

Stone (Staffs) & District



Charity No. 1114938

STONE (Staffs) & DISTRICT U3A NEWSLETTER Autumn 2018

Our website: www.stoneu3a.btck.co.uk

Find more information on activities and events on the website

Chairman: Gareth Jones 01782 372349
gareth.jones90@btopenworld.com

Secretary: Bruce Evans 01785 748453
annabel.bruce@gmail.com

Group Co-ordinator: Penny Smallwood 01782 643370
greenpenelope@hotmail.com

DROP-IN SESSIONS INSTEAD OF COFFEE MORNINGS

Instead of monthly Coffee Mornings at St Dominic's, we'll be trying a new idea for the next three months – a DROP-IN session at Stone Library for anyone who wishes to find out more about Stone U3A. The dates booked for these trial drop-in sessions are :

<i>THURSDAY</i>	<i>4th OCTOBER</i>	<i>10.00-12.00</i>
<i>THURSDAY</i>	<i>1st NOVEMBER</i>	<i>10.00-12.00</i>
<i>THURSDAY</i>	<i>6th DECEMBER</i>	<i>10.00-12.00</i>

There will be U3A members on hand to chat to, details and photos of all the groups and activities, enrolment forms, and tea/coffee and biscuits freely available. So please let anyone who is thinking about becoming a member know about these drop-in sessions at the Public Library in the centre of Stone, and encourage them to come along.

SPEAKER MEETING - 17th October

Our next Speaker Meeting is on Wednesday 17th October at Christchurch Centre, Stone. Our speaker for the afternoon is **Dr Bernard Shevlin**, a retired GP and excellent after-dinner speaker ! He's a published writer (neurology, psychiatry, therapeutic children's stories), who also finds time to play bass with 'The Swinging Sixties', a local medical charity rock band; he also occasionally pops up on local radio discussing medical matters. The title of his talk is '**The NHS – Its Part in My Downfall**'. *Please come along at 1.15 for a 1.30 start for what is sure to be an amusing and entertaining afternoon. The event is open to everyone, at a cost of £2.00 (pay on the door), including tea/coffee and biscuits.*

Interested in becoming a member of the U3A Committee ?

Two valued members of Stone U3A Committee have recently stepped down – Carol Keogh and Barry Palmer – and our warmest thanks and good wishes go with them for the work they have undertaken over the years (Carol has been part of the organisation of Stone U3A from the very beginning). Your Committee would therefore invite any members who feel they could contribute to this work by becoming a Committee member to come along to a U3A Committee meeting to get a feel for what is discussed there – finances, news from the groups, ideas for new groups and social events, publicity, links with U3A National Office, national conferences and much more ! Everyone on the Committee has a particular role, which can be quite time-consuming. There is a friendly atmosphere at meetings – it's a worthwhile job, bringing your ideas and energy and helping to run this thriving U3A. If you're interested in being a part of it, please contact the Secretary, Bruce Evans, at annabel.bruce@gmail.com or **01785 748453**.

Stone U3A ENROLMENT DAYS

We were delighted to see so many people at the two very successful Enrolment Days organised by the Membership Secretary, Aidan Coleman, on 3rd and 17th August. Hundreds of members arrived at the Christchurch Centre in Stone to renew their U3A membership for another year, and some new members came to enrol. It was also good that so many people also stayed on for tea and coffee and conversation with U3A friends old and new. Thanks to everyone who helped to make the occasions such a success, either by volunteering or coming along to enrol – we hope to make these Enrolment Days a regular feature of the Stone U3A year, making it an easier way for members to pay their subscription and receive their new membership card straight away.

NEW DIRECTIONS – Social Committee

The U3A Committee has been considering setting up a Social Committee to organise and arrange social events such as

- coach trips – to interesting places not too far away, suggested by members
- theatre and concert trips – to entertaining musicals, plays or concerts (probably matinee performances), suggested by members
- monthly 'Singles Sundays' – lunch out, just for members who live alone
- and so on

If you would like to be part of this new Social Committee, or have more good ideas, or would like to join in these activities, please contact **Dorothy Hudson** at dottibags33@gmail.com or **01782 397727**. We plan to begin with a 'brainstorming' session for everyone who has come forward to help, or is interested, so that we can meet as a group in Stone some time soon and plan the way forward. ***We look forward to hearing from you by 30th September.***

NEWS FROM THE GROUPS

The Thursday Art/Drawing Group will be holding a display of some of their work in Stone Library for almost the whole of September. This is a lovely miscellany of their work in various mediums – watercolour, pastels, pencil, watercolour pencil and so on. Please go along and have a look, and if you're interested in joining this group please contact the leader, **Diane Green**, at dianegreen15@btinternet.com or **01785 818512**.

Badminton Groups - John Morris says: “Please note our new season starts on **Wednesday 12th September at Beaconside Sports Centre, Stafford – 10.00 -11.30 a.m.**” For more details contact **John Morris** at johnandmuriel_7@hotmail.com or **01785 812660**. For details regarding **U3A Badminton in Yarnfield**, please contact **Peter Sage** at petersage333@btinternet.com or **01785 817524**.

Computer Courses – Are you wondering how to show the holiday photos from your camera or phone on your computer or TV ? Have you bought – or been given – a tablet, and would like to find out more about what it can do ? Courses start again on 18th September at Hilderstone Village Hall from 10.00-12.00 noon. The first 4-week course starts with **Laptop Basics**, followed by 4 weeks dealing with **Tablets**, and culminating with a 4-week **Workshop (combining both)**. These courses have been running since 2010, and have helped more than 500 local U3A members to understand computer technology as it has evolved in recent years! For more information contact **Roy Clark** at roy.clark2@yahoo.co.uk or **01889 505676**.

Further French Group – **Jenny Jewell** writes: “We meet at Stone Station on Wednesdays from 9.30-11.00 a.m. We share news of our activities and plans, holidays and celebrations etc in French. This lively group now uses as a stimulus the AQA French student course book for A level year 1 and AS level, with topics covered in an interesting and engaging way. Members have varying reasons for wanting to refresh their French: for travel, reading newspapers or literature, watching films and television, singing songs, etc. We shall meet weekly from 26th September to 5th December, with a half-term break on 31st October. If anyone wants to join us in September, s/he should contact me beforehand to see if the group is likely to meet their needs. Enquirers may phone me on **01785 253321** for a quick chat, or email me at brjewell@btinternet.com to find out if the group is what you are looking for.”

Guitar Group – The Guitar Group have changed the time of their weekly meeting to a 10.30 a.m. start until 12.00 noon every Wednesday, and now meet in the Chairman's Hall at the Walton Community Centre – this hall is far more suited to the guitar sound, offering so much more by way of acoustics than the President's Hall, and the members enjoy it more. There is still space for a few more members in the group – for more information, contact **Tony Dodd** at tony@dodd2804.plus.com or **01782 373228**.

A History of European Painting (1400 to 1870) - This NEW group, led by **Patrick Imrie**, will be having its first monthly meeting in early September, but is unfortunately oversubscribed, so there is a short waiting list. If there was sufficient interest, Patrick would consider running a parallel group using the same materials, possibly on Tuesday afternoons. If you might be interested please would you email him at primrie@aol.com (or **01785 819703**).

The **Kurling Group** would welcome new members – they are a friendly group who meet every Tuesday from 10.00-12.00 in Swynnerton Village Hall. Anyone of any ability can play – the game uses brightly coloured modern 'stones' on ball-bearings, which are sent along the floor towards targets, often using telescopic 'pushers' so you don't even have to bend down! Teams of two compete to get their 'stones' closest to the centre of the target. It's a good game! If you're interested in finding out more, please contact **Jo Knowles** at joknowles52@gmail.com or **01785 814198**.

Patchwork and Quilting for Beginners Group – **Gwen Steele**, who leads this group, is very pleased that in about four to six weeks' time she will be able to welcome a few more members to the group, which meets at Barlaston Methodist Church hall on alternate Wednesdays from 2.00-4.00 p.m. Although it's advertised as for beginners, people with more experience will also be very welcome. For more information, please contact Gwen at gwendolinesteele@aol.com or **01782 372976**.

Tai Chi (Long Form) Group - **Campbell Wood** says: “The group meets throughout the year on Wednesday mornings at Oulton Village Hall. We currently have a few vacancies for our next intake of complete beginners, some time in October. Tai Chi can help to promote health and well-being, improving circulation and balance, increasing strength and general mobility, and reducing stress and anxiety.

“The form of Tai Chi we practise consists of a 'set' of 108 positions, always performed in the same sequence. Beginners start by learning the first few moves of the 'set', and each week new moves are added until the 'set' is learned, usually within a six-month timescale. It is therefore important that, during the first few months of membership, beginners do not miss too many sessions. We are a friendly group who, in addition to striving to improve our own Tai Chi, are eager to help newcomers with their learning. Tai Chi is a low-impact form of exercise, meaning that it won't put much stress on your bones and joints, making it a safe activity for all ages and abilities. However, if prospective newcomers have any health concerns or an existing medical condition, it is recommended that they seek advice from their GP before starting Tai Chi.” For more information, please contact **Campbell Wood** at ccandkwood@btinternet.com or **01782 392919**.

Our **Publicity Officer, Mike Bosson**, writes the regular articles about Stone U3A that appear in the 'Stone and Eccleshall Gazette', 'Trentham Local', and other local publications. Mike is always on the lookout for **Stone U3A news items** – please let him know of any achievements, anniversaries, trips, speakers and so on that he could use, together with photos, to keep the activities of Stone U3A in the public eye. Contact him by email at mjbosson2@aol.com, or ring him on **01785 859035**.

If YOU now have an email address, or have changed it, please let Aidan, the Membership Secretary know – aidancoleman29@yahoo.com tel : 01785 811435

Contributions to the next Newsletter to Elaine Hunt at huntsbande@gmail.com by 20th November, please