

U3A LEEDS

BULLETIN NO 9 - DECEMBER 2018

To keep you informed

LEEDS U3A CHRISTMAS LUNCH

Around 80 members attended our 2018 Christmas Lunch at Moor Allerton Sports and Social Centre on 11th December. It turned out to be a great festive get-together, enjoyed by all who attended – *see photo below*. It was a great chance to relax and socialise prior to the usual Christmas rush!



GROUPS' NEWS

- **Spanish** – has a new group leader (Ian Ackroyd – tel 07779 328374). All other details, including venue and time remain the same.

POSSIBLE NEW GROUPS

- **Workshop for complete beginners in cryptic crosswords.** The workshop would be once a week for 6 weeks. It is a one-off. Each participant would need to buy the recommended self-tutor book (£5.99) and a book of Level Zero cryptic crosswords (approx. £6), just to get started. Please contact our Chair, Angela, if you are interested (angela-h@outlook.com, tel: 0113 3074921).
- **Darts and more - *Second call-out*** regarding the possible start up, in the New Year, of a new social group playing darts in the Moor Allerton Sports & Social Centre Bar. Later on we could add Dominoes/Cribbage/Backgammon evenings too if anyone wanted that. Ideally we need a core of up to 10 people to make it a viable proposition. We propose having this as a tea-time group, day to be arranged.

- **An Introduction to Drawing and Painting**



There are still one or two places available on this eight session short course, to be held at Moor Allerton Sports & Social centre every other Friday, 11.00 am to 1.00 pm. The likely cost of the course will be around £20, payable in advance.

This Course is scheduled to start on Friday 11th January 2019.

***Please contact Janet Keogh - tel: 0113 273 1745 or 07935 091 414)
email: janetkeogh@btinternet.com***

AGEING RESEARCH – LEEDS UNIVERSITY

The University is currently looking for older adults to further its **Successful Ageing** research. The study aims to assess the relationship between changes in the brain's structure and functioning and a person's working memory, sequence learning and attention ability. This relationship is believed to impact executive functioning: a crucial aspect of dementia.

Participants' working memory, learning and attention span will be tested and their brain activity monitored. To determine neuroplastic capacity, a painless and non-invasive brain stimulation technique called TMS will be used. This is considered safe for research purposes and has only very short-lived effects.

The study will include two weekly visits of 1 hour each and participants will receive £10 per session.

If you are interested in taking part, a full information sheet and consent form will be available from: Polly Davies, a final year Psychology student at the University of Leeds. Please contact her by email at ps15pad@leeds.ac.uk.

DIAL LEEDS WINTER WELLBEING

A project for West Leeds residents - www.dial-leeds.org.uk has received funding to offer vulnerable people support this winter. Please refer any disabled person, or those with a long term health condition, who you feel would benefit from home visits, peer support, befriending etc, and help with staying safe and well throughout winter. The Project is running from November 2018 until the end of March 2019, and is available to residents of West Leeds.

VOLUNTEER "DIGITAL CHAMPION" OFFERS HELP

David Dawson, a member of U3A Wetherby, carries out some volunteer work with AgeUK Leeds as a Digital Champion. This digital inclusion programme is aimed at bridging the gap between elderly people in Leeds who have embraced new technology and those who have been left behind in our "online" world. It also seeks to combat isolation and improve quality of life, especially for elderly people living on their own. *So if you, or someone you know, could benefit from this help, please get in touch with David Dawson (tel 07872 040 230).*

DATES FOR YOUR DIARY

- **MEMBERSHIP RENEWAL DAY** is on Tuesday 8th January 2019 from 1.30pm at Moor Allerton Sports and Social Centre. *Membership fee has been reduced to £10 for 2019. No entrance charge and plenty of tea and cakes if you want to stay for a chat.*
- **U3A REGIONAL SUMMER SCHOOL - 5th to 8th August 2019 at The Hawkills, Easingwold.** Loads of great Course Topics to choose from. More details on the Yorkshire and Humberside Regional U3A website, (<https://yahru3a.co.uk>). *(Bookings can be made from early January).*

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ANY QUERIES PLEASE CONTACT U3A LEEDS

Telephone: 07552 448834

Or Google our website: www.u3aleeds.org.uk