

September 2022

u3a learn,
laugh,
live



Welcome to the new session of Fife u3a 22/23.

We are looking forward to a year of stimulating talks and activities. Thank you all for returning your membership forms so promptly. We have some new members who, I'm sure, will receive a warm welcome to the activities they choose.



I wish to thank Mary Hannah and her team for organising the Picnic and Treasure Hunt in Pittencrieff Park on 18th August. The weather was favourable and we all had a good time looking round the park for the answers.



There are plenty of opportunities for members to contribute to the smooth running of the Fife u3a: greeters at the main meetings, votes of thanks, tea and coffee serving at the monthly meetings, sound team, book stall, group facilitators, social media and publicity. If you feel you can make a contribution to any of these, please contact a member of the Committee or make yourself known to one of us at the monthly meeting.

We look forward to seeing you at the first talk of the session on Sept 8th at 2pm: our speaker from Cosy Kingdom will share advice on how to heat our homes most efficiently and keep costs as reasonable as possible.

Our talk on October 13th will be about Kirkcaldy Foodbank. They would appreciate donations of tinned and packet food, toiletries and toilet rolls. Please bring what you can along to the meeting.

Thank you, Val Robertson

Chair

FORTHCOMING MONTHLY MEETINGS

SEPTEMBER MONTHLY MEETING

Cosy Kingdom – Kitty O'Connor –

Thursday 8 September, 2pm, St Bryce Kirk



To kick off our 2022/23 session, Kitty outlines the free and impartial energy and debt advice service Cosy Kingdom offers to all tenants and homeowners across Fife. A timely session with the energy price cap jump in October!

October 13

Kirkcaldy Foodbank – Joyce Leggate



With food costs spiralling, Joyce speaks about Kirkcaldy Foodbank's

mission to ensure nobody in the Kirkcaldy area goes hungry & everybody shares what they have. *You can support the Foodbank on the day by bringing a small donation of tinned or packet food, toiletries, even toilet roll, to our collection point.*

November 10

Radiology in World War 1 – Diana Maxwell



After her talk on HMS Tarlair last year, Diana makes a welcome return to tell us about 22 glass x-ray plates from the First World War discovered in Victoria Hospital in 2014.

December 8 – A Christmas Celebration!



3 steps to Internet Safety

1 Stop Prevention is better than cure. Secure your devices with a security app & an ad-blocker.

2 Think Scammers want to rush you, because the more time you have, the more likely you will spot their tricks. Don't let anyone hurry you into parting with money or your ID.

3 Connect Secure your devices, think before you click, and connect with confidence!

MEET OUR NEW COMMITTEE MEMBERS



I'm **Sheila Gillam**, the new **Secretary** of your committee. This is a total change of "career" after being a teacher for over 40 years, mainly in the primary sector. I'm an "incomer" - I moved 6 weeks before COVID locked us all down - good timing?!

So, I've not had time to get to know my surroundings, the people or the possibilities.

Joining u3a was my 2nd try at something new. My first halted due to COVID. But fingers are crossed. I joined 2 groups here then volunteered to go on the Committee, then to be Secretary. It's interesting to say the least, and is giving my old brain a good work out!

I'm also looking forward to travelling and discovering more about my new homeland. So far East Neuk, Oban, Mull and the 'Doune the Rabbit Hole' music festival. Why I had never been to one before absolutely amazes me!

After learning, recently, my Fife bus pass covered ALL Scotland, I'm ready to go forth and explore.



Shelagh Logan is our new **Vice-Chair**. She writes: I was fortunate enough to be in the Mercat Centre on one of the days members of Fife U3A were holding a

promotional event. After chatting with Penelope and Sheena I was very keen to join and find out more.

I stopped full-time work in 2015 and I was looking for something different, something I could be involved with for fun and U3A offered a variety of activities which I was very interested in. I've joined both the History Groups and am looking forward to joining several more Groups when the new session starts in September.



Colin Tremble says I'm a newbie here, only been a member since early 2022. I wanted to help in a not-too-time consuming way so became a **Committee Member and Trustee**.

Originally from Irvine in Ayrshire he moved to Fife in 1976. He was a toolmaker to trade but has worked in training and education since moving to Fife.

He retired at 63 and has done a lot of charity work since then including Volunteering with Guide Dogs as a Puppy Walker and a MyGuide for around 6 years and has started an Eating Disorder charity along with his wife Anne. He likes hill walking and visiting coffee shops.

WE ARE UNDEFEATABLE

is a movement supporting people with a range of long term health conditions, developed by 15 leading health & social care charities & backed by expertise, insight & significant National Lottery funding. Our purpose is to support & encourage finding ways to be active that work with each person's conditions, not against them.

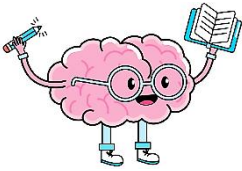
Being Undefeatable is understanding that how you feel can change from day-to-day, that everybody's situation is unique, & that moving more when you can is just as important as accepting when you can't. We believe that every achievement, no matter how small it might seem to someone else, is worth celebrating.

Who Is The Campaign For? The campaign brings together partners who reach people living with: Arthritis, some long-term mobility limiting conditions, Alzheimer's, Asthma, Back pain, Cancer, Chronic Obstructive Pulmonary Disease/Lung Condition, Dementia, Heart Disease, Stroke, hypertension (or other heart related condition), Long-term depression or anxiety, MS, Parkinson's, Type 1 Diabetes & Type 2 Diabetes.

We also hope to inspire those living with other conditions **who can be** more active, beyond those listed above. If you can't find information related to your condition on the website or the campaign partner pages, consider visiting other charity websites relevant to your condition, your GP or where applicable, your specialist healthcare professional.

It is important to remember that everybody and how their condition affects them is different & finding the **appropriate** physical activity for you depends on your own personal circumstance.

Whether you are personally affected or would like to help those who are: visit [About Us - We Are Undefeatable](#) for much more information.



TENABLES * List 10 things that say to you Autumn is almost here
 * List 10 winter sports
 * List 10 winter weathers

* List your 10 best things about winter
 * List 10 good books to curl up with
 Come up with an **A to Z** of northern hemisphere holiday and tourist attractions.



Rosemary Lenton, Dumfries pensioner, 73 in August, became Scotland's oldest ever Commonwealth Games gold medal winner after

helping her country win the Para women's pairs bowls this summer. Rosemary is pictured on the right of this photo, with her partner Pauline Wilson - combined age 130.

Some quotes from Pauline's approach to life:

"You can't sit at home and wait for the world to come to you, you have to make the effort and go out and meet others."

"I never think about my age. If I'm fit and able to do something, then I'll do it, age is secondary."

"I hope more and more older people start to take up the game, you're never too late. Don't think just because you've got your pension you will stop doing everything, it could be the start."

Thought-provoking ???



Wildlife charity FrogLife has an exciting project, Fife Living Waters, based in Cowdenbeath (funded by the Scottish Power Foundation). This project will be

creating lots of new wildlife habitats and there are plenty of opportunities for you to get involved! We are offering a wide range of free activities from pond dipping and mini-beast hunts, to creating new ponds and managing wildlife habitats! Contact mirran.trimble@froglife.org to find out what we have coming up or for more information check out Fife u3a website Events page or Fife u3a's new twitter page: twitter.com/Fife_u3a



And our newest group is . . .

Scottish Heritage

This actively member-led group will use a mixture of talks & visits to explore various aspects of our Scottish Heritage past, present & future with initial planning in place for this year.

Talks will draw on members' interests and be at a member's home in Dunfermline. Visits will be organised in advance – wherever ye might be gaun. The group will meet on Wednesday afternoon of the 3rd week of the month. For further information, ring Group Leader, Lilian Morrell, on 07052 037964.

Sometimes take life & yourself too seriously?



Why is that an issue? Well, when you take life too seriously it's easy to become so afraid of making a mistake and stumbling a bit you get paralysed in analysis. And when you take yourself too seriously then, it becomes difficult to fully enjoy the moment and what is happening, to let go of the past and to laugh about yourself and life when you need it the most. *Three things that can help:*

Put up a reminder. One thing is a simple note on the fridge that says: Lighten Up! This reminder helps to snap out of overly serious thoughts several times a day - until this way of finding a lighter perspective becomes more and more of an automatic thought habit.

Surround yourself with lighter mindsets. What and who you surround yourself with will have a big effect on how you think.

No matter if it's a positive or negative aspect that they add. So one powerful thing to do is to add lighter mindsets through people you know. Or from comedy podcasts, movies or comics. Or a funny book.

Raise your self-esteem. As self-esteem goes up you can laugh about yourself more because you are less defensive.

You have more trust in yourself so fear a temporary failure less. You like yourself more and are less concerned about getting everyone else to like you all the time.

Henrik Edberg



KALEIDOSCOPE

Part of the skill of the artist is mixing different colours to produce the exact shade they need.

Extending this idea to quizzes, see if you can

come up with the two colours needed to produce the *final* colour needed in these questions below.

1. Mix the colour of Moira Shearer's Shoes in the 1948 film with the colour of the American President's House in Washington to give you the colour most associated with the late authoress Dame Barbara Cartland.

2. Merge the colour from Frank Sinatra's optical nickname with the colour of the ribbon Tony Orlando and Dawn tied round The Ole Oak Tree in 1973 to generate the colour of the grass of Tom Jones' Home.

3. Add together the two colours associated with the Labour and Conservative parties to create the colour featured in the title of the 1985 film featuring Whoopi Goldberg and Oprah Winfrey.

4. Blend the colour of the rose immortalised in one of Robert Burns' most famous poems and the colour of the berets worn by the United States Army Special Forces to make the surname of the Scottish Labour Prime Minister who resigned in 2010.

5. Combine the colour surname of the singer and original presenter of Blind Date with the colour of the traditional rose symbol of Yorkshire to form the hair colour normally associated with older people.



I'm delighted to be able to introduce you to the work of **Home-Start**. You may have heard of us & assumed we're a homeless charity or car breakdown service, but we are actually one of the UK's biggest family support services. Last year Home-Start across the UK had 10,000 home-visiting volunteers support over 27,000 families & 56,000 children.

There are 6 Home-Starts covering the whole of Fife. Each is a charity in its own right & part of the Home-Start UK network.

While each Home-Start runs groups, classes & social events to suit their local community, the

core of every Home-Start is a home-visiting volunteer support service.

"Every day is the same when you're at home with a baby. It's lonely. Having my volunteer visit broke up my week and gave me something to look forward to" – quote from a supported mum.

Families are referred to Home-Start because they are struggling with the demands of having a young family. There are also usually other factors at play too eg, they may be isolated with no local family/friends, be new to the area, have poor mental or physical health, have twins or large families.

After completing a training course, volunteers are matched with a local family & visit once a week for a couple of hours. Every family is different so each volunteer experience is unique. Some of the things volunteers may help with are: being an extra pair of hands to help get out & about, shopping, appointments, being someone to listen, accessing other local services.

"Having someone there that doesn't judge you, is always there to listen & can help find answers helped me. Everything has improved for me, my kids are settled & I'm at college."

Our volunteers tell us time with Home-Start is rewarding & satisfying. The families appreciate that someone would freely give their time helping them out.

We look for people who are patient, flexible, understand how challenging having young children can be & are keen to help make a difference. If you think this sounds like you, please consider contacting your local Home-Start & have a chat about what volunteering opportunities are available.

Mary Cormack, Home-Start Kirkcaldy

Home-Start Cowdenbeath 01383 510010

Home-Start Dunfermline 01383 621349

Home-Start East Fife 01334 477548

Home-Start Glenrothes 01592 757333

Home-Start Levenmouth 01592 719012

Home-Start Kirkcaldy 01592 565285



Stay safe . . . Stay well . . . Stay safe . . . Stay well

Newsletter and/or Website info to:

<https://u3asites.org.uk/fife/contact>