



Livermead and Preston Newsletter January 2024



Next Meeting Wednesday 24 January 2024

Our speaker will be Zak Showell from
Shaldon Wildlife Trust.



Shaldon Wildlife Trust is a place many drive past but few ever visit, and yet it plays a vital role in the conservation of the world's wildlife. Shaldon Wildlife Trust helps look after, and helps preserve, some of the rarest and most endangered animals in the world. It is known as 'the small zoo making a big difference'. Not only do they support conservation projects across the world but they also care for some of the most endangered species on the planet. One of those is the Owston's palm civet, a species kept in only 5 zoos outside of Vietnam.

It's Cold Outside So Please Keep Warm and Keep Safe.

The weather has been colder than it's been for a long time, and it's caught a lot of us unaware. With the rising prices of food, gas and electricity it is getting harder for those on fixed incomes to keep warm and healthy, but a few easy adjustments can help:

- Fill a hot water bottle and cuddle it when you are sitting down and wrap a blanket or shawl around your shoulders and legs.
- Drinking hot drinks or a nice hearty soup can keep your insides warm. Consider filling a flask of tea or coffee to have by your chair.
- Wrap up warm when you go out - a hat, scarf and gloves, thick socks and warm boots or shoes, and be careful when you walk because there might be black ice about. Covering your mouth and nose with a scarf helps warm up the air you are breathing in; breathing in cold air raises the risk of chest infections and can increase blood pressure.
- Keep active. It generates heat. When you are indoors aim to move around at least once an hour. If walking is difficult try a few chair based exercises, even moving your legs and arms and wriggling your toes helps keep you warm.
- If you are lucky enough to still be driving, make sure you have a torch (and spare batteries), warm clothing and, if possible, a hi vis jacket inside the car or in the boot just in case you get into trouble.
- ***MAKE SURE YOUR MOBILE PHONE IS FULLY CHARGED and close by at all times in case you have a fall.***

News From the Groups

Art – The Art Group continues to thrive. It is a very friendly group with a lot of friendly chatter going on as well as a lot of painting.

The next meeting is on Monday 12 February at 2pm at Preston Conservative Club.

Group Facilitator: Maggie Tolkien dmtonline@virginmedia.com



Handicrafts Group – here are some examples of our pebble pictures we made in November. We had great fun and I think our efforts came out very well! Thank you, Maggie, for leading us on that one, and for bringing most of the supplies needed!

The next meeting is on Tuesday 27 February at 2pm at Preston Conservative Club. When we will be making Macrame Hearts key rings – it is the Valentine's Day month after all!

Group Facilitator: Linda Skipper 078247 00886



Music Appreciation Group – is going strong and attendance is so good that the entrance fee for members is now **£2 instead of £3**. *It's not often you hear of prices going down, is it?*

The next meeting is on Monday 19 February at 10.30 at St Paul's Church Hall, Locarno Avenue Paignton, TQ3 2DH. Music will be on the theme of 'love songs'.

Group Facilitator: Geoff Simpson 01803 845990

Your Help is Needed – Elections are on the Horizon.

We are very lucky to have a committed and dedicated Committee working to make Livermead and Preston u3a as friendly and welcoming as possible, but we are stretched to the limit, taking on two or even three committee roles because of the lack of members coming forward to help. At the 2024 AGM all committee members wishing to stand again must be re-elected.

The whole ethos of the u3a is that it is run by the members for the members. Each member has a part to play - however small – in the running of our u3a - it's part of your commitment to u3a when you join. New members on the committee bring new ideas, a fresh insight and a new energy to move our u3a forward.

So please, think about what you personally might be able to volunteer to do – whether on the committee or facilitating a group, or something else - to help make our u3a bigger and better and more welcoming for all our members, present and future. Thank you all.

Our next General Meeting will be on Wednesday 28 February when our speaker will be Sarah Harper from Age UK