

Committee Notices

Notice of AGM

Members have already received notification that the Annual General Meeting (AGM) will be taking place on Wednesday, 26th March commencing at 1:45pm. The notification has provided members with the minimum 28 days' notice as required by the constitution.

All positions held by the current committee become vacant in order that a new committee for the year 1 April 2025 to 31 March 2026 can be filled.

This has not disallowed current committee members from standing in order to continue to serve on the committee for a further year.

It is a requirement of the constitution that the three executive positions i.e. Chairman, Secretary and Treasurer are all filled.

A member who stands as Vice Chairman does not necessarily become Chairman next year.

Members have already been informed that Dave Abbott is standing down as Chairman at the AGM.

I look forward to seeing you at the AGM on 26th March.

Member Subscriptions

The committee are recommending an increase in member subscriptions for the year 2025/26 from £20 per year to £25. Members will be asked to vote on this proposal at the AGM. If agreed, members will be able to pay their subscription during the refreshments break.

Dave Abbott
Chair

Events

Quiz Night

3 April 2025

7 pm start

Tickets £6

Maximum 6 to a team

Including a ploughman's supper

Tea and coffee available

Bring your own alcohol

Aylesford Hall, Shard End, B34 7RU

Tickets from Marion 07701010152 or at the General Meeting

'Bring a Friend for free' Event

Members are encouraged to bring a friend for free to the general meeting on 25th June. If you have a friend or relative who is thinking about joining us please bring them along so that they can meet the group and get a feel for what goes on at our general meetings and so they can find out about our interest groups.

Groups Information

Art and Craft Circle

Tuesday 1 April, 1:00 pm

Bring your paints, sewing project or any craft activity you are working on.

Aylesford Hall

Facilitator: Elaine Johnson

Book Club No 4 at Shard End Library

Wednesday, 2 April, 10:00 am

Shard End Library

Everyone welcome

Facilitator: Marion Ridsdill

Poetry Group

Friday, 4 April, 2:00pm on, usual venue.

We are a small group with an interest in poetry which we find in advance of our meetings based on an agreed theme and we read pieces aloud to the group. The meeting usually lasts a couple of hours, refreshments are provided at the halfway point.

Please contact Dave & Helen Abbott on 0121 770 1538 if you are interested in joining us.

Facilitators: Dave and Helen Abbott

Castle Bromwich Local History Group

Monday 7 April, 2:00pm

Ted Richards will be speaking to the group.

Timberley Lane Baptist Church

Facilitators: Barbara Durrant and Paulette Burkill

Art Appreciation

Tuesday 8 April, 1:15 pm

Timberley Lane Baptist Church

Facilitator: Elaine Johnson

BSL Group (British Sign Language) Group

Thursday 10 and 24 April 10:00 till 12:00 noon.

There is a small charge (£2.00) to help with the room hire.

For more info' email: castleu3a7@gmail.com

Facilitators: Frank and Katrina



Thursday Reading Group

Thursday 10 April

Facilitators: Jean Edwards

Thank you for taking this over Jean! (DA)

Table Tennis

Thursday 10 April 2:00 pm

Timberley Lane Baptist Church

Facilitator: Diana Price

u3a Strummers

Fridays, 11 and 25 April

10:15 for 10:30 start till 11:30

Timberley Lane Baptist Church, £3

You will need your own instrument and music stand.

Facilitator: Graham Ridsdill

Coffee Mornings

Wednesdays 16 April, 10:00 am

Orchard Nursery' Water Orton Lane

Facilitator: Elaine Johnson

Digital Photography

Tuesday 18 April

1:00 till 3:30 pm

Our next project for April will be 'Freelance with a theme'.

The March project was 'Tools'

We are currently meeting at a member's house, so numbers are limited at present, but if anyone is wishing to show their photos can contact me either at the General Meeting or via our CBU3a email: castleu3a7@gmail.com.

Facilitator: Frank Hill

Yompers

24 April Walk details to be confirmed.

Facilitator: Bob Dadd 07711608591

General Meetings

Wednesdays 26 March and 30 April

1:30 pm

Arden Hall

GM Speakers

26 March – Annual General Meeting

30 April – Linda Atherton from Central Fast Response - she will be providing us with information, instruction, and training on basic first aid. Some 'hands on' practical training will form part of the session. The session will be geared to the abilities and



average age of our group and hopefully will provide you with some confidence should you need to administer first aid.

The full list is published on the General Meeting page of the website.

Can we remind members that the hire of the Spencer Hall is until 4:00 pm. So as not to incur additional hire costs can we ask that members leave Arden Hall before 4:00 pm please.

Refreshment Volunteers

Volunteers are needed for the tea rota, we have vacancies for April, May, June, August, October and December. Please speak to Sue Wilcox or Kath Buckley if you are able to help.

There are guidelines/tips for the tea rota which is on the committee webpage [refreshmenttips.pdf \(u3asites.org.uk\)](https://u3asites.org.uk/refreshmenttips.pdf)

GM Book Swap

Do you have any books/magazines you would like to swop?

If so, bring them to the General Meeting.

Facilitator: June Dadd

If group facilitators (or members) wish to present information to CBU3A about their group or activity in the presentation then contact Frank Hill via our email:

castleu3a7@gmail.com or at the General Meeting

Astronuts

Monday: 28 April, 10 am

Methodist Church, Cat Lane

A few of the group got up at 5 am to see the blood moon and the lunar eclipse on the 14 March.

Unfortunately, this was all we saw – thick cloud!



However, the following night Dawn was able to photograph this picture of the moon

Facilitators: Dawn Passant and Frank Hill

Papercrafts and Knit and Natter Group

Monday 28 April

Methodist Church, Cat Lane

Join us for a different craft each month or just come and knit and natter.

Photos are available on the new group page of the first successful meeting in March follow this link: [Paper Crafts, Knit and Natter Group - Castle Bromwich](#)

Facilitator: Kath Buckley

Curry Night

Monday 28 April

Details to be confirmed

Facilitator: Barbara Durrant

Committee Meeting

Wednesday 30 April, 10:00 am (Please note this change of date)

Arden Hall

All members are welcome to attend.

Jotters Corner

Jotters Corner now has its own page on the new website: Head over to the site to find the latest stories. If you have any short stories to share, please email them to Marion.

We have a new writer amidst us. Mary Potter who is sharing her hobby of letterboxing. Full details on this link

[Jotters Corner Mary Potter - Castle Bromwich](#)

Ray Pearce – A return to Euston Station

Lunartics

This is a website-based group, and you will find lots of information on our u3a website page. Details on the CB website

Facilitator: Frank Hill

Railway and Railway Model Club

Thursdays 10:00 am until 1:00 pm

Model Club Cadbury Drive, Castle Vale, B35 7JE.

£3 to cover room rent and refreshments.

Come and have a look. You can choose which one(s) you would like to help with.

We go out to exhibitions and hold our own exhibition at Arden Hall in October as well as we have lots of other activities, outings etc. Come and have a look. Ladies welcome especially with craft and art skills to work on scenic (you might also want to play trains).

Group Facilitator Bob Brueton

Quizzes

On the website the monthly quiz now has its own page. Find the previous quizzes plus the current months on the page.

This month quiz numbers 05 and 06.

Thank you to Roger Hateley for providing the quizzes.

Link to the u3a newsletter [Your u3a Friends Newsletter - March](#) 🌤️

Workshops and Members Organizing Interest Trips

If members are organizing CBu3a workshops or their interest group trips then can the organizer inform the Interest Group Co-ordinator, Elaine Johnson, of the project. This ensures that the event is noted and also in the unlikely event of an accident we can help process any insurance support that may be required. If trips are of a more extensive nature, then the Trips and Events Coordinator, Bob Brueton, is also to be informed. Please note that a risk assessment could be required to be completed to ensure that the event is undertaken safely for members and/or visitors.

Elaine Johnson

U3a Members welcome at these other Community Groups

Young at Heart Dancing

1.30 - 3.30 pm £3.00

At The Remembrance Club.

U3a members are always made welcome.

Organised by: Bob Brueton



Generations Choir

More choir members needed male and female. No auditions just enthusiasm and wanting to meet like-minded people and have lots of fun! Choir meets for rehearsals.

Thursdays 5:30 pm until 7:00 pm at the Sanctuary Community Centre, Tangmere Drive, Castle Vale B35 7PX. Sing Gary Barlow's song plus Sea Shanties, plus more new songs. Several performances being planned. We also sing popular songs and from musicals. If you can talk you can sing!

U3A Members very welcome.

Organiser: Bob Brueton 07766923361

Castle Bromwich Ladies Club Trips

Eastbourne staying at the Imperial hotel half board 29th May-2nd June

Coach from Arden Hall returning to Arden Hall

£309 per person

I can ask for single rooms but can't promise one

Llandudno Day Trip on the 18th August, £21 from Arden Hall

Maggie's Movers

Our keep fit class has a trip to Wedgewood factory tour for one hour then to Trentham Gardens shopping village on the 11th April

£15 payment must be paid beforehand with name and contact number

For further information on any of the above trips please contact Phyllis on 07586372599

Coventry University Medical Research

Ever feel a little shaky on your feet? Worried about taking a tumble? You are not alone! Falls are a common concern as we get older, and sometimes, even the fear of falling can hold us back.

Researchers at Coventry University and Imperial College London are on a mission to understand this fear and how it affects us. They have put together a short survey that explores the thoughts and feelings that might contribute to these worries. By taking part, you will be helping them unlock the secrets to overcoming the fear of falling. Your answers could be key to developing new programs that help people feel more confident and steadier on their feet.

If you are between 60 and 90 years young and want to make a real difference, we would love for you to share your experiences. It is quick, easy and you will be contributing to something really important. Just click here

<https://app.onlinesurveys.jisc.ac.uk/s/coventry/survey-fearoffalling> If you have any questions, please contact Ellie Johnson at johnsone4@coventry.ac.uk.

Please forward any information, photographs to share or group updates to Marion Ridsdill at mridsdill@hotmail.co.uk or use the group email castleu3a7@gmail.com