

## Wheathampstead U3A October Newsletter

Unusually, this month I'm going to start with a quick bit of advertising, because this event might be of interest to many of our members and it is happening **tomorrow – Monday 21<sup>st</sup> October** 10am to 12.30pm. **The Memorial Hall** is holding an event called **“Flourishing Lives – Celebrating An International Day of Older People”**.

- There will be opportunities to socialise and find out about services that keep older residents safe, connected and independent.
- Council officers will be available to explain a range of services including housing and the welfare benefits older people may be entitled to.
- Citizens Advice, Communities 1st, Age UK and other groups which work with older people will be present. Information on issues such as the location of warm spaces during cold spells will be available.
- Representatives from Hertfordshire Police, Trading Standards and the Fire Service may be in attendance to talk about issues such as crime prevention.

Free refreshments will be provided - and your u3a Committee will have a table there, so do come along and see us.

**Speaker Meeting – This Thursday 24<sup>th</sup> October** – 2.30 at The Memorial Hall at 2:00 for 2:30pm.

Our Speaker will be Lucy Allen – “Stuntwoman Extraordinaire!” Lucy will tell us all about her exciting life as a Stunt Performer in Film and TV.

For over three decades she has been falling off high ledges & been knocked down by moving vehicles! She will share her personal story of how, having started in the circus, she then got into Stunts and will tell us what Stunt work is all about. Her talk comes with clips “From Titanic to Cruella” and has the warning: DON'T TRY THIS AT HOME!

We hope you will stay to enjoy refreshments after the talk and a chat with your u3a friends.

As always, guests are welcome to attend 2 Speaker meetings a year for a small fee of £2.50.

**Also at this meeting - Christmas support for the Foodbank** – As some of you may be aware, we changed our meeting time to accommodate the Foodbank who use the Memorial Hall immediately before our meetings. We thought it would be a nice gesture to give them a Christmas present so if you are able to bring in a little something for them we will pass the gifts on with all our love. We are told that tinned foods – meat, fish etc and hygiene items are particularly welcomed. We also understand that as some people have no means of cooking, Christmas puddings are not quite so popular.



**\*\*NB - Jigsaw puzzles\*\*** – Last month's jigsaw swap table was a roaring success, so we'll do it again! Bring along your jigsaws to swap. I took this one last time – a picture with strong colours indicating people etc, but no actual faces or finer details, which made it quite difficult but I spent 3 or 4 very happy rainy days doing it.

**Coffee Mornings** – Come along to The Swan on Wednesday 12<sup>th</sup> November at 10.30 and meet other u3a members for a chat over a coffee and biscuits. It only costs £3 and you are welcome to bring a friend along as it's a good opportunity for anyone thinking of joining us to see what a friendly bunch we are.

**Supper Club** – The next one is Tuesday 29<sup>th</sup> October at The Community Kitchen, Chapel Halls. I'm looking forward to meeting up with those of you who have signed up for it and enjoying another splendid meal together

Tay Tar Thai, our September venue, was a resounding success. They provided a really wonderful meal for us, with a glass of wine or beer included and everyone went home full and happy. Tasty food, lovely atmosphere – a big “thank you” to Sue and David, our organisers for that evening.

The aim of the Supper Club is to enjoy good food, locally, at reasonable prices and in good company. It is for singles and couples alike. The only proviso is that you have to be prepared to organise, or help organise, at least one of the Supper Club outings. If you are interested in joining, please contact Chrissie Chadney <mailto:chrissie.chadney@googlemail.com>

November's visit will be to the “Award Winning Godfrey's Fish & Chip shop in Harpenden. Supper Club members will be emailed with details shortly.

**Outings** – Always popular so keep a close eye on your inbox as they get snapped up very quickly!**17<sup>th</sup> December – “Christmas at Kew”**



We have gained lots of new members since 2018, when we first visited the Kew Illuminations and when something is so good, it is worth repeating. This is our final outing for 2024 and the Invitations were sent out for this a few days ago.

The Coach will be leaving Marford Hall bus stop at 2.30pm, returning to Wheathampstead by about 9pm.

This outing will not include refreshments as there are many eating and drinking places as you wander around the gardens, so you can choose what and when to have a break.

The cost of this outing is £44. If you would like to join us please email [chrissie.chadney@googlemail.com](mailto:chrissie.chadney@googlemail.com) by 27<sup>th</sup> October.

**Quiz Night – 18<sup>th</sup> October** – Well, that was a fun evening! Our first evening Quiz went down very well and people certainly seemed to enjoy it. It was great to see so many people helping to clear up, too.

Special thanks to Annabel for being our quiz mistress and Dexter for being our food master. Both involved a lot of preparation/negotiation as well as the task on the night, and it is much appreciated.



### **Workshops -**

**12<sup>th</sup> November – “Astronomy”** 10.00 – 11.30, Leasey Room, Marford Hall.

#### **Tutor - Martin Weston**

Martin is the Vice Chair of the Hertford Astronomy Group which has strong links with the University of Hertfordshire and the Bayfordbury Observatory. If you have a curiosity and a deep desire to understand some of the grandest and most beautiful phenomena in the universe, as well as a desire to share these wonders with others, then this workshop is for you

During this workshop Martin will guide you on how to correctly set up a telescope, how telescopes work and he will provide many interesting facts about our night skies. You will have access to two telescopes during the workshop.

What to bring/ Any other information

You won't need to bring anything for this workshop and there is no charge. everything needed for this workshop will be provided by the facilitators.

Committee Lead-Joanna Foreman.

There are 12 places available for this workshop. Allocation is on a first come first served basis. If you would like a place, please reply with your name and contact details to:

Name and email [jo4mun@gmail.com](mailto:jo4mun@gmail.com)

Closing date for applications is the 5<sup>th</sup> November 2024

#### **19<sup>th</sup> November – CPR. Tutor – Annabel Lloyd**

Workshop: Tuesday 19th November, 10.00-11.30, The Leasey Room, Memorial Hall.

We recently ran a successful First Aid workshop, but unfortunately, the speaker ran out of time. I am therefore offering a further, practical workshop to give you an opportunity to undertake CPR in simulation, using mannequins. I will also be covering the management of seizures (fits) if time allows.

I have been teaching these subjects to student midwives for many years and am up to date with my own knowledge.

This workshop will be limited to 12 people and the idea is that everyone will participate. You will need to be able to kneel on the floor (and get up again!) unassisted. Chest compression is quite hard work, so this workshop may not be suitable for people with back or arm problems.

If you would like to join this workshop, please email me: [annabeljay36@gmail.com](mailto:annabeljay36@gmail.com) or via Beacon.

**26<sup>th</sup> November – Sugarpaste** – I (Janice Whiting) will be running this one and will send out invitations towards the end of this week. I will be showing you how to handle modelling sugarpaste to make a simple rose.

I am completely self-taught, but I made my daughter's wedding cake last year, and this was the result. All those flowers are made of sugarpaste and I still have them so will bring them along to show you.



There will be a small fee to cover the cost of sugarpaste etc.

**3<sup>rd</sup> December – Christmas Card Making** – Sue Hawkins will lead this one – more details to follow.

**Groups** – We currently have 30+ Groups running at the moment and there are more that have been suggested. Come and chat to your Groups Convenor and have a browse at the newly formed Groups Noticeboard at the next Speaker meeting to find out what's new, what's in the pipeline and most importantly, what else you would like. If you have any photo's of your groups "doing their thing" do bring them along and we'll display them.

Last time, a cookery group was suggested and we are thinking about how that could work.

**Christmas Event – 19<sup>th</sup> December evening (exact time TBA) – A Highland inspired Fling!**

You asked for an evening celebration this time and we have decided on a Scottish theme (think an early Hogmannay!) We have musicians and callers to lead you in a bit of Scottish dancing and it should be a fun evening. We will have to charge a small fee just to cover costs. More details next time (it's still a work in progress).

### **Subscriptions – Red reminder!**

Your u3a Subs were due on the 1<sup>st</sup> of October and 70 people haven't yet paid! If this applies to you, could you please let us have your payment asap.

Bank transfer details are as follows - Bank – Barclays Account name – Wheathampstead u3a. Sort Code – 20.92.54 Account No – 53664058

**PLEASE INCLUDE YOUR MEMBERSHIP NO. IN THE REFERENCE BOX – (and your surname if space)**

Alternatively, you can pay cash or cheque at the Speaker meeting on Thursday or post to Sarah Willgress, 286 Lower Luton Rd

**Before I sign off there are a couple of other things to advertise which may be of interest to you -**

- Please see the attached flyer for the **Brandenburg Choral Concerts** with discounted tickets for u3a members (Bob Porter sends this to us annually). *Please note that this is NOT organised by the u3a, we are merely passing on the information we have been given. If you are interested and require further information, Bob's contact details are on the attachment and he will be able to tell you more.*
- **Free bus travel in Hertfordshire thanks to Bus Service Improvement Plan**

This week, we are promoting [10,000 free bus tickets](#) that are up for grabs to use across Hertfordshire thanks to Bus Service Improvement Plan (BSIP) funding.

We are highlighting this offer to colleagues, residents and visitors to make bus travel a more convenient option to choose, which will also help bring our cleaner, greener, healthier vision for Hertfordshire by encouraging more sustainable travel. Please share this news with people you know who may benefit from this offer.

<https://www.intalink.org.uk/CATCHBUS24>

- We have also have been asked by Harpenden Lions to add a flyer for their Ceilidh (attached) - a charity event supporting accessible boats on our waterways (which may be helpful for some of us oldies!) It just shows that great minds think alike as we are also embracing Scottish dancing this Christmas. Their Ceilidh is before our Christmas celebration so if you want to get in some sneaky practice, this could be for you.

**And finally - Thank you to everyone who has has agreed to pass this newsletter on to people who do not have email. Your help in this is invaluable.**

Well that's it for now folks (who muttered "thank goodness?")

I look forward to seeing some of you at the Speaker meeting or other events soon.

Janice Whiting

(Communications & Vice Chair)

<mailto:janice.danby@gmail.com>