



## Accessibility News

### Sight Loss Presentation: Update meeting on Friday 5<sup>th</sup> April

I do hope we'll have good attendance for our 5<sup>th</sup> April Update meeting. Three willing volunteers, all coping with impaired vision in varying degrees and for differing reasons, will be offering a presentation based on their personal journeys living with sight loss. Having seen their draft notes and heard them speak so passionately about this emotive subject, I am sure it will be an interesting and educational talk. Hopefully, all of us can gain more understanding of the daily challenges faced by others, and how we may be able to assist considerably when help is needed/requested.

### Dementia Awareness Workshop: 18<sup>th</sup> April, 10.30-noon at the Echo Centre on Upleatham Street, Saltburn.

Hot on the heels of April Update, we have our spring Dementia Awareness workshop, presented, as previously, by Marie Kerr from Dementia Action Teesside. With great feedback from our 2023 workshops and close to 50 members already signed up for this coming session, it promises to be a wonderful morning. Refreshments are provided, and our usual £1.50 is payable on the door. Those attending will leave as fully fledged 'Dementia Friends', with an attractive badge to prove it. We still have space for anyone not signed up.

### Can you Help?

Graham and I will be standing down as Accessibility Officers on 3<sup>rd</sup> May 2024 at our AGM after a wonderful year in post. I can truly recommend this role for anyone who enjoys helping others and is happy to liaise with external organisations who are also in the 'helping folk' business. Could you step in to this dream role? You **DO NOT** have to be a Committee member to take this on. Graham and I are happy to be available should the new incumbent(s) need advice. A comprehensive hand-over will be included for ease of transfer. Please contact me or Graham (our email is: [barwick399@btinternet.com](mailto:barwick399@btinternet.com)), or any committee member, for more information on this gem of a role. I can heartily recommend it.

*Deb Barwick Accessibility Officer*

## GROUPS COORDINATOR UPDATE

### Welcome to our new Groups Coordinator from May

This will be my last newsletter article as Groups Coordinator. I am delighted to be able to tell you that Diane Goldby has offered to take on the role and we will be working together until I step down from the committee in May. Diane has a lot of prior voluntary experience to bring to the role: she has a real zest for life, a desire to try new things, and a wide range of interests. Like me she is also easy to spot in a crowd, with me it is my height but with Diane, it is her signature blue hair.

### Thank You

I have thoroughly enjoyed working alongside so many of you. It is a great feeling to know that when you are out and about in Saltburn, Marske, and Redcar there is more than a fair chance that you will bump into a member of Sdu3a who will give you a radiant smile and stop for a chat if they have time. And thank you for the multitude of ways you have responded to my emails calling for volunteers.

### So Many Groups, so little time!

Do you have the same problem as me? Within our u3a there are more groups that I want to join than I have time for, and clashes of day and times are just downright painful! We always seem to have something fresh on offer, be it a new group or an offshoot project, often sparked by suggestions from our members. Recent examples are the Lantern Making workshops as part of the Valley of Light project (see article in this issue), the Dementia workshops, and the Treasure Hunt around Saltburn.

There are currently vacancies in several groups so if you would like to try something new head to the website or request a copy of the group list from me which will give you the contact details for the group leaders. Boules and Croquet hope to return in April if weather permits.

And congratulations to our Ukulele and Band groups who have an increasing number of gigs in the general community and in care homes.

**Saltburn Bowls Club** is offering their usual 6 week introductory course to playing bowls, starting on Tuesday 7 May at 2pm. A good chance to get outside and enjoy the Spring weather! If you are interested, please contact me; I will also have an interest sheet available at the April Update meeting.

### Sdu3a 20<sup>th</sup> Anniversary celebrations - 6<sup>th</sup> September 2024

No time to rest on our laurels though as very soon we will be deep in preparations to make our 20<sup>th</sup> anniversary a wonderful celebration. All groups will be invited to perform or have displays. We also need to make an early start on a list of those willing to bake, make decorations, props, posters, and much more. Sign up for the interest list at the next Update meeting. **And remember to keep Friday, September 6<sup>th</sup> free!**

*Karin Groups Coordinator*

## THEATRE GROUP

Theatre Group is starting to book a few things now for 2024, having had another successful year of going to the theatre and enjoying various outings.



We started the New Year going to see the amazing play “Life of Pi”, based on the film, and in February we saw the excellent comedy “The Full Monty”. For ballet lovers, we have a trip to Matthew Bourne’s “Edward Scissorhands” at Newcastle Theatre Royal. He tends to do a quirkier version of the ballet, which most of us like.

With the arrival of, hopefully, a warmer Spring, we are also doing a couple of outings: 14 March to Allerton Castle near Harrogate where we will be spending the morning till 1.30pm and then a couple of hours free time round Harrogate. Also, on 12 April we are going to Bishop Auckland Castle for the Auckland Project. Spaces are still available for both outings.



I have also booked seats for the play “The Syndicate” at Newcastle Theatre Royal on Thursday 9 May which is based on the brilliant television series of the same name.

With more people not possessing a cheque book now, Theatre Group is trying to make ticket payment easier. At the moment, as well as accepting cheques and cash (in an envelope), you can also pay by Bank Transfer. We now have a Card Reader to enable people to pay by using a debit card (not credit cards) which should help people who do not want to use bank transfer or do not have a cheque book. The Card Reader will also, I imagine, be very useful to the Membership Team at membership renewal time, so it will be a win-win solution all round.

We hope to enjoy lots of outings and theatre trips later this year and the fact that people often make new friends whilst doing this is a bonus.

*Barbara Spight*