

Group Information on the

Please can group leaders/coordinators send information on their forthcoming group sessions to ibiu3awebsite@gmail.com so the website can be brought up-to-date? If you have any recent photos of group members, activities or topics, it would be good to update the group pages. Thank you!

Gardening group



The gardening group enjoyed a great day out to Logie Steading in May where we were shown round by Panny who shared her brilliant knowledge of plants and the history of the garden. And of course, the cafe at the end was lovely!

The group is finding that we are noticing and learning so much more by being shown round the gardens rather than visiting on our own.

Our next trip will be to Aldourie Castle on 30th June. For further details contact maryquemby@gmail.com

u3a Mindfulness for Living

Are you interested in joining the next group of people on a U3a Mindfulness course which will start in September 2025?

Mindfulness is at the heart of the ancient practice of meditation. It could be seen as a life skill which can help us feel better about ourselves and the world around us. It's about paying attention in a special way. We pay attention to what is happening in the present moment just accepting what's there without judgement.

Our U3a course is based on the popular well-researched evidence-based 8 week Mindfulness Based Living Course (MBLC). The course is definitely not a therapy group, is secular and open to everyone.

Each course is kept small and can be run weekly or fortnightly. The course can be face to face or online on Zoom depending on the wishes of the group.

A taster session will be held on the 17th June for everyone who might be interested. It will be held online on Zoom and last around an hour. This will be an opportunity to ask questions, get an idea of what the course will be like and find out if it is for you.

If you send me an email address, I will send you an invitation to this taster session a day or so before the event.

If you would rather have a chat on the phone or send me an email first, please email :

Kate at kml.boyd@hotmail.com or

Home Phone 01463 238972 :

Mobile 07554 375363

.....and finally

A shorter newsletter this month. My apologies if I've missed anything off. Please keep sending in your news and I would really love to see more photos as long as your members are in agreement.