



Dear All

Isn't it lovely to finally have some good spring weather – I hope you are all enjoying the sunshine.

I'd like to take this opportunity to wish our new neighbours in Glasgow Southside u3a good luck. They have their inaugural meeting this week and I hope their u3a is very successful.

Last month we had a very interesting presentation at our monthly meeting by Marion Maudsley who spoke about the city of Nuremberg and accompanied her talk with some fantastic slides. I for one learned a lot about the city and its history and have added it to my "must visit" list!

I'd like to thank Hazel Blake who has just left the Executive Committee for her work for our u3a. Her smiling face at the monthly meetings will be familiar to many of you and I'm pleased that she hopes to still be able to help meet and greet members at our meetings.

Can I also ask again for volunteers to help at our monthly meetings at the hall in Novar Drive. We need some more members to help meet and greet new members and to assist with the tea/coffee rota. If you could help, perhaps you could let me know.



Dates for your diary

Thursday May 18th

Dr Alan Leslie - At The Edge of Empire: Rome & The Antonine Wall. This is the final part of our Antonine Wall Events.

Thursday June 15th

Allan Mauchline will give a shorter than usual presentation about the charitable work of Scotservs and we are featuring our Groups.

Finally, I am pleased to announce two summer events that we are holding again due to their popularity last year: A Sausage Sizzle and a Fish and Chips Quiz Night.

The Sausage Sizzle will take place early evening Friday 23rd June at Banavie Gardens and The Fish and Chips/Quiz Night will take place at Kelvindale Bowling Club on Friday 1st September.

Tickets for each event are £10. If you would like to reserve a space, [please email me](#) and I will give you details on how you can pay.

Thank you for your continued involvement and support.

Gail Donaldson, Chair u3a GWE



Photography Group

The April brief for the photography group was a difficult one: to find a different angle. Members rose to that challenge, presenting a broad range of images shot in unexpected ways, including this jet (by Sheila Hamilton), a park bench,

and the roof structure inside Braehead. During May we'll be snapping streetlife, including people and urban places. Next will be a group outing to Rouken Glen Park. Anyone interested in finding out about the club should visit [here](#).

History Book Group

The group reads non-fiction history books and meets monthly on Mondays in the Three Crows on Crow Road to discuss them.

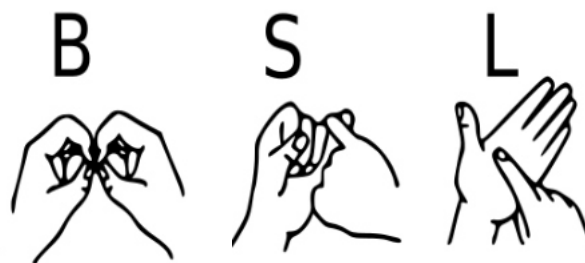
Below is a review by one of our members of our last read, 'Etta Lemon: The Woman Who Saved the Birds', by Tessa Boase (in hardback this book is entitled 'Mrs Pankhurst's Purple Feather')

'At the end of the 19th and start of the 20th centuries fashion demanded that women's hats should feature feathers, bird parts or even whole birds. It was so widespread that some species were brought to the



brink of extinction. This book is the story of Etta Lemon, one of the women founders of the RSPB, Mrs Pankhurst, who insisted that her suffragettes be dressed fashionably and the thousands of women and children whose eyesight and health were wrecked while working for a pittance preparing the feathers for use in the fashion industry. We all found it fascinating and recommend it to you.'

At our recent meeting we discussed 'At Home – a Short History of Private Life', by Bill Bryson. The review will appear in next month's newsletter. Find out about the group [here](#).



BSL (British Sign Language)

BSL group finish their meetings for the Summer on Tuesday June 13th but hope to begin again on August 23rd. Find us [here](#).

Painting and Drawing?

A member has suggested that we should start a group for people who like to draw and/or paint for relaxation and would be happy to join with other likeminded people for a few hours weekly or fortnightly (with no formal instruction).



If you might be interested, please [email Peter Taylor](#) in the first instance and we will then try to bring people together to plan some activities.

Local History Group



The group normally meets on Mondays. We enjoy a mix of visits to places of historical interest and presentations, both in-person and via Zoom.

Our April event was a visit to the Alasdair Gray Archives. Many of you will have read Alasdair Gray's writings and be familiar with his art. There will certainly be few who haven't seen his public work such as the ceiling mural in Oran Mor. The Archive holds the collection of his original artworks, a section of his personal library, his publications, and a section of literary papers, photographs and correspondence. The group found this a fascinating insight into the life and work of this Glasgow polymath.

On 22 May we'll be visiting Riverside Museum for a talk on the maritime collection it contains.

Find out more about the Local History group [here](#).





Sunday Lunch Group

We meet for a late lunch on the second Sunday of every month, choosing a different local restaurant each time. Restaurants that we have recently visited include The Prancing Stag, Café Andaluz, Oran Mor, The Bothy and The Lovable Rogue. Menus are sent out to members of the Group before booking. Everyone is encouraged to

suggest their favourite places.

We know that not everyone will be able to make every lunch but we hope lots of members can join us when they are able. It's a great opportunity to meet other members and pass a relaxing Sunday afternoon. Our May Sunday Lunch was at Stravaigin.

Details of our June Lunch will follow shortly but we hope to try a new Restaurant on Hyndland Street: The Skillet.

For further details and to book a place, please contact Gail and Ellen. If you would like to join the Sunday Lunch Group please contact us [here](#), and click the Pigeon.



New Community Hub

Glasgow University's School of Health and Wellbeing is opening a community 'Hub' in its new building at 90 Byres Road. They have told us that this is now open to the public from 8am – 5pm Monday to Friday (Café closes at 4pm). They have meeting rooms for 10-20 people and a training room that seats up to 30, plus the hub exhibition area space for networking. *"You can email byreshub@glasgow.ac.uk directly for room bookings or just drop in and use the hub area for social or work meetings. There is no cost for booking other than any catering you require."*

U3a group leaders have been informed and it would be no surprise if we start to see some meetings there!

About our Members

Our member Jacqueline would like to share her experience of claiming a helpful benefit.

I was recently persuaded by a friend to apply for Attendance Allowance (AA) which I had previously never heard of, so want to alert others to your rights. AA is a universal, non means tested benefit open to anyone over State Pension age, who has a physical or mental disability that has lasted at least six months and means they need help with personal care or supervision. AA is payable at two different levels dependent on disability and a successful claim results in a minimum payment of £68 per week.

I have had rheumatoid arthritis for a number of years which has led to some limitations and find that AA offsets some of the costs of the 'work arounds' I use to make sure that I live as fully, safely and independently as possible.

Attendance doesn't have to be a physical one to one service - I wear a personal alarm which was a life saver when I fell at home. I shattered my right arm, damaged my left and hit my head. I was lying on the floor and couldn't move. I pressed the alarm and it was answered instantly.

You don't need to live alone to get one. If the person you live with is

out a lot or would be unable to cope with an accident or health emergency you could be eligible.

The amount paid per week depends on the agency/company providing the service but is modest.

I recommend that in the first instance you look at what your

local authority has to offer by searching the web pages of Social Work (Social Services in England) for 'Telecare' or 'personal alarm call systems'.

I am unable to drive, can't use most public transport so rely on taxis. I can't lift and carry so can't manage

shopping - I have my groceries delivered. I can't manage most housework so have a cleaner.

If you or someone you know might be eligible, then please consider applying. The forms may seem intimidating but there are sources of help to fill them in from several agencies including the DWP that administers the benefit UK wide. If benefits aren't used, we could lose them!

Jacqueline





Longer Walks Group (Antonine Wall Walk)

The Longer Walks group managed to dodge the showers for an interesting walk beside sections of the Antonine Wall over Bar Hill

and Croy Hill, as well as along the Forth and Clyde Canal and the infant River Kelvin. The group's web page is [here](#).

VENTURES WITH A BUS PASS

The April u3a Venture with a Bus Pass to Callendar House in Falkirk was a great success, we had 17 members joining us on a beautiful sunny day and we were happy that we had a member from Bearsden and Milngavie join us. Callendar House is well worth a visit; [see Callendar House's website](#).

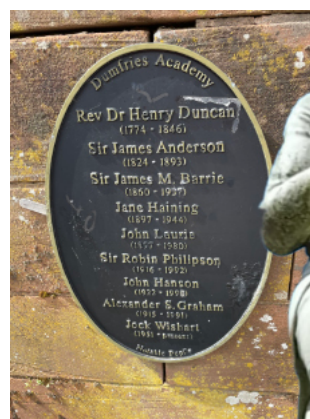
A group of us took advantage of the good weather and had a walk around Callendar Loch. We had a lovely lunch, in a magnificent setting within



the house. Afterwards, we toured the house where there was an exhibition about the Romans and Antonine Wall. We also visited the old Kitchens which have been used as film locations.

The May Venture was to Dumfries and we had a lovely sunny day to explore the town.

In June we hope to visit Lanark and New Lanark. If you would like to join Ventures with a Bus Pass and join us on future visits, please [contact us via the website](#) and click the pigeon.



Moto (Members on their own)

Our new MOTO group which is a social group for members on their own is continuing to grow. In the last month or so members have enjoyed (amongst other events) an author's event and book reading at Partick library, classical

concerts at Wellington Church, a boozical brunch at a showing of Calamity Jane in the Grosvenor, a curry night, the May Day Cabaret at Oran Mor and a



concert by tribute band The McCommitments at Cottiers.

More events are planned including a trip on The Waverley later this month and events at the Aye Write Book Festival. If you'd like to join the group, please click on the pigeon [on the group page](#).

Visiting Gardens

The new Garden Visits Group had their first outing at the end of April and visited The Hidden Gardens on the Southside of the city.

A volunteer gave the group a very interesting and informed tour of the garden and also shared some photographs showing the original use of the area as a tram depot with stables.

The Garden Visits Group hope to make future visits to some gardens which can be reached by public transport. If you would like to join this group or learn more about future visits, please click on the pigeon on the groups page.



Your Ideas

The u3a works on the principles of Self Help and Mutual Aid. Members form

groups covering as wide a range of topics and activities as they desire, and these are run by the members, for the



members. If there is an activity that you would like to join others in doing, why not help to bring people together to try it. You can then share your enthusiasms and skills – you don't have to be an expert or teacher.

Please get in touch with Peter Taylor, Activity Group Co-ordinator if you have any ideas or suggestions for activities, to discuss how we might make them happen via [this link](#).

Groups

The following are the activity groups that are currently running. Contact a group via its page on our website via [this link](#).

Art Appreciation,
2 Book Groups,
British Sign Language,
Cinema,
Coffee and Chat,
Creative Writing,
Current Affairs,
Film Lovers,
2 French
Conversation groups,
French Intermediate,
Genealogy,
German Conversation,
History Book Group,
Italian Conversation,
Knitting,
Latin,
Local History,
Longer Walks,
Lunch Bunch,
MOTO (Members on their own),
Photography,
Poetry Appreciation,
Quilting,
Recorder Playing,
Science & Technology,
Social Bridge,
Spanish Conversation,
Sunday Lunch Group,
Table Tennis,
Theatre,
Ventures with a Bus Pass,
Visiting Gardens,
Walking with a Bus Pass,
Wine Appreciation,
Yoga.
Click on 'IT Help' to get in touch with our volunteer who can offer this.