

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.

February podcast (no 59) covers: Born Free Foundation; Meopham Windmill & Creating AI music

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
Wednesday, 18 February, 10am	How do your medicines work? Pain Relief	Mike Trevethick explains how common medicines for pain relief were discovered and the science of how they work in the body
Wednesday, 18 February at 10am	Laughter Yoga with Judith: February	Laughter Yoga combines hearty laughter exercises with deep yoga style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a
Wednesday, 18 February at 1pm	Graphene – the British discovery finally set to revolutionise tech	Kathy Westhead of u3a Let's Talk Tech discusses graphene, an extraordinary material and how it will finally be utilised across industries.
Thursday, 19 February at 10am	Mindfulness and meditation continuation: February	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series and introduce new ones.
Friday, 20 February at 10am	Gravy or grave? The ghost in literature	Ghosts are never just ghosts. In this illustrated talk, Gravy or Grave? Traces their evolution in literature – from Gothic horrors to psychological hauntings – revealing how writers use the supernatural to explore fear, guilt and human conscience.
Friday, 20 February at 10.30am	Live Cookery Demonstration – Winter Warmers	Chef Alex from “Vegetarian for Life” demos his delicious winter recipes live on zoom, especially for u3a members

Friday, 20 February at 2pm	Memoir writing with Jenny Newman	Everyone has a story to tell. Writing a memoir can be a precious act of self discovery, and a way of finding meaning in your life.
Tuesday, 24 February at 11am	Cures from within: can we use chemistry to teach the body to heal itself?	In this science Network Event, Dr Angela Russell introduces the field of regenerative drug discovery and how it is beginning to impact diseases of ageing
Tuesday, 24 February at 3.30pm	Laughter Yoga with Merrie Maggie: February	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing
Wednesday, 25 February at 10am	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
Wednesday, 25 February at 10am	6 week series – free to u3a members Mindfulness & Meditation	We welcome back the 6 week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike & Ruth
Friday, 27 February at 10am	AI new February: AI in government	Rob Thompson, Chief Digital, Data and Technology Officer of the Home Office updates us on AI progress from a government perspective.
Monday, 2 March at 2pm	How AI can save you hours when researching your family history	Steve Doyle shows how, using simple non techie approaches, you can use AI to vastly increase the effectiveness of family history research.
Tuesday, 3 March at 10am	Flight Inspirations Aviation Group: March	The new space race, led by private companies like SpaceX, is transforming exploration through reusable rockets, commercialization, and by making space access sustainable and paving the way for humanity's multiplanetary future.
Thursday 5 March at 10am	Beyond the beam: what we do with lasers	How beams of light are reshaping science, medicine and our understanding of the universe
Friday, 6 March at 2pm	Novel writing with Jenny Newman	This workshop is about becoming a novelist: your sources of inspiration, what skills and techniques to develop and how to sustain your writing practice.
Monday, 9 March at 10am	Exploring World Faiths: March	An International Women's Day event exploring the role and experiences of women across 3 different faith traditions
Tuesday, 10 March at 10am	Spring clean your vitality with qigong	Paul Myszor will guide us through an hour of qigong to refresh our vitality and help us move into spring with more energy.

Wednesday, 11 March at 2pm	The Evolution of AI and our changing world	Barry Claydon is demystifying AI: the noisy new kid on the block. Learn what it can do, what to watch out for and talk about with confidence.
Thursday, 12 March at 10am	The Match Girls' Strike and how it changed British Labour History	Michael Astrop describes the action of 1888, when 1,400 women and girls walked out of an East End match factory and into the history books
Thursday, 12 March at 11.30am	The Lancashire Witches	Join Tina Naples to learn about these famous witchcraft trials of 1612, how they came to take place, and how the verdicts were reached.
Thursday, 12 March at 2pm	Katherine Swynford: myth and reality	Who was Katherine and what do we know of her true story? Baz Aveyard, a descendant of Katherine and John of Gaunt, tells us about her life
Thursday, 12 March at 3.30pm	Empress Matilda: the first queen England never had	With Chris Simmons, take a look at the life of Matilda, Henry 1's daughter and heir to the English throne. Why did she not become queen.
Monday, 16 March at 10am	U3a Yoga Network: Subject Surgery	Are you curious to find out more about the benefits of yoga in the "third age" or you may be thinking of setting up a group in your u3a? Find out more in our discussion session, followed by a relaxing yoga practice.
Thursday, 17 March at 2pm	London Thames bridges	Brian Cookson will take us round the bridges in London from Tower Bridge to Westminster Bridge and learn about their history and design.
Thursday, 19 March at 10am	Mindfulness & Meditation continuation session: March	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.
Friday 20 March at 10am	AI news: March	AI in education: Explore how the Thames Valley AI Hub connects education, industry and research to shape responsible AI across the region.
Friday, 20 March at 2pm	The Climate Crisis and some solutions: The Truth in Ten	With recent updates, Brenda Ainsley will take you through the science behind the climate crisis – and some solutions.
Tuesday 24 March at 11am	The cancer research revolution and reasons for optimism	Find out how biological, technological and cultural innovations are accelerating our understanding and treatment of cancer, with Professor Tim Humphrey, in this Science Network event.
Thursday, 26 March at 2pm	Deafness and beyond: the tribulation and triumph of Ludwig van Beethoven	Chris Dowrick explores how Beethoven's compositions reflect profound distress, and how that suffering is ultimately transformed into

		some of the most profound music ever written
Tuesday, 31 March at 3.30pm	Laughter yoga with Merrie Maggie: March	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercise combined with deep yogic breathing.
Friday, 17 April at 2pm	The Magic of Magic Squares	In this talk, Alison Eves reveals an intriguing link between a 16 th Century Durer etching and a 20 th century carving on the Sagrada Familia