

CPR training

Start a Heart Day at Midhurst u3a! Not one Start a Heart Day but two! Many thanks to James Grant, First Responder and husband of one of our members who gave up his time to come and train us in the use of CPR and how to use a defibrillator. In two smallish groups, so that everybody could have hands on practice with both the dummy and the machine, James took us through both the theory and the practice of what to do if we are on the scene when somebody goes into cardiac arrest.



His talk was fascinating – did you know that the defibrillator doesn't restart the heart but actually stops it? Members who attended stated that having both seen and experienced CPR for themselves they would feel confident to 'have a go' if they found themselves in this awful situation. Many of the attendees asked if we could make this an annual event, to train even more of our members and to act as a 'top up' for those who attended this time. Watch this space.

Many thanks to James and also to Bruce Kirby and Pete and Val Carver for coming to set up the audio-visual equipment.

Dog Walking Group

The Dog Walking Group enjoyed another day with their canine companions and took this photo because it was such a glorious day. Unfortunately, some of the dogs have got a little enthusiastic here and have wandered out of shot – what do they say about working with children and animals?



Beginner's Spanish



Beginners Spanish began in January, and the members have now had twelve lessons. Here you can see them working in pairs to translate six short biographies and, imagining that they worked for a dating agency, pair them up into compatible couples! It's surprising how few grammatical structures you need to know in order to do this and what fun it was: did Txomin belong with Alicia because they both liked walking or would the fact that he liked blonde women and she had black hair be an impediment?

Short Walks Group

Our Short Walks Group had a beautiful day for their walk to the brick kiln on Ebernoe common. Here we see them relaxing and enjoying both the exercise and the company. The Short Walks Group meet on alternative Mondays at The Grange car park and either walk from there or more usually car share to a location outside of Midhurst. They are called the Short Walks Group, not because of their stature, but because they walk approximately two and a half miles as opposed to the longer walks undertaken by the Walking Group – we try to cater for everybody in Midhurst u3a.



Quiz night plus Supper

Due to its popularity last year, we are repeating our quiz night at the Memorial Hall on the 22nd September, open at 6.00 for a 6.30 start. Tax your brains with Ian's fiendish questions – come as a group of six or come alone and make up some scratch groups on the day. The fish and chip van will arrive and dispense food (not just fish and chips) to refuel your brain cells. Details from newsletters or contact Ian Woodhams.

Midhurst u3a Open Day



We will be holding our annual u3a Open Day on Saturday 20th September, 10:30am to 1pm, to welcome new members and to recruit new ones. If you have any friends or neighbours who are not yet members of u3a please encourage them to attend or bring them along. So many people still don't really know what u3a is or does and this is a brilliant opportunity for them to find out. They can meet the committee in a pleasant and informal way and meet members of the groups who come along with a display about their group. We constantly need new members if we are to remain a thriving and vibrant organisation.

Tax, Care and Toy Boys' Estate Planning talk

On the 9th November we have arranged for the Co-op Legal Service to come and talk to us about making plans for our estates. They will provide insights into protecting your home and savings, for one person or more. In these days this can be a dilemma for many of us, and you may get some useful information and insight into the existing possibilities. The Talk will take place in the Methodist Hall and there will be a £2.00 charge just to cover the hire of the Hall. Doors open at 2.00pm with the talk starting at 2.30pm - tea/coffee will be served until 2.20pm. Members are invited to bring a next of kin with them (who is essentially attending in the capacity of a carer/companion) if they wish; as often two heads are better than one at remembering details!

Reading Groups

We have had a fantastic response from our newsletter about new reading groups. No less than three people have come forward willing to start a new group, all with very different propositions. Details were sent out an eNewsletter on 14th August. Please support these groups if you can in this exciting new development.

Whilst on the subject of **new groups** – has anybody got an idea for a new one? Talking to new members lately two of them have mentioned metal detecting! Could this be the nucleus for a new u3a offering? Sounds exciting and, I should think, more fun done together rather than alone. Anything can be possible – do you have a lifelong yearning to explore the world of Mesopotamia, or learn to grow vegetables more successfully? If you can come up with the idea, we can help you make it into a group and special interest groups are the lifeblood of the u3a and our commitment to continual learning. *Ideas please!*

We are extremely fortunate to have some newer members of our u3a coming forward to offer their help in setting up additional groups for us. Although some of our Group Leaders are possessed of particular expertise, many are not 'experts' in what they choose to offer but, in true u3a spirit, are willing to share ideas and learn alongside others in the group. *What might you be able to offer?*

Keep up to date with what is happening in Midhurst u3a by checking the web site at <https://midhurst.u3asite.uk/>

Contact details for Committee members and Group Leaders can be found in the Programme of Activities or enquiries can be made by email to midhurstu3a@gmail.com