

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)
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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.

October podcast (no 55) covers: A career in journalism, Medicinal plants, u3a member song.

November podcast (no 56) covers: Online Scams, pop songs and Munitionettes

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, 25 November at 2pm	Are you Influential? Get your voice heard in the UK Parliament	Join Damien, UK Parliament's Outreach Officer, to discover how you can get your voice heard in Parliament
Tuesday 25 November at 3.30pm	Laughter Yoga with Merrie Maggie: November	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing.
Thursday, 27 November at 2pm	Secrets of the Human Brain: Talk Ten	Dr Bob Pullen examines the unique barrier between the contents of the blood and the brain nerve cells and explains how this system has advantages and disadvantages.
Thursday, 27 November at 2.30pm	The Geology of Britain in the Mesozoic, the Era of Middle Life	A regional look at the history of Britain 250-65 million years ago, how the rocks formed and the evolution of middle life
Friday 28 November at 10am	Take Ten Songs 2: How Pop Songs work	Join Lee Wellbrook, Ilkley & District u3a for the second in the series – listen to and dissect ten popular songs to see what makes them work.
Monday, 1 December at 10am	Safes and Safebreaking	Richard Phillips investigates the struggle between safe makers and criminal safebreakers
Tuesday, 2 December at 10am	Flight Inspiration Aviation Meeting: December	The "Battle of the Beams" pitted German radio – guided bombing against British Countermeasures. German beams enabled devastatingly accurate raids, but British scientists learned to disrupt them by adapting the same technology for RAF bombers
Wednesday, 3	Inflammation and cancer:	Dr Ioannis Kourtzelis explores

December at 10am	removing dying cells to control immune response	efferocytosis and the pathophysiology of inflammatory diseases and cancer in this Science network Events.
Wednesday, 3 December at 1pm	Amazing Tunnels & Tunnelling Feats of Engineering	John Butler from u3a Lets Talk Tech discusses tunnelling projects and the engineering required to overcome multitude of challenges.
Thursday, 4 December at 10am	Bridge: What's it all about?	Discover the joy of playing Bridge in this introduction to the game, and find out how to play online, with u3a Bridge Adviser, Steve Carter.
Monday, 8 December at 2pm	Secrets of the Human Brain: Talk Eleven	Brain Research and Scanning. Bob Pullen discusses how research is performed to understand how the brain works.
Tuesday, 9 December at 2pm	The Importance of Fungi for the Environment and Humans	Explore fungi, including their evolution, symbiotic relationship with plants, and value as a food and their medicinal uses with Dr Alan Heyes and the u3a Science Network
Tuesday 9 December at 2pm	Making your smartphone easier to use – Apple	AbilityNet Digital Skills Trainer, Mohammed Itaf, presents an online workshop to help you get the most out of your Apple phone or tablet.
Wednesday, 10 December at 10am	Laughter Yoga with Judith: December	Laughter Yoga combines hearty laughter exercises with deep yoga style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a
Wednesday, 10 December at 2pm	Ways we can be happier	Join Jean Jackson for a whistle stop review of some of the best science backed tips out there on being happy. Come curious, leave happier!
Thursday, 11 December at 3pm	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.
Wednesday, 17 December at 10am	Boost your Festive Batteries with Qigong	Paul Myszor will guid us through an hour of Qigong to help us survive this busy season.
Thursday, 18 December at 10am	Mindfulness and Meditation Continuation Session: December	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.
Friday, 19 December to 2pm	Radiant Celebrations: How Festivals of Light Inspire Society	Catherine Stevenson of Newcastle u3a looks at the Transformative Power of Christmas and Other Festivals of Light.
Friday, 19 December at 10am	AI News December: The Role of AI in our Social and Emotional Wellbeing	Join Sarah Jones to discover whether Artificial Intelligence could help us to combat isolation and loneliness
Tuesday, 6 January at 10am	Flight Inspirations Aviation Meeting: January	Miracle on the Hudson, A Pilot's Perspective. Captain Sullenberger's calm leadership and experience turned crisis into survival, saving 155 lives.
Monday, 12 January at 10am	Exploring Worlds Faiths: January	To celebrate World Languages day in February we will explore the mother language in shaping and understanding faith.
Friday, 9 January at	Mindfulness and Compassion	Helen Potts will introduced mindfulness

1pm	meets Poetry	and compassion practices alongside poetry and expressive prose in a creative, engaging and friendly space.
Wednesday, 14 January at 2pm	How to build Confidence in Later Life	Join Rebecca Ronane and discover practical, doable strategies to strengthen your self-belief, resilience and boost your confidence after fifty.
Thursday, 15 January at 2pm	From Roman Britain to the Dark Ages	After captivating audiences with his survey of England's 10,000 year journey since the last Ice Age, author Charles Boundy is back by popular demand with his next talk from Roman Britain to the Dark Ages.