

NEWSLETTER #78

Penicuik and District u3a

News from your committee

Please welcome our two latest members, Carina and Constance Federici, to our u3a when you meet them.

Hold a u3a ceilidh?

A member has suggested we hold a ceilidh. If this interests you, can I tactfully remind all members that *the u3a is run by members for members!* Those interested in driving this forward will be invited to organise it with some support from committee members. This principle applies broadly.

Penicuik High School

Have you or your grandchildren attended 'Peni-High' or been teaching there?

A community event will be held at **Penicuik Leisure Centre** from 3-6 pm on Wednesday 9th September. The organisers want to gather memories from those who attended or taught at 'Peni-High'. There will be a display of historical information and photographs of the school's history and development. Finally, there will be an explanation of how they've been undertaking the 'Building Recording Process'.

Future events - dates for your diary

1) Thursday 17th September - Denise Millan and Naomi Knights from VOCAL Midlothian will describe their work on 'Caring Communities – strengthening our social fabric through supporting unpaid carers'.

As usual, arrive about 1.45 for a prompt 2.00 pm start in the upper hall, the Cowan Institute (Penicuik Town Hall).

Please wear your name badge, it's very helpful.

2) Thursday 15th October - Sophie Lenihan - "From Pontius Pilate to Penicuik: 393 Years of the Royal Scots".

3) Thursday 19th November - Speakers from the Roslin Institute - final details still to be confirmed.



Our walking group near Stobo

Online activities

u3a Online ('Zoom') Learning Events (www.u3a.org.uk/events)

These events explore a very varied range of topics. There's something for everybody? You have to book 'tickets' to reserve your place via the above website, but as a u3a member, there is no charge.

A very few examples:

Wild Edible Autumn Seeds - Friday 10th Sept at 10 am

Triumph to Trauma (the Danes before the Normans) - Monday 7th Sept at 2 pm

Laughter Yoga with Judith - Wed. 9th Sept at 10 am

Drones, What are the good for? -Friday 11th Sep at 2pm

Exploring World Faiths - Monday 14th Sept at 10 am

u3a's AI monthly newsletter If you're interested in receiving such a newsletter, you can sign up for it by emailing learning@u3a.org.uk

u3a Friends Extra online

Sign up for the free u3a Friends Newsletter and receive the direct link to Friends Extra.

Our website is:
<https://penicuik.u3a.site.uk>



Our energetic Hill Pechers atop Cademuir Hill, Peebles



Our Walkers on a stone bridge over the river North Esk



Our Nature Appreciation Group at Archerfield estate

Group holidays.

Please note that the current committee will not take onboard this extra responsibility!

The Third Age Trust has recently launched u3a getaways in partnership with The UK Holiday Group. Each break offers a unique opportunity to laugh, learn, and enjoy shared experiences on a range of individually designed holidays created exclusively for u3a members and their friends. u3a getaway breaks are designed for independent travellers, but we know that many u3a branches prefer coach inclusive breaks for their members. Our justforgroups! brand organises bespoke group holidays, including coach travel, for more than 50 u3a branches throughout the country. We can replicate u3a getaways with transport from your local branch, for groups of 20 or more, or create entirely new holidays based on the interests of the local u3a group. We would love to hear from you the next time you are considering a holiday for your u3a branch. Not only are we the u3a holiday specialist, but the Third Age Trust also benefits from the partnership we have with them. We look forward to hearing from you.

The just for groups! Team

Group Sales: 01603 886 740
www.justforgroups.com

Our website is:
<https://penicuik.u3asite.uk>



Art Appreciation group at the Mansfield Traquair Centre



Penicuik members at u3a Scotland's Summer School at Stirling University

The members above attended the u3a Scotland Summer School, held at Stirling University from 24th to 26th of August. The six topics covered were: Creative Craft, The Picts, Positive Psychology, British Sign Language, Artificial Intelligence and Photography. The next u3a Scotland Summer School will be held in 2028.

In June or July 2027, a one-day u3a Scotland Jamboree (similar to that held in 2025 in Craiglockhart Campus, Edinburgh) is planned to be held in Glasgow.