

**Dear Members,**

Gosh , June already. Where does time go!!

The year is in full swing with all visit venues being consistently well supported.

Our two new interest groups, Italian and Guitar, proving very popular which is great to see.

Special thanks this month to our Beacon Administrator for her sterling work via the Beacon system in assisting the Newsletter team to resolve a number of outstanding issues.

A reminder also to those of you who are already members of the 100 Club in ensuring that you have paid your yearly subscription and also to aspiring new players, you are very welcome to join in the fun.

Kind regards.

**Chair** 07531 062146 [chair@porthcawlu3a.org.uk](mailto:chair@porthcawlu3a.org.uk)

## UPCOMING EVENTS



### Coffee Mornings

**Wednesday, June 3rd - Waterfront - 10am**

**Saturday, June 27<sup>th</sup> - Atlantic Hotel - 11am**

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### Wednesday, June 10th, 2.15pm - Monthly Talk - The Atlantic Slave Trade

One of our members will tell us a tale of the Atlantic slave trade, in which Britain was a serious player until it's abolition in 1807. We weren't the first to abolish it, that distinction lies with Haiti.

Previous talks can be found on our Porthcawl u3a YouTube channel 

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### Wednesday, June 10th - Annual General Meeting (following the Monthly Talk)

The May Newsletter gave notice of the AGM to be held on 10th June. 10% of our members need to be there, so please make every effort to attend. In May, we sent out nomination forms for the post of Secretary. At the end of this Newsletter, we include a form on which ordinary committee members may be nominated. Paper copies will be available at our monthly Coffee Morning at the Atlantic Hotel, May 30th.



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### Wednesday, June 17th - Bourton-on-the-Water - £27

Leaving the Atlantic Hotel at 9:30 am, and returning at 3:30pm

The "Venice of the Cotswolds," is a picturesque English village in Gloucestershire famous for its low stone bridges spanning the shallow River Windrush.

Payment due by June 3<sup>rd</sup>. Please use reference "Bour" before your membership number.

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### Wednesday, July 22nd - St David's (Pembrokeshire) - £26

Leaving the Atlantic Hotel at 9:30am and returning at 3:30pm. Payment due by July 8<sup>th</sup>. Please use reference "Pemb" before your membership number.

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To book a trip email [visits@porthcawlu3a.org.uk](mailto:visits@porthcawlu3a.org.uk)  
or speak to a Committee member at the Saturday coffee morning to reserve your seat.

**Porthcawl u3a's current membership - 393**

# MEMBERS' MOMENTS

**Congratulations to the 100 Club's May winners:**

**1st ED £50, 2nd SM £25  
and 3rd MC £10**

Winners, please email your bank details - Bank, Account name and Sort Code - to our Treasurer at [treasurer@porthcawlu3a.org.uk](mailto:treasurer@porthcawlu3a.org.uk)

This was the last draw in the first year of our 100 Club. To join, or keep your ball, please pay £20 by BACS to Porthcawl u3a reference "100 Club" followed by your membership number.



**Have you signed up to easyfundraising?  
What is easyfundraising?**

Easyfundraising turns your everyday shopping online into free donations. There are 3,600 retailers that will make a small donation to a cause of your choice. This is a great way of fundraising for Porthcawl u3a.

**RNID** Free RNID drop-in service. **No appointment needed.** Receive information on hearing loss and tinnitus, how to do a hearing check, how to access support and hearing aids, including basic repairs and maintenance of NHS hearing aids. **Awel-y-Mor, 2nd Friday of the month.**

**Are you interested in participating in a study?**

We have been contacted by Dr. Matt Hill, School of Psychology and Vision Sciences (SoPVS), University of Leicester.


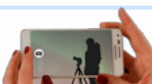
He has requested assistance in sharing information about a research study they are conducting on concern about falling in older adults. The study aims to understand whether witnessing or hearing about other people falling (e.g., friends, family members, or others) influences individuals' own concerns about falling.



Study information and the survey link can be found below. Participation is entirely voluntary, anonymous, and confidential. Members can access the survey online at their convenience, and there are no right or wrong answers – they are only interested in participants' experiences and perspectives.

If you are willing to assist, they can provide you with the study information sheet and are happy to answer any questions you may have about the study. Email: [mwh20@le.ac.uk](mailto:mwh20@le.ac.uk)

<https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

# Calendar for the Month

<b>Astronomy</b>	<b>4 18</b>	Th	2pm	YC	The late, heavy bombardment
					Resonance
<b>Beach Clean</b>	<b>2 16</b>	T	10am	Rest Bay	New volunteers welcome
<b>Book Clubs</b> 	<b>1 26</b>	F	10.30	AFC	<i>Trespasses</i> by Louise Kennedy
	<b>2 10</b>	W	10.30	AR's	<i>The Long Petal of the Sea</i> by Isabel Allande
	<b>3 4</b>	Th	2pm	CP's	<i>Written in the Stars</i> by Ali Harris
<b>Canasta</b>	<b>8 22</b>	M	2pm	YC TBC	Anyone who would like to play is very welcome. June 29 <sup>th</sup> TBA
<b>Ceramics</b>		W	2pm	YC	This is a very popular course, running to capacity. Add your name to the waiting list and you will be welcomed as a valuable member of the group just as soon as there is a vacancy.
<b>Conversations</b>	<b>11</b>	Th	2pm	AFC	What should be high on the tasks list of the recently elected government of Wales?
	<b>25</b>				What are our most pleasant and amusing memories of our childhood and teenage years?
<b>Crafts</b>					This group is currently inactive.
<b>Exploring Poetry</b>	<b>1 15 29</b>	M	2pm	TBC	<i>Chaucer</i>
<b>French for All</b>	<b>2 16</b>	T	10.15	AFC	<i>My favourite town or city</i>
					<i>My Home</i>
<b>Gardening</b>	<b>23</b>	T			Visit - Details to be confirmed New members welcome
<b>Guitar</b>	<b>8 22</b>	M	10am	NSR	This is a very popular course, running to capacity. Add your name to the waiting list and you will be welcomed as a valuable member of the group just as soon as there is a vacancy.
<b>History</b>	<b>1 15 29</b>	M	10.15	YC	Lisa will talk about the 'trail of tears', the removal of native Americans from their homelands. We will then cover the Baltic States, Ukraine and Russia. Peter is recovering well, and we hope he can rejoin us and complete his talk.
<b>International Zoom Link</b>	<b>1 15</b>	M	2.30 10.30		We link via Zoom between members of our u3a and members of the u3a at Nantes in France. We chat in English about current issues affecting our countries and ourselves. Do come and join us.
<b>Italian For All</b>	<b>4 18</b>	Th	2pm	TC	Members with at least beginner level of Italian are welcome.
<b>Kaffeeklatsch</b>	<b>9 23</b>	T	11am	YC	Friendly German conversation over a cup of coffee. Basic knowledge of German essential. New members welcome.
<b>Latin</b>	<b>8 22</b>	M	2pm	YC	Come and help us translate interesting Latin stories.
<b>Mah Jong</b>	<b>11 25</b>	Th	2pm	YC	New members welcome
<b>Mindfulness</b>	<b>2 16</b>	T	1.30	YC	Everyday mindfulness: "Present awareness in ordinary moments, with curiosity and without judgement" please join us if this interests you.
<b>Monthly Talk</b>	<b>10</b>	W	2.15	H-T	<i>The Atlantic Slave Trade</i>
<b>Origins and Development of Drama</b>	<b>8 22</b>	M	2pm	AFC	<i>Shakespeare's Pericles</i>
<b>Painting Workshop</b>		Th	10am	YC	This is a very popular course, running to capacity. Add your name to the waiting list and you will be welcomed as a valuable member of the group just as soon as there is a vacancy.
<b>Philosophy &amp; Ideas</b>	<b>5 19</b>	F	10am	TBC YC	Sue will return to <i>consciousness</i> (and maybe free will), and Gary will check our rights. All very relevant to the times we live in.
<b>Photography for Everyone</b>	<b>9 23</b>	T	2pm	YC	New members welcome 

<b>Play Reading</b>	<b>25</b>	Th	2pm	YC	New members welcome
<b>Psychology</b>	<b>18</b>	Th	10am	AFC	Non-Verbal Communication / Body Language. What facial expressions, hand gestures and body positioning could mean about what we 'really' think.
<b>Quiz</b>	<b>8</b>	M	2pm	YC	New quizzers welcome Come and test your general knowledge
<b>Rummikub</b>	<b>5</b> <b>19</b>	F	2pm	SH	New players welcome
<b>Scrabble</b>	<b>1</b> <b>15</b>	M	10am	H-T	New players welcome
<b>Search for Knowledge</b>	<b>15</b>	M	2pm	AFC	What's News? Who or What Will Control the Future, Humans or AI?
<b>Social Cycling</b>	<b>19</b>	W	11am		Meeting at Swansea Park & Ride, SA1 8LD to cycle to Pontardawe 
<b>Social Dancing</b>	<b>9</b> <b>23</b>	T	2pm	TC	A mix of ballroom, Latin, sequence, the odd line dance and Rock & Roll.
<b>Sustainability</b>	<b>9</b>	T	2pm	YC	War and the environment, postponed from May
<b>Table Tennis</b>		F	10am	YC	Weekly meets New members welcome
<b>Technology Help Desk</b>	<b>1</b> <b>15</b>	M	10.30	COSTA	Do you need help with your electronic devices? Ring for an appointment
<b>Ukelele</b>	<b>5</b> <b>19</b>	F	2pm	YC	New players welcome
<b>Understanding Modern Art</b>	<b>8</b>	M	10am	YC	We will consider how, and why, styles change over time. What drives the urge to alter our interior design preferences and architectural and civic aspirations?
<b>Walking</b> 	<b>12</b> <b>26</b>	F	1.30		Meeting at the The Globe, Newton for a 3 mile circular walk on the flat, no stiles. From the Town Hall in Llantwit Major CF61 1UG. Parking is free at the railway station CF61 1ST. A 3.4 mile walk along clifftop path with gentle slopes. Please note, there are 14 stiles.
<b>Welsh</b>	<b>11</b>	Th	10am	TC	New members welcome No meeting on the 25th
<b>Whist</b>	<b>1</b> <b>15</b>	M	2pm	YC	Anyone who would like to play is very welcome
<b>Wildlife</b>	<b>2</b>	T	2pm	KNR	A talk on 'Habitat restoration on industrialised land'
<b>Writing for Pleasure</b>	<b>1</b> <b>5</b> <b>2</b> <b>19</b> <b>3</b>	F	10am	RC	Meetings are informal and relaxed. Beginners and experienced writers welcome. There are spaces in Groups 1 and 3.

### u3a Contacts

**General Enquiries:** 07531 062146 [info@porthcawlu3a.org.uk](mailto:info@porthcawlu3a.org.uk)  
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### Venue key

**AFC** = Football Club  
**H-T** = Hi-Tide  
**KNR** = Kenfig Nature Reserve  
**NSR** - Newton School Room  
**RC** = Rugby Club  
**SH** = Seagull Hotel  
**TC** = Trinity Church  
**YC** = YMCA