland visit in April now fully booked but not too late to secure places on the October visit. See Halinka at the monthly meeting.
- ✚ **New!!** Check out the new [Notices](#) section on the front page of the Ru3a website. Read about a **new u3a programme of bespoke holidays** for u3a members. Do you enjoy writing? Then why not enter the **u3a Essay Competition** – you'll find details of this and more in the [Notices](#) on the Ru3a website.

for the vacant role on the u3a Board of Trustees. The deadline for applications is Thursday 30 July.

- ✚ **Day Trips:** To help get day trips re-started, whilst we search for a new Social Account Treasurer, the Committee are looking at ways to reduce the administrative burden on this role and the Trips Co-ordinator.

We have asked some Group Leaders who organise trips for their group, members with significant experience of the financial aspects of trips and members of the Beacon team to help us establish a simpler policy and process for booking and paying for trips. We'll report back at the Meeting.

GROUP CO-ORDINATOR'S NEWS by Anne Eldridge

1. New Quiz Night Group : These evenings will be held monthly, probably in a local hostelry!! Group Leader will be Clive Aveyard and his deputy Jayne Piper. The group members will take it in turns to set the questions so expect a wide variety. This promises to be a very successful and lively group – if you want to join in, just let me know.

2. Expressions of Interest: These are groups that I am hoping to set up in the future. If you are interested, please let me know and I will add your name to the list. No obligation if you change your mind later.

2.1. Walking & Social 4/5 miles. (NEW) The proposed aim of this group is for members to take it in turns to organise walks that start and end at a café or a pub! Exercise and social - what's not to like?

2.2. Soft Tennis (NEW). Ideal for the 'not quite so energetic' members as it is slower and there's less distance to run! This game is played with tennis rackets and larger foam balls on a court with lowered nets. Same rules as tennis.

2.3. Book Group 2. Our existing very successful Book Group is now full – anyone want to join a second group?

2.4. Chess &/or Backgammon. Interested in playing either or both?

2.5. Beer Appreciation. Pretty obvious what this group will do. Cheers!

2.6. Fitness with Dance. Gentle exercise with a few basic dance moves.

- ✚ **Button Up:** A request from Liz Corner, Group Leader of the Knitting and Crochet Group, for donations of black buttons- approximate size 1cm diameter, this is to help with their project for the parish council for armistice day. Bring to the meeting or send to the Group, please.

Michael Williams, Chair, Ravenshead u3a