



Camera Phone Update Photography Group

Mike Hender

7th May 2021



Cu3a News

Restarting and rebuilding Cu3a after Covid



Hybrid meetings

Rebuilding Cu3a after Covid

- Engaging with
 - Ex members
 - Prospective members
- u3aday
 - New Members



Leaflets and Messages for u3a Day and beyond

M Hender

learn,
laugh,
live

u3a



"You do things you have
always enjoyed and find
others enjoying them too"

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Facebook.com/chilternu3a

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"I've found Cu3a members
are always cheerful
positive and welcoming"

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"I joined to play bridge but
stayed for all the other
activities"

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richer, it uplifts our spirits"

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"I've found Cu3a members always seem
cheerful, positive and welcoming"
"You filled a big hole in my life that had
been work"

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Science groups covering Android, Apple,
Windows, Apps, Devices, Photography and
a broad spectrum of Science topics

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Emotional appeal

- Friendship
- Togetherness
- Companionship
- Empathy



Thoughtful appeal

- Learning
- Subject interest
- Skills
- Practice



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Expand to include

- Art & Craft
- Card & Board Games
- Events & Excursions
- Culture, Current Affairs & Social
- Language & Literature
- Music, Film & Drama
- Sport & Exercise
- Science & Technology



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u3a.org.uk

Chiltern u3a (Cu3a) is a Member-led organisation based in and around Amersham offering a wide range of physical, intellectual and creative interest Groups, regular speakers and social events.



Membership is open to anyone in their 'third age' (i.e. no longer in full-time work or other full-time commitment).

Joining us is easy – just go to our website and complete a simple Application Form:

www.chiltern-u3a.org.uk/Join

Alternatively, if you have any further questions please contact us at:

u3amembership@chiltern-u3a.org.uk

You can also write to:

U3A New Member Secretary
Amersham & District Community
Association
Chiltern Avenue
Amersham HP6 5AH

For general enquiries:

enquiries@chiltern-u3a.org.uk



u3a

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Cu3a Tri-fold

There's a place for you in Cu3a!

Cu3a is one of over 1,000 groups which form a National u3a movement across the UK with 450,000 Members.

We are Member-led organisation: all of our activities are run by Members for Members – there is no 'Teacher / Learner' distinction.

Groups aim to be fun and informative in order to learn new (or develop existing) skills rather than to gain qualifications. We are known for our sense of community and for providing intellectual stimulation and friendship!

Cu3a's Members can choose activities from over 100 interest Groups spread across the week including everything from Ancient Cultures, Apple & Android Users through Drama, Dancing, Language and Music to Walking, Wine Tasting and Yoga.

Please visit our website to see the full range of what's currently on offer: www.chiltern-u3a.org.uk



Chiltern u3a

www.chiltern-u3a.org.uk

enquiries@chiltern-u3a.org.uk

facebook.com/chilternu3a

Can't see what you are interested in?

If you can't find a specific topic in which you are interested, we would encourage you to start up a new Group and would give you all the necessary training and support to do so!

We harness technology such as Zoom, Skype, and Teams to ensure the widest possible access to activities for our Members.

We have recently launched a Facebook page at facebook.com/chilternu3a



WELCOME TO CHILTERN u3a

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What we
offer you

Our
Groups

Try before
you buy

Facebook

Contact
us

Join
us

A message from our Chair, Sarah Jones

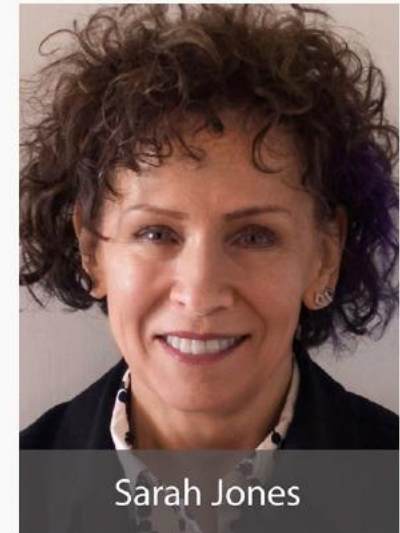
We are very proud of our website. [Click here to see what is on this website.](#)

Our plethora of interest groups run by and for Chiltern u3a members. Anything from scrabble, photography, technology, local and family history to crime fiction. You will find out about our weekly general meetings and the excellent speakers that we have recorded and made available to all members of Cu3a. You will find out about our newsletter and members have the opportunity to read back copies. You will find out about the committee who we are and how to contact us.

Following government rules and guidelines from the Third Age Trust, none of our groups is meeting face to face. We are coping well during the Covid pandemic and many of our groups are using Zoom, Skype and telephone to stay in touch.

We are looking for suggestions for anything we might do in the meantime to engage and support our members.

I am so proud to be the chairperson of Cu3a. Please be in touch with me personally if there's anything you would like to share with me or ask me (u3achair@chiltern-u3a.org.uk).



Sarah Jones

Updated
Website

Cheery Newsletter with added content about our groups

Newsletter Editors: Geoff Walker (Lead Editor), John and Gill Allport, Vivienne Pozo, Paul Holloway, Mike Hender

u3anewsletter@chiltern-u3a.org.uk

eNewsletter distribution: David Pearson

In Cu3a we are physically distancing while staying socially close

Why not send a copy of this Newsletter to family and friends and encourage them to join us? You can download a version suitable for people who aren't members from [here](#).

From Sarah Jones, Chair



The clocks have gone forward, the evenings are getting lighter, and I have actually sat outside in the sunshine! The summer is on its way!!

We know that the combination of people being sensible and the

vaccination programme means that the rate of COVID-19 is coming down. Very soon we will be able to see our friends and loved ones in person and restart some face to face Cu3a groups.

We are totally committed to our groups meeting up as soon as it is safe to do so. To ensure we all keep safe we hope you are comfortable operating within what we are calling the Cu3a 'Famous Five' guidelines:

1. What the government (central and local) tells us to do.
2. What the Third Age Trust advises.
3. What the Community Centre and the other premises that we use can manage in the way of being Covid compliant.
4. What any relevant sporting or recreational body advises.
5. Most importantly, what our members feel comfortable doing.

If you have any questions about our groups do contact our Groups' Co-ordinator, Carolyn Spencer, or me and we will be happy to help you.

u3a Day

On the 2 June we will be actively participating in the u3a Day. This is where every u3a up and down

the country will be trying to connect with their local area. u3a is a fantastic organisation that is one of the best kept secrets in the world, LOL. I had taken early retirement and only heard of u3a because of a friend who lives in Reading. I would have thought that u3a should have been something that I saw everywhere (since we are everywhere) but there was nothing!

I hope that in the future anybody who finds themselves not in full-time work (or intending to go back into full-time work) will know that they are very welcome to come and join Cu3a.

If you have any ideas about our u3a day that you think could be helpful, please do get in touch with me or with my fellow committee member Christian Scott.

Thank you

During the COVID-19 challenge, a thank you to everybody who has kept in touch with others within Cu3a, pulled together any remote meetings and/or participated in any meetings. We know that social connection is very important to our mental well-being.



Common Blue by Stephen Jones
Cu3a Photography Group

(continued on next page)

New content – Category Summaries

News from the Groups

Which of the many Cu3a Technology Groups is best for you?



Mike Hender – Technology Support

It's amazing to learn that, in the year 2000 (Chiltern u3a's first year of operation), almost sixty percent of our organisation were members of the Computer Group!

Since then, we've added many other groups covering the liberal arts, outdoor and social activities, and sports. All have grown substantially to add balance to our one hundred plus portfolio of groups.

But the strong interest in computers and technology continues today where we now have eight groups covering the digital waterfront.

So, you would be forgiven for being a little overwhelmed by the wide range of the topics on offer. This article aims to clarify what's available to meet your personal technology interests and hopefully spark new areas for you to explore. You may find the table on the next page helpful. More help is available from our website and by emailing Mike Hender at u3atec@chiltern-u3a.org.uk.

Android Helpshop
u3aandroidhelp@chiltern-u3a.org.uk

Is open to all members having problems with Android tablets and phones.

Android Users
u3aauug@chiltern-u3a.org.uk

Focuses on Android phones and Android tablets. The aim is to help members get the most use and enjoyment out of their devices, Apps and Services.

Apple Mac Computers
u3amac@chiltern-u3a.org.uk

Is a self-help group of Apple Mac users sharing knowledge and experience of using Mac basics and keeping up to date with Mac innovations. Meetings are workshops with members bringing questions, issues and solutions to be discussed by the Group.

Apple New Technology
u3ant@chiltern-u3a.org.uk

Aims to keep members abreast of new technology developments that add interest and fun to our lives. The focus is on the use of Apple products, in particular iPhones and iPads, helping members get the most from their devices. We also aim to keep up with broader technology trends such as: Technology in Health, Facebook and Data Privacy, Broadband Innovations, Artificial Intelligence and how to get the most out of Zoom!

Computer Improvers
u3acomputersimp@chiltern-u3a.org.uk

Starts with the premise that life is complicated, and everyone needs different things from their computer and associated technology. Therefore, the sessions are unstructured and based on Q&As, where members ask the Questions, preferably beforehand by email, and Phil Verity will offer some Answers, with members chipping in with their experience.

There is no boundary so peripherals, phones, tablets, TVs, digital home, photography have all featured, together with the boring stuff that keeps things stable like organising data, backing it up, and keeping up to date and secure.

Digital Technologies
u3adigittech@chiltern-u3a.org.uk

(Previously known as Advanced Computers) is building on a long heritage of Microsoft Windows experience to expand interest in all areas of modern digital technology. We lean towards the practical use of technology now and in the near future and explore our personal and society's relationship with technology innovations.

We cover a very wide range of devices and applications with an emphasis on working on information and creating content.

Photography
u3aphotography@chiltern-u3a.org.uk

Covers both pictorial topics, such as composition and lighting, and digital imaging techniques and technologies to process images using a variety of tools such as Photoshop. More on this fascinating group in the following article by David Pearson.

Science & Technology
u3ascience@chiltern-u3a.org.uk

Presentations and discussions cover a wide spectrum of science topics and the technology (in its broadest sense) that flows from them. We encourage friendly social interaction particularly during our mid-session tea break and during or after the presentation.

(continued on next page)

News from the Groups

Technology (continued)

Our meetings have ranged from dark matter and landing on a comet, to the inner workings of the human cell, with self-driving cars, the environmental effects of aviation, and using science to grow vegetables! Presentations are normally from our group members based on their

working knowledge, hobbies or something that has caught their interest. You certainly do not have to be a scientist to be in the group, although some people are. Of more importance is an interest in things scientific.

Your interest !	Android Users	Android Help Desk	Apple Mac	Apple New Technology	Computer Improvers	Digital Technologies	Photography	Science & Technology
Using Android phones, tablets, Apps	Y	Y						
Fixing issues with Android devices	Y	Y						
Using Apple Mac, MacOS, Mac Apps			Y					
Using Apple iPhones, iPads, iOS, iOS Apps				Y				
General technology issues					Y			
Using Windows OS and Apps					Y	Y		
Taking and editing photos							Y	
Recent and future technology developments*			Y	Y		Y		Y

* That will affect our lives. Examples are: AI, Health Tech, Autonomous cars, Social media, and many more.

But there's more than just Technology from the Photography group!



David Pearson

so we try to provide something for everyone.

We have two aims: to learn how to improve our own photography and to share and enjoy each other's pictures. So, at each meeting (on the first Friday of the month) we start with a tutorial by a member.

We try to alternate these talks between 'technical', such as the use of Photoshop and other software, and 'pictorial', where we may consider composition, lighting or camera controls.

The second part of the meeting is devoted to our

'set subject', where all members are invited to submit their own photos of the month's set subject. We project all of these on the big screen and the authors have the chance to talk about their images and others may comment on them, always in a supportive way.

Three or four times a year we organise a photoshoot where we can go out for the day to some photogenic place to take photographs. It is always interesting to see how different people find completely different subjects to take or treat the same subject in different ways. Just as important is that they are great social occasions where we get together over a coffee or a beer, get to know each other and can share ideas and tips.

Everyone is welcome. Come regularly and your photography is sure to improve, whether that is from the expert help that is always available or simply by getting ideas from seeing and enjoying other people's pictures.

Thanks to Photography Group members for all the pictures on pages 1 – 7 and 36

Topic Focused Groups

Your interest !	Android Users	Android Help Desk	Apple Mac	Apple New Technology	Computer Improvers	Digital Technologies	Photography	Science & Technology
Using Android phones, tablets, Apps	Y	Y						
Fixing issues with Android devices	Y	Y						
Using Apple Mac, MacOS, Mac Apps			Y					
Using Apple iPhones, iPads, iOS, iOS Apps				Y				
General technology issues					Y			
Using Windows OS and Apps					Y	Y		
Taking and editing photos							Y	
Recent and future technology developments*			Y	Y		Y		Y

* That will affect our lives. Examples are: AI, Health Tech, Autonomous cars, Social media, and many more.

Where to place our new marketing material?

- Leaflets
 - Local noticeboards
 - Surgeries
 - Neighbours, Friends and families
- Local publications
 - Your Amersham etc.
- Social media
 - Facebook
 - Twitter
 - Website

Press Contacts & Deadlines
Your Amersham
Amersham News
Local Directory Amersham
hiya Bucks
Chiltern Society

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U3a Day – 2nd June: 2021There is a place for you in Chiltern u3a!

U3a Day – 2nd June: 2021There is a place for you in Chiltern u3a!

🕒 April 20, 2021 👤 Amersham News Views & Information 📁 Uncategorized

U3a Day – 2nd June 2021:

There is a place for you in Chiltern u3a!

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CHARITY & COMMUNITY

U3a Day – 2nd June 2021

🕒 1 day ago 👁 19 Views 🕒 2 Min Read



There is a place for you in Chiltern u3a!

hiya
bucks

hiya bucks

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From the sports clubs
Forthcoming events
Local businesses

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bookings@a2ztaxis.com

Local Drama & Music

Wonderful things happening at Elgiva

In-Person Workshops will continue in to the new term and we are going to be running three one hour Workshops at The Elgiva Theatre on Tuesday evenings for Children's Theatre, Youth Theatre and 18+ Company Theatre.

There will be a maximum of 15 members at each session and strict Covid protocols (sanitising stations, social distancing, one way systems and cleaning between each session) will be observed.

We will still be running Zoom Workshops on Wednesday evenings for those who are unable to make Tuesdays. The workshops are guided by 3 professional creatives, and supported by over 20

volunteer mentors.

We always welcome any new members – whatever ability – who would like to join the Shed family! For any further information on the 18+ Company Theatre, Children's and Youth Theatre Workshop, or any of our activities please email admin@thetheatreshed.co.uk

The need for funding is more imperative than ever without the ability to hold fundraising events and shows. You can support The Theatre Shed in the following ways:

Shedlights – details on our website
www.thetheatreshed.co.uk

Golden Giving SOS (Save our Shed)

'Like' our FB page /thetheatreshedchesham

Forthcoming Events

Have you got a local event to promote? Simply e-mail details to us for a FREE inclusion to:
letters@youramersham.co.uk

The Amersham Centre of the National Trust

Our next Zoom will be on 13th May entitled The Local Impact of HS2 and is sure to be very popular.

We continue to have very successful Zoom meetings whilst we are still under so many restrictions.

The Zoom presentation on 8th April by Clive Johnson entitled The Wendover Arm Canal Restoration attracted nearly 100 viewers, not all members of the Centre. It is hoped that we will be able to restart walks on Saturday 12th June and our Welsh Holiday in May is still scheduled to go ahead. New members welcome. Further information from amersham.nt@talktalk.net.

Chorleywood RSPB Group

The May talk Thursday 20th May, at 8.00pm Chorleywood RSPB Group is open to the public. The talk will be held on Zoom. Everyone is welcome to join us for a fee of £2.50 only, (payable later). The subject of the talk is 'Wetlands for Wildlife and People' by Josh Kalms. Josh works for the Herts and Middlesex Wildlife Trust. Affinity Water is working with the Trust, to conserve wetlands and their wildlife, at Hilfield Park Reservoir, Stockers Lake and Springwell Reedbed.

If you are unfamiliar with using Zoom, we have someone to help you. If you would like to be sent an invitation to hear and watch the talk, please phone 01923 897885.



The Art Society Amersham

Lectures are at 8pm on the first Thursday of each month – currently by Zoom. Guests are welcome – fee £6 per lecture. Next: Thursday, 3rd June 2021 8pm Beautiful British Books – Dominic Riley. For details of future lectures visit: www.theartsocietyamersham.org.uk Contact the Membership Secretary on 01494 725724 or email membership.artsocietyamersham@gmail.com



Chilterns Walking Festival

From 22 May to 6 June with over 80 guided walks in the beautiful Chilterns

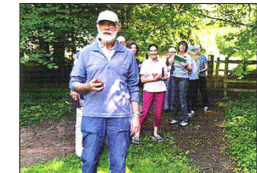
Numbers are limited to make them Covid-safe. All walks must be pre-booked via the following address: www.visitchilterns.co.uk/walkingfest

An impressive programme of over 80 walks and outdoor events. The walks will help people explore the landscape, villages, nature and heritage of the Chilterns. The activities and events are designed to appeal to different age groups, interests and levels of fitness. Whether you are interested in sampling local drinks and produce, finding out about the history of the Chilterns heritage, or trying out a new activity or experience with your family, there is something for everyone at the Chilterns Walking Festival.

U3a Day – 2nd June 2021

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Cu3a's Members can choose activities from over 100 interest Groups – The Cu3a website lists available activities for every weekday. More than half of Cu3a's interest Groups have been operating during Covid restrictions by embracing technology and running 'virtual' meetings by using Zoom, Skype, Teams etc. Groups are also keeping in touch with their Members by e-mail, telephone calling and regular e-bulletins. Ready for u3a Day we are also launching a Facebook page ([Facebook.com/chilternu3a](https://www.facebook.com/chilternu3a))

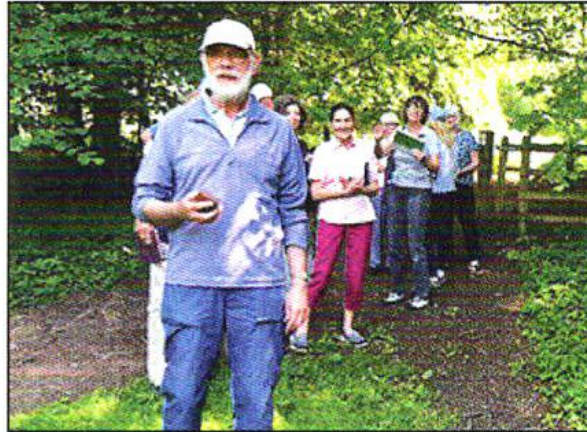


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St. Michael
and
All Angels

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Why should we use Facebook?

44% of the UK population use Facebook every day

Facebook users are **43% female, 57% male.**

62% of people online aged 65+ are on Facebook

72% are between age 50-64.

The number of people aged over-60 is growing & becoming accustomed to interacting online





Chiltern u3a
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24 people like this including 3 of your friends



32 people follow this

<http://Chiltern-u3a.org.uk/>

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u3aday@chiltern-u3a.org.uk

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★ Favorites · April 20 at 6:43 AM ·

Today's Digital Technologies group meeting is a video-oriented session covering video editing and screen capture.



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- Our Chesham ✓
- Amersham & Chesham Online ✓

Could you help?

- Create marketing materials
- Learn how to post on Facebook
- Help develop the best way forward

