



## From the Chair

### Update on restarting of activity groups

There are now no restrictions on the number of people who can meet indoors in members' homes nor on social distancing. However, activity groups taking place within members' homes are in effect taking place as part of an organisation's events, namely Monmouth u3a, and therefore the Welsh Government still require sensible precautions to be in place to help reduce the spread of coronavirus and protect the most vulnerable.

Although restrictions by law have been eased, it is important that the wishes of individual members are respected. Where members wish to continue to maintain a social distance or wear a face mask this must be respected.

Please contact the convenor of your group to find out the latest information on restarting.

## From the Committee

### Communications Survey

Members will be receiving an email with a link to a survey to enable the committee to ensure that communications with members are effective. We would appreciate if you would take a few minutes answering the questions by 17 September.

## Members Meeting

### **Notification of AGM**

The 33rd Annual General Meeting of Monmouth u3a will be held at 2.30pm on 21st September 2021 at Bridges Community Centre and on-line via Zoom. An agenda will be sent out with the magazine in early September.

The AGM will be followed by a talk :

*The River Usk from Abergavenny to Newport* by Alan Bowring

The Usk, the longest river wholly in Wales, initially weaves its course through the spectacular landscapes of the national park to Abergavenny but its interest doesn't stop there. Alan Bowring will describe its onward journey to its meeting with the Severn estuary at Uskmouth. Its many crossings take centre stage but we'll look too at other historical features on its banks, its tributaries, the naming of parts, wildlife and the ice age legacy.

Requests to attend the meeting should be made to Mike Saunders at [MikeSaunders.mjs@gmail.com](mailto:MikeSaunders.mjs@gmail.com) making it clear whether you wish to attend in person or via Zoom.

## Groups

### Science and Technology Group

There will be NO MEETING in September.

Our next meeting is on 12 October

The plan is to hold a “hybrid” meeting in the Bridges Centre, where people can either attend in person or watch the meeting on Zoom. Invitations to attend will be sent to Science and Technology members nearer the time, so if you would like to join the group, please email [monmouthu3amembership@gmail.com](mailto:monmouthu3amembership@gmail.com)

### Intermediate French

Would you like to brush up your French with us? We meet on Monday mornings, via Zoom, at present. We hope to meet face to face soon!

If you are interested, please contact Frances Williams either by telephone: 01600 713766 or email: [fhwsunnyside@gmail.com](mailto:fhwsunnyside@gmail.com).

### u3a Cinema Group

Tuesday, 14th September at 10.30am: Doors open 10.00am. Entrance £6.00 to include raffle to win free entry to a future U3A film. Cash only. Refreshments are available

All films are shown with sub-titles.

#### ***The Good Liar***

Ian McKellen and Helen Mirren star as a veteran conman and a chintzy widow in a sparky drama steeped in deception.

There's embellishing a dating app profile - and then there's creating an entirely fictitious persona. But for dapper charmer Roy Courtnay (Ian McKellen), a grizzled grifter and veteran conman, lying is a way of life. When he meets well-heeled widow Betty McLeish (Helen Mirren), he settles comfortably into her suburban lifestyle, a world of polite pastels that he privately describes as like being “smothered in beige”. Betty, meanwhile, seems determined to grasp late-life happiness with Roy, despite the reservations of her grandson Steven (Russell Tovey). ~ Wendy Ide, *The Observer*

Our second film after lockdown will be ***Gwen*** – Welsh film starring Maxine Peake on Tuesday, 12th October. Programmes for the Autumn showings will be available on 14th September at The Savoy theatre. Please support us now that we are able to be up and running again – fingers crossed!

Please note that we will be following the Savoy Theatre's Covid protocol whatever is applicable at the time.

Convenors: Barbara Atkins 01600 714761 or Dorothy Munslow 01600 715014

## u3a National

The latest newsletter from the Third Age Trust is here [Your u3a National Newsletter - August !\[\]\(1d3a1175dd4902218e694b9c098adb83\_img.jpg\)](#) ([mailchi.mp](#)). It contains, among other things, news about various on-line events on mathematics, science, philosophy and world faiths as well as a message from the departing chair of the Third Age Trust.

### U3a diaries

2022 u3a diaries will shortly be available at £3 each. If you would like to reserve one, please email [monmouthu3a@gmail.com](mailto:monmouthu3a@gmail.com)

## Other

*From* Lucie Paddison ([Lucie.paddison@rnid.org.uk](mailto:Lucie.paddison@rnid.org.uk))

Our befriending service is open to anybody in Wales who is deaf or has a hearing loss who would like to have a regular chat, or receive letters, from one of our trained volunteers. They do not need to be hearing-aid wearers. It's aimed at those who are feeling lonely or who are socially isolated and we are able to offer them a series of ten befriending sessions. At the moment we are offering phone calls or letters but we hope to be able to offer face-to-face befriending in the near future (when circumstances allow).

If anybody would like to register themselves or someone else for the service, they can email [livewell.cymru@rnid.org.uk](mailto:livewell.cymru@rnid.org.uk) to request the referral form (or I can send you a copy of this if easier).

I'd also be really happy to hear from anybody interested in becoming a befriender volunteer themselves of course!