

The Castles Shared Learning Project

Following on from the very successful and engaging Coastline and Border Celebration, the U3A in Wales is launching a further shared learning project for U3As and members of U3As across Wales to participate in. The project was launched at the All Wales Conference on May 8th 2019.

The castles theme was chosen to celebrate the fact that Wales has more castles than any other country in the world. All of our U3As in Wales will have some sort of castle, be it a Motte and Bailey castle, an early Welsh castle or an Edward I castle, on their door step.

The intention of the Castles SLP is to build on and consolidate and reinforce the achievements of the C&BC. Those who participated in that project took away from that learning experience, a set of transferable skills, ideas and understanding. By applying the skills, ideas, learning and understanding achieved through participation in one project and applying them in a different situation we reinforce the learning and understanding developed through that experience.

There are a number of ways to join in from the outset:

New Photography Competition 2019/2020

As part of the Castles SLP we are running our first regional photography competition, with the theme of 'Castles in Wales' The competition is open to any U3A member of a U3A in Wales. U3As must register if any of their members would like to enter. The first 'round' of the competition will take place within Cardiff U3A and be open to all members, not just members of the photography groups. The next round will be in the South Wales Network and final choice will be made nationally.

Details of how to participate in the competition are available on the U3A Wales website (<https://u3asites.org.uk/walesu3a/page/96226>) and the closing date for the Photography Competition is 30th April 2020

Wales Short Story Competition 2019

The Wales U3A Short Story competition for 2019, which is already running, has the opportunity to include a reference to a Welsh castle, which would then qualify the story to be included as part of the Castles SLP. The closing date for the Short Story Competition is 31st August 2019.

Cardiff U3A Involvement

Shared Learning Projects are a very important activity in U3As. They not only create a way for members of an interest group to work together, but they are also a way that members with different interests and skills can come together for a limited time on a project. Projects can also be shared with other local (and not so local) U3As so that results can be compared on a far larger scale. The 'Castles Database' that is being created nationally is such a project.

Such projects also offer the opportunity to work with other organisations, such as museums, universities, schools and other charities (especially those with members who would not normally be members of the U3A). SLPs will probably require to be funded, but this funding will not normally be provided by the members working on the project. However a budget and details of funding should be discussed with the Treasurer before the project is undertaken.

Many Cardiff U3A groups have included Castles in their activities in the the past. All Things Welsh, Bus Pass Thursday, Local History, Photography, Recorders and the Walking Group come immediately to mind (apologies to the many others I've left out). It would be great if as many of our groups as possible could arrange an event or meeting during the next year that is 'Castles Based'. Those of you who attended Brian Davies' very interesting talk about Morgraig Castle, will appreciate the interest that there is in this subject. Also, it is easy to see the marketing potential for Cardiff U3A of presenting a selection of meetings based on a common theme.

Although there will be the opportunity to include a monthly meeting or other larger event, most ideas for shared projects and castle-themed meetings will have to come from the groups themselves or individual members. Local History has already set up a group of their members to consider ideas for Shared Learning Projects by their group. The initial meeting of this group will be at 11am on Thursday 6th June at the Pantry@Cornerstone Cardiff in Charles Street. CADW who look after many of the castles in Wales are supporting this initiative.

Self-led educational group visits, including those by U3A groups, to CADW properties that charge an entry fee are free of charge. However there is a new procedure and they must be arranged in advance with the site and submitted to CADW using the web form on their site (<https://cadw.gov.wales/learning/educational-visits/selfledvisits/booking-form/?lang=en>). It is hoped that we will soon announce arrangements to coordinate the castle-themed projects and events being planned.

To give you some inspiration, it is worth looking at some of the audio/visual work undertaken as part of the Coast and Borders Celebration. This can be found on the U3A Wales Region YouTube Channel (www.youtube.com/channel/UCSG9qkiuw83aGHK2XTZLfjw/videos).

Proposed Art Group

Julie Guest writes:

Cardiff U3A used to have a thriving art group until the convenor was unable to carry on and it ceased to exist. It has been several years now, so it is high time that it was revived. I am only a keen amateur so it will be the blind leading the blind, but we should be able to learn from each other and all abilities are welcome, including total beginners. I envisage that we will limit ourselves to painting and drawing only, thereby not conflicting with the crafts group, but all media will be explored; pencils, watercolour, acrylic, inks, pastels, oils possibly, etc.. It will depend what the majority of the members prefer.

If you would be interested in joining the group please me know on the email address - memsec@cardiffu3a.org.uk. When I have some idea of the degree of interest we can meet to discuss what we want from the group and then I can look at some suitable venues.

Please tell me what medium you prefer and your level of competence, but don't be modest!

Gardening Group

The inaugural meeting of the new Gardening Group will take place on Thursday 20th June at City URC, 2:00pm – 3:00pm. Come along with your ideas for the group! If you are interested and haven't already joined the group, please contact Alison (gardening@cardiffu3a.org.uk) or go to the Groups list in Beacon, find 'Gardening' and 'Join online'.

June Monthly Meeting

The next Monthly Meeting will be held in the Cardiff Masonic Hall at 2.00pm on Tuesday 11th June.

Llantwit Major based, Cowbridge U3A member, Peter Daniels, will talk to us about two books he has written in celebration of Wales, its people, its humanity, its humour, as an antidote to the almost dismissive attitude adopted by the London press, and even the Westminster government, towards Wales.

Although raised in Llanelli, it was 50 years working in London which helped him develop a consciousness of his own Welshness and a fascination with the Welsh national identity. In 2011 he published 'In Search of Welshness' in which he charts the ways in which London exiles have strived to preserve their Welsh identity in an English oriented society. In his latest book, 'Finding Wales', he delves into the reasons why many of these exiles have eventually returned home. 'Finding Wales' was the Welsh Book Council's Book of the Month in September 2017.

Peter has interviewed Welsh men and women of all political persuasions, most of whom, whilst being dissatisfied with the Welsh Assembly, realise we need more of a say in our own destiny. But it is also clear that the Welsh in general are more interested in people rather than politics, and Peter's books are far more focused on the character and innate humanity of the Welsh, which, according to one interviewee, makes Wales 'the best country in the World'.

A Day of Welsh History at St Fagans

Those members who enjoyed the event organised by the Third Age Trust at the National Museum last October will be pleased to know that they have organised another one, this year at St Fagans National History Museum on Wednesday 25th September from 10:30am to 4.00pm

The exclusive U3A study day will include 3 historical talks and 2 hours of free time to explore the museum and visit the crafts people demonstrating their traditional skills.

Piecing the Past: the Wrexham Tailor's Quilt

by Elen Phillips, Principal Curator Contemporary & Community History:

The story of James Williams, a military tailor from Wrexham, who spent a decade (1842-52) meticulously piecing a patchwork quilt during his leisure hours. This talk will present the biography of this celebrated piece of folk art, framed within the context of textile craft collecting at National Museum Wales.

The Vernacular Architecture of Wales

by Dafydd William, Principal Curator of Historic Buildings:

A useful introduction to the development of the domestic home in Wales. From roundhouse to long-house, St Fagan's collection of historical buildings - spanning some 2,000 years - will serve to highlight the route to the modern home.

The Triple Harp

by Fflur Morse, Senior Curator Cultural Life:

This talk will look at the fascinating history of the triple harp, an instrument with three rows of strings and no pedals that has widely become known as 'The Welsh Harp'. It will investigate how a harp with its origin in Renaissance Italy settled firmly in Wales, and how it was nurtured as a Welsh instrument, becoming a significant symbol of Wales during the eighteenth century.

Tickets at £19.50 per person, including welcome refreshments, can be booked online through the events page www.u3a.org.uk/events or for more details contact National office on 020 8466 6139.

Writers Enjoying Words

Members of our creative writing group, Writers Enjoying Words, have posted a collection of their work on the Cardiff U3A website. It can be accessed by following the link on their webpage (<http://u3asites.org.uk/cardiff/page/43457>).

They are considering the possibility of a paper publication so would welcome your feedback.

Atrial Fibrillation Study Day

The times of the sessions during the Network Study Day at the Church Community Hall, South Road in Sully on Friday 14th June have now been confirmed. The morning session will be from 10am to 12:30pm and the afternoon session from 1pm to 3:30pm.

There are two buses each hour on the 94 Cardiff Bus route that leave Wood Street (JQ Stop). In the morning, buses at 8:38 and 8:58 arrive at Sully Church at 9:16 and 9:36 respectively. For the afternoon session buses leave at 11:36 and 11:56, the journey time is 38 mins. Between 10am and 5:30pm, buses return to Cardiff from the Church at 6 and 26 minutes past the hour.

When last checked there were still some places available. If you have not reserved a place, you should contact Michael Young at info@cardiffu3a.org.uk. Please let him know if you wish to attend the morning or afternoon session or if you have no preference.

The next Network Study Day will be held in Bridgend on Friday 22nd November from 10am to 4pm at Coity Community Centre in Bridgend. Two subjects will be covered. In the morning the subject will be *Cyber Crime - How to avoid attacks and protect your identity while online*. After a buffet lunch the topic will be *U3A Plus - How to ensure that all people eligible to join your U3A can do so, regardless of any impairment or disability*.

The cost (including lunch) will be £8 per person. Make a note in your diaries now. Check in the Newsletter closer to the date for booking details.

Brain Imaging Study

The Cardiff University Brain Research Imaging Centre (CUBRIC) is conducting the most ambitious brain imaging study in Wales. This project is called WAND (Welsh Advanced Neuroimaging Database) and is funded by the Wellcome.

Participants will have an exciting opportunity to be part of the latest scientific research using CUBRIC's advanced facilities and world leading expertise. They are investigating healthy brain structure and function. Participants will undergo brain imaging, provide a saliva sample and complete cognitive tests and questionnaires related to mental health and demographic background. They are currently focusing on recruiting healthy individuals between the age of 30 and 65. Payment of up to £362.50 is available per volunteer.

If you are under 65 and are interested in participating then please contact WAND by email at wand@cardiff.ac.uk or call 02920 688377 to find out more.

If you want to know more generally about CUBRIC and the database, it is hoped that there will be a speaker from there at the July Meeting of the Science Group. Check the Beacon Calendar for more details.

Other U3As events open to Cardiff U3A Members

Porthcawl U3A are holding a Study Day on the 12th June with the theme '*The Sea*'. It is being held at the Hi Tide Inn, Porthcawl costing £12 (inc lunch) from 9.30 to 3pm with 3 speakers; Anna Holmes - Marine Research at the National Museum of Wales, Professor Allan Williams of University of Wales Trinity, talking about beaches, and Dr Rhoda Ballinger talking about Coastal Planning and Management. To book, send a cheque (payable to 'Porthcawl U3A') to Doug Jones at 84 Heol West Plast, Coity, Bridgend. CF35 6BA by 5th June at the latest.

Brecon U3A's Annual Rosemary Maling Day will be held this year on Thursday November 7th at the Theatr Brycheiniog. The speakers are Prof. Janet Burton of Trinity St Davids on *Medieval Illuminated Manuscripts and their Users* and Prof. Sioned Davies of Cardiff University on *Word, Image, Ideology: The Victorian Mabinogion*. Tickets are £5 (which includes coffee on arrival). To book contact richard-walker@live.co.uk

Additions and Changes to the June Group Meetings

and other information about them not shown in the Group Activities Booklet

Art Appreciation - Thu June 13th *Cats*,

Thu June 27th *Overview of themes*

Book Group - Tue June 11th. '*The White Queen*' by Philippa Gregory.

Collect '*A Girl Is a Half-formed Thing*' by Eimear McBride.

Bus Pass Thursday - Thurs June 13th Cosmeston Medieval Village (Bookings for Big Pit on July 11th will be opened on June 12th)

History - Wed. June 12th *Rule Britannia* and Wed. June 26th *Early Industrial Revolution*

Local History 11 am on Thurs. June 6th - Discussion about the Castles SLP -

The Pantry @Cornerstone , Charles St.

Main Meeting- Tue. June 25th - *The Balloon Girl* by Rosemary Chaloner

Music Appreciation - Wed June 5th - *History of Music down the Ages* by Elize Ferner

Photography Field Trip - Wed. June 12th at the Dyffryn Gardens

Prose and Poetry - Thu. June 20th - *Music*

Science Group - Wed. June 19th - '*The Science of Waste Disposal and Recycling.*' A talk by Chemical Engineer, Olwen Cox

Sunday Lunch - Sun June 2nd - The Cricketers, Cathedral Road

*** NOTE: Late change of Venue

Thursday Discussion Group - Thu. June 13th - *How scared should we be?*

and Thu. June 27th - *How can we feed 11 billion people?*

Walking - Tue. June 4th - Llantwit Major to Marcross meet at the Llantwit Town Hall car park, and Tue. June 18th - Michaelstone y Fedw meet at the Village Hall Car Park at the earlier time of 10 am.

Weekenders - Sun June 2nd *David Nash: Sculpture Through the Seasons* at the National Museum in Cathays Park

Always check dates and times with the group or the Beacon Calendar.

For more information and to contact us.

The easiest way to contact us is by email or by using the links to the groups on their web pages.

For further information on anything in this newsletter contact us at info@cardiffu3a.org.uk or 07474 607976
Members with queries relating to their membership should contact memsec@cardiffu3a.org.uk or 07926 533693
Queries from those wishing to join Cardiff U3A should be sent to new.members@cardiffu3a.org.uk

If you have any news to submit to the July issue, please send it to comms@cardiffu3a.org.uk by 24th June at the latest.