



Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00

Port Hills U3A Newsletter April 2025



Next Meeting: Wednesday 2nd April

Venue: St Martin's Presbyterian Church, 43 St Martins Road, St Martins

9:30 Morning Tea and Socialising

10:00 Speaker: Dame Sue Bagshaw Title: The New Youth Hub

11.00 Business Meeting

Subscriptions for 2025

Membership fees for 2025 are now due. Please ensure that yours is paid by April 30th. They have been kept the same as last year i.e. \$30 per member. Please pay by direct credit to our bank account number (38-90060413325-00). Alternatively, you can pay in cash to Mureen (our Treasurer) at the meeting.



Our April Speaker

Our speaker for April is Dame Sue Bagshaw. She is Senior Lecturer in Paediatrics at the University of Otago in Christchurch and is also the chair of the Korowai Youth Well-Being Trust and a trustee for the Collaborative for Research and Training in Youth Health and Development, which she founded. She serves on the board of the Canterbury Hospital Trust.

Dame Sue has long advocated for better health care and support for young people and has been involved in many projects to advance this objective. The culmination of this hard work is the Youth Hub Christchurch which opened in October last year. The goal of the Youth Hub is to “create a communal space focused on growth and wellbeing and providing opportunities for all young people”. It delivers a holistic model of wrap around services in one place. Dame Sue will share with us the story of the Youth Hub.

Speakers for 2025

<u>Month</u>	<u>Speaker</u>	<u>Topic</u>
April	Dame Sue Bagshaw	Christchurch Youth Hub
May	Assoc Prof Debbie Munro	Biomedical Engineering
June	Xanthe Rose	Patriotism, Food and Kiwiana
July	Dr Viv Levy	Identifying victims of Japan tsunami
August	Brad Lake	Use of hemp products

Interest Group Activities

If any of our interest groups have photos and/or reports of their activities during the month which they would like to share, please send them to me and I will try and incorporate them into our next Newsletter.

Joy Evans – email joy.paulevans@gmail.com



Announcement of a New Art Group 'Art for All Seasons'

Wendy Gallagher has offered to lead a new group called Art for All Seasons. This group will differ from the Art Appreciation Group in that its focus will be on exploring various artists' history, work and techniques through member research, workshops and visits to local art exhibitions.

Group Details

- ☐ Membership: Limited to 10 members
- ☐ Meetings: The first Monday of every month
- ☐ Time: 1:30 PM to 3:30 PM
- ☐ Location: Wendy's house: 1 Sunvale Terrace, Cashmere

Initially, the group will be open to those on the Art Appreciation Group waiting list and to new members of Port Hills U3A. For those interested please meet with Wendy after the meeting or contact her on: gwaswendy@gmail.com.



Lecture Series 2025

We are now taking names for those members who are interested in attending the first series entitled **Local to Global** (four lectures starting at 10am on Monday mornings in May).

Attendance will be limited to the first 25 members to respond, due to size of the venue (the lounge at St Martins Presbyterian church where we have our morning tea and coffee before the monthly meetings).

Please email Cathy Goulter cathygoulter@xtra.co.nz or see her at the meeting to put your name down.

In July we will asking the same question for the second series of five lectures entitled **Extraordinary New Zealanders in WW1 and WW2** (to be run on Friday mornings in August at the same venue).

There will be no cost for attending the lectures.

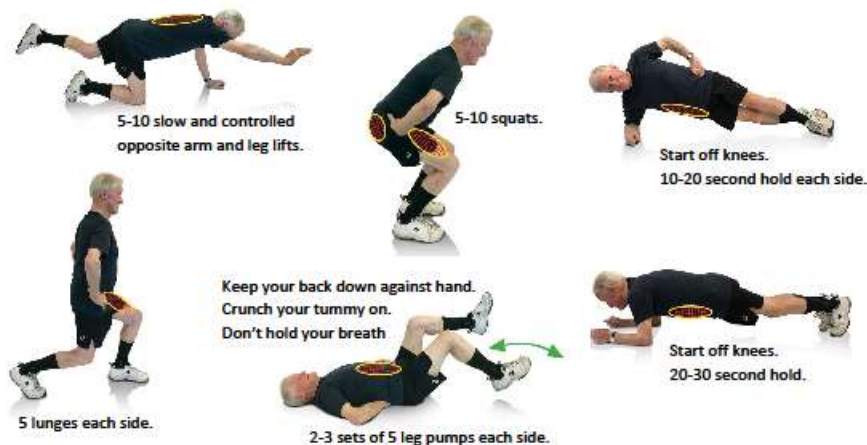


Movement is Medicine

Antony Bush, last month's speaker on 'Movement Is Medicine', mentioned five books for further reading. These are: 'Outlive' by Dr Peter Atilla, 'Sapiens' by Yuval Harari, 'Empire of Pain' by Patrick Keefe, 'The Well Gardened Mind' by Sue Stuart-Smith and 'The Man Who Mistook His Wife for a Hat' by Oliver Sacks. Plus of course there is Antony's book 'The Back Fix', available from all good bookstores, and as an eBook on Kindle, Apple or Google Play, or from www.thebackfix.com.

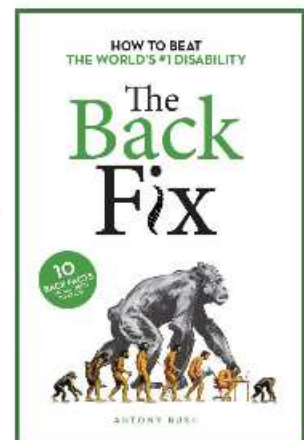
Antony also promised to send us a summary of his 'Big Six' strengthening exercises (see below).

The 'Big Six' Calisthenics Strengthening Exercises



Paperback available in NZ bookstores or from Amazon.

eBook available on iPad, Kindle, Kobo, or Google Play.



GUIDELINES:

1. Walking often, daily.
2. Strengthening two days week.
3. Less is more to begin, start small.
4. 150-300 mins total exercise per week.

Buy Now from our website www.TheBackFix.com



Foodbanks

We are continuing to collect cans and/or packaged food throughout the year, including baby food, as well as fresh food such as fruit and vegetables at our monthly meeting.

Please place your contributions in the boxes in the entrance foyer.

Thanks for your contributions.



Knitting Wool

The wool is used by volunteer knitters to crochet blankets or knit jerseys for pre-schoolers. Finished items are mainly given to the Plunket Outreach programme, Salvation Army programme and other charities as needed. Please contact Naida Murray on 338 5030 if you have any questions, or check at our monthly meeting.

Would you like to be a **volunteer knitter and/or crocheter** making blankets and jerseys for pre-schoolers? Please let Naida know on 338 5030 .