

March 2023

No 114

Registered Charity No 1178289

SPRING NEWSLETTER



Photograph by Jean Bratley

DISCLAIMER

Please note that all the information in this newsletter has been compiled with the best of intentions and information available. Spalding and District u3a will not be held responsible for any errors or omissions.

CHAIRPERSON'S REPORT

Here we are at the start of another year, one which I hope will be a very happy and productive one for our u3a. I was looking at our statistics recently and see that we have had 25 new members join since last October, 11 of them just this year. A very warm welcome to all of you, I trust that you will enjoy your time with Spalding & District u3a. There are almost 50 groups for us all to choose from and several exciting new innovations.

Mel and Ken, together with the rest of their newly formed social committee Joan , Sylvia, Rosemary & Jean Marie, held the inaugural event, a quiz and supper night. It was a most enjoyable evening and I look forward to future events.

Jane has started up a brand new Plus One group and has reinstated the Out and About Group, both of which I am very excited about. Details of both of these can be found in Jane's article elsewhere in this newsletter.

To celebrate the King's Coronation, it is hoped to have an afternoon tea at our May monthly meeting. This meeting will, due to local elections, be held at the Spalding Services and Social Club. and will be limited to 140 members . Further details will be made available as soon as they have been finalised.

As most of you will know, I am standing down as Chair at our AGM in October and I would like to remind you that u3as cannot run without a Chair. So, please have a think and see if you could possibly put yourself forward for the role. As I have said many times before, you will have a fantastic committee to help you. If you are at all interested, please let me know and I can let you have more information.

Please continue to enjoy your various groups and meetings, and if you have any ideas for new groups, please let a committee member know, it is, after all, your u3a!

Christina
ctt@u3a@gmail.com

YOUR COMMITTEE



Christina Tyler— Chair Person
Ctt.u3a@gmail.com



Mel Gordon
Vice Chair & Web Administrator



Beryl Brennan—Secretary & Publicity Officer



Dawn Kent -Treasurer



Jane Davis—Group Coordinator



Paul Berry—Speaker Finder



Heather Girdlestone- Membership Secretary



Barbara Charity—Committee Member & Beacon Admin

GROUP CO-ORDINATORS REPORT

I am pleased say that after reviewing my October report to you all, I can confidently say progress has been made with the development of some new groups.

I have finished and had approved, a simple single page guide to the role of a "Group Leader". This is now on the website.

The "Plus One" group has had its first initial outing – which was I believe a One plus 6 but went well. At least one other outing is planned. I will be writing to members to iron out a clearer process going forwards, but its a good start.

For the "Out & About" Group, I am hoping to organise a face-to-face meeting in March/April. I now have enough "willing" volunteers who have come forwards to make a sensible sized committee. If anyone else wishes to join as a member, they can either add themselves on Beacon or let me know and I will add them.

Its obvious that the "Out & Abouters" roughly divide into four groups:

- People who wish to have a u3a organised trip locally and will use their own transport, e.g., to The Romany Museum in Spalding or Flag Fen in Peterborough.

- People who like to go on an organised u3a trip a bit further afield by coach/train or minibus. York, Norwich etc

- People who would like to form a small group of u3a folk who know each other to join an externally organised day trip e.g., with Hallam or A & P travel.

- People from our u3a who wish to go on holiday – either for a long weekend or even a week. Depending on numbers this would either be as part of an external group or locally organised. I understand Spalding & District u3a even cruised as a group in the past!

Meanwhile two of our own intrepid members, having met through our u3a are off to Japan in April!

Additionally, we have a new group – "Walking with your Dog" contact me for more details of you are interested. The plan is to walk as a group once a month, each member to choose a walk. However, if any want to meet up separately then there is no problem.

We are renaming the Friendship Group for Singles as "just" the Friendship Group. Its a group to meet new friends after all., not a dating agency. Given the numbers in The Friendship group it may be possible aside from the monthly meeting to have "Village" "meet-ups" in between the monthly meetings if people wish. Certainly, Holbeach would be a good venue for one???

Finally, it seems that some people would appreciate First Aid training. We are looking into how this might be provided and at what level. Depending on what people want, there may be a charge involved, but once we have a better idea of what we can provide then we will let you know.

Thank you to everyone for your support.

Jane Davis, Group Co-ordinator.

SPEAKERS FOR 2022/23

Monthly meetings are held on the first Thursday of the month, Start 2.00 pm prompt (doors open 1.30 pm) at Surfleet Village Hall with

Guest Speakers:

March: Bernard Bale on the Life and Times of a Fleet Street Reporter

April Chris Hewis Skegness - A Victorian Seaside Town

May Afternoon Tea to celebrate the Coronation of King Charles III
This will be held at Spalding Services and Social Club.

June Keith Hanson Prisoners of the Tower The Story of the Two Young Princes held Prisoner in the Tower of London .

Speakers can be subject to change due to unforeseen circumstances

DEADLINE FOR THE SUMMER EDITION

The Committee are very grateful to all of you who send in articles for the newsletter, without you there would be no newsletter, so please keep those articles coming. It is very rewarding to receive articles from group leaders who we do not hear from very often.

Thank you to everyone who has contributed articles for this newsletter. The deadline for receipt of articles for the Summer edition is **15th May 2023**. Articles should be no longer than 300 words and please include a picture if you can. If you need a picture taken, please contact the Photography Group.

Please send articles to spaldingu3newsletter@gmail.com in a Word Document, any accompanying photographs please provide them as JPEGs. Do not send them to Jean's personal email address.

Our Newsletter Editor, is Jean Bratley.

Christina Tyler & The Committee.

Social Committee Quiz Night

U3A's newly formed Social Committee held it's first event on Friday 3rd February, 2023. The General Knowledge Supper Quiz featuring quiz master Ken Bush took place in Pinchbeck's Village Hall and was very well supported with almost 50 members having an enjoyable evening which also included a fish and chip supper. The quiz comprised of ten rounds with varied topics together with a marathon round where you needed to identify fifty different company logos.

In a closely fought tight contest which was undecided until the final round, the eventual winning table comprised Rosemary McClements, Ian Dack, Lynn Franklyn, Heather Girdlestone and Sue & Wayne Morris. Well done to them and to all who took part.



SPALDING & DISTRICT u3a WEBSITE

Mel Gordon manages the Spalding & District u3a website, which is available for all to see at www.u3asites.org.uk/spalding

Please help him to keep your website up to date and relevant to you by passing him group news and reports, articles, ideas.

Group Leaders please check the description of your group and contact Mel with any necessary changes.

Christmas Pantomime – December 2023

Those members who remember Christmas 2017 may recall a number of people performing a pantomime about Dick Whittagat and his cat Evostick travelling from Spalding to Surfleet to seek his fortune and become Mayor of Surfleet.

I appreciate it is far too early to think about next Christmas but the weeks and months fly by at a rapid rate. Over Christmas dinner it was suggested we produce another show for December 2023.

Back to 2017, many of the participants never guessed that six months beforehand they would be dressed as an old cow, or a scarecrow, or a pirate, or a grumpy dwarf in front of over one hundred people. The rehearsals and the performance itself provided all the participants with many laughs and much enjoyment.

These events take some time to prepare and plan. This is your U3A and the more you put into it, the more you get out of it. Please notify me by April 1st if you are happy to join in. We can then start planning the event. You will enjoy it.....oh yes you will.

I do have people who are prepared to help behind the scenes so it is actors we need. Perhaps I should state the performance is strictly for U3A members.

I look forward to hearing from you

Ken Bush

u3a member Ian Dack celebrating his 90th birthday with his friends in the Canasta group



SINGING FOR FUN

"The Singing for Fun" group have been out and about entertaining in the community. We now have three care homes we shall be visiting on a regular basis - Fenchurch, Glenholme and Ashwood, plus the Dementia club once a month. It provides a focus for the group and is also very rewarding."

Jacqueline Kemp



PROSTATE CANCER

I have a plea for all men, over a certain age, I think 50 is the recommended age, that they ask their doctor for a PSA test, and for women to encourage their menfolk to get a test.

In March 2022 after a scheduled blood test my GP phoned me to tell me that my PSA level was higher than they would like and that they recommended further tests be carried out. PSA is used as an indication of prostate cancer and its degree of severity. Due to other family members having had prostate cancer I always request a PSA test with every blood test. I had no pain or discomfort.

I was referred to The Pilgrim Hospital for tests where I underwent various scans and procedures and a number of appointments with the relevant consultants. The upshot was that I had prostate cancer. I was prescribed a course of hormone therapy, a three-monthly injection for 24 months. This therapy helps to shrink the prostate.

I requested a transfer to Peterborough City Hospital rather than Lincoln Hospital for radiotherapy treatment, Peterborough is a much shorter and quicker drive than Lincoln for me.

I was treated extremely well at both Boston and Peterborough Hospitals.

After several appointments and procedures at Peterborough I was scheduled for 20 sessions of radiotherapy, these were completed in November.

I am now, I suppose, in remission and I have no further appointments for 6 months.

I was very fortunate in that my cancer was detected early and it had not spread beyond the prostate, meaning it was treated much easier.

A Spalding u3a member

THE ALTERNATE GARDEN GROUP

Meetings for 2023

Having recently taken over leadership of The Alternate Garden Group, I think it fitting to firstly thank both Rosemary and Heather on behalf of group members for their commitment and hard work building the group up from scratch and promoting the group's activities over the last few years.

With this being my first 'write-up' for the quarterly Newsletter and the group not yet having carried out any activities, I give below details of events from February through to April. and hope to give a more detailed report in the next Newsletter.

The group's first meeting for 2023 was a visit on 21 February to St. Mary's Church in Whaplode to wander along the trail of the snowdrop walk and experience thousands of snowdrops in their natural setting around the church grounds. Refreshments were served after the walk with the opportunity to mingle and meet our new members.



Our March meeting at St Peter and St Paul's Parish Church Hall, Gosberton on 21 March, is a talk from Gill Walsh on 'The History of The Royal Botanic Gardens at Kew'

Gill is both a keen photographer and flower enthusiast who visits sites personally and takes her own photographs and is by all accounts an excellent speaker. It promises to be both an interesting and informative afternoon. Refreshments will be provided after the presentation together with a chance to ask any questions.

In April the group will be visiting Springfields Festival Gardens, Spalding leading up to the Spring Flower Garden Show 'Tulips in bloom'.

With the emphasis on recycle, re-use and redesign, our group has been invited to take part in 'flower art', decorating mannequins situated around the site for the forthcoming event and also create a flower posy jar, which can be taken home by Members. Everything will be provided for this, including natural eclectic elements from around the gardens. Refreshments provided .

Events and venues have still to be confirmed from May through to November, which will be our last meeting for 2023, but proposed visits to various gardening venues should be of interest to Members.

Lucy Kenney

VARIOUS

Good morning to all and I wish a Happy and Healthy New Year. The groups which I facilitate continue to offer enjoyable fare to all concerned, at least to myself and I hope to all other participants.

The Cribbage Group continue to meet at the Morrisons Community Room on a monthly basis and enjoy the get together of cards and social 'rabbit'.

The Dining Group have mainly enjoyed meals at varied venues arranged by active members and although members do not always partake of all types of cuisine I do believe that most members have had an enjoyable years gourmet interaction.

The Discussion Group have also had a year of lively debate with varied topic suggestions suggested by members. We were sorry to lose Rose earlier in the year for health reasons but her place has been admirably filled by Paul.

Our thanks to the Chair, Group Coordinator and all committee members for their support throughout the year and Jean for her work with the newsletters and Mel with the website.

Good will to all Spalding and District members.

Ian

POSTAGE STAMPS

Can we remind you that Frank Wilson is the contact for collection of used postage stamps which go to Hearing Dogs for the Deaf.

To ensure that stamps are not discarded by the organisation, please leave a finger width all round.

If you can keep them in that "safe place" until we can hold our monthly meetings again, you would be helping a very worthwhile cause.

EVENING DINING GROUP

Kathryn Livermore and Mel Gordon are joint group leaders of the **Evening Dining Group**. They are pleased to advise members that they now have availability to join their group. They welcome all members, whether you're new to the u3a or long established.

If you've just joined the u3a, or perhaps you're new to the area, the **Evening Dining Group** is an excellent introduction to mix and meet other members for a

relaxed evening of conversation, good food and a glass or two and the bonus is - no washing up! The photo above was taken at Ye Old Red Lion in Bicker, chosen as our venue this February.

We meet once a month on 2nd Wednesday of the month. The group members select a different venue each month, so there's always somewhere new to try. If you'd like to know more, please contact the Vice Char from the contacts page.



Following on from the prostate cancer article on page 8, the cut off age for some cancer tests is 75 or even earlier.

If you have any concerns you can contact your GP and request a test. For bowel cancer if you are over 75 you can phone 0800 707 60 60 for a test kit.

Please don't think it can't happen to you. The earlier these problems are detected the better your chances of a cure.

NEEDLEWORK GROUPS

Springs a coming

For their February meeting the two Needlecraft groups joined together in Moulton Community Centre and made these acknowledgements to spring! The idea of using sacking as the background was initiated from one member's visit to Fountains Abbey last summer where there was a display of a variety of styles of embroidery and applique on this type of backing. An enjoyable afternoon was spent having a general catch up and creating something different! The results could become cards, coasters, table mats or wall hangings!



CANASTA GROUP

The canasta group celebrated one of the members 90th Birthday at TONIC 44 in Surfleet. Ian would not let on which day his birthday was, but we knew it was in February. He is one of our most fervent members.

Why don't you come and join us. Give it a try. No pressure. A very easy game to play. & a very amicable group. The venue is free of charge. You are just expected to purchase a drink.

We play on 1st & 3rd Wednesday of every month from 12.30 until 15.00 (Winter hours) ELISE, the Lady at TONIC 44 always looks after us.

If you are interested to give it a go, contact me – Jean-Marie Dumarche on lefrog1uk@yahoo.co.uk

The RUMMIKUB Group also play at TONIC 44 on 1st and 3rd Thursday of every month from 10.00 until 12.00.