

Northumbria Region u3a

The Messenger

Newsletter – Magazine for January 2025



Mo Brown, Vice Lord Lieutenant of Northumberland
Stuart Birkett and Cecilia Coulson at our 30th
Anniversary Celebration

FEATURED INSIDE

Hexham Abbey

Snow White and the 3 Geordie Dwarfs

Sedgefield Community Involvement

North Regional Quiz

A Visit to Three Centres in One Day

Chairs Report

Happy New Year to everyone, although a bit belated. I hope you all enjoyed the festivities with family and friends.

I'd like to welcome three new Northumbria Region u3a Committee Members. Dawn Tweddle from Blyth u3a, Moira Stokoe from Guisborough u3a and Sandi Rickerby from Mid Northumberland u3a. They have all been co-opted onto the Committee and their positions will be voted on at the AGM.

The next Regional Quarterly Meeting will be Northumbria Region u3a's AGM on April 28th at Seaham Town Hall in the morning. There will be some changes to the Committee after the AGM, as three Committee members will be standing down from their positions, but could stay on the Committee to provide support.

The nomination forms and all the legal notices for the AGM will be circulated in the near future.

I would also like to say congratulations to Kathy Clegg of Prudhoe u3a who has been nominated as the second Northumbria representative on the National Council at the Third Age Trust. The other representative is Jean Cubbin, the Regional Trustee from Whitley Bay and Blyth u3as.

Do you know anything about Trust Volunteers? These are volunteers that assist the Third Age Trust in many aspects. The Trust provides a wide range of advice, support, services, volunteer opportunities and benefits for u3as, including: subject advisors, learning roles, teaching roles, the Beacon Team, supporting the Regional Trustee and many more.

If you would like to find out more information please access the Trust Volunteers handbook by clicking on the below link

<https://www.u3a.org.uk/edocman-downloads/trust-volunteer-handbook-2023/viewdocument/2521>

The Regional Events Team is working hard to bring a programme of events and workshops for all members of the Region during 2025. There are now eight members from around the Region who meet via Zoom every six weeks or so and discuss the planning of these events/workshops. Each member takes on the role of being the 'lead' for a specific event, but are also asked to assist at the other events if possible. All the events/workshops are advertised via Beacon, in the Messenger, Northumbria's Facebook page and are on the Northumbria Region's website under the tab 'Events'. Please click on this link. [Events - Northumbria Region](#)

I look forward to seeing you at the AGM on April 28th 2025 at Seaham Town Hall.

Cecilia Coulson

Northumbria Region u3a 30th Anniversary



The Vice Lord Lieutenant of Northumberland, Stuart Birkett joined members from Northumbria Region u3a to celebrate their 30th anniversary at the Little Haven Hotel, South Shields. He was greeted by the host Cecilia Coulson, Chair of Northumbria Region u3a and Mo Brown the previous Chair. Representatives from twenty seven u3as joined in the celebrations

Iain Cassidy, the newly appointed Chief Executive Officer of the Third Age Trust travelled from the south of the UK to also join in the celebrations. This was Iain's first official appointment since taking up office at the Third Age Trust's AGM in the middle of October 2024.

Northumbria Region u3a held their first meeting at Redhills Hotel, Durham in January 1994. The Chair was John Lloyd of Wearside u3a. Originally only six u3as, which were in their infancy,



came together to support each other. They were Wearside, Durham, Ponteland, Stockton, Darlington and Tynedale. Now there are 47 u3as as members of Northumbria Region u3a from Berwick to Guisborough and many in between.



To round off the celebrations a Geordie themed session was performed by the Whistle Testers, one of the members being from Derwentside u3a.

There are many photos of this event on Northumbria Region's website. Click on the link, you might see photos of yourself.

[News - Northumbria Region](#)

Photos by Harry Brenkley, Seaham and District u3a and Felicity Pullen, Prudhoe u3a. Script by Cecilia Coulson.

Northumbria Region u3a Short Story Competition

Northumbria Region u3a Creative Writers organised a short story competition in summer 2024. The rules and regulations were on the same lines as the National u3a short story competition. The theme was 'Weather'.



Olivia Neish, the winner of the competition from Newcastle u3a, was presented with a book token by the Newcastle u3a Chair, Terry Kirkham at Newcastle u3a's October main meeting. Olivia's story is called The Storm.



Dorothy Hullah, a runner up was presented with a book token by Ruth Beckett, South Durham u3a's Chair at South Durham u3a's October main meeting. Dorothy's story is called Life Afloat.

Leigh Murphy, another runner up was presented with her book token, by Cecilia Coulson, Chair of Northumbria Region u3a and 'lead' of Northumbria Region u3a Creative Writers at a house soiree organised by the 'lead' of Cramlington Creative Scribblers, Maggie Mitford. Leigh's story is called a Walk in the Rain.

If you would like to read these stories they can be found in the October 2024 Messenger, the online magazine found on the Region's website [Messenger - Northumbria Region \(u3asite.uk\)](https://www.u3asite.uk/Messenger-Northumbria-Region)



Another important mention.



Patricia Byrans, a member of Blyth u3a, but also a member of Cramlington Scribblers was runner up in the National's 2024 Short Story Competition. Her story is called 'Escape to the Country'. She also attended the soiree.



It was a case of celebrations for all Cramlington Scribblers.

You can read Patricia's story here [u3a - Escape to the Country?](#)

Cecilia Coulson – Regional Chair

The North Regional Quiz



The North Regional Quiz was held in early October at Sunnyside Club. Over 100 members from many areas of the northern half of the Region attended, such as members from Berwick u3a, Washington Village u3a, Cestria u3a. It was a fun event.

Members were asked to bring a cake or something savoury for everyone to enjoy during the interval. This picture just shows only half of the delicacies that were brought along. Everyone who contributed any food was given a raffle ticket and the name drawn won a 2025 diary. Members from Whickham

and District u3a and Derwent Valley u3a organised all the contributions.

Bob Pullen from Prudhoe u3a was in his element as the quiz master.

The scoring was high and the winners were Vahafin Seen Nuffin Yet from Newcastle u3a. The runners-up were the Whitley Wizards from Whitley Bay. There were prizes for the winners, runner ups and the team that just come along to enjoy themselves – the Sand Dancers.



Script and photos by Cecilia Coulson

Celebrating 20 Years of Berwick Upon Tweed u3a

2024 marked a momentous year for Berwick Upon Tweed u3a as we celebrated our 20th anniversary with a series of events that highlighted our achievements, showcased our activities, and reaffirmed our importance within the local community. This milestone is especially significant given that Berwick Upon Tweed u3a is the most northerly u3a in England, thriving in a small town with an impressive membership of around 400 people and over 50 different groups

A Year of Celebration



April open meeting with our 20th Certificate being awarded by Liz Thackaray to outgoing Chair Chris O'Neill and founding members Jeff Armstrong and Sue Handol.

Our celebrations began in April with a special Open Meeting that welcomed VIP guests Liz Thackaray, Chair of the Third Age Trust, and Jean Cubbin, Trustee for the North East. Liz began her regional tour with a visit to us, underscoring the importance of our u3a within the movement. During the meeting, she presented a 20-years certificate to two of our founder members, Jeff

Armstrong and Sue Handoll, in recognition of their dedication to establishing and growing our u3a.



20th Anniversary Showcase with Chair Rowens Redgwell, Publicity Officer Phil Ravetta, VIP guests Cecilia Coulson, Jean Cubbin and the Mayor and Sheriff with their ladies.

In June, we hosted a 20th Anniversary Showcase event at The Maltings in Berwick. This vibrant occasion highlighted the diversity of our groups and their contributions to our u3a. Visitors enjoyed performances from groups such as Tai Chi and Poetry Reading, while artistic and creative groups, including Tapestry and Art, exhibited

their work. The event attracted u3a members, members of the public, and an array of VIP guests, including the Mayor and Sheriff of Berwick with their wives,

Northumbria Regional Chair Cecilia Coulson, and Trustee Jean Cubbin. A highlight of the day was convincing the Mayor and his wife to join as members!

Later in June, our three walking groups – Hillwalking, Ride and Stride, and Silver Short Striders – planned three walks of different distance that added up to a total



Three walking groups in June making up the 20 mile between them. Hill Walking, Ride and Stride, and Silver Short Striders

of 20 miles in honour of the anniversary. This collective effort embodied the camaraderie and spirit of our u3a, with the all three walks timed to end at a local café where walkers joined other u3a members for tea and

scones.

A Shared Anniversary

In August, our anniversary coincided with the 400th anniversary of Berwick Old Bridge. During the Bridge 400 celebrations, we hosted a stall to showcase our groups and activities, using the opportunity to promote the benefits of u3a membership to the wider community. The event allowed us to demonstrate our active engagement in Berwick's cultural and social life.

Looking Back and Ahead

The celebrations continued into September with our Annual Members' Day. This event once again highlighted the breadth of activities available within our u3a, with group displays and a special exhibition curated by founder member Jeff Armstrong. His display featured photographs and memorabilia documenting our journey over the past 20 years, providing a poignant reminder of how far we've come and the community we've built together.

Phil Ravetta, Publicity Officer for the group said: "Our 20th anniversary brought Berwick Upon Tweed u3a to wider attention, showcasing the amazing variety of what we offer and inspiring new members to join us. It's been a fantastic opportunity to grow our presence in the community and share the benefits of lifelong learning."

Thriving in the Third Age

Rowena Redgwell, Chair of Berwick Upon Tweed u3a said: "This year has been an incredible celebration of everything that makes Berwick Upon Tweed u3a special – our vibrant groups, dedicated members, and strong community spirit. It's been a privilege to reflect on our journey and to look ahead to an exciting future."

Berwick Upon Tweed u3a has proven that even in a small town, the u3a spirit can thrive. With 20 years behind us, we look forward to continuing to grow, learn, and share our enthusiasm for lifelong learning and community connection. Here's to the next 20 years!

Phil Ravetta, Publicity Officer - Berwick upon Tweed u3a

Hexham Abbey was the Focus of our Regional November event



47 Members from across our Northumbria region came to visit, "Threads through Creation", the work of Jacqui Parkinson consisting of 12 vibrant textile panels. The visit was combined with an opportunity to visit the Abbey and its own interpretive exhibition, listen to an organ recital and have a guided tour. As with all our events it was an opportunity to meet others from across the region and this was done over a sandwich lunch. The feedback suggests that everyone enjoyed the day.



Wendy Dale – Tynedale u3a

Sedgefield and District u3A

Community Involvement.

Although not strictly 'volunteering' – that buzz word of the moment - Sedgefield and District u3a have been very much *involved* in various community initiatives in both our local village and further afield over the past year.



In December 2023, we took part in our local Parish Church's Christmas Tree Festival by being one of the 40+ local shop's, businesses and organisations who decorated and exhibited a Christmas tree in the theme 'Christmas Around the World'. Although not winning any prizes we were delighted by the many positive responses and comments and by the new members we gained.

Early in the new year we were awarded a substantial grant from the East Durham Area Action Partnership towards 'Fighting Loneliness in Old Age through u3a Activities'. A proportion of the money was used to purchase a new data projector to enhance our Speakers' presentations and for use during various group meetings, but the majority of the money was to be used for transport costs associated with trips out of the village for our Theatre, Homes and Gardens, Science and Technology, Photography and Lunch Groups. In several instances we were able to offer seats to the general public and were therefore joined on our trip to the Swaledale Music Festival to listen to a talk by Bob Harris of Old Grey Whistle Test fame, to Alnwick and to Thorpe Perrow Arboretum. And, again, members were gained!

In May we hosted, together with the County Durham office of the Alzheimer's Society, an evening of discussion about this difficult condition and the way forward for sufferers, carers, family and friends. Attendees were delighted to be able to talk with support advisers from the society and from our local Memory Cafe as well as pick up written help and guidance materials. We were really pleased with the number of people who attended and even more so with the number who left feeling encouraged and comforted.



Later in the summer our Health and Wellbeing Group welcomed more non-members to a Sleep Masterclass and Sound Bath, funded by another funding bid. During the morning we were told about the various methods of tailoring our lives to ensure a restful and restorative night's sleep. The resultant interactive discussion showcased just how difficult we all found it to do just that ...! However, the sound bath in the afternoon found many of us nodding off; an extremely well orchestrated stream of contrasting percussive sounds subtly encouraged us into a very relaxed and soothed state of mind! Such a positive day!

Our Creative Writing Group has also had a most successful and productive year. They organised for the local author, Lucie Brownlee, to attend a meeting and lead a discussion and tutorial group in 'Prose Writing', to which members of the public were invited. This was so successful, that Lucie will be returning next month to continue and extend this topic. Natalie Scott, another writer, poet, performer and educator has also been invited to visit later in the Spring to lead a similar event with 'Writing Poetry' being the focus then. Again we were very lucky to make a successful bid for funding to cover the costs of these visits.

The Scribes Group have also, over recent years, produced several publications of their work, ranging from an anthology of early pieces, a delightful book based on local legends and stories which was illustrated by our Photography Group and a set of scary mystery stories. The next step is to share their work further by liaising with other local u3a groups to exchange and share writing and to use Word Press and Social Media to reach the wider world. To that end they have recently sent copies of their Sedgefield book to the furthest reaches of the UK; copies were sent to Jersey and Guernsey, to St Just in Cornwall and Enniskillen in N Ireland and to the Orkney and Shetland islands. Internationally, a copy winged its way to Sydney in Australia! We've recently learned that there is a u3a in our sister town of Sedgefield in South Africa so we'll shortly be posting off a copy to them too.

Radio Tyneside is the Community and Hospital radio for Newcastle and Gateshead with Older Voices broadcasting every Wednesday evening. Each year, just before Christmas they perform a pantomime written by a local community group. This year it was the turn of Sedgefield and District u3a's Scribes group. Much discussion and laughter, writing down and scribbling out ensued throughout the autumn, supported by many cups of coffee and chocolate biscuits. Eventually, Snow White and the Three Geordie Dwarves was completed, rehearsed and broadcast on the 18th December. Another success!

We have a monthly column in our local Sedgefield News where we highlight the visits, outings, events and meetings of our various groups and invite people to visit our new website. Many thanks are due there to the dedicated national team who supported us all through a frustrating few months, including Bishop Auckland's Pam Taylor who wrote the 'Manual'. Throughout the year, too, several of our member have been on the Sedgefield's Mayor's team in supporting fund-raising activities towards the installation of Defibrillating Machines in and around the village and the distribution of grants to over 30 local organisations. Several more are involved with our Sedgefield Players, either acting or supporting front-of-house activities at their sell-out performances

Although one of the smaller u3a groups in the region, we are lucky to live in Sedgefield, a totally pro-active village with a myriad of activities for everyone – from the very youngest, to those of us who would otherwise be drifting into that long good-night! Those who have joined our u3a have found out just a few of the opportunities there are to be lively and positive members of the community; we've proved that there really are no barriers to continuing to learn, to laugh and to live. There is no reason to be lonely, bored or unhappy in old age when there is a u3a close by.

Chris Balfour - Sedgefield and District u3a

A Visit to Three Centres in One Day

In September a group of u3a members from across the region made a visit to old Sunderland, close to the city centre. There we were able to visit the Sunderland Maritime Heritage Centre, the Donnison School and Holy Trinity Church.

Maritime Heritage Centre- until the 1920s Sunderland claimed to be the largest shipbuilding town in the world, including the only shipyard that launched directly into the sea. The centre is dedicated to the history of shipbuilding in Sunderland.



It is run by a group of volunteers and there is no charge for entry, they just ask for donations. We were given an excellent guided tour which lasted one and three quarter hours, and we still didn't see everything. There was a model on display of HMS Venerable, a 74 gun ship of the line from the Royal Navy, which the members had restored. Also on display there were models of many of the ships that had been built in the River Wear shipyards in the 19th and 20th centuries.

There was also a replica of a large fishing vessel which is currently being renovated by volunteers.

We also learned a lot about the development of Sunderland itself in the 18th and 19th centuries with lots of interesting maps and artefacts on display.

The Donnison School – is only a 5 minute walk from the Heritage Centre. It was an 18th century school for girls from under-privileged backgrounds. This in itself made it unusual.



The building is also run by volunteers. We were given a short talk about the history of the school by one of the volunteers including something about how the girls might have been treated at this time. This was followed by an excellent afternoon tea – for which there is a charge. To finish off our visit another of the volunteers gave us an illustrated talk on the Victoria Hall disaster of June 1883 when 183 children were killed.

Holy Trinity Church- an 18th century church of typical design, and Sunderland's second oldest, close to the Donnison School. It had been closed for worship quite a few years ago but again, thanks to volunteers, it has reopened although not for services. There is a small café and there are often craft markets held inside the building and art displays. In the surrounding streets the old cobbled surfaces have even survived.

Malcolm Wilkinson – u3a Northumbria Committee Member

**Oh, to be in the North East, now that 2025 is here
(with apologies to Robert Browning)**

I have been visiting and staying with relatives in the Lake District since I was nineteen years old! My late wife and I always intended to retire in Keswick. I am so very happy in my flat in central Keswick and the recent clear skies and snow-capped hills have been really beautiful ...



But I lived and worked in the North East for over fifty years and, just sometimes, I miss the things that I would have done and the places I would have visited.

2025 is two hundred years since the first 'modern railway train' ran between Stockton and Darlington. I would like to visit Locomotion in Shildon (the first railway town in the world) to join in with the celebrations and see Stephenson's Rocket and the Flying Scotsman.



Another bicentenary in 2025 is celebrating the fact that the Lit & Phil has been at home on Westgate Road in the centre of Newcastle since 1825 (although it was founded in 1793). Over the years, the Lit & Phil has welcomed many great literary figures including Oscar Wilde, E.M. Forster and Gertrude Bell. Pet Shop Boy Neil Tennant was a school boy member and recent visitors and patrons include Melvyn Bragg, Val McDermid, Ann Cleeves, David Almond, Alexander McCall Smith, Derek Jacobi and Michael Palin.

Thinking of literary figures ... 2025 marks 250 years since the birth of Jane Austen and 150 years since the death of Hans Christian Anderson.

Kelvin Rushworth - (former Public Relations Adviser, North East England)

Northumbria Region u3a Treasurers' Network

Join us at the Northumbria Region u3a Treasurers' Network, where financial stewardship meets collaborative learning!

Our vibrant community gathers to share best practices, tackle challenges and brainstorm innovative solutions tailored to the unique needs of our u3as. From navigating the resources available on the Third Age Trust website to discussing banking strategies and planning engaging excursions, our meetings are a treasure trove of ideas and insights. Whether you're a seasoned treasurer or new to the role, you'll find invaluable support and camaraderie among fellow u3a treasurers who are passionate about enhancing the life of our members. Connect, learn and empower each other as we work together to strengthen our community and support the joys of lifelong learning!

S.E. Northumberland Chairs' and Business Secretaries' Network

Discover the power of collaboration at the Chairs' and Business Secretaries' Network! Our dynamic group is dedicated to fostering effective leadership and seamless administration within our u3as.

In our meetings, we delve into vital topics ranging from strategic planning and governance to enhancing member engagement, event coordination and succession planning. Join us as we exchange best practices, address common challenges and share innovative solutions that can drive our u3as forward.

Whether you're a seasoned chair or a business secretary just starting out, you'll find a welcoming environment brimming with shared experiences and insights from like-minded leaders. Together, we can strengthen our u3as and ensure a thriving community for all our members, empowering lifelong learning and personal growth!

Northumbria Region u3a Art Appreciation Network (NR u3a AA)

Experience the richness of art and camaraderie together at the Art Appreciation Network of u3as!

Our network brings together individuals who are passionate about art, culture and sharing these experiences with their members. Our meetings offer a space to discuss innovative approaches to art events, exhibitions and workshops that can be adapted to the unique needs of our u3as. From exploring the practicalities of art tours and museum visits to sharing insights on art-related programming and partnerships, our gatherings are designed to spark creativity, inspire new ideas and foster connections among like-minded leaders. Whether you're looking for fresh inspiration or just a chance to connect with fellow art enthusiasts, join us to unlock the full potential of art appreciation within your u3a community

If you'd like to know more about any of the above 3 networks, please contact Catherine Stevenson, Newcastle u3a or newcastleu3a@hotmail.com

Pause for thought

If you understand English, press 1. If you don't understand English, press 2.
Australian tax helpline.

It was not me that night killing those two men because that night I was shooting two other men. – Mafia hitman in Sicily on trial for double murder.

April 2025 will be the month of the Northumbria Region u3a's AGM



This notice is asking all u3a members to consider becoming a member of Northumbria Region u3a's Committee.

Why, several reasons:

- 1. At the moment there are only seven members on the Committee.**
2. Next year, 2025, **the Chair, Business Secretary and Membership Secretary** will all have completed their length of time they are allowed to serve in their roles and therefore have to stand down, according to the Northumbria Region u3a Constitution. It has been said that the Constitution could be changed, yes it could, but none of the trustees, who are standing down, wish to serve another year in their roles, although they would give it some thought to still remain on the Committee.
- 3. Unless a member comes forward to be Chair of the Northumbria Regional Committee it will have to dissolve.**
4. According to our Constitution the number of trustees shall be not less than 5 and not more than 12. If the three trustees no longer stand for re election as trustees of the Committee, there will only be 4 trustees. **So again, the Committee will have to dissolve.**

Northumbria Region u3a, as many of you know, is a formal Network of 47 u3as in the North East and North Yorkshire. The objective of the Network is as follows as per the Constitution.

Object 3.1 The Network's object (the 'Object') is the advancement of education and in particular the education of older people and those retired from full time work, by all means including associated activities conducive to learning and personal development in the Network Area, in particular by providing support and assistance to the u3as in the Network Area.

If any further information is required please contact Cecilia Coulson, Chair on 07881768301 /email cecu3a@gmail.com



Northumbria Region Events Team

Canva Training, an overview - presented on Zoom by Roger Carter of Borne End u3a

The presentation will include:

How to create in Canva (brochures, flyers, cards, newsletters, presentations, videos, websites), a tour of Canva (Home screen, Projects screen, Editing screen), how to create a simple design (with text boxes and elements, and images), a look at templates, and a look at editing images in Canva. We might also look at some of Canva's AI features, in particular the "Magic Media" image generator.

Date: Thursday 20th February 2025 10am -11.30am

If there is sufficient interest a face-to-face workshops will be held by Cecilia Coulson to work through the information given at this overview.

Contact Cecilia Coulson 07881768301/ email cecu3a@gmail.com to register your interest.

“”

u3a learn,
laugh,
live



**Boldon
Auction
Galleries**

Northumbria Region u3a Event Team

Do you enjoy watching Bargain Hunt, Antiques Road Show, etc., then this event might interest you?

A visit to Boldon Auction Galleries has been organised. There will be a presentation called the 'Life and Times of an Auctioneer' and also a guided tour around the salesroom.

Members can also bring small items for valuation.

Date: Monday March 10th 2025

Time: 09.45 -10.15 registration and refreshments.
10.15 -12.15 tour and presentation.

Cost: £2 per person, payable on the door. (Maximum number of members - 50)

Venue: Boldon Auction Galleries 24A, Front Street, East Boldon NE36 0SJ

To register and for further information please

07881768301 contact Cecilia Coulson

cecu3a@gmail.com / 07881768301



u3a

Learn,
Laugh,
Live.

Northumbria Region u3a

An

Afternoon Of Music



North Biddick Social Club,
Bonemill Lane,
Washington, NE38 8AJ

Thursday
June 5th 2025
2pm-5pm



**Come Along And Share Your Music With Your Fellow
u3a Members On An Afternoon Of Music.**

Entrance Fee: Free To Performers.



**MORE INFORMATION ON
THE REGIONAL WEBSITE**

**Please Contact Bob Pullen Of Prudhoe
u3a For More Details:**

robertgipullen@gmail.com

Regional Committee April 2024 - 2025	
Chair	Cecilia COULSON, Whickham and District
Vice Chairman	Vacant
Business and Minute Secretary	Mary BARLOW, Sunderland
Treasurer	Theresa MULKERRIN, Durham
Member	Ann CARR, Bishop Auckland
Member	Malcom WILKINSON, Seaham Harbour
Member	Peter BARNETT, Wessington
Member	Tedd WATT, Seaham
Co-opted Member	Sandi RICKERBY, Mid Northumberland
Co-opted Member	Dawn TWEDDLE, Blyth
Co-opted Member	Moira STOKOE, Guisborough
Trustee for the North East	Jean CUBBIN, Whitley Bay

Members of the committee can be contacted by email through the website:

<https://northumbria.u3asite.uk/committee/>

Distribution

Messenger is distributed electronically. Chairs and Business Secretaries of u3as receive a copy as an email attachment. They are asked to distribute this to their members.

If you would like to receive a copy directly from the region, please contact us through the website Messenger page:

<https://northumbria.u3asite.uk/messenger/>

From the Editor

May I thank everyone who has taken the time to provide articles and assistance for this edition of The Messenger. I do hope that you have enjoyed reading this issue and that it has given you inspiration for the future. Please forward your articles to regnewseditor@gmail.com May I please have all contributions for the next edition by **Friday 12th April 2025**. Thank you.