

U3A Christchurch Central

'University of the Third Age'

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Newsletter 6, 2 – 30 September 2025

Course 6 - Health Issues

Course Organiser: Rosemary Anderson

	2 September – Dr Jeremy Hornibrook, Retired ENT specialist Christchurch Hospital, former Adjunct Professor at the University of Canterbury “It's All in Your Head” - Dizziness and Vertigo The features of the balance system are described, and the difference between dizziness and vertigo explained. The discovery story of the most common cause of vertigo (BPPV) and its treatments are described. The true cause of Meniere's disease remains unproven, and research attempts in Christchurch are mentioned.
	9 September, Evan Roper, Communications Officer, Hato Hone, St John's Ambulance Service My time with St John – A 45 year career This talk will include an overview of the present-day St John Ambulance Service, looking at vehicles, equipment, staff, qualifications, stations, workload, etc.. I will talk about the changes I have witnessed first-hand over the 45 years I have been employed with St John in Christchurch.
	16 September, Dr Nurina Katta, Te Puna Toiora - Mental Health and Nutrition Research Team, University of Canterbury Nutrition for Mental Wellbeing This talk explores the connection between nutrition and mental health, sharing evidence-based strategies and simple, practical tips to support mood, energy, and overall wellbeing. Learn how to nourish your brain for a healthier, more balanced mind that can better withstand stressors and strains.

	23 September, Dr Peter Ganly, Physician and Pathologist, Haematology, Christchurch Hospital “Half of what we have taught you will be shown to have been wrong in 50 years. Unfortunately we don’t know which half”. Now that 50 years have passed since I started my medical journey, I shall discuss the talk title with reference to research and development in blood disorders which have led to important advances in many more general areas of medicine.
	30 September, Dr James Blake, Cardiologist, Christchurch Hospital and Christchurch Heart Group Heart Health As We Age Heart disease remains responsible for 1 in 4 deaths. I will discuss the major cardiac conditions affecting older people and outline some of the dramatic improvements in cardiac care which have improved quality of life and longevity.

Hospitality:

Thanks to Yvonne Ekdahl for coordinating morning tea/coffee/biscuits and to members of her team for assisting her during Course 6.

Visitors are welcome: \$5 per session. Visitors must sign the visitors’ register at the membership desk.

Waitlist: *The committee has decided to close the waitlist for the rest of this year, as there are now 87 people waiting. It will be reviewed at the start of next year.*

Member survey: The Committee would like to get your suggestions for courses and speakers for 2026. We would also like feedback on this year’s programme – aspects that worked well and aspects where we could improve. You can complete and return this form electronically [using this link](#) or by picking up a paper copy at the membership desk at U3A sessions. Please return it by Friday 26 September 2025.

Cell phone use during presentations: Set phones to silent and no photos of presenters or slides.

Interest groups:

U3A Christchurch Central has two interest groups - the **Walking Group** and the **Art Interest Group**

For the Walking group contact Sue Allard sue.allard@xtra.co.nz and for the Art Interest Group contact Anne McMurtrie, annemcmurtrie@xtra.co.nz, 027 537 5128 if you want to attend an event.

September Art Interest Group Event - We will visit Holly Zanbergen's exhibition 'Bloom' on 19th September 10.30am at LeStrange Gallery, 372a Ferry Rd. Contact Anne McMurtrie if you would like to attend.

Remaining course dates - 2025

Course 7 October 21 – November 18 - Potpourri

Final session November 25