

U3A LEEDS
BULLETIN NO 6
JULY, 2018
TO KEEP YOU INFORMED



Following the Annual General Meeting on the 22nd May, the following members were elected as trustees and members of the Committee:-

Angela Hutchinson	Chair & Trustee
Janet Keogh	Vice Chair & Trustee
Elaine Hazell	Secretary & Trustee
Maureen Lewin	Treasurer & Trustee
Shena Flower	Membership & Trustee
Ann O'Grady	Speakers & Trustee
Margret Quinton	Travel Coordinator & Trustee
Robert Collins	Committee Member & Trustee
Margaret Jones	Committee Member & Trustee
Steve McGrail	Committee Member & Trustee
Anne Searles	Co-optee
Janet Walters	Co-optee
Derek Levy	Co-optee

There is always an opportunity for you to find out more about the work of the U3A Leeds committee. Please speak to one of the above or telephone the enquiry line and sit in as a guest at one of our meetings.

GROUPS

IMPROVERS' GERMAN EVERY MONDAY - 3.00 TO 4.30PM AT THE LORD DARCY PUB, 618 HARROGATE ROAD, LEEDS, LS17 8EH: This group will need a qualified person to act as its leader on either a fortnightly basis or **possibly (and preferably) on a weekly basis** from September onwards throughout the U3A terms for the whole of the year.

The group arrangement is informal with the emphasis on improving grammar & vocabulary through a variety of structured means such as reading & translating articles and accounts. There is grammar instruction, as appropriate, but the focus is on generally stimulating interest and learning with the aim of increasing confidence in conversation. The preparation of material is essential. (removed Therefore)

Currently the group has 12 members and we feel that this is the maximum the group can comfortably sustain. Ability is variable but no one is a beginner and we have stressed that it is not a *'Beginners' Group'* but is a group for *'Improvers'*; i.e. people who already know some German and who wish to continue developing their skill. We are a happy, sociable group the core of which has been together for a number of years.

In line with the principles of the U3A the role of the Leader/Facilitator of the group is voluntary but group members do make a payment with regard to the costs of copying and the provision of any materials needed. If you are interested and would like to discuss this further please contact:-

SHELAGH DIXON on 07770 918 060 or HELEN PLIMLEY on 0113 265 2345



TABLE TENNIS, YMCA LAWNSWOOD, Tuesdays 3.15-4.55m Just to let you know that the contact person is no longer John Welling but **Jenny Farley** and you can telephone her on **0773 8891263**.

LEEDS CYCLING CAMPAIGN - TUESDAY MORNING CYCLE RIDES: contact Rob Pearson rob.pearson@virgin.net for more information.

WALKING NETBALL: At the time of going to print, we have no details of whether or not this activity is actually going ahead at Lawnswood YMCA. As soon we have any firm details we will let you know.

RUMMIKUB 2 AND MAH JONG We are waiting for a final decision on both the **RUMMIKUB 2** and **MAHJONG** groups so if you have already contacted us your name will be on our list and we will be in touch as soon as there is some news. If you would you like to join either, or both, of the groups? **Telephone 07552 448834** and leave your name and contact details so we can get back to you.

WHIZZ OR NOVICE .., THERE'S A PLACE FOR YOU IN OUR NEW SCRABBLE GROUP A new Scrabble group, planned to start in September and expected to take place fortnightly on Monday afternoons at Treetops Community Centre, Squirrel Way, Leeds LS17 6DP (just off Shadwell Lane) is looking for members to join. Final arrangements are currently being made so if you'd like to join please ring the U3A Enquiry line and leave your details. The group is expected to include players at all levels so no matter whether you're a whizz or a novice there will be a game for you.



AUGUST EXTRA MEETING

IN PREVIOUS YEARS THERE HAVE BEEN NO AUGUST MEETINGS HOWEVER THIS YEAR THERE WILL BE A SOCIAL MEETING WITH TEA & CAKES ON TUESDAY, 14TH AUGUST SO DON'T FORGET TO PUT IT IN YOUR DIARY



U3A LEEDS CONTACT DETAILS

Telephone: 07552 448834

Website: www.u3aleeds.org.uk

RESEARCH OPORTUNITY

- Are you living with osteoarthritis of the hip or knee?
- Are you interested in being trained to learn how to support others living with the same condition?
- Could you spare 1-2 hours per week (over 8 weeks) to be a volunteer peer mentor?

We are carrying out a National Institute for Health Research funded study to explore whether volunteer peer mentors who have osteoarthritis (of the hip or knee) could support other individuals with osteoarthritis by providing them with support visits at home for up to 8 weeks. We would like to recruit volunteers to help us with this study so contact us if you are interested and:

- You are someone who is managing to live with your osteoarthritis of the hip or knee;
- You live in or close to Leeds and can travel within Leeds;
- You are 55 years or older;
- You would like to receive training to be a peer mentor to someone who requires more support with managing their osteoarthritis.

If you wish to help us with this research study, please enquire about becoming a peer mentor by contacting: Esther Dusabe-Richards either by email at: E.Dusabe-Richards@leeds.ac.uk or by phone on **0113 343 7554** before **August 30th 2018** to have the opportunity to take part.



MEETING DATES AND SPEAKERS FOR THE REMAINDER OF THE TERM

17 July	ANY OLD IRON - WW2 RECYCLING ON THE HOME FRONT	HENRY IRVING
31 July	ENERGY AND THE SOLAR SYSTEM: FROM SPACE ROCKS TO CLIMATE CHANGE	DAVID BONES
14 August	EXTRA SOCIAL MEETING - An assortment of tea & cakes; a table top quiz and/or games (if required) and the ideal opportunity to chat to friends.	

**NB If you have an item, photograph or story for the bulletin,
please get in touch via the enquiry line**