

Skiddaw News: Issue 28 August/September 2018

Website: www.skiddawu3a.co.uk

FB www.facebook.com/skiddawu3a

Chairs letter No 28: August 2018

Dear Member

I hope you have all been getting out and about with your groups in the beautiful weather we have been having this summer. I didn't ever think I'd be wishing for cooler temperatures and a few rain showers but I'm sure many of you are relieved that there has been a little rain this week to water your parched lawns.

We are in the process of planning the 2018 Open Day which will be in the morning on Wednesday 19th September. This is one of our most important events which gives the opportunity to members old and new to find out what groups have on offer and to sign up for activities. It will once again be held in the Rawnsley Centre, Keswick. Doors will open at 10:00 so please put the date in your diary.

This is also the first opportunity for you to renew your membership of Skiddaw U3A which expires on 30th November.

I'm sure you were all very tired of the seemingly endless stream of emails and letters earlier this year asking you to confirm that you wanted to remain on mailing lists and informing you of the implementation of GDPR. GDPR stands for General Data Protection Regulations. It is a formalised set of practices detailing the ways that your personal data can be stored and shared. The regulations came into effect on 25th May and all organisations that collect and store personal data including Skiddaw U3A must comply. We have developed a 'Privacy Policy' which can be found on our website, which explains how we will store and use your personal data.

The legal basis under which we store your personal data is 'legitimate interest'. You pay us a membership fee and we hold some basic information about you to enable us to let you know about groups, activities and events such as monthly meetings and trips. In order for you to receive the magazines published by the Third Age Trust we must share your name and address with them. To do this we must have your written consent. You can withdraw this consent at any time in the future. So we will have to ask you to complete a membership application form to renew your membership. This will allow us to check that the information we currently hold is accurate and you will also be able to give your consent for us to share your name and address with the Third Age Trust for the sole purpose of sending you the 'Third Age Matters' and 'Sources' magazines.

Forms will be available at the Open Day but it would save time if you could complete the form before you arrive. You can download the form from the 'Membership' page on our website. For members who do not have internet access a copy of the form will be included with this newsletter.

I do hope you all enjoy whatever the rest of the summer brings. See you on 19th September.

Best wishes

Debbie Morgan

Debbie Morgan

Chair, Executive Committee

**WEDNESDAY, 19TH SEPTEMBER – OPEN MORNING
RAWNSLEY CENTRE: 10.00 – 12.30**

An opportunity to come along and see the variety of learning and leisure activities on offer. Refreshments available.

Monthly General Meetings

Meetings 10:30 to 12:00 (refreshments from 10:00) unless otherwise stated

Wednesday, 17th October – Crosthwaite Parish Rooms
Guest Speaker – Mark Richards "The World's First Peace Trail"

From your Committee

Increasing our Media presence

Media Secretary Aline Hopkins writes up the Skiddaw U3A News for the local papers each week but is in need of more contributions covering a wider variety of groups and their activities.

Contributions need not necessarily be written by convenors, so if you can send Aline a paragraph or two on what your group is doing or encourage someone else in your group to write something, Aline would be very grateful. Please send your piece plus a photo if possible (minimum size 1mb) to Aline at alinehopkins@btinternet.com

Please do not send items directly to any of the local papers. If anyone would like a copy of Aline's guidelines on writing contributions for the Skiddaw U3A News she will be happy to e-mail you one

GROUP SUPPORT FUND

The aim of the Group Support Fund is to support group activities by purchasing on behalf of groups items which are used in common by all members of the group eg textbooks, CDs, subscriptions to magazines, web sites etc. Further information about the Fund and how it operates can be found on our website. Below is a list of items purchased since January 2018 through the group Support Fund:

Family History: Find my Past Subscription	£101.96
French Group: News in Slow French	£73.76
Geology: Maps	£153.15
Enamelling: Equipment	£97.99
Spanish Group: News in Slow Spanish	£49.23

Applications are invited from Group Convenors. There is no deadline for applying: a copy of the application form has been sent to all Group Convenors and can be found on our website or supplied via a committee member.

INCLUSIVITY – U3A Plus

U3APlus aims to help, support and advise U3As to ensure that all their members can access the informal learning and the many activities in their U3As, regardless of impairment or disability. The direct link to the website is <https://plus.u3a.org.uk>

Skiddaw U3A has made a start: we have an audio system and will endeavour to use it at all monthly meetings. We have also set up the Accessibility scheme whereby those in need of transport are put in touch with a volunteer willing to offer transport. The take up of this has been limited so far. The success of such schemes depends, of course, on the participation of all members, not just the committee.

If you would like to volunteer to be a driver or would like to take advantage of the scheme, you will find more details below:

Wbsite: transport@skiddawu3a.co.uk or phone 017687 76347 or mobile 07803 714081

***Opinion Piece:** Do you have an opinion about this or do you have a Bee in your Bonnet about an issue? If so, please contact the Editor, Maggie Potts – phone 017687 73582 or email: randmpotts@gmail.com*

*****NEW GROUPS and GROUP NEWS*****

PUB GAMES

The idea for this group arose from a discussion in a café after table tennis. The sort of games involved are open to suggestions and are likely to include dominoes, card games such as Gin Rummy, word games etc. Although details have yet to be finalised, this is likely to be an evening activity and be held in The Farmers at Portinscale. If this is something that would interest, we can discuss it on Open Morning or you can contact me on 73582 or email randmpotts@gmail.com

ENAMELLING

There are still a few places on the Enamelling course which is due to start in September. Four places are available so if you are interested, please contact Harriet Spence, the Convenor as soon as possible: tel 017687 72339 email: commonhill@googlemail.com

SINGING FOR FUN

Did you know that singing in a choir strengthens the immune system, improves your posture and helps you sleep as well as being good for your general well-being by lowering stress levels? So come and join Singing for Fun: you can have all these benefits and make new friends too. The group is planning to restart in the second or third week of September. If you would like to join, you can sign up at the Open Morning or contact Group Convenor Rosemary Kemp – tel:017687 73490 or email: mrokemp@aol.com

GROUP REPORTS

BIRD WATCHING and WILD FLOWERS

Trips out over the last three months have included St Bees seabird colony, a bracingly windy north Workington Beach, an informative visit to high altitude hay meadows in High Borrowdale, near Shap and most recently a guided tour around the Cumbria Wildlife Trust reserve at Eycott Hill near Mungrisdale. It has been quieter on the bird side but we have seen a lot of interesting plants and a number of good butterflies.

Tony Marsh

Apple iPad and Mac

The iPad group has been of varied strength in the past year. Often people turn up when they have a question or a particular problem but many times they felt they learnt something new from someone else's question. Although the list of members is long, groups have been very small, which makes it easy to get help. The iPad group is suitable for new members any time of the year, as it is not a class. We have now stopped for the summer and will start again after the Open Day in September.

The Apple Mac help facility has been used by 2 people on a number of occasions, one for help with very simple tasks and the other often with questions I have had to try and find the answers for.

Heleen Franken-Gill

BOOK GROUP

In January we discussed Joe Simpson's "Touching the Void", introduced by Linda. This was a thought provoking book, and made for a very serious and in depth discussion.

In February, Jackie spoke about Betty Mahmoody's "Not Without My Daughter", which is an account of one person's battle in Iran to escape the harsh regime and take her daughter back to the USA.

March saw us welcome the author of our next read - Michael Wood spoke about and answered questions on "The Fell Walker", which is based very locally, and was much enjoyed by everyone.

In April Eileen introduced Richard Flanagan's "Wanting", which is set in remote Australia in the 1800's and has won several literary prizes.

May saw us reading Sebastian Barry's "Days Without End", which Mike spoke about with great enthusiasm and which was enjoyed by all.

Anyone interested in joining our group is very welcome. We meet once a month, usually on the second Friday, and the meetings last approximately one to one and a half hours.

Brenda Kealey

ARCHEOLOGY

The Archaeology group is now taking advantage of the summer and has been visiting some of the many interesting sites in our area. In April our friendly professional Archaeologist Bruce Bennison led us around Birdoswald Roman Fort on Hadrian's Wall. Bruce looked after the Fort site before it was handed on to English Heritage and knows the area well.

Some of us were able to attend a full day conference at the Stenhouse Museum in Maryport on the subject of "The Living Experience of Women in Roman Cumbria" later in the month, which gave us a fascinating insight into the day to day life of women 2000 years ago.

In June the group visited West Cumbria, visiting Churches built on the sites of old Roman Forts, and seeing how they adapted to increasingly insecure times by becoming fortified places of refuge.

A recent visit to the Roman Fort of Vindolanda was combined with a 5 mile walk , taking in a superb part of the surviving Roman Wall, and with the advantage of dry conditions underfoot. Visits will resume in September.

Leela Marsh

CIRCLE DANCING

The enthusiasm of the Circle Dance Group has led us to continue to meet every week through this long hot summer. Sometimes our number is down to 8 or 10 and we will then often adjust to dance in an open circle. Most weeks Laurence introduces us gently to a new dance. We may not always remember the names of the dances we are familiar with, but we are becoming increasingly quick to recall them and and dance with confidence and joy. New members are treated tenderly and given encouragement and help.

Jean Hutchinson

BRIDGE

The bridge group continue to meet during the summer months. We meet up in members houses on a Thursday afternoon and in the main have two or three tables playing. It's an extremely social gathering, whilst enjoying the bridge we definitely aren't competitive!

Lesley Bowlby

NOTICEBOARD

MILLBECK STRINGS:

Millbeck Strings is a small classical strings ensemble that meets in Keswick during term-time on Monday evenings, once a fortnight or three weeks, to play together guided by a professional teacher. New players are very welcome at any time to join our friendly and sociable group, regardless of musical ability or how 'rusty' you think you are. We don't perform. We start again mid-September. For more information phone Heleen on 017687 75420 or send an email to heleenskiddawu3a@icloud.com.

RECYCLING:

My brother has the cafe at Grange and over the course of the day/week/year, they end up with a mountain of plastic ice cream containers and mini jam jars (as pictured attached) so I'm wondering whether an email could be sent out to see if anyone could make use of these containers/jars. All responses can come to Barbara Newton: tel 017687 76347
email: cycleskiddawu3a@gmail.com

