

### **From the Chair**

As this News Sheet is distributed, the new members of Chester U3A will be meeting with some of the coordinators. All members bring new ideas and life into your groups, so please welcome any new members that you meet. This month the Popular Science event on February 20<sup>th</sup> provides a perfect opportunity to meet new members. Popular Science is our own version of the Royal Institution lectures – no science background is necessary, so please attend and enjoy.

Each month the CEO of the Third Age Trust distributes a newsletter to all members who sign up to receive it. It is really interesting. This month there is an item about a memory café that Buckhurst Hill U3A have started and one about how Porthcawl U3A have gone back to school. Reaching even further afield, there are details of a transatlantic study group with Canada and an invitation for any U3A to be considered to take part in an exchange with Sweden. An online History Book Group has been started and any member can get involved. There is news about a new group idea - walking cricket in Barnsley U3A.

The National NHS website now has a link to the U3A, a recognition of the benefits of belonging to a U3A, in particular, loneliness in older people. <https://www.nhs.uk/conditions/stress-anxiety-depression/loneliness-in-older-people/> . We all know the cure, others may not.

If you would like a copy of the newsletter sent to you directly online, sign up via the national website [www.u3a.org.uk](http://www.u3a.org.uk) . The link is on the Chester U3A home page: About – Newsletter archive.

At this time of the year, Summer Schools begin to advertise. The NW Summer School has courses on Archaeology, Art, Art Appreciation, Etymology, Geology, History, Music Appreciation, Philosophy, Ukulele for Beginners, Science. Dates Aug 27<sup>th</sup> – 30<sup>th</sup>. Details on Chester U3A website [www.chesteru3a.org.uk](http://www.chesteru3a.org.uk)

Others Summer Schools will be advertised in the magazine Third Age Matters. There are lots of activities to choose from, so why not step outside your comfort zone and go to a Summer School. You need not know anything about the subject, only have an interest and a willingness to share and experience something new.

Jenny Carley

**Details of monthly meetings are on the back page this month.**

## Social Events

**The Team:** Elizabeth Flanagan 341097, Sue Proctor 335943,  
Tom Clarke 881485

For information these are the abbreviations for our stopping places- **HG**=Hough Green at Redlands Close bus stop. **D.St**= Delamere St. **Sbys** = Sainsbury. **SpU**=Spar Upton. **W100**=Wirral 100. Last two are only for Liverpool trips that go via the A41. It is your responsibility to get to the bus stop on time. Day time for Sainsbury's use Halfords Car Park. Evening use Caldby Valley Church lower car parking. **Bookings will not be accepted without full payment. Please remember dates and times can change, so check with an up-to-date news-sheet. Any amendments will also be posted on the website. PLEASE PAY BY CHEQUE**

**Feb 28<sup>h</sup> Thurs** matinee **The Bodyguard** at the Empire L'pool. Meet at the theatre at **2.00pm. Full. (EF)**

**March 7<sup>th</sup> Thurs Black Country Museum. Dudley.** Introductory talk and then free time to see all the many sights. Optional mine tour, Victorian school lessons and Dudley canal mine tunnel trip. The museum also has the best fish and chip shop in the country. Coach **HG 8 40 / Del St. 8.45 / Sbys 9.00 £19.50. (TC)**

**March 28<sup>th</sup> Thurs. N.B. matinee Straight from the West End, Kinky Boots.** They have also extended the reservation time until the end of January. **This feel-good musical takes you from the factory floor of Northampton to the Milan Catwalk.** "Winner of the 2016 Olivier for best musical" **Meet at Empire Liverpool 2.00pm (EF)**

**April 4<sup>th</sup> Thurs** Start the day with a visit to the **Yorkshire Sculpture Park**, an international centre for modern and contemporary art experience, the only one of its kind. **Explore open-air displays by some of the worlds finest artists.** All set in 500 acres The sculpture park is a lovely walk even for those who are not interesting in the sculptures However, I am sure you will be amazed and/or amused by some of them. Nice café for lunch and then it is off to **The Barbara Hepworth Museum in Wakefield. All this for £15.00 (EF)**

**April 11<sup>th</sup> Thurs matinee Matthew Bourne's Swan Lake** at the Liverpool Empire. Thrilling, audacious, witty and emotive, this Swan Lake is perhaps best known for replacing the female corps-de-ballet with a menacing male ensemble, which shattered conventions and took the dance world by storm. Meet at theatre at 2.00pm. **(EF).**

**May 14<sup>th</sup> Tues Music train to Mobberley** Mostly sitting. Price at desk. **(EF)**

**May 22<sup>nd</sup> Wed Smithills Hall, a medieval Manor House**, with Tudor and Victorian additions set on the edge of the Pennines, then on to **Rivington Hall Barn for an included 2 course lunch** followed by entertainment from the **Houghton Weavers. HG 8.30am/ DSt. 8.35/ Sburs 8.55. £30.50. (SP)**

**May 30<sup>th</sup> Thurs. Canal Trip Cheshire Cat to Wharton Lock Bunbury £13.00**

**June 26<sup>th</sup> Wed. Canal from Preston Brook to Lymm/ Northwich. £13.50 (EF)**

**July 4<sup>th</sup> Thurs. A second Music Train to Mobberley Price as above (EF)**

**July Manchester Ship Canal 4 hour cruise from E.Port to Salford with coach return. Approx price £35.00. Please let me know if you are interested. (SP)**

**N.B.** We include a gratuity for driver on day trips. Please pay in full when booking. U3a phone no. (07913111709) to ring on the day of a trip only. **N.B. Refunds only given if we can sell your ticket.**

# Groups

## Popular Science - open to all U3A members!

The next Popular Science lectures will be held on Wednesday 20th February at Bishops Blue Coat Church of England High School, Vaughans Lane, Great Boughton, Chester CH3 5XF. Coffee will be served in the Library at 09.30 and the lectures will start at 10.00, finishing at noon. You do not need to book. There is plenty of parking at the school.

**Professor Gill Baynes** has had a distinguished career in medical imaging at the universities of Cumbria, Lancaster and Sydney, Australia. She is a member of Lancaster and Morecambe U3A. Her talk is entitled "**Radiology, Fifty Shades of Grey**" and will cover the use of CT, MRI and ultra-sound in human, veterinary, and forensic medicine.

**Hazel McDougall** is a member of Chester U3A Science Group and will tell us about "**Moons of the Outer Solar System**".

There is no charge for this event. For questions please contact Janet Money on 0151 3272566 or email [popularscience@chesteru3a.org.uk](mailto:popularscience@chesteru3a.org.uk)

## Possible New Group

Are you interested in **train journeys**? There is a U3A member who enjoys train travel and would like to find others who share the enthusiasm. If interested contact Kay at [groups@chesteru3a.org.uk](mailto:groups@chesteru3a.org.uk) or leave a message on 01244 348715

## Group Coordinator Changes

**Social Justice** Group coordinator now Angela Tindall tel: 01244 382721

**Ukuleles 1** - coordinator now Laurence Cole, tel 01244 382721

## Local History

New members are very welcome, just phone Kay Hall-Wilton (phone number in the Group leaflet).

7th Feb Chester to Birkenhead Railway

7th March History of the Wesley Methodist Church

4th April History of Aston Hall and Hoole Hall.

## New Groups

**Jazz Appreciation 2** . Are you interested in listening to all kinds of jazz? Come and join the group which meets 3rd Friday in the month 10.30-12.30. For more information contact Kay at [groups@chesteru3a.org.uk](mailto:groups@chesteru3a.org.uk) or leave a message on 01244 348715

**Social Psychology** meets 2nd Tuesday in the month at 10.15 and would like new members. A wide range of topics are discussed. For more information contact Thelma on 01244 382948

## A Life Less Plastic

This is a time limited group looking at the effect that plastic has on our lives and the planet. First meeting booked for Monday 11th February. If interested please contact Kay at [groups@chesteru3a.org.uk](mailto:groups@chesteru3a.org.uk) or leave a message on 01244 348715

## Groups that have folded

The **Philosophy** group has now ceased to meet. Our thanks to Arthur Maltby for coordinating and group members for their contributions to the group

## Important Notice

Members who include their personal phone number and name in items for the news-sheet will be considered to have consented to their publication. This is to ensure that the U3A complies with the GDPR

### Monthly Meetings

*Starting at 0945 with tea/coffee followed at 1030 by the meeting in St Columba's Church Hall, Plas Newton Lane, Chester*

**Tues 5th February** John Hatfield (the man who gave the very interesting talk on Fracking) will be informing us on **Alternative Energy**. Solar, Wind, Hydro, Tidal, Bio and Geo methods are explained and their limitations considered. Different types of storage methods are considered and finally, Small, Modular Nuclear Power Stations are shown and explained.

**Thurs 14th February** **Valentine Quiz** - You will love this quiz!

**Tues 5th March** **Louise Wilson, a specialist dog handler and trainer** with more than 15 years experience, will be speaking on **The Use of Detection Dogs in Conservation and Wildlife Monitoring** - from explosives, drugs and tobacco detection to wildlife monitoring of bat carcasses, animal scats and wildlife crime detection! Louise has vast experience working with worldwide organisations, government, police and wildlife organisations with detection dogs

**Thurs 14th March** **To be arranged**

#### A NON-U3A MESSAGE

Are you an **arthritis** sufferer? Nuffield Health in Chester is undertaking a trial, looking at how exercise might help. An initial group of 30 have found it beneficial and the organisers are looking to recruit another group to meet once a week for an hour for 12 weeks. It is free and the next trial is due to start 6th February. For more information contact Justin Knox at [justin.knox@nuffieldhealth.com](mailto:justin.knox@nuffieldhealth.com) or phone 07718054824

**Tea Rota for Monthly Meetings. Groups responsible must confirm with:**  
**Veronica Cavanagh 01244 679217 (Tues) or Jan Maidment 01244 344328 (Thurs).**



#### Tuesdays

Feb Wednesday Walking

March Ambling

April Art Appreciation 1

#### Thursdays

Feb Whist for Beginners

March Ancient Wisdoms

April Art Appreciation 2

The cut-off date for the next News Sheet is **Wed 20th February 2019**. Please send contributions to : [newssheet@chesteru3a.org.uk](mailto:newssheet@chesteru3a.org.uk) or post to: PO Box 167 Chester CH1 9FB  
This month's editor: Joyce Carrington Next month's editor: Jen Sterling

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**Membership: Mal Waite [members@chesteru3a.org.uk](mailto:members@chesteru3a.org.uk)**