

HI ALL

The U3A website (www.u3a.org.uk) is an accessible website for all U3A members only.

There is a wide range of free online talks, workshops and courses through membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations.

They are all free to join and you can join through the link [u3a - Online Learning Events](https://www.u3a.org.uk/events/educational-events)
<https://www.u3a.org.uk/events/educational-events>

The list below is copied from the U3A website and copywrite of all the talks remains with the U3A and hosts of the Zoom presenters.

The u3a podcast which can be found, again, on the learning page of the website, is update on the 3rd Thursday of the month, this will connect you to YouTube.

August podcast (no 53) covered: US road trip; Buckingham Palace made and Quantum Physics

July podcast (no 52) covered: Bus Pass Group; Hadrian's Wall; Pirate radio

June podcast (no 51) covered: Silhouette Band; Cricket Player to Cricket Coach; Shadow of the Teapot

We also remind you of these talks plus some other points of interest from your Committee, Groups and u3a facebook users – join us at: <https://www.facebook.com/groups/fileyanddistrictu3a>

Thank you again for supporting Filey & District u3a.

Please do not circulate this list outside of the group.

Date & Time	Subject	Comment
Tuesday, 2 September at 10am	Flight Inspirations Aviation Meeting: September	This light hearted briefing explores RAF Northolts rich history, from its 1915 founding and early aviation experiments to WWII heroics and modern defence roles.
Tuesday, 2 September at 2pm	Travelling with a meaning and purpose, the HX Expeditions way	Join Tudor Morgan, HX Expeditions Antarctic Ambassador as he shared inspiring stories and lessons from a lifetime of adventure in the polar regions.
Wednesday, 3 September at 1pm	Small Modular Nuclear Reactors	John Butler from u3a Let's Talk Tech explains how Small Modular Nuclear Reactors are being developed as a potential clean energy solution.
Thursday, 4 September at 2pm	Rainer Maria Rilke: The Journey Within	Chris Dowrick explores the emotional intensity of the poet, Rainer Maria Rilke, showing us the deep insights which he offers into the human condition and our relationship with the world around us.
Friday, 5 September at 2pm	The Gothic II: Tracing the Genre from Medieval Architecture to The Goths	Join us to find out more about the romantic era, great Gothic novels, the present-day idea of the 'Goth'
Friday, 5 September at 2pm	Cryptic Crosswords in Context	Their history, how they work, who does them and why – a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth
Tuesday, 9 September at 10am	Railway History at the National Archive	In celebration of 200 years of passengers on trains, Dr. Jessamy Carlson will discuss the wide variety of records relating to railways in the care of The

		National Archives.
Wednesday, 10 September at 10am	Laughter Yoga with Judith: September	Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a
Thursday, 11 September at 10am	Upgrade your Urban Driving with IAM roadsmart	Join Richard Gladman from IAM RoadSmart who will share hints and tips for driving on urban roads.
Thursday, 11 September at 2pm	The Life & Music of Ian Gillan – Deep Purple	Join Ian Gillan from Deep Purple who will talk about his life, his music, and how these experiences have shaped him over the years.
Monday, 15 September at 10am	Exploring World Faiths: Do we live in an Humanitarian World?	World Humanitarian Day took place on 19 August. What is Humanitarianism, and what is the contribution of Faiths towards creating a Humanitarian World. We will hear the contribution from 3 different faiths.
Tuesday, 16 September at 2pm	Data Sharing: what u3a members think about sharing their personal data	Please join us and the Office for National Statistics to find out what u3a members think about sharing their personal data.
Wednesday, 17 September at 10am	FOR 6 WEEKS ROLLING COURSE: FREE ONLINE: Mindfulness and Meditation Series	We welcome back the 6 week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group: John, Mike and Ruth
Thursday, 18 September at 10am	Mindfulness and Meditation Continuation Session: September	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.
Monday, 22 September at 10am	Age Without Limits: Celebrate Ageing	Join the talk from the Centre for Ageing Better who will explore how they are working to combat ageism and drive change through its Age Without Limits campaign.
Monday, 22 September at 2pm	Eating Well for Health and Vitality in Later Life	Want to stay healthy and energised in later life? Find out how nutrition can support your strength and wellbeing. This session will also cover the signs and symptoms of malnutrition, and practical steps to tackle this.
Tuesday, 23 September at 10am	What the future changes in landlines will mean for you	Please join us to find out everything you need to know when landlines in the UK go digital by the end of January 2027.
Tuesday, 23 September at 2pm	What do official statistics reveal about positive ageing	Join us and the Office for National Statistics (ONS) to find out what official statistics can show us about the ageing population
Tuesday, 23 September at 3.30pm	Laughter Yoga with Merrie Maggie: September	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing.
Thursday, 25 September at 2pm	Secrets of the Human Brain: Talk Eight	Dr Bob Pullen describes how the ‘old’ parts of our brain drive our basic behaviour and emotions like hunger, thirst, happiness, sadness and sex. It also explains how the ‘new’ parts of our brain

		can modify these basic drives and produce our most sophisticated skills and thinking.
Thursday, 25 September at 3pm	My gardening life: decades on the plot, page, screen and airwaves	Join Barbara Segall, garden writer, broadcaster and the voice behind The Garden Post as she reflects on her life spent among plants, growers and gardeners.
Friday, 26 September at 10am	AI News September: Driving the Future – AI in Transportation	Join us to find out more about significant changes in transportation and ponder how your family will use transport in future.
Friday, 26 September at 2pm	Introduction to Cryptic Crosswords	Try your hand at solving cryptic clues on this 2 hour taster session with Henry Howarth, u3a Subject Adviser for Cryptic Crosswords
Friday, 26 September at 2pm	Still got it! Positive Ageing Photography	Join Mike Longhurst for some tips on photographing people and find out how to be part of the Still Got It project.
Monday, 29 September at 10am	Bollywood Laughter Yoga Dance	Judith and Merrie Maggie offer a session of gentle aerobic exercise combining the four elements of joy – laughing, singing, dancing and playing
Wednesday, 1 October at 2pm	Sex, DNA and chemistry in microscopic animals: the strange tale of rotifers	Discover the bizarre biology of bdelloid rotifers: insights on sex, disease, DNA and antibiotics from microscopic animals.
Thursday, 2 October at 10am	Ice Age to Iron Age – Britain in Prehistory	Following his much-praised overview of 10,000 years of the Emergence of England after the last Ice Age, author Charles Boundy returns by popular demand with 'Ice Age to Iron Age'
Friday, 3 October at 2pm	The Ultimate Guide to Editing Your Creative Writing	Sara Grant discusses her systemic approach to editing and shares practical tips and simple exercises to help you improve your short story. A u3a Short Story Competition event.
Tuesday, 7 October at 10am	Flight Inspiration Aviation Meeting: October Early Aviation in the Channel Islands	Following the Wright brothers' 1903 flight, aviation reached the Channel Islands, evolving from wartime patrols to civil air services. Challenges included weather, accidents, and financial struggles. Early flying boats gave way to land planes and airports by 1935. WWII halted services, resuming after liberation with a royal visit.
Wednesday, 8 October at 10am	Laughter Yoga with Judith: October	Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judeith Anne Walker of Edinburgh u3a.
Friday, 10 October at 10am	The Climate Crisis and Some Solutions: Truth in Ten	With recent updates, Brenda Ainsley will take you through the science behind the climate crisis – and some solutions.
Friday, 10 October at 2pm	Preparing for an AI World – A FOUR WEEK COURSE FREE online	Do you wish your u3a colleagues and your friends and family were better informed on the current wave of Generative AI – what it can and can't do, and how and why it is transforming society?

Monday, 13 October at 10am	U3a Yoga Network: Talk and Q&A with the Alzheimer's Society FOR GROUP LEADERS	Do you run a wellbeing or 'active' u3a group such as yoga, tai chi or walking? Jo Brown from Dementia Friends (Alzheimer's Society) presents an interactive session on identifying and managing situations in which one or more members may have dementia issues.
Tuesday, 14 October at 10am	Blacklisted! Corporate Crime and State Conspiracies	Jack Fawbert examines shortcomings in criminological theory by looking at the long history of the invisible crime of corporate blacklisting and the accompanying long-running public enquiry
Tuesday, 14 October at 2pm	Wearable Technology and Healthy Ageing	Explore how wearable technologies such as smartwatches, fitness trackers, and fall detectors can support you in living healthier, more independent lives. We will also discuss what the future may look like as these technologies become more common in smart hospitals, remote monitoring and assisted living environments.
Wednesday, 15 October at 2pm	Modern chemists' toolkit to Investigate and Elucidate Molecular Structure	Dr Barbara Odell spotlights three principal analytical tools used to determine molecular structure efficiently and safely, which lie at the heart of most of the chemical analysis performed in today's modern chemical laboratories.