

WELCOME TO THE NOVEMBER, 2014 NEWSLETTER

Dear U3A Member

Winter's on the doorstep bringing chill winds and short days, however, whilst it may be getting colder and darker there's so much to look forward to with U3A Leeds over next few months you'll hardly have time to notice.

For a start there's the Annual Christmas lunch on 2nd December. This year it begins with a 'mulled wine reception', going on to enjoy a delicious selection of starters and a festive carvery lunch with both traditional seasonal food as well as alternate choices for those who fancy something a little different. If you have a specific dietary requirement that too can be catered for if you let us know about it beforehand. The committee thinks you'll like the menu and, unlike other household expenses, the cost is slightly less than last year at £18.25 per person. Included in this price is a warm welcome, a glass of mulled wine, all gratuities and the opportunity to have fun and celebrate the festive season with friends.

U3A Leeds Christmas Lunch will take place at 11.30am for 12 noon on Tuesday 2nd December, 2014 at Castle Grove Masonic Hall, Castle Grove Drive, LS6 4BP, starting at 11.30am with a Mulled Wine Reception and followed by a delicious Christmas lunch comprising

~Starters~

Vichyssoise Anglaise (served hot) with Herb Croutons

Classic Prawn Cocktail Marie Rose

Whipped Brie Salad with Dates & Walnuts

~Christmas Carvery~

Roast Turkey

Roast Topside of Beef

Butternut Squash & Blue Cheese Wellington (Vegetarian Choice)

~With~

Roast Potatoes

Roast Parsnips

Sprouts with Chestnuts

Carrots

Cauliflower au Gratin

~Dessert~

Traditional Christmas Pudding with Brandy Sauce

'Christmas Mess' (meringue & spiced berries)

Yorkshire Cheeseboard

~Tea & Coffee~

Booking forms are available via e-mail or at general meetings and you should make sure they are returned, together with payment, by no later than 24th November

The Autumn programme of events has been diverse with poets, quizzes, stories of WW1 food rationing in Bradford and humorous police tales from around the time Z-Cars first appeared on our TV screens. The Committee's attempt to strike a balance between informative, educational and fun seems to be slowly taking shape and we hope to be able to improve and continue to ring the changes to the fortnightly general meetings into the New Year. The Book Swap & Literary Quiz proved to be a great success - well done to our Book Groups A & B for providing us with such an enjoyable afternoon. It was a fine work out for the grey cells and whether you did it solo or with a few colleagues it proved to be hugely entertaining.

We will soon be bringing back a 'buddy' system whereby new members at Tuesday meetings will be identified by a sticker, seated with someone who will chat to them and generally make them feel welcome. We all know how daunting it can be coming to your first U3A meeting so if you can be a friendly face and a 'buddy' please let me know.

In a similar vein, it's not too early to think about Leeds U3A's 30th Anniversary and I'd like members to tell me about their good memories of joining or being part of U3A Leeds. I'd particularly like to hear from those members who were there at the beginning - what was it like? - how has our U3A grown and changed? - do you have any funny/uplifting stories to tell? The best will be put into the newsletter and others kept in the archive to pass on to the next generation of Leeds U3A third-agers. All good wishes

Janet Keogh - Chair

GROUPS

We are fortunate to have some new groups either just starting or due to start in the New Year. Details of these groups will be available at general meetings and put on the website (www.u3aleeds.org.uk). Don't forget that, as a Leeds U3A member you may be able to attend some groups being run by Cookridge and Horsforth U3A if space is available. Cookridge & Horsforth U3A members are also free to come to our groups, if space is available. You should note that in all cases priority will be given to each U3A's own members.

- **Guitar Club & Workshop**- meeting fortnightly, 2-4pm on Thursdays at the Highwood Hotel, Brackenwood Drive, Leeds, LS8 1RG

November	6th & 20th
December	4th & 18th
January	8th & 22nd
February	5th & 19 th
March	5th & 19th

- **Philosophy Club** - due to start in the New Year on third Monday of the month 7-9pm at 'Inkwell Arts', 31 Potternewton Lane, Leeds, LS7 3LW

Look out for two other groups; Latin & Environmental Studies, hoping to start early in 2015.

The U3A **Bridge** group meeting at Moor Allerton Sports & Social Centre every Tuesday, 3.30-5pm is looking for new members so if you already play or are wanting to learn contact Pam Smith (contact details in your programme) who will be pleased to hear from you.

COMMITTEE APPEAL

What is U3A? - You are U3A

University of the Third Age is a learning co-operative of older people, which enables members to share educational, creative and leisure activities. U3A offers a combination of opportunities to study, create, socialise, and contribute greatly to members' overall health and wellbeing.

The self-help principle underpins everything we do as Leeds U3A only exists as a result of its members being prepared to help run every aspect of our organisation from serving on the committee to serving tea at meetings and everything in between. In short, we rely on volunteers to make U3A Leeds work and, at the moment they are in short supply, particularly Committee members.

Have you got a bit of spare time you're looking to fill? Do you use e-mail? Can you type? Could you talk to members? Do you want to help? Have you thought about joining the Leeds U3A Committee? There are posts that need filling but we are also looking for members willing to, meet and greet people arriving at our general meetings, help get new groups set up, help to deal with publicity and generally be part of a team ensuring that Leeds U3A is able to carry on. If you think you fit the bill or just want to know more please contact a member of the committee.

NOTICES & REQUESTS

We often receive offers, notices and requests for help which may be of interest to U3A members - here are some you might have missed:

STUDY DAYS AT LEEDS CITY MUSEUM AND ABBEY HOUSE MUSEUM

Leeds City Museums invite you to join them for a more in depth look at the collections of Leeds Museums and Galleries. Spend an illuminating day with one of their curators and enjoy lunch in the Café. Places are limited to 10-15 people per study day. Some of the sessions run more than once and at both venues to allow more people access. Booking is essential. Sessions are £10 per person (no concessions) and include lunch.

Discovering your First World War Heritage

This session runs at Abbey House Museum on Thursday October 23rd 2014 11am-3pm, and is repeated on Thursday 19th March 2015 in The Denny Room at Leeds City Museum.

Leeds Museums have a wonderful collection of letters, printed documents and medals, illustrating both military service and life at home. Learn how to begin researching your own family stories of the war. Feel free to bring your own items and stories to discuss with the group.

Leonora Cohen; a Leeds Suffragette

This session runs in The Denny Room at Leeds City Museum on Thursday 20th November 2014 11am- 3pm, and is repeated at Abbey House Museum on Thursday 5th February 2015. With Nicola Pullan, Assistant Curator of Social History.

Come and spend the day exploring our Leonora Cohen collection and looking at the role of women in the early twentieth century. The collection was donated by Cohen, a Leeds based Suffragette who went to prison for the cause. The focus of the morning will be an illustrated talk looking at the campaigns and events taking place in Leeds and other local areas with a chance to think about some of the issues involved. In the afternoon there will be the opportunity to look up close at a range of ephemera donated to the museum by Leonora Cohen herself.

Leeds Chinese Collections and the Chinese Zodiac

This session runs in The Denny Room at Leeds City Museum on Thursday 19th February 2015 11am-3pm. With Antonia Lovelace, Curator of World Cultures. Explore the delights and riches of the Leeds Chinese collection from fine porcelain to contemporary popular culture.

Women and Music

This session runs in The Denny Room at Leeds City Museum on Thursday 26th February 2015 11am-3pm and is repeated at Abbey House Museum on Thursday 23rd April 2015. Did you know the floral dance was written by a woman? Women in the past did write well known music but are often overlooked or forgotten. Join our Curator of Leeds History Kitty Ross to explore female composers and performers from our sheet music collection.

Death and Disease in Victorian Leeds

This session runs at Abbey House Museum on Tuesday 10th March 2015. Come and explore the darker sides of Leeds through the collections at Abbey House including items not usually on display. With Patrick Bourne, Assistant Community Curator.

Booking essential. To book study day at Abbey House Museum please call 0113 2305492 or email abbey.house@leeds.gov.uk. To book study day at Leeds City Museum please call 0113 2243726 or email city.museum@leeds.gov.uk to book a place. Abbey House Museum, Abbey Walk, Leeds LS5 3EH,

Leeds City Museum, Millennium Square, Cookridge Street, Leeds LS2 8BH

WANT TO SEE YOUR HEART BEATING? - CARDIAC MRI STUDY

Would you like to see your heart in action? The cardiac magnetic resonance imaging (MRI) research group at Leeds University is recruiting volunteers for a study looking at myocardial imaging using MRI. They are looking for volunteers, aged 60 or over, who do not have any pre-existing medical conditions.

They will be asking you to attend the Leeds General Infirmary for one MRI scans lasting up to an hour. Each appointment will be arranged to suit your schedule and a small reimbursement will be offered to cover the cost of attendance. You will have a unique opportunity to view images of your heart following your scan.

If you would like to learn more about this study, please email Dr David Ripley at: d.ripley@leeds.ac.uk or Tel 0113 3925909



COULD YOU BE A SAMARITAN?

The Samaritans of Leeds have been offering emotional support to people in the Leeds community for almost 50 years. We provide confidential, non-judgemental support 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

We hold Information Evenings/Days to help you understand the work we do and what we expect of our Volunteers. If you are interested in Volunteering with us, please contact 0113 2445370 or email us on samaritansleeds@aol.com for a Volunteer Pack.

COMMITTEE MEMBERS

Janet Keogh
Chair

Sally Firth
Treasurer

Margaret Jones
Secretary & Vice Chair

Elaine Hazell
Membership Secretary

Eileen Fergusson
Activities & Speaker Coordinator

YOU?????

**U3A LEEDS - Enquiry line: 07552 448834
www.u3aleeds.org.uk**