



### Your u3a Committee

<b>ACTING CHAIRMAN</b>	Chris Taylor	07484 160660
<b>SECRETARY</b>	Mary Wells	07521 795688
<b>TREASURER</b>	Paul Davies	haven4angels@hotmail.co.uk
<b>BEACON ADMINISTRATOR/VICE CHAIRMAN</b>	Maggie Bray	07753 224793
<b>MEMBERSHIP SECRETARY</b>	Carole Salmon	07905 682103
<b>MEMBERSHIP TEAM</b>	Kay Maslen	07838 208025
<b>MINUTES SECRETARY</b>	Amanda Evans	07932 759262
<b>GROUPS LIAISON / NEWSLETTER EDITOR</b>	Teresa Hollins	07840 818983
<b>ACCORD ADMINISTRATOR</b>	Denise Massey	01377 257063
<b>SPEAKER FINDER</b>	Ann Wilkinson	07747 102635
<b>COMMITTEE</b>	Dave Skinner	07761 160247

**We need another Committee Member—if you would like to join us please get in touch**

### From the Chairman

February’s monthly meeting certainly didn’t go to plan. For those of you who weren’t there, our speaker didn’t appear and I had to stand up in front of you all and tell you this. Not a nice thing to have to do and not a great start for me as a Chairman.

Luckily, two of our members stepped up and gave a very enjoyable talk with barely 5 minutes notice. So thank you Gerald and Denise for digging me out of that particular hole.

That wasn’t the only thing that impressed me at the meeting though. Our refreshment providers stepped up and did their bit early, giving Gerald and Denise a few minutes to prepare, and our members in the audience accepted the whole thing with great good humour. Not only that, you all gave a hand to clear up the meeting hall at the end.

I ended the meeting feeling very good about the whole thing, having started out feeling acutely embarrassed!

Thanks to all of you.

**Chris**



### Study & Discussion Group

The group meets every Friday at 9:30 am in the Driffield Community Centre.

All u3a members are welcome to join us.

For most of our meetings we will not have a speaker—we will just start out with a discussion. Each week I will try to include a few questions in an email as a starting point.

- 3 March Northern Ireland—Part of the UK?
- 10 March Freedom of Speech
- 17 March Public and Private Life
- 24 March Reverend Cooper—The Walking Parson—Brian Kitt
- 31 March TBA
- 7 April Good Friday—No Meeting

For more details please contact **Chris Taylor— 07484 160660**

### What? When? Where?

Details of all our events can be found in this Newsletter, on our Website, in the Driffield & Wolds Weekly and from Stephen’s weekly “Dates for Your Diary”



Daffodils are the birth flower for March. They are said to symbolize friendship and also new beginnings. They are one of the first signs of Spring and are also strongly associated with Easter.

## 425 Milers Group

Meets each month throughout the year except December on the **2nd Tuesday at 10am** and the **4th Thursday at 1pm** in the Eastgate Car Park, Driffield.

**\*\*\* We are looking for a new Group Leader! \*\*\***

For the time being Lynn and Jim Stockwell will run the administration side of the Group whilst Kathy Chilvers will represent the Group on the committee.

**Tuesday 14th March**—Londesborough—led by Hazel Senior

**Thursday 23rd March**—Bainton—led by Keith and Sandra

For more details please contact

Jim Stockwell

01377 232025

[jimstockwell@hotmail.co.uk](mailto:jimstockwell@hotmail.co.uk)



## Walking Group

Meets at 9.30am on the 1st Tuesday and the 3rd Thursday of each month at the Coach Parking area of the Eastgate Car Park in Driffield. Please bring a Picnic Lunch.

Walks are around 8 miles within a 30 mile radius of Driffield. Car sharing available if required.

**PLEASE LET THE WALK LEADER KNOW IF YOU INTEND GOING STRAIGHT TO THE WALK LOCATION**

**Tuesday 7th March—SNAINTON**—our third walk from the village starting from Station Road—new route.

For more details please contact walk leader Paul at [p.grinstead2@btinternet.com](mailto:p.grinstead2@btinternet.com) or on 07932 494357

**Thursday 16th March—BRIDLINGTON**—from Eighth Avenue

For more details please contact walk leader Geoff at [geoffrey.hughes@hotmail.co.uk](mailto:geoffrey.hughes@hotmail.co.uk) or on 07761 036093

## Local History Group

Meetings are held on 3rd Wednesday of the month at 2pm in the Driffield Community Centre  
**ALL WELCOME!**

We're very grateful to our speakers for agreeing to swap places so our programme is now:

**15th March—Barrie Barnes**, THE Military Historian of the moment, the author of a highly acclaimed series of books on local involvement in both world wars, will give an illustrated talk on "East Yorkshire and WW1—This Righteous War"

**19th April—Dr Ruth Becket** will give an illustrated talk on her long awaited / eagerly anticipated new book "A History of The Alfred Bean Hospital"

For more information please contact  
**Ross Weekes** - 01377 253832  
Email: [rossweekes@btinternet.com](mailto:rossweekes@btinternet.com)

## Sociable Strollers Group

Meets on the first Friday of each month at 1pm in the Eastgate Car Park, Driffield

Our next stroll will be in Hornsea on **Friday 3rd March**  
Leader Kathy Chilvers



Please could Strollers contact Sue the week before to confirm arrangements

**Sue Clarkson—01377 256857**  
[clarksonsusan40@gmail.com](mailto:clarksonsusan40@gmail.com)

## Geology Group

Indoor Geology meetings are held on the 2nd and 4th Thursday of each month in the Driffield Town Cricket and Recreation Club 10am—12noon

Field Trips are organized during the summer months

**Our next meetings will be held on 9th and 23rd March**

For further details of these events please contact Group Leader  
**Kathy Chilver— 01377 255052**

## Archaeology/History Group

Meets on the first and third Tuesday morning of each month at the Driffield Community Centre—10am to 12 noon

Our next meetings will be held on **7th March**—The Geoarchaeology of Roman Sites—Richard Myerscough

**21st March**—Vicars, Archbishops and Antiquarians, Pickering Mediaeval Wall Paintings—Kate Giles, University of York

For more information, please contact  
**Susan Adamson - 01377 270429**

## Spring Begins

20th March 2023 is the first day of spring in the northern hemisphere, and the first day of autumn in the southern hemisphere.

## British Summer Time Begins

Daylight saving begins at 1am in the morning on Sunday 26th March so remember to put your clocks forward.



# QUIZ NIGHT

## Quiz Night



Paul Atkin  
01377 241678

Admission £2.00  
per person  
**ALL MONEY IS  
RETURNED AS PRIZES**

Our Quiz Nights are held on the last Monday of the month starting at 7.00pm in The Lounge Bar of The Bell Hotel in Driffield.

All u3a members are welcome to come along and join a team

Our next Quiz Night will be on Monday 27th March



## U3a Film Group—Monthly Movie Matinees

Stephen Wells – 01377 259166

**NEW GROUP LEADER NEEDED!!!**

If you would be interested in taking over this role please contact Stephen as soon as possible. There will be no further Monthly Movies until such time as a new Group Leader can be found.



Daffodils are the National Emblem of Wales alongside the leek. They are traditionally worn on St David's Day, 1st March, which is the anniversary of the death of their Patron Saint in 589AD.



## Jazz & Blues Group

Stephen Wells—01377 259166

**NEW GROUP LEADER NEEDED!!!**

If you would be interested in taking over this role please contact Stephen as soon as possible. There will be no further Jazz & Blues Group Meetings until such time as a new Group Leader can be found.



IPG members enjoying Burns Night in Hutton Cranswick

## Independent Person's Group

We meet on the second Friday of each month at the Cricket and Recreation Club, Kings Mill, Driffield  
**10.30am—12pm**

Our Next Meeting will be held on Friday 10th March to discuss suggestions from members for future outings and activities

For more information please contact  
Marian Carter—01377 821374 or  
Penelope Kinsley—07837 604166

Members not on email are always phoned and updated



Enjoying the sunshine and the Morris Dancers in the orchard at Carr House Farm



Some members of the group did a lovely walk along South Beach in Bridlington in sunshine and enjoyed fish and chips for lunch.





## Scrabble Group

Gerald Massey - 01377 257063

The Scrabble Group and the Mah Jongg Group meet on the 2nd and 4th Tuesday of each month in the Driffield Cricket and Recreation Club from 2pm to 4pm

If you've never played before, or are out of practice, we are happy to give a lesson, or lessons, before starting

**Our next meetings will be on 14th and 28th March**

**\*\*\* NEW MEMBERS INVITED! \*\*\* FIRST SESSION FREE! \*\*\* ALL WELCOME \*\*\***

## Mah Jongg Group

Denise Massey - 01377 257063



## Rummikub

Never heard of Rummikub? Now's your chance to find out more and have a go!

We meet on the 2nd and 4th Tuesday of each month in the Driffield Cricket & Recreation Club from 2pm to 4pm sharing the venue with the Scrabble and Mah Jongg Groups.

Don't worry if you've never played before as instruction can be given.

Bring your own Rummikub or share ours.

**Our next meetings will be on 14th and 28th March**

For more information please contact Carole Salmon—07905 682103 or Kay Maslen—07838 208025

## Bridge

**For Beginners to the more Advanced**



1st and 4th Wednesdays at 2pm  
in The Committee Room  
of the Community Centre



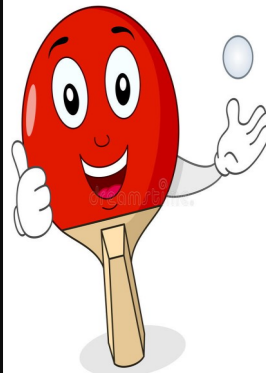
Exercise those little grey cells in a welcoming and enjoyable social atmosphere



For more information please  
contact Group Leader



**George Ansell**  
07929 299362



## Table Tennis Group

Meets 1st, 3rd and 4th Wednesday  
of each month in the  
Driffield Community Centre  
7pm-9pm

**Dates for March**  
1st, 15th and 22nd

For more details please call  
Melanie Campbell—01377 250235



## Pi Day—March 14th 2023

A day for celebrating the wonder of mathematics. Pi is the ratio of a circle's circumference in relation to its diameter. It's numeric value is an infinite number but the first three digits are 3.14 so March 14th was chosen as the date to celebrate.

## French Conversation Group



Meets Wednesday mornings in Driffield

This is a small group so please email  
**Jane Payne** regarding  
available places

janepjanet@gmail.com



## Digital Photography Group

We meet in the Community Centre on the third Monday of each month from 10am-12pm

**The theme for our next Meeting on 20th March will be "The Sky"**

The Digital Photography Group is developing into a multi faceted and interesting part of the Driffield u3a. All members are interested in progressing their knowledge and expertise, each contributing to our meetings. We went around town recently in the evening, taking night shots which we discussed at our February meeting.

If you are interested in joining our Group please contact  
**Penelope Kinsley on 07837604166**



# Anagram Crossword

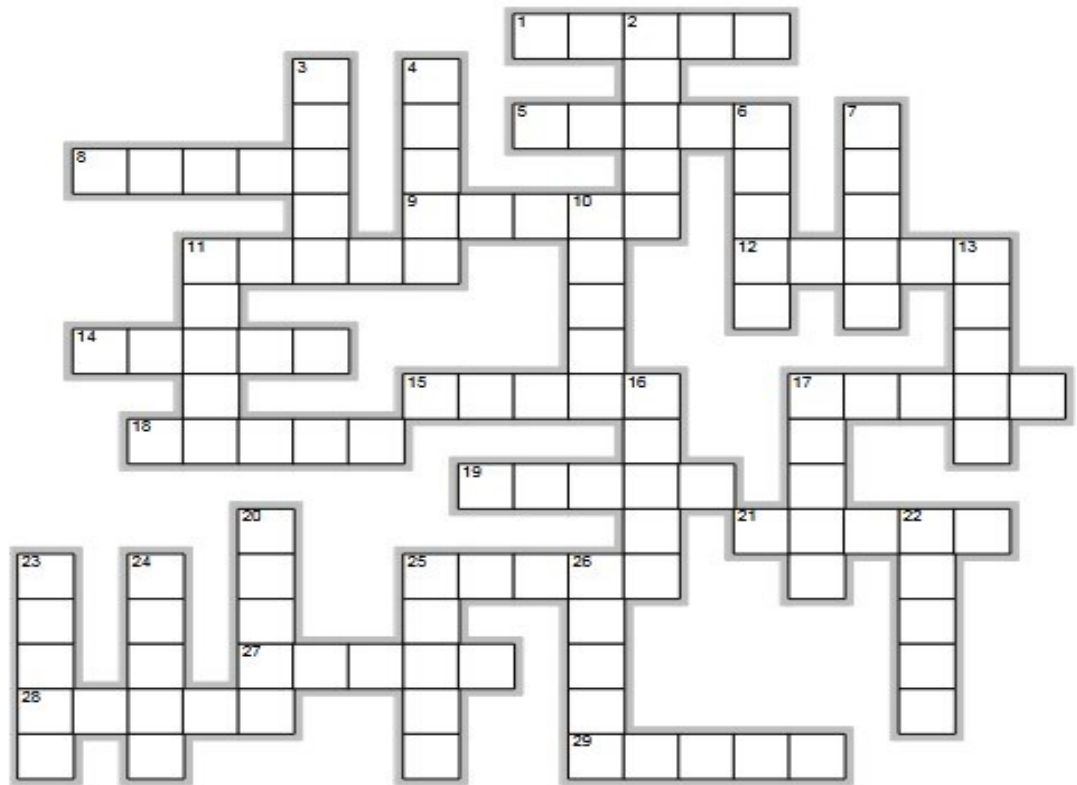
Find the correct anagram for each five-letter clue. Some clues have more than one anagram, so you will need to find the one that fits. Probably best to use a pencil!

(Solution in April's Newsletter)



## Across

- 1. clasp
- 5. large
- 8. stink
- 9. tread
- 11. lapse
- 12. pinto
- 14. broad
- 15. north
- 17. zoned
- 18. amble
- 19. among
- 21. raise
- 25. torso
- 27. could
- 28. react
- 29. rifts



## Down

- 2. auger
- 3. sweat
- 4. waist
- 6. petal
- 7. frail
- 10. drive
- 11. paler
- 13. there
- 16. thing
- 17. diary
- 20. clean
- 22. verse
- 23. cause
- 24. caper
- 25. outer
- 26. cuffs

## Solutions to February's puzzles

A	W	A	R	D	S	H	R	E	W	D
F	G	O	I	E	E	T				
F	O	R	L	O	R	N	L	A	S	S
A	E	R	G	A	T	E				
B	E	E	R	R	E	S	T	L	E	S
L	A	R	I	E	R					
E	X	P	O	R	T	A	V	E	N	U
R	R	C	E							X
P	R	O	M	O	T	E	R	F	A	C
E	P	G	L	M	M	R				
T	I	A	R	A	L	E	I	S	U	R
S	N	N	A	S	S	M				
J	E	S	T	E	R	S	W	E	D	E

Find a 10-digit number where the first digit is how many zeros in the number, the second digit is how many 1s in the number etc. until the tenth digit which is how many 9s in the number.

**6210001000**

Use 8 exactly eight times to make 1000 using only + - × / There is more than one solution but this is the simplest

**888 + 88 + 8 + 8 + 8 = 1000**

5		7	2				9	
		6		3		7		1
4							6	
1			4	9				7
			5		8			
8				2	7			5
	7							9
2		9		8		6		
	4				9	3		8

## Sudoku

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

(Solution in April's Newsletter)



## Away Days

Outings will take place approximately every six weeks starting in March through the summer months with a Christmas outing to include a Christmas market and a meal.

Coach departs from Driffield Rugby Club Car Park at 9.00am and approximately 4pm from venue arriving back in Driffield at approximately 6pm  
Food may be available at or near the Venue or you can take a picnic lunch with you

Please book early by emailing me at: [maureenblackwellu3a@gmail.com](mailto:maureenblackwellu3a@gmail.com) or by phoning me on 01377 253183.

**Tuesday 28th March**

**Elsecar Heritage Centre \*\* Now only £20 per person \*\***



A Yorkshire village built by rich aristocrats, Elsecar quickly became an international centre of ironmaking and coalmining. The village is now a much loved place to visit, with independent shops and cafes, artist and maker studios, antiques centre, tasty cafes, beer tap and traditional pubs, beautiful walking and cycling routes, award-winning park, nature reserve and reservoir, and much more. Experience what it was like to live and work in Victorian Elsecar in this astonishingly detailed digital reconstruction. Fly through ironworks, collieries, workshops and village streets, surrounding by beautiful Yorkshire countryside. See Earl Fitzwilliam speaking to his workers, iron puddlers by their furnaces and the families who lived on our canal.



**Tuesday 9<sup>th</sup> May**

**East Riddlesden Hall, Keighley—£30 per person—NT members can deduct £3 from the cost**



A 17th-century manor house and historic Great Barn, telling the tales of the ambition, success and failure of those who lived and worked here. Intimate and peaceful green spaces. Seasonal highlights of scented herb border in spring, cottage garden flowers in summer and trees laden fruit in autumn.

Homemade cakes, seasonal lunches and freshly brewed drinks served in the tea-room. A range of plants, gifts, homeware and local products can be found in the shop.

**Tuesday 25<sup>th</sup> July**

**Shibden Hall and Piece Hall, Halifax - £28 per person**



Shibden Hall's architecture is a mix of styles reflecting its interesting and varied history. The adjacent 17<sup>th</sup> century aisled barn and workshops house a carriage collection and displays relating to different crafts, including a blacksmiths, coopers, wheelwrights and saddlers. The Hall is surrounded by the beautifully restored gardens and estate that forms Shibden Park. There are a range of features and attractions, including a cafe and visitor facilities, miniature railway, boating lake, walking trails, play area, orienteering course and woodland in which to roam. Shibden Hall is the focus of the BBC drama series written by

Sally Wainwright, 'Gentleman Jack' exploring the life of Anne Lister (1791 - 1840) and those who lived in the Hall and Estate. The first series aired in 2019 and the second series in 2022.

The Piece Hall in Halifax is a unique Grade I listed building dating back to 1779, originally built to support the trading of 'pieces' of cloth and now reimagined as a new heritage and cultural destination. Home to one of the most striking piazzas in Europe, the stunning Georgian trading hall hosts independent shops, cafés, galleries, bars and heritage spaces. A year-round events programme attracts visitors from far and wide for concerts, street performance, spectacles, film screenings and much more. The Piece Hall is the only surviving intact cloth hall in the UK and an iconic symbol of the important role played by Georgian Halifax at the booming centre of the world's woollen trade.



Our coach holiday in June to Isle of Man is definitely going ahead and something to look forward to. If you would like to join us there is still time and a few spaces left so please email [wilkynaff@yahoo.co.uk](mailto:wilkynaff@yahoo.co.uk) or phone 07747 102635 as time is getting on.



## U3a Holidays 2023



There were quite a few disappointed members when we couldn't make the Ireland trip viable and therefore we are currently negotiating with another coach company.

**Bournemouth** in September 2023 is now an option and further details will be forwarded to you by email and this newsletter before we ask for your expressions of interest. We have asked for plenty of single rooms, a lift and entertainment of an evening when possible! There may even be a swimming pool in the hotel !!!

However, **Southern Ireland in September 2024** is very much an option and we want to provisionally book this in advance - we are choosing a hotel with a lift, plenty of single rooms and a holiday with as much as we cram in to see the lovely Irish countryside. We will get dates and prices to you as soon as we can, We hope you will be able to join us for either of these holidays,

Thank You for your support!



Ann Sue and Liz—Your Driffield & Wolds U3a Holiday Team

## Card Making and Craft Group

The first meeting of this new Group was held on Friday, 24th February and a total of nine members attended. Home made buttered scones were provided by Debbie and we all enjoyed them over a cup of tea or coffee.

Our future meetings will be held in the Community Centre on the last Friday of the month from 10.30 - 12.30.

The cost for each member was agreed at £3 per person to cover refreshments, rent and materials .

**The next meeting will be held on Friday 31st March**

If you are interested in finding out more please contact

**Maureen Blackwell—01377 253183—maureenblackwellu3a@gmail.com**

**Adrienne Bailey—07530 714186—Adrienne.bailey@outlook.com**

or **Debbie Ireland-O'Neill—07917 447974—D.Ireland-ONeill@hotmail.com**



# Monthly Meetings

Driffield Community Centre

Second Thursday of each month—2pm-4pm

All Members Welcome \*\* £1.50 admission \*\* Free Refreshments \*\* RAFFLE \*\* Free Book Swap!



## 9th March—Wolds Hedgehog Rescue

Have you ever wondered what you should do if you find a baby hedgehog? Or who to call if you injure one while strimming your garden? Wolds Hedgehog Rescue take in hundreds of hedgehogs each year and look after them until they are healthy enough to be returned to the wild.

**If you would like to help this worthwhile cause please could you save all your newspapers and bring them to the meeting—they make wonderful bedding for the hedgehogs. Donations of cat/kitten food and biscuits would also be very gratefully received.**



## 13th April 2023—Angela Beaumont

### "London to Kathmandu on a Double Decker Bus—The Wheels Off the Bus"

Eighteen people from England, Australia and New Zealand travelling in an orange and white double decker bus that started its days in Kilmarnock and should have been retired rather than embarking on a dangerous overland trip. Cooking, sleeping and travelling on this very unreliable bus called Flaps led to three months of trials, tribulations and thrills on a very exciting road. [www.angietalks.co.uk](http://www.angietalks.co.uk)



**11th May—We will be celebrating the Coronation of King Charles III with an afternoon Buffet—all u3a Members are invited. More details in the April Newsletter!**

## How Can We Help?

If you would like to come to our Monthly Meetings or join one of our Groups but find it difficult, either because of transport problems or any other reason, please contact me— we will do our best to help.

teresahollins17@gmail.com - Tel: 07840 818983



## Join Our Facebook Page!

You need a Facebook Account.

Look for Driffield & Wolds U3A and request to join.

We hope that Group Leaders and other Members will post information about their group activities. This is a great way for us to stay in touch.

## Membership Renewals

If you haven't already renewed your u3a Membership please could you do so as soon as possible.

If you pay your Membership fee by Standing Order, Direct Debit or by BACS, please be aware that our Bank details have changed

## Bank Account

Our Bank Account details are as follows

Lloyds Bank  
Sort Code: 30-99-50  
Account No: 22339168

## Gift Aid

Donating through Gift Aid means The Driffield & Wolds u3a can claim an extra 25p for every £1 you give.

It is completely free and the form is available on our website or at our monthly meetings

[www.u3asites.org.uk/driffieldwolds](http://www.u3asites.org.uk/driffieldwolds)



## National u3a Online Learning Events

u3a members can join a wide range of online talks, workshops and courses for free with their membership! Most of these opportunities are presented by members themselves; sharing their knowledge or skills with others across the movement. We also have a wide range of talks on offer from well-known speakers and organisations, plus in-person events at venues like the Royal Institution.

These are just three examples of the events available—For full details of all events and how to join in go to <https://www.u3a.org.uk/events/educational-events>



### The Joe Lyons Story – Food for Thought

Join Neville Lyons to look at the Lyons Teashops, the Corner House Restaurants and the Nippy waitresses – all part of social history.

Thursday 23 March at 2pm

Free – online via zoom



### Cryptic Crosswords for Beginners: 6 Session Course

Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a 6-session course on cryptic crosswords

Thursdays from 16 Mar–20 Apr at 10am

Free – Online via Zoom



### Life on the Edge: The dawn of quantum biology, with Jim Al-Khalili

Join Jim Al-Khalili CBE FRS, Professor of Physics at the University of Surrey, and one of Britain's best-known science communicators.

Friday 17 Mar at 12pm to 1pm

Free – Online via Zoom

## National u3a—Cook for the King!

Following a wonderful suggestion from a member on how to mark the forthcoming Coronation in May - we are launching a new initiative - 'Cook for the King'

We would like you to create a dish that celebrates and reflects Britain in 2023.

We would love the u3a movement to find the dish of the 2023 Coronation - one to become as famous as Coronation Chicken.

There are no hard and fast rules - be creative - but please consider the following guidelines and themes:

- We suggest the dish could reflect either or both of the following themes:
- Sustainability and environmental impact. Consider agricultural and welfare best practices in your selected produce.
- Representative of the UK's partnership with the Commonwealth, celebrating the diversity of British cuisine in 2023.
- The dish must be your own creation, an original recipe to the best of your knowledge.
- You should have made the dish yourself at least once, following your recipe.
- We recommend keeping the dish as simple as possible.
- All submissions must include at least one image of the dish; up to four images can be included.
- You may submit multiple recipes.

**The deadline for submissions is 11 pm on Monday 10th April 2023**

To take part go to <https://www.u3a.org.uk/events/cook-for-the-king> and click on the "Recipe Submission Form"

## Groups and Group Leaders

425 Miler	Jim Stockwell	01377 232025
Archaeology/History	Susan Adamson	01377 270429
Away Days	Maureen Blackwell	01377 253183
Bridge	George Ansell	07929 299362
Card Making and Crafts	Maureen Blackwell	01377 253198
	Debbie Ireland-O'Neill	07917 447974
	Adrienne Bailey	07530 714186
Classical Music and Opera	Mary Wells	01377 259166
Digital Photography	Penelope Kinsley	07837 604166
Film Group	NEW LEADER NEEDED	
French Conversation	Jane Payne	janepjanet@gmail.com
Geology	Kathy Chilver	01377 255052
Independent Persons	Marian Carter	01377 821374
	Penelope Kinsley	07837 604166
	NEW LEADER NEEDED	
Jazz & Blues Appreciation	Ross Weekes	01377 253832
Local History	Denise Massey	01377 257063
Mah Jongg	Paul Atkins	01377 241678
Quiz Night	Julia Spencer-Jones	07726 264712
Reading Group	Carole Salmon	07905 682103
Rummikub	Kay Maslen	07838 208025
	Gerald Massey	01377 257063
Scrabble Group	Sue Clarkson	01377 256857
Sociable Strollers	Chris Taylor	07484 160660
Study and Discussion	Melanie Campbell	01377 250235
Table Tennis	Steve Whitaker	01377 271447
Walking Group		

## Polite Reminder to Group Leaders!

If you hire a venue to hold your meetings please could you inform them immediately of any changes or cancellations to your bookings—otherwise you may still be charged!



## Our Website

Our u3a website contains full details of all our current and forthcoming events.

You can find it at  
[www.u3asites.org.uk/driffieldwolds](http://www.u3asites.org.uk/driffieldwolds)

Details of all events are also shown weekly in the Driffield & Wolds Weekly newspaper

Join us on Facebook!



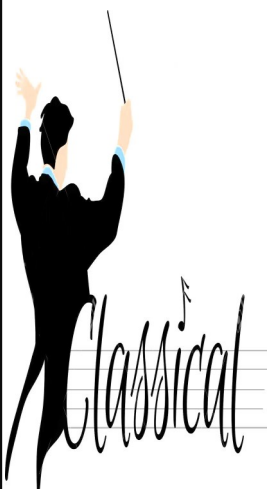
## Articles for the Newsletter

If you have any articles for inclusion in the next Newsletter please email them to [teresahollins17@gmail.com](mailto:teresahollins17@gmail.com) Tel: 07840 818983

## Classical Music & Opera Group

Classical Music and Opera Appreciation has become a very popular interest Group and meets on the 2nd Monday of every month at 2pm in the Committee Room at the Community Centre

The next meeting will be on Monday 13th March



### "The Rites of Spring"

A celebration in music of the spring season, looking forward to the joy of works by our greatest Composers and how they interpret the hopes of the year in prospect

All u3a members are welcome

Further information is available from Mary Wells—Tel: 07521 795688  
Email: [cs896@btinternet.com](mailto:cs896@btinternet.com)

## Janet Basten

We have been informed by her daughter that Mrs Janet Basten of Lowndes Park Driffield, who joined our u3a in 2015, has passed away peacefully. We send our condolences to her family.

## Reading Group

Meets on the last Thursday of the month in Members' homes

Our next meeting will be on 30th March "Young Mungo" by Douglas Stewart.

For more details please contact our Group Leader

Julia Spencer-Jones  
Tel: 07726 264712

