

Skiddaw News: Issue 33 June/July 2019

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Chairs letter No 33: June 2019

Dear Member

Founded over 35 years ago, the UK U3A movement aims to encourage groups of people in their third age to come together and continue their enjoyment of learning in subjects of interest to them. From its beginnings in 1981 the U3A has grown rapidly and Skiddaw U3A is one of over 1,000 U3As across the country enjoyed by over 400,000 members. An amazing success story. Skiddaw U3A has also continued to grow and we now have over 500 members and 60 different activity groups meeting on a regular basis. Much of this success is thanks to the hard work and commitment of our group convenors' and the Executive Committee.

From the start, the guiding principal was to promote lifelong learning through self-help interest groups covering a wide range of topics and activities. Members, through sharing their knowledge, skills and experience, learn from each other. You can find the principles of the U3A movement in the Documents section of our website along with an article entitled 'Code of Conduct' which clarifies the behaviour expected of all members. We all need to value, listen and respect other members and ensure that all members feel welcomed, respected and safe.

In any group of people there may, from time to time, be issues to be resolved. To assist if this occurs we have also published guidelines for dealing with complaints, grievances and disciplinary matters. Again, these policies can be found in the documents section of our website.

At our monthly meeting in May, held in Threlkeld Village Hall, we were all entertained by Fools Gold, a multi instrument acoustic duo. They performed their unique 'Stories' show 'Bang up to the Elephant', incorporating live music with the stories about the songs and stunning projected visuals from the Victorian era. Our next monthly meeting is on June 19th in Crosthwaite Parish Rooms. Our speaker Dr Anneke Hackenbroich, who works at the Keswick Museum, will be giving a talk entitled "Resistance in the Third Reich".

I hope all the outdoor groups have been able to make the best of the lovely weather we have been enjoying over the last few weeks.

Have a wonderful summer.

Best wishes

Debbie Morgan

Debbie Morgan

Chair, Executive Committee

Monthly General Meetings

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

Wednesday 19th June – Crosthwaite Parish Rooms

Guest Speaker – Dr Anneke Hackenbroich -“Resistance in the Third Reich”
Anneke is the Learning and Engagement Coordinator at Keswick Museum and Art Gallery. Her talk will focus on the little known stories of the role played by German citizens in mounting campaigns of civil disobedience and resistance against the rise of the Third Reich and its domination of the country.

Wednesday 17th July – Portinscale Village Hall

Guest Speaker – Alison Critchlow “Adventures in Paint”
From Arctic Greenland and the wild shores of the Hebrides to painting through the night in Dove Cottage garden, Alison Critchlow will share her work and painting adventures to date. Alison trained at Falmouth School of Art in Cornwall and has been a practising artist for 25 years. Inspired by the landscape, weather and the abstract possibilities of paint, she explores ideas as well as places in her paintings. An informal illustrated talk charting one artist's creative journey to date. There will be ample opportunity for questions and conversation.

GROUP CONVENORS MEETING

The Executive Committee organised the 6th Annual Convenors Meeting on Tuesday 26th March 2019. 37 Convenors attended representing the majority of our groups. The Chair, Debs Morgan, introduced all of the EC members who were there and they in turn each gave a short presentation. The purpose of the Annual Convenors Meeting is to give Convenors a chance to catch up with each other and for the EC to convey to them any important information which they in turn can pass on to their groups.

After a refreshment break Convenors were split into groups to discuss ‘Learning not Lonely’ plus other issues. There was a great deal of feedback from these discussions which the Executive Committee will attempt to deal with over the coming months and cascade to all the members in due course. Some of the topics discussed were, Publicity, Social Events, Monthly Meetings, Age UK and Dementia Awareness, Facebook etc. Skiddaw U3A is particularly successful with around 60 activity and learning groups and this is all down to the Convenors giving so much of their time voluntarily. As usual, the meeting was followed by lunch as a ‘thank you’ for their commitment.

Barbara Newton
Groups Coordinator

DEMENTIA AWARENESS WORKSHOPS

The Theatre by the Lake’s Mary Elliott has kindly offered to make places available to Skiddaw U3A members on her Dementia Awareness Training sessions. The course lasts 45 minutes to an hour and is held at the Theatre. Anyone interested should let Aline Hopkins know by e-mail: alinhopkins@btinternet.com and Aline will contact you when places become available.

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.

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

SKIDDAW U3A ARTS FESTIVAL

“A Showcase for our Skills and Talents”

Music, dance, art, photography, creative writing, poetry, pottery are just some of huge variety of the skills and talents of our members. The committee is considering a social event in late summer/early autumn with wine and cheese and with entertainment, displays and exhibitions.

If you think this is a good idea and would be prepared to organise this event, then please get in touch with Halle Stenhouse either by e-mail on cjhalle2508@hotmail.com or mobile 07778 446304

INCLUSIVITY – U3A Plus

Skiddaw U3A has 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 continues to be limited. The success of such schemes depends on the participation of all members, not just the committee.

If you need help getting to monthly meetings or you would like to volunteer to be a driver you will find more details below:

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

Opinion Piece: *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*

NEXT NETWORK ENERGY CONFERENCE

The Northwest U3A Network are hoping to start planning the Third Energy Conference in the Autumn. We have successfully recruited three members to help with the organisation and administration. Further details will appear in the Newsletter later in the year. The conference is likely to be in the Spring of 2020.

NORTHWEST REGION OF U3As Residential Summer School

27th to 30th August 2019: Newton Rigg College Penrith

Topics: archaeology, art appreciation, geology, history, music appreciation, philosophy, ukulele and science. Full programme available and booking forms on web site: <https://u3asites.org.uk/north-west/events>

For further information contact Alan Hough on 07544 359125 or alanhough1949@gmail.com

NATIONAL U3A NEWS

In My Own Write (IMOW)

In My Own Write (IMOW), a feature showcasing the published work of U3A members and previously hosted in Third Age Matters, has now moved to its own Facebook Page. This is an exciting innovation which will allow the Trust to host the many U3A authors from across the movement.

Authors can now post directly to the site and posts will be approved for publication by the U3A Volunteer Editor who is managing the site. To see the page search for [@U3AInMyOwnWrite on Facebook](#)

The team behind IMOW Facebook also wanted to open this up to work produced by the many creative writing groups across U3A. For any questions on this please go to Elizabeth.drury@u3a.org.uk

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

ARCHAEOLOGY GROUP

David Quanton is giving a talk entitled "Scapa Flow: Tales of Intrigue and Conspiracy in Two World Wars" to the Archaeology group at Portinscale Village Hall on Wednesday 24th July at 10.00am. All are welcome.

WALKING RUGBY

Several members have contacted Barbara Newton expressing an interest in a Walking Rugby Group but before such a group can get off the ground we need someone who will come forward and offer to convene the group.

Would you be interested in setting up such a group? If so please contact Barbara Newton at groups@skiddawu3a.co.uk

SOCIAL CYCLING

Our year, as always, started with our Annual Lunch in January at the Horse and Farrier in Threlkeld where 25 members enjoyed getting together over some very tasty food. A couple of our rides have had to be cancelled because of bad weather but thankfully there have been some good days when we were able to get out and about. Around 18/21 members are now cycling regularly and we have enjoyed routes around Borrowdale/Newlands, Lorton, St. John's in the Vale, Troutbeck, Lazonby, Bewaldeth and the Solway Peninsular, sourced by David, Helen and Nigel.

Lorna, Bill and Mark have got some routes organised over the coming weeks around Langwathby and West Cumbria plus we will be cycling around Blencathra and Skiddaw. Our Social Cycling group go at a steady pace and cover perhaps 25/30 miles and most importantly, stop for coffee and cake somewhere en-route!

The Social Cycling Group has just returned from a very successful 3 day away trip to North Yorkshire. On Monday we stopped at Grassington and 16 of the group cycled approx. 22 miles to Arncliffe in Littondale (where Emmerdale was originally filmed) and then to Kettlewell in Wharfedale.

From Grassington we drove on to Harrogate where we based ourselves for 2 nights. On the second day the group had a much longer ride of 36 miles taking in Ripley, Brimham Rocks, Studley Royal Water Gardens and Fountains Abbey before returning to Harrogate.

Finally on the last day we cycled from Harrogate along the Greenway, skirting Ripley then onwards to Knaresborough where we spent time enjoying the Castle and Market and looking out for some of the iconic Trompe l'Oeil artwork pieces around the town, followed by ice creams or cups of tea by the Viaduct on the Waterside. Our return journey took us past Mother Shipton's Cave and on to the Beryl Burton Cycle Way back to Harrogate. It was a full on cycle trip which was thoroughly enjoyed by all who were there. Many thanks to David Newton for organising the trip.

Barbara Newton

UNRAVELLING ECONOMICS

We have been meeting regularly once a fortnight on Friday mornings at Mrs. F's: there are usually between 4 and 5 of us there. Boosted by good cups of coffee – and sometimes cake – we launch into lively discussions on current issues of economics. These discussions arise from readings sent out by email: these cover a variety of topics, and we do also drift away from the text when a participant raises something of importance to him or her. There is one book that is critical to our exchange of ideas: *Doughnut Economics*, by Kate Raworth.

Jo Alberti

WATERSPORTS

The watersports group has got off to a slow start this year. Although the first two weeks of the season were good for sailing the cold conditions kept the paddlers off the water. Since then Thursday seems to have been the one day of the week when it was overcast and raining. The end of May has brought us slighter nicer weather. The strong winds that

made for some exciting sailing last week proved more troublesome for those in canoes and kayaks. A stop at Nichol End for coffee gave the winds time to settle but even so no-one strayed too far from the marina. Hopefully the weather will be kinder in the next few weeks and we'll see a few more members out on the water. If you are interested in joining us you can find details on the website.

Debbie Morgan

NOTICEBOARD

KESWICK COMEDY WALKS

Former Town Crier, Bob Bryden and current Town Crier, Dave Hall invite you to a guided walk round Keswick with a comedy twist!

Bob & Dave (supported by Ross Brewster & Peter Newton) will be leading the general public round areas of Keswick, dressed in authentic Town Crier costume, whilst telling jokes with a Cumbrian theme. After a walk round town, ticket holders will be presented with a meal in Moot Hall, provided by Merendas. The evening will also feature surprise entertainment and a short talk from Lake District Calvert Trust.

DATE: Mon 1st July at 5.45pm, opposite Theatre by the Lake. Predicted finish time of 9pm.

COST: £12 per ticket

PAYMENT: Please call Bob Bryden on 07496 194 690 to secure your place & arrange payment

NB: The walk is wheelchair accessible and will not be going over any fells! Although designed to be a fun evening out, the Comedy Walks are also a way of spreading awareness about Lake District Calvert Trust. With that in mind, a collection will be taken at Moot Hall, following a brief talk, to help the Trust continue their fantastic work providing challenging outdoor activities to people with disabilities.

BOOKS for HOSPICE at HOME

Doreen Paulson wishes to thank everyone for their kind donations of books but for the moment, they do not require any more. Thank you to everyone who donated. Dear Editor