

Information about workshops/ presentations/ tours / walks.

Keith Allison – Washington u3a Pictorial Quiz of photos taken from around the Region, but all at unusual angles. **Refectory - no maximum numbers.**

Jean Barnett – Wessington u3a Hieroglyphs **President Landing Room 15 at 10am - Maximum 9 and President Landing Room 14 at 13.15 – Maximum 9**

This workshop will be a basic introduction to the script used by the ancient Egyptians to express their language. We shall look at some basic signs, have a go at drawing them, and see how they make words and phrases. By the end of the workshop you should be able to recognise a few common phrases in the inscriptions that you might see on objects in museums. Please bring paper and a pencil (or pen if you're feeling confident!).

Gaye Batiz – Saltburn u3a Bird Watching **Presidents Landing Room 14 - Maximum 9 at 11am. ...if raining.**

An introduction to the hobby of birdwatching, Gaye will talk through how to choose binoculars, field guides, and a lot of other information for birdwatching as a pastime.

The walk, if fine – to meet outside the refectory to start at 13.15. Maximum 15.

Join Gaye for a taster session for the hobby of birdwatching. This group is aimed at novices but regular birders are welcome. A very brief introduction to the hobby of birdwatching will be given followed by a guided walk to see how many bird species we can spot in 30 - 40 minutes.

Steve Beckett Durham and District u3a 'Irish history and the poetry of Yeats'.

West Wing Meeting Room 1 – Maximum 30

An overview of key events during Irish History, interspersed with recitations of Yeats's poems. This presentation is informal, with questions and comments from the audience encouraged.

Steve Beckett Durham and District Circular walk from Ushaw of 4.5 miles.

Maximum 16 - meet outside the refectory

This walk includes some gradients, stiles and non-paved paths which may still be muddy, depending on weather. It includes the ruins of Beaurepaire Manor. A good level of fitness is required as well appropriate footwear and clothing.

Anne Bothwell South Durham u3a, 'Tour 1, Tour 2 and Tour 3 of Ushaw Historic House.

Maximum 15 per tour. Meet outside the refectory

Anne is also a volunteer guide at Ushaw Historic House, Chapel and Gardens and will explain about the history of this majestic building.

Margaret Bozic Cestria u3a 'Local History' West Wing Presentation Room - Maximum 40

PLEASE NOTE THIS WORKSHOP IS 2 HOURS LONG.

This workshop is about your local history. We will explore the historical timeline of your chosen location in geographical groups. You don't have to know everything about your area, but you should be bringing some knowledge of it with you.

We will start by looking at the outline of a town's history known to the facilitator, starting with the Iron Age and moving on to the 21st Century. Then you will be asked to join a group of others who have brought information about the wider area you are interested in. In this way you can pool together your knowledge, and enjoy discovering more about that region.

Ed Cartner - Alnwick u3a and Shirley Fall – Whickham and District u3a.

'Poetry Creative Writing' Presidents Landing Room 14 - Maximum 8

The workshop will explore the concept of Open or Free Verse in the 'Ten to One' format. Examples will be offered for discussion and participants will be invited to construct a poetic narrative of ten lines in which the first is of ten words leading to the tenth and final of one word only. Sharing, by reading aloud, will be encouraged.

Susan Willis - Whickham u3a and Jane Anderson - Newcastle u3a

'Short Story Creative Writing' Presidents Landing Room 14 - Maximum 8

We will work together to create a character and begin to write a story. At the end of the workshop hopefully you will have an outline for your own story about our character and will have an opening paragraph or two.

**Kathy Clegg – Prudhoe u3a and Regional Representative Wildflower walk – Maximum 16
Meet outside the refectory.**

Hear a little about the history of the gardens as we walk through them and via the woodland on the way to the wildflower meadow. Discover how the meadow was created, see what is currently in flower, and take the challenge of identifying other plants as we walk through the area. You are welcome to use a plant ID app on your phone, if you have one. We'll return to the house through a different part of the gardens, but won't have time on this walk to explore them thoroughly. The basic walk is about half a mile, on paths ranging from tarmac to grass. Some of the paths may be a little uneven but there are no significant gradients. The pace will be leisurely.

Sandra Davison – Newcastle u3a 'The Man behind the concept of The Tomb of the Unknown Warrior' West Wing Meeting Room 1 Maximum 30

The unknown warrior was interred on November 11th 1920 in Westminster Abbey. It honours an unidentified British Serviceman who died during WW1 and symbolises all those who lost their lives without recognition. Who was this man?

Elizabeth Devon – Duns and District u3a ‘Lead of Northumbria’s Geology Network (two different talks)

**(1)"The Cheviot Volcanoes; what were they like and would you have survived?"
West Wing Presentation Room at 11.00 - Maximum 40**

First, we will look at the evidence telling us that these hills are volcanic. We will then investigate why they are not volcanic now and how big were the eruptions? Lastly, we will discuss whether or not you would have survived in Durham?

(2) "The rocks of Siccar Point in Berwickshire and James Hutton of the Scottish Enlightenment" Presidents Landing Room 15 at 13.15 - Maximum 9

Siccar Point is one of the most important geological sites in the world. We will explore why this is so and how James Hutton's investigations challenged thinking about the age of the Earth. 2026 is the tercentenary of James Hutton's birth.

Shirley Fall – Whickham and District u3a ‘Genealogy for Beginners’

Presidents Landing Room 15 Maximum 9

Looking into family history

The session will outline the types of activity that will help members who are at the start of their research into their family history. This will include a potential list of things to do; the types of sources of useful information, as well as hints on what to believe or not. If time allows, I will share some of the examples of things that I have personally come across.

Lorraine Griffiths - Morpeth u3a - Willow Bird Feeder Workshop

Presidents Landing Room 15 Maximum 9

This is an opportunity to make a small, corn dolly weave. It's a lovely chance to experience using willow in a small project, which will give you a practical piece when finished. You should make about 2 feeders in the time available.

All willow and tools will be provided and no previous experience is required.



Ian MacIntosh – Washington Village u3a TAI CHI & QI GONG St. Joseph’s Chapel if raining. Outside in quadrangle if NOT raining. Maximum 18

Qi Gong is an easy to learn, Chinese exercise system that originated over 4000 ago. Although there are, many different forms of Qi Gong for different purposes. The system I practice and teach, only takes about 20 minutes per day. It provides many health benefits, including improving your mobility, posture, balance and reducing your stress.

Tai Chi is a higher level of Qi Gong practice, but the same benefits can be achieved by 6 minutes of daily practice.

Dr. Les Mitchell – Prudhoe u3a Understanding the Artificial Intelligence (AI) Revolution

West Wing Meeting room 1 - Maximum 30

1. The first question will be *“What comes to mind when you hear about Artificial Intelligence (AI)?* Then over the time of the Workshop, there will be discussions on (i) *“What is AI?* (ii) *Types of AI?* (iii) *Starting with AI?* (iv) *How AI works?* (v) *Examples of AI?* (vi) *The benefits of AI?* (vii) *The serious challenges, concerns, ethics, and future of AI?*

2. The Workshop will also include *“Who in the room has used ChatGPT or Copilot?”* Will then give ChatGPT and Copilot Tips, where Chat GPT and Copilot are capable of a whole host of tasks that will make life easier and better, and will show many examples?

3. Real-life examples of AI will include Photography; Law; Industrial Engineering; Music; Healthcare. There will be further questions and answers e.g. (i) *“Artificial Intelligence (AI) will take more jobs than it creates - agree or disagree?”* (ii) *“Are you for or against AI?”* (iii) *What is the one thing you would wish AI to help you with tomorrow?*

4. Finally. the workshop will include knowledge and understanding of AI with questions and answers on AI and will include full audience participation!

Jeannie Moore assisted by Ken Bladen - Saltburn u3a Flower Photography Workshop
West Wing Meeting room 1 – Maximum 16

15 minutes or so introduction and tips. Then hands on so you need to bring preferably cameras, but could use smartphones. We will set up four workstations where you can take it in turns to use and to take photographs of flowers we supply. We can set up 2 light tents, an A3 light pad, and various backgrounds, vases etc

Tina Naples Durham and District u3a ‘Julian of Norwich’ Presidents Landing Room 14
Maximum 9

“Julian of Norwich is probably the best known medieval English mystic and anchoress. Little is known about her but we will explore what there is and look at life as an anchoress. We will also place her in the context of other contemporaneous events.”

Ged Parker - Washington Village u3a ‘The Memoirs of an Usworth Miner, Jim Tatters’ –
Presidents Landing Room 15 – maximum 9

Hear the vivid memories of Usworth miner, Jim Tatters, based on five hours of interviews with him before he died in 2013 aged 90- including growing up in a colliery village, going down the pit at 15, his Home Guard service, post war ‘squatting’, and his later life in the Nottinghamshire coalfield

Kelvin Rushworth Skiddaw u3a & Trust Volunteer 'Introducing Uzbekistan' West Wing Presentation Room – maximum 40

This largely undiscovered land-locked country in Central Asia includes three of the most wonderful Silk Road cities - Bukhara, Khiva and Samarkand.

The session will include short YouTube features and some of my own slides, taken on almost twenty visits to Uzbekistan.

There will be a display of crafts and ceramics as well as traditional coats and hats to try on - great photos for your u3a website, newsletter and social media!

You will take away a list of the food included in a traditional Uzbek breakfast so you can try out, when you are back at home.

Catherine Stevenson Newcastle u3a 'lead' of Northumbria's Art Appreciation Network

West Wing Presentation Room Maximum 40

Unravelling the Artistic Threads of History: The Hidden Messages of the Bayeux Tapestry

Step into the captivating world of the Bayeux Tapestry, a masterpiece of medieval art that intertwines artistry and history in an enchanting narrative. Expect an insightful journey as we delve into the intricate details and hidden secret moments of medieval life, explore the tapestry's rich symbolism, enigmatic characters, narratives, mysteries and the stories they silently tell.

Discover how with its intricate stitches, it offers unique insights into both artistic techniques and historical events. Through the lens of both art and history, uncover the mysteries that have fascinated scholars and enthusiasts for centuries. From its creation to its enduring legacy, reflect on why the Bayeux Tapestry continues to mesmerize and inspire audiences worldwide, today and at the British Museum from September 2026!

Catherine Stevenson Newcastle u3a 'lead' of Northumbria Art Appreciation Network

Ushaw Art Exhibition Room

Ushaw Historic House is presenting works of art by Joan Miro. As walking around this exhibition discussions will take place about the art of Joan Miro. Please click on this link for more information from Ushaw [Exhibitions - Ushaw: Historic House, Chapels & Gardens](#)

Catherine has prepared a handout for members about this exhibition.

Vic Turner Gateshead u3a – Line Dancing St. Joseph's Chapel Maximum 12

Vic Turner of Gateshead u3a assisted by Jean Pye will present a short taster of line dancing.

This class is for individuals of all genders. No previous experience is needed.

Shoes should be a flat sole if possible. Dance along to some popular line dancing songs.

Information about music performances

Concert Hall

Wind & Strings - A trio playing tunes from Dvorak to Greensleeves. – **Prudhoe u3a**

Tynedale Jazz Band - Jazz tunes played with Sax, clarinet, flute, piano, violin, guitar and percussion. – **Tynedale u3a**

BAD Duo - Rhythm & Blues songs played on guitars. – **Tynedale u3a**

MfF Band – Pop and folk-rock classics from the 60s and 70s – **Northallerton u3a**

String Band -Classic rock songs from artists like Neil Young, The Beatles. – **Bishop Auckland u3a**

Singing For Fun – Great pop songs from the 1960s and 70s – **Durham and District u3a**

St. Cuthbert's Chapel

Doug Knox – Piano tunes eg Windmills of your mind, Where do I Begin, Ballad for Adeline and perhaps some Chopin or Brahms. – **Wearside u3a**

Judith Rousseau – Music by popular contemporary composer Ludovico Einaudi, plus some Blues. - **Cestria u3a**

Perfect Squares – A choir singing popular songs – **Prudhoe u3a**

Bob Pullen – A time to relax with some Classical piano pieces by Mozart, Beethoven and Bach etc. – **Prudhoe u3a**

Warwick Eden – An organ recital using the Chapel's own organ. – **Tynedale u3a**