

U3A LEEDS

BULLETIN NO 7 - SEPTEMBER 2018

To keep you informed

EXTRA MEETING IN AUGUST

Members (both new and old) came along to a social meeting on the 14th August. Having an informal meeting in the middle of the summer break was an inspired idea and a proved to be a resounding success. Members enjoyed tea and a variety of delicious cakes, as well as a chance to catch-up with friends and enjoy a fun quiz. Thanks to our Chair, Angela, for suggesting this and as a result this date will now be added to the U3A annual calendar.

WHAT A LINE-UP

Speakers this term include:- Barney Bardsley - a well-known author, Derek, one of our own committee members recalling his life as a teacher, Fabian, an MP speaking about peace, the world and the nature of conflict, our very own literature guru Peter Gilbert on Shakespeare, John Preston, a conservation volunteer and Noel with some yarns from the textile trade and last but by no means least, the ever humorous Alan Swann - asserting that laughter really is the best medicine. A truly mixed bag of talks – you can't say that we don't offer you a diverse range of topics at Tuesday general meetings!

ALL THAT – AND CHRISTMAS LUNCH TOO!

This year the Festive Christmas Lunch will be held at Moor Allerton Sports and Social Centre, on 11th December - *so look out for more details coming soon.*



THANKS & FAREWELL POSITIONS VACANT

Ann and Margaret, two of our erstwhile committee members, are both resigning from the committee - one to move to North Yorkshire and the other to take up a brand new challenge. We wish them every success in their endeavours and warmly thank both of them for their contributions to the smooth running of U3A Leeds.

This does, however, leave us with a couple of gaps in the line-up. If you are able to use e-mail, and would like to have a say in how U3A is run, now's your chance to get involved in the work of the Committee. For more information get in touch on the enquiry line number and give it a go; you'll be so glad you did!

GROUPS UPDATE

- **German Improvers Group:** *new contact - Neil Mcdonald* Tel: 0113 2581543
anglo-german-walks@cc-email.co.uk
- **Genius of Photography:** *new contact - Peter Smith* Tel: 07845 244565
or 0113 2613167
- ***new* Current Affairs Group:** *contact - Derek Levy* Tel: 07876 015165
hopefully starting in October 11.15am – 12.30pm or 0113 2686247
at the Lord D'Arcy Pub, Harrogate Rd, Leeds, LS17 8EH

GAME ON

Do you scrabble? The new Scrabble group started at Treetops Community Centre, Shadwell Lane, Leeds, LS17 6DP on Monday, 3rd September from 2.30-4.6.30pm. It will meet on alternate Mondays and scrabblers of all levels as well as those wanting to learn are more than welcome to join. Ring Diane on 07503 214 722 or 0113 268 9772 and get scrabbling!

CALLING ALL UKULELE PLAYERS

Cookridge & Horsforth U3A Ukulele Group have vacancies for absolute beginners wishing to learn to play the ukulele. Members should have their own ukulele, but it will be possible to try the instrument for two sessions and then purchase one for future personal use.

Extensive repertoire: old time songs, folk songs, pop songs, wartime medleys etc. You name it, we attempt to play it!

Meets weekly on Friday mornings at St Paul's Church Jubilee Room, Otley Old Road LS16 6BS from 9.45 until 11.00. Meeting fee for venue hire £2.00 a session.

Email cookridgeu3a@hotmail.co.uk for contact details.

IT COURSES WITH AGE UK

Classes are held in Leeds City centre and cover basic IT skills, using the internet and email, as well as using a tablet or smartphone. Each course runs for six sessions (one session a week for six weeks). It's cheap (typically £12 for the six sessions), friendly and there are no exams or any pressure to 'perform'! Classes are small, everyone is at least 55 years of age, so you won't be with a lot of young 'techies' who already know their way around a computer. If you'd like further information, do get in touch with Age UK on 0113 3893000.

GETTING ON LINE - IT'S NEVER TOO LATE TO LEARN

Age UK have trained volunteer Digital Champions willing and able to come out and show older people how to use the new technology and discover the advantages of "being online" for themselves - either in a group session or one to one at home. No jargon. No "techy" stuff. Just how to find the right button to press on your laptop, tablet, or smartphone in

order to get what and where you want- or you can try it out on our equipment. Instruction individually tailored to your needs. And all completely free of charge.You might even enjoy it! You will find more information online at

www.davidonline.esy.es/digitalchampion or email djddigitalchampion@gmail.com

or telephone David on 0787 2040230 to register your interest

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CAN YOU HELP?

REQUEST FOR VOLUNTEERS FOR ADVONET

Advonet is a Leeds based charity that supports adults with learning disabilities – through long-term volunteer citizen advocacy matches. The role is flexible and is for about 2 hours every other week, and can take place during the day/evening/weekend. It all depends on both the volunteer and their match as to what works best for them.

Full training in advocacy, learning disabilities and other areas (safeguarding, lone working etc) is provided. There is ongoing support for all volunteers. Ideally Advonet are looking for people who are able to commit to 12 months or more, as a core part of the role is around building a trusting relationship between the volunteer and their match.

If you are interested in this volunteering role, please contact:-

Julia Kinch, Advonet, Unity Business Centre, Roundhay Road, Leeds, LS7 1AB. (Tel: 07961 524819)

email: julia.kinch@advonet.org.uk

AT THE CENTRE FOR AGEING BETTER we want to know what information and advice about housing is needed by over 50s in Leeds. *Could you help our research by joining a focus group, interview or case study over the next few months?*

**** If you take part you will receive £10 to £50 depending on your time input ****

There will be groups at Alwoodley Thurs 6th Sept, Yeadon Thurs 6th Sept, City centre Tues 11th Sept, Garforth Thurs 13th Sept, Seacroft Thurs 13th Sept, Middleton Tues 18th Sept, Dewsbury Rd (Beeston Hill, Holbeck, W Hunslet) Tues 18th Sept, or we may be able to interview you another time if you can't make the groups.

Give us a few details and we will be in touch with more info:

<https://www.smartsurvey.co.uk/s/AgeingBetterResearch> email kerryswain7@hotmail.com

Or call or text Kerry 07932 655130 or Julie 07817 362281

AGEING WELL OFFICER - LEEDS CITY COUNCIL

Carole Clark, the Ageing Well Officer with Leeds City Council confirmed that Housing policy in Leeds was to support people to continue living at home, and to recognise the needs of the elderly in new housing. The Centre for Ageing Better wants to know what information is needed by over 50s in Leeds.

Can anyone join a research group? Kerryswain7@hotmail.com or telephone 07932 655130

DO YOU HAVE HEALTHY FEET?

WE ARE LOOKING FOR VOLUNTEERS WHO HAVE HEALTHY FEET (NO FOOT PAIN)

To take part in a study. Being involved would require attending a single appointment at Chapel Allerton Hospital, Leeds. The appointment will last a maximum of 3 hours and includes:

- Questions about your feet and general health
- An MRI scan and x-ray of your foot
- Measurement of the movements in your legs and feet while walking

**Contact: John Arnold or
Jill Halstead-Rastrick
Tel: 0113 392 4854**

**Section of Clinical Biomechanics & Physical Medicine
University of Leeds
2nd Floor, Chapel Allerton Hospital, Harehills Lane, Leeds LS7 4SA**

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CHANGE TO ADMISSION FEE - FORTNIGHTLY GENERAL MEETINGS/TALKS

Good news ... in these days of ever rising costs, prices don't often go **DOWN** - unless you are a Leeds U3A member that is. Please note that admission to our fortnightly meetings/talks has gone back down and it is now only **£1**.

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ANY QUERIES PLEASE CONTACT U3A LEEDS

**Telephone: 07552 448834
Or Google our website: www.u3aleeds.org.uk**