

Skiddaw News: Issue 34 August/September 2019

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Chairs letter No 34: August 2019

Dear Member

Dear Member,

I hope you have all been getting out and about with your groups in the beautiful weather we have been having. 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 and refill the lake which was so low last week. Now let's have the summer back please.

We are in the process of planning the 2019 Open Morning which will be in the morning of Wednesday 18th 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 any new activities. This year we are trying a new venue and you will find us in the Methodist Church on Southey Street, Keswick. The facilities here look ideally suited for this event with lots of space and great kitchen facilities. 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 but don't worry if you can't make the Open Morning as your current membership is valid until 30th November.

I'd like to take this opportunity to remind you that it is very important that all members of a group must be fully paid up members of Skiddaw U3A. The various insurance policies held by the U3A Trust indemnify all U3A's & U3A members against all sums you could become legally liable to pay in the event of accidental loss or damage to property not belonging to you which occurs during a group meeting. By including non-members in group activities (other than people doing a one-off taster session) we are invalidating our insurance policy and therefore become personally liable for any injury, loss or damage which member/s may have caused.

Monthly General Meetings

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

Wednesday 18th Skiddaw U3A Open Morning 10.00 to 12.30 Southey Street Methodist Hall

Come and find out what's on offer, renew your membership and sign up for activity groups

Wednesday 16th October - Crosthwaite Parish Rooms

Guest Speaker – Prof. Doug Thompson "The Artist as Pioneer: the European Tradition in Australian Art"

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Although very rare, occasionally U3As will encounter difficulties that impact on the running of the U3A. These can include for example, problems regarding data protection, a complaint from an individual member or conflict arising between two members. Most issues will be resolved informally within groups or with the assistance of the Executive Committee but sometimes that may not be possible so it is important that we have policies and procedures in place should one of these issues occur. One of the responsibilities of the Executive Committee is to provide the policies and procedures that allow our U3A to run smoothly. Fortunately templates for many of the policies and procedures are provided by the Trust and our customised version of these can be found in the 'Documents' section on the website. A list of available policies is shown below.

I do hope you all enjoy whatever the rest of the summer brings. See you on 18th September.

Best wishes

Debbie Morgan

Debbie Morgan

Chair, Executive Committee

From your Committee

SKIDDAW U3A Policies:

Full details of the following policies are available on documents page of our website or from any member of the Executive Committee:

- Principles of the U3A Movement
- Members Code of Conduct
- Complaints Procedure
- Grievance Procedures
- Disciplinary Procedures
- Privacy Policy
- Data Protection Policy
- Legitimate Interest Assessment

Members Concerned about safety of a venue

Any member concerned about the safety of a venue booked by Skiddaw U3A must inform either a member of the Executive Committee or the member or convenor responsible for booking the venue. The contact details for all members of the Executive Committee can be found on your membership card.

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.

Purchases on behalf of groups – January to July 2019

Enamelling equipment	-£102
Computers & control-connectors	- £62.10
Meditation Yoga Blocks	- £55
Family History subscription	-£119.95
Spanish group subscription	- £85
Italian continuation group books	- £51

???Computer skills Document/photograph scanner

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, 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 like to join the small group helping to organise this event, then please get in touch with Halle Stenhouse either by e-mail on cjhalle2508@hotmail.com or mobile 07778 446304

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: alinehopkins@btinternet.com and Aline will contact you when places become available.

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:

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

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****

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

MONTHLY HIKERS

The monthly walks will take place on the second Monday of the month and will include at least one Wainwright Fell. They will last about 4-6 hours and be up to 10 miles. We will be using buses and cars from Keswick at 9am or 9.30 if by bus. If the weather is not good for the walk an alternative may be offered or the walk postponed for a week. The walks should be at a steady pace taking account of the walkers on any particular walk. They will include ascents and descents. Walking on footpaths. Suggestions for walks will be welcomed to accommodate those collecting Fells. Convenor Anne Davies can be contacted by phone 07519753305 or email anned7b@gmail.com

APPLE IPAD and MAC

Despite rumours that the iPad group was so well attended that there was no room for anyone else to get individual attention, this is not the case. There was a short-lived problem accommodating everyone at the very beginning, shortly after signing up in September. However, it did not last long. Most of the past year, the attendance has been 3 or 4 people and we finished in June with only 2 or 3 people per session. Those who are interested in learning a bit more about the iPad or those with occasional questions, may prefer to come just a little later in the year, when the first rush is over. U3A members are also very welcome to come for only one or two sessions to sort out a particular problem or question. The iPad group is not run like a class and is for all those who would like to spend a bit more time learning 'the little things' and enjoyments of owning an iPad. There is also a good exchange of knowledge between members of the group.

Heleen Franken-Gill

BIRD WATCHING

Four recent trips to report, the first being a sunny day spent looking at Orchids and Butterflies in Cumbria Wildlife Trust reserves in the far East of the county. Waitby Greetings, near Kirkby Stephen, is spread along a disused railway track which contains large numbers of both common and rare orchids with numerous Fragrant Orchids, Marsh Hellborines and Butterfly Orchids. Lots of diminutive Chimney Sweeper Moths and huge numbers of Painted Lady Butterflies impressed. Shorter visits to Augill Meadows, a CWT reserve near Brough, and Cliburn Moss completed the day.

Two trips were shared with Keswick Natural History Society: one with Pete Leeson of the Woodland Trust was an informative insight into the work the Trust does and how important tree planting and exclusion of sheep can be to not only increasing local biodiversity on the fells but also by slowing down water run off during heavy rainfalls and for carbon sequestration. The second was to view the impressive sea bird colony at St Bees day of some heavy showers as well as glorious sunshine.

The major event for the group was a two-day visit to the Northumberland coast with a memorable visit to the Farne Islands, fabulous close views of Guillemots, Razorbills, Shags, Kittiwakes, three species of Terns and last, but certainly not least, Puffins. The second day was spent on the beach looking at further Tern colonies, including Little terns and in the dunes amongst fabulous wildflowers and exotic Burnet Moths. In the afternoon we took another boat ride from Amble harbour to circumnavigate Coquet Island where we had views of more Terns including, probably Europe's rarest seabird species, Roseate Terns (our sixth Tern species of the trip).

Tony Marsh

BOOK CLUB

In January we read Cassie Brown's Death on the Ice, which was chosen by Jackie. This is a harrowing true story of Newfoundland seal hunters of whom many died in terrible conditions.

Joan brought a local author along in February - Geoff Somers, whose book Antarctica: The Impossible Crossing we had thoroughly enjoyed reading and it was so interesting and informative to hear Geoff's anecdotes of this amazing journey.

In March we read John Lewis-Stempel's *The Running Hare*, which was introduced by Sandra. This describes one man's year in which he manages to convert a bare unproductive field into a haven for many species of wildlife, particularly the hare.

Brenda introduced April's book- *A History of Britain in 21 Women* by Jenni Murray of *Woman's Hour* fame. This very feminist book was a great introduction to some amazing women who have changed so many aspects of our lives over the centuries.

In May we were introduced to Rory Stewart's *The Marches* by Richard. A most interesting, and indeed topical author as events unfolded recently.

Our final book before the summer break was introduced by Linda and was Peter May's *The Black House*. This is a novel set in the Scottish islands and is a book which cannot be put down once started!

Anyone wishing to join us in September can meet the Convener at the Skiddaw U3A open morning where there will be a display of books we have read over the past few years.

Brenda Keeley

NOTICEBOARD

Keswick and District Fair Trade Quilt Project

Keswick Fair Trade are planning to create a large quilt to celebrate and promote Fair Trade.

We are looking for people who may be interested in participating in this project. Anyone can take part no matter what their ability or age. We hope the local schools and groups will get involved and we are also hoping to get contributions from some of the Fair Trade cooperatives we support, making it a truly international project.

Are there any Skiddaw U3A members who enjoy sewing, embroidery or appliqué or have experience of quilt making who would like to join us and make a patch for the quilt? Or perhaps help by bringing their experience of quilting to the creation of the design from the many patches and/or assist with the final stages of bringing it together.

If so, please contact Bernadette Fagan, Keswick Fair Trade Treasurer:
bmfagan@btinternet.com Tel 017687 80764 Mobile 0771 4095598