

Item 1

Swimming lessons



"It's up to you, either synch or swim."

Learn to swim at Belper Leisure Centre. Classes for adults, Tuesdays 12.30-1.30pm, with Level 2 instructor, Alison Booth. Spa and sauna facilities also available. Contact Belper Leisure Centre on 01773 825285.

Item 2

Volunteers Needed!



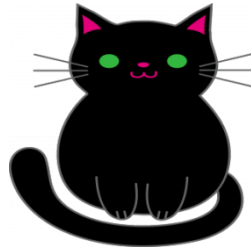
"No I don't do decaf, soy lattes with a shot of vanilla!"

Can you help serve drinks at any of our open meetings this year? If so, please contact Jenny Watling at jen@watlings.org.uk or find her in the servery at Strutts at any open meeting. Drinks are served from 10.00 am to 10.30 just before the meeting so you'll still be free to listen to the talk. A good opportunity to meet fellow members and help your U3A at the same time.

Continued ...

Item 3

Cat re-homing



A beautiful black cat called Nucha needs a new home as the dog she came to live with can't get on with her. She is about 6 and very affectionate, very clean and just wants a peaceful life and lots of fuss.

Please contact Jo on 01773 828706.

Item 4

Tortoise rehoming



A small indoor tortoise known as Topsy needs a new owner who does not do as much travelling as her present owner does. Likes her warm tank in winter but some fresh air in summer

Please contact Trevor on 01773 826138.

Item 5

Race Night at Strutts



Belper Strutts Society are holding a Race Night on Saturday 18 February starting at 7.00pm (first race 7.30pm). Tickets are £6.00 and include supper with a bar available throughout.

These events are always lots of fun and a great night out with the added benefit of helping to support your very own Community Centre (much used by our U3A) in its beautiful Grade II listed building. Tickets are available from Strutts Reception.

Item 6

Gift Aid



Belper & District U3A is now in a position to make the first claim for Gift Aid refund from HMRC.

Fewer than 30% of members have returned the declaration that they want to Gift Aid their donation i.e. their annual subscription.

It is well worth doing. We would get back 25% of the eligible contributions (yearly subscriptions) made by those members who are tax payers and who complete and return a Gift Aid declaration form.

You are able to download the form from the U3A website. If you have not already done so, I would encourage you to access the declarations form on the website, print it off, and return the completed declarations to me.

Alternatively, the forms will be available at the sign-in desk at the open meeting on 3rd February.

My contact details are on the form.

Andrew Williamson.

Item 7

House-sitting offered, 22 June – 2 July 2017



My daughter, her husband and their two boys aged 5 and 8, who live in America, are looking for a possible house-sit or low-cost accommodation in the East Midlands for the period above, whilst visiting family.

If you can help or have any ideas, please get in touch. Many thanks.

Christine Pope, Belper U3A

Tel 01773 882403 or email chrissiepoppe@hotmail.co.uk

Item 8

Dementia Research

I am a doctoral researcher with King's College London investigating care from the perspectives of people with dementia living in Derbyshire. As part of this study, I am hoping to recruit ten people with dementia from across the county to interview them and their carers.

I am seeking people diagnosed with dementia who do not live in institutions (i.e. care homes) but rather live either in their own home or that of a relative or friend.

Participants must be English speakers and be able to maintain conversation. This will be best assessed by somebody close to them.

Should they be recruited into the study, then they would be interviewed twice, for roughly an hour each time, in a location of their choosing. During the first interview, they would be asked to identify people who are important to their care. These people would then also be invited to be interviewed. These people would be individually interviewed once for around one hour. For more information on the study, I can provide a participant information sheet on request.

I am contacting you because I am seeking participants through local community organisation and churches. Should you feel comfortable doing so, I would be very grateful if you could assist me in this through asking your members whether they can suggest any people with dementia as potential participants. I am happy for you to pass my contact details on to interested persons should they wish to discuss the project with me.

I am reachable by email at james.fletcher@kcl.ac.uk or by phone on 07477663026. If you have any questions, concerns or simply wish to decline, please do not hesitate to contact me.

James Fletcher

Item 9

Derby Open Centre



The Derby Open Centre exists to promote understanding and respect between different communities. Have a look at their website to see the wide range of activities they offer including workshops and faith trails which allow people to experience a culture through the eyes of those who are living it.

<http://www.derbyopencentre.org/>

Belper Open Gardens

1st & 2nd July 2017



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- **Following last year's success, we need more**
- **Belper gardens of all sizes and styles.**

Whilst it takes a little bit of courage and effort to open your garden, the pleasure of sharing your passion for gardening and exchange ideas with other keen gardeners is definitely worth it! The event takes place over the weekend, but you can choose to be open on just one of the days. All proceeds from the entrance fees go to local charities.

**To take part please email Kathy
kathyf100@hotmail.com
or ring 07779412702**