

Inverness and Black Isle u3a Newsletter

August 2026

Welcome to the August newsletter



NEW FOR 2026/27 - U3A MEMBERSHIP CARDS

Your u3a are this year going to produce membership cards, this to help members keep track of all our general meeting dates and venues; see at a glance information about all our special interest groups; and have contact details for committee members. We haven't produced membership cards for a number of years, and we felt that it was time that we brought them back.

The cards will be ready to be handed out at our first general meeting at **11.00 on 7th September at the North Kessock Community Hall** when all our special interest group leaders will be on hand to talk to members about their groups and their activities. Group leaders have also prepared an attractive array of posters which they will be presenting on our display boards. It will be a fine start to the 2026/27 season of general meetings, so look forward to seeing you all then.

Travel Group



Four members of the Inverness and Black Isle u3a travel Group set out this month for a day at the Perth races. It was a new experience for most of our group, and we had a fine time learning all the tricks of the horse racing trade. We learnt how to place bets, how to "study the form", how to evaluate individual horses chances on the "going". On that particular day, the "going" appeared to be an important element in the racing day as the "going" was mentioned over the tannoy many times!

Joking apart, we all had a fun time with one of our group winning not once but twice (50% of her bets), sadly all the others in our group lost every time. As the saying goes "you never see a poor bookie"

The next meeting of the Travel Group is on Tuesday 4th August at 10.30 in the North Kessock Community Hub



Garden Visit Group

It has come to our attention that some people may think the gardening group involves picking up a spade and actually doing some hard work! This couldn't be further from the truth as our time is spent visiting gardens and garden associated businesses. No actual work or effort is involved at any time with the main purposes being relaxation and enjoyment whilst learning about these places. And of course, tea and cake are essential components of any good garden meeting. This is why we have changed our name to the **Garden Visit Group** to avoid confusion.

If anyone prefers work to relaxation and would like to set up a separate Gardening group (which is the practice is some other u3as) please contact Pauline the group coordinator.



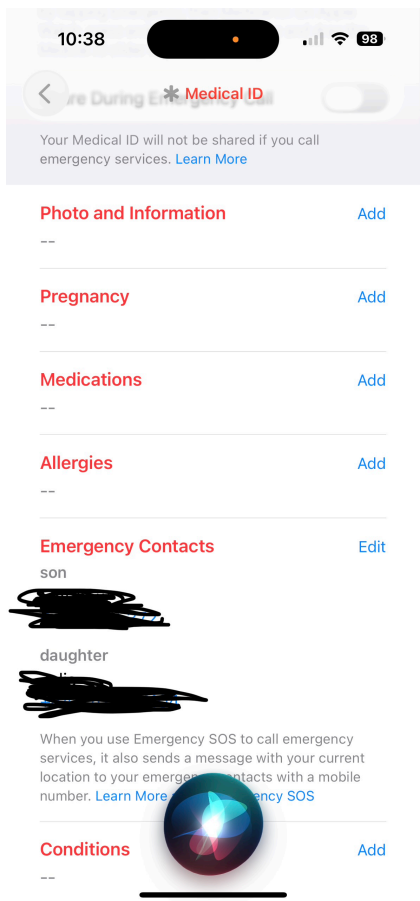
Last month we visited The House of Aigas garden. We were shown round by Lucy who also told us a little bit about the history of the house and the work her and her family have done to make it the lovely place it is today. As well as the flower beds it also has a lot of interesting trees and we managed to resist from hugging but we did stroke one or two.

We finished the visit with a lovely afternoon tea in the house and although we paid for this visit all the money was donated to The Highland Hospice..

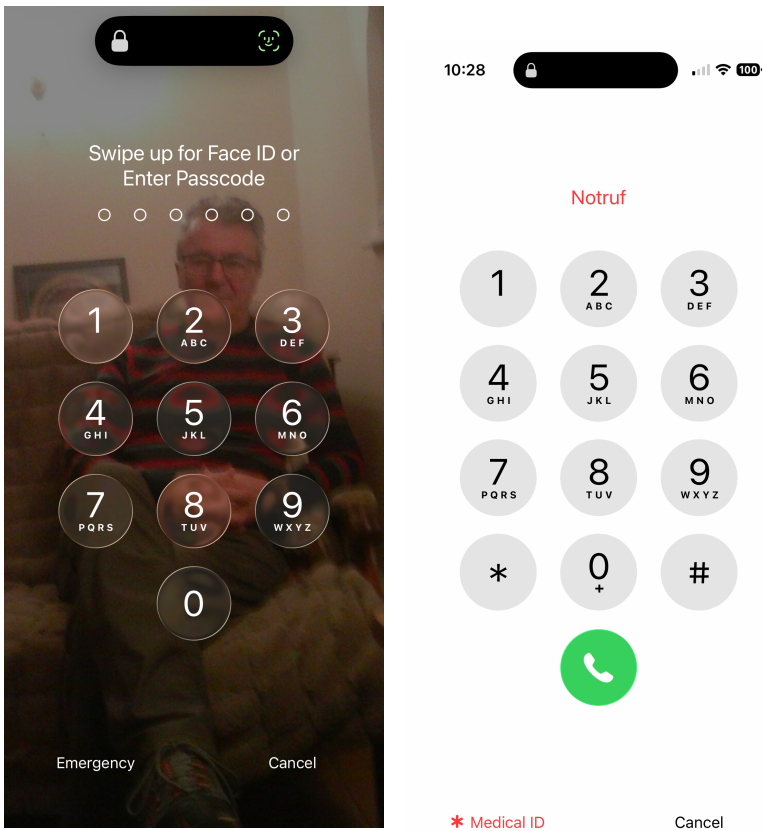
Emergency Contacts

When we're participating in group activities, emergency contacts and health information are so important in the event of an accident and I know some, if not all, group leaders carry a list. Are you aware you can hold this information permanently on your phone and it can be accessed by anyone without logging into your phone should the need occur? I was shown this on a recent first aid course and I will share it with you but please bear in mind I'm not a technical expert but will try to explain it the best I can.

Open settings on your phone. On an iPhone click on Emergency SOS and scroll down to Emergency Contacts and click on "Edit Emergency Contacts in Health". You will then see the following screen which will allow you to input contact details along with any other health information. On Android click on Safety and Emergency.



In an emergency, if you are unconscious, anyone can open the screen below (usually by swiping up from the Home Screen) and click on Emergency on the bottom left hand corner, then Medical ID on the next screen without opening your phone. When they do that they will access the Medical ID screen and see only the information on the previous screenshot. They will not be able to access anything else on your phone



I hope you find this useful, it may just save your life one day.

I've used screen shots from my iPhone but if you have an Android phone you should be able to follow it by accessing Safety and Emergency in Settings.

If you still find it difficult to I suggest finding any young person over the age of six who will have it done for you in no time!

Long Walks Group



14 members of the Long walks group spent a most enjoyable day walking estate tracks from Glennan Lodge to Carn a Bhothain Dubh, a walk of 6.8 miles with an ascent of roughly 250 metres. The weather was kind to us, overcast skies contributed to the general atmosphere of a wild moorland walk. With views of Cairngorm and the Strathdearn valley offered both during the walk and at the final summit, followed by coffee and cake at the excellent Taste of Tomatin café, it was generally agreed to be a most excellent day.



.....and finally

Thank you again for all your emails. I have put this together whilst on holiday and I don't promise it's perfect so apologies if I've missed anything off. Your comments and suggestions are always welcome. Please let me have your contributions for next month's newsletter by 24th August. Please send everything to ibiu3anewsletter@gmail.com

And enjoy the rest of summer

