



**Issue No.21 Post Pandemic Newsletter February 2024**

Hi everyone and welcome to the February 2024 edition of the u3a Sutton Bridge Newsletter.



*In the bleak midwinter, frosty wind made moan, Earth stood hard as iron, water like a stone; Snow had fallen, snow on snow, snow on snow, in the bleak midwinter, long ago.*

Back on October 3<sup>rd</sup> 2023 at our General Meeting we had a presentation on Parkinson's Disease by Sandra from Eye Guide MC here in Long Sutton.

After that meeting our Speaker Secretary, Jim Stalley, passed details of Eye Guide MC to his niece, Carol, who suffers from Parkinson's. Carol made an appointment with Eye Guide MC and I leave you to read below the result of that appointment.

"Date: Sun, Jan 21, 2024 at 9:00 PM  
Subject: Forward text  
To: Jim Stalley <[jim.jstalley@gmail.com](mailto:jim.jstalley@gmail.com)>

Hi Jim

Mum said you want me to write a report about the eye guide for your u3a meeting. I'm not sure how you

want it but I've written something so I hope it is ok.

After Sandra came to the u3a meeting as a guest speaker about her invention of the eye guide, a device to help those with Parkinson's Disease, my uncle Jim told me about this meeting as I also have Parkinson's Disease.

I was interested and came to Long Sutton for a consultation which was very thorough and I had an eye guide fitted for a free two week trial. It was fitted on my right side as this was the side that showed the most benefit (it didn't work too well on the left side). Within a few seconds my tremor decreased significantly, the fixed expression on my face lessened and I was able to smile without it looking like a grimace and the rigidity in my arms lessened especially on the right side - amazing.

It is such a relief to get some respite from the constant tremor. I tried it for 2 weeks and was happy with the results. It is not a cure but rather an aid to help reduce the symptoms. It does not work so well if I am tired or stressed but it has been very beneficial to me so far.

I decided to keep the eye guide after the trial and have bought it. I wear it 24/7 only taking it off to wash my hair / bath etc. It is very discreet to wear and people don't notice it under my glasses. Parkinson's is a challenging condition and wearing this device has helped to give me an improved quality of life.

I don't really understand exactly how it works, which is something that Lincoln University is researching at the moment, but the fact that it does help is enough for me and I hope it continues to benefit me as the disease progresses.

So without that talk at the u3a meeting I would have never heard about the eye guide so I am grateful to my uncle for passing the information on.

Hope that is ok. Hope you are well.

Carol x

### **Ted Atkinson**

As you know sadly we lost our dear friend and fellow member, Ted, just before Christmas.

Mandy, Ted's daughter, has let me know that Ted's Funeral will take place at St Nicholas Church, Lutton, at 2.00pm on Monday, February 5<sup>th</sup>. And that anyone who would like to attend will be more than welcome. Mandy sent me the following message:-

*"Mum said to let you know that nobody should wear a suit as dad hated them. She's worrying about it. Mandy xxx"*

Ted was the Leader of the Archery Group; the group members, past and present, who are able to will be attending.

## Interest Group News

### Tea 4 Tarts

Today, January 10<sup>th</sup>, saw our first meeting of 2024.



We enjoyed our tea/coffee and delicious cakes/scones at Gatsby Tea Rooms in Long Sutton with some enlightening conversations with loads of areas covered.



SWIG 1 December 16th 2023 Report



### SWIG 1 Group Thursday December 16<sup>th</sup> 2023

Firstly, a BIG thank you to Fay for her usual inimitable hosting. It was a lovely night; not forgetting the wines which each member brought of their own choice.

The first wine we had was a very nice Valle de Casablanca, Chilean Sauvignon Blanc from Sainsbury's at £7.25. This scored a resounding 8 out of 10. It was an excellent start.

Next came a Memoro Piccine from Italy which was a delicious blended red wine. This also scored 8 out of 10 and confirmed that the wines of the night were all above average. !! This was £7.75 from Tesco and had been awarded a Gold label in 2019.

Our next red wine was a 2019 Lussac Saint Emillon from Asda. Always a favourite. Priced at £7.50 this delicious wine did not disappoint and scored another 8 out of 10 .

Our final wine, a Beaujolais from France. Bought from the Wine Society at £15, this very nice Fleurie gave us a fitting end to our evening, scoring a 9 out of 10 !!

We enjoyed great cheese and biscuits and a trifle from our leader. We also had our secret Santa and finished off the evening tasting Jim and Frank's plum Brandy liqueur. !!!

Just remains for me to wish everyone A Happy New Year and I look forward to our next meeting on the 26th January at Paul's Man Shed. Which should be re-named The Swig Inn.

Cheers

Sheila Palmer

**u3a SUTTON BRIDGE – SWIG 2 HOSTED BY INGRID & ROGER JENNINGS**



Swig 2 has now grown to 10 members and we all agreed that we had a really great evening. We were treated to five lovely wines from New Zealand. First was (1) PINOT GRIS – GISBORNE a fruity. Lightly spicy with a taste of pear.

Goes well with spicy prawns and Thai Fishcakes. Cost £7.99 from Lidl.

We were next treated with a bottle of SAUVIGNON BLANC (2) from Marlborough region costing £9.49 from Lidi. This is an intense and racy Sauvignon Blanc with flavours of gooseberries, passion fruit and guava. This was followed by an Oyster Bay 2023 Sauvignon Blanc (3)TESCO £9.00 (Club Card) this wine has glorious fruit flavours .

Then followed a PINOT NOIR – HAWKE’S BAY (4)from Lidl cost £8.29 full bodied and balanced wine has fruity and perfumed style and the taste of summer fruits and cherry,

We finished the evening with another Oyster Bay wine this time Merlot (5) from TESCO at £9.00 (Club Card) with bright cherry aromas and rich plum with subtle spice and a soft lingering texture. This wine was voted the best of the five wines sampled during the wine tasting session with a total score of 275.50

Try it, you just might like it.

If you are interested in joining us at SWIG 2 contact our leader Frank on 07778 460 398

## Chess Group



The Chess Group meets on the last Saturday of the month at 10.30 am in the Library at The Curlew Centre in Sutton Bridge.

Frank Heinrich-Tiller is the Group Leader and he does a tremendous job in going in to the local schools and organising after-school Chess Clubs as well as promoting our own u3a Group.

If you would like to play, or learn how to play, then why not come along to one of our group meetings. Contact Frank via the u3a Sutton Bridge Website for more information or tackle him directly at the next GM.

## Table Tennis Group

u3a Sutton Bridge has a superb Table Tennis group expertly managed by John Blake , the Group Leader. The group comprises both men and women with mixed abilities and no-one is left out of the action.





The group meets every two weeks on Tuesday afternoons , 3.00 pm – 4.00pm, at The Peele Leisure Centre in Little London, Long Sutton. The next meeting dates are Tuesday 13<sup>th</sup> & 27<sup>th</sup> February so do come along and enjoy the fun and some light exercise; contact John Blake for details [johnblake097@gmail.com](mailto:johnblake097@gmail.com) or call John on 07966 440253.

**Beer, Wine & Bus Pass Group**

The January 26<sup>th</sup>. adventure took us to The Red Lion Pub in Holbeach via the famous 505 Bus , where Ben and Alex, the co-hosts there, made all 26 of us feel very welcome.

The Beer, Wine and Bus Pass Group meets on the last Friday of every month at a pub of my choosing (though I am always receptive to suggestions from within the group) provided that it is on the 505 Bus route.





There is no compulsion to drink alcohol, we have several members who are very happy to have tea/coffee or a soft drink, we are there together for each other's company, and nobody has to buy "a round", we all buy our own drinks and snacks etc.

Our next outing will be on February 23<sup>rd</sup>., the destination is not decided yet but I shall work on that in the coming days. If you are not a group member yet it is never too late, we can always fit you in;)! Just contact me and I'll make sure that you know where you need to get to.

Best wishes

Chris Livesey, BW&BP Group Leader

### **The Photography Group**

At our January meeting we were fortunate to receive a presentation from Tony Taylor, Chairman of Pinchbeck Photographic Group, entitled 'To the Moon and Back'.

This was a very interesting and informative talk on what is quite a difficult subject to take a successful image. However Tony explained the details of composition as to whether the subject was simply the moon or part of a story with the moon in the image, the camera settings that should be used taking account of the brightness, the speed the moon and earth move together with the planning of the shoot and equipment required.

This is the first time the group has had the benefit of a guest speaker and it is expected that there will be further opportunities for such a meeting.



If you are interested in joining the Photography Group please do let me know and even if you only have a camera on your 'phone you will be very welcome.  
Roger Jennings, Group Leader

## History Group



## History Group news!

Our first meeting of 2024 was a lovely friendly get together on 22<sup>nd</sup> January. We welcomed Graham and Tony, two local guys who jogged our memories about the changes that have occurred over the past 60 odd years in Long Sutton and Sutton Bridge! To keep the brains buzzin' we had a quiz about the 1960's that kept us talking and reaching into the far recesses of our memories for answers! Big 'hurrah' to the winning team, a score of 29 out of 39 ... with two tables very close behind with an impressive 26 points each! We were sad to say cheerio to Barbara, in her capacity of half of our excellent refreshment crew, working alongside Anne, but to kick off 2024 Monica has joined forces with Anne, so a big thank you and hello to Monica!

**Meeting for February will be on Monday 26<sup>th</sup> February** at the Market House 10.30 – 12.30

Where we will be joined by Tim Machin from our local Long Sutton District Society to give a talk on Long Sutton Market Place.

**Meeting for March will be on Monday 25<sup>th</sup> March** at the Market House 10.30 – 12.30

Where we will be joined by Ray Howard telling us about the Formation of the Modern Police Service.

**Meeting for April will be on Monday 22<sup>nd</sup> April** at the Market House 10.30- 12.30

And we will be joined by Frank Heinrich-Tiller telling us all about the history of Lloyds of London.

**No meeting for May 27<sup>th</sup> as it is a Bank Holiday**

But we will be back again in June and we have lots of interesting ideas and thoughts to add to the mix that is our History Group and could be your History Group too!

If you would like to join the History Group please let one of our group know if you are at the next General Meeting on February 6<sup>th</sup> or simply come along to the Market House at the next, or any of the above dates, and we can guarantee you a warm welcome.

Jackie walker



## Model Railway Project at Long Sutton Men's Shed

You may recall from an earlier Newsletter the Long Sutton Men's Shed has started a Model Railway project.

Well, it has made the news, The Voice, has covered this event and their report is below.

As you will see The Shed is looking for Model Railway enthusiasts to get involved but if you cannot do that but have double O gauge railway items locked away in your loft, attic or garage that are no longer needed The Men's Shed would be very please to take them off your hands.

Thursday, January 25, 2024 www.spaldin

---

# Long Sutton

---



The Men's Shed at last year's Flower Parade.

## Shed on track with project

It's full steam ahead for Long Sutton Men's Shed's latest project.

The Silverwood Nursery-based group, that aims to beat loneliness for members, is now looking to create a model railway.

It would be a OO gauge at its base and the charity is holding a public meeting to discuss how to go forward.

Even if you don't want to get involved, the group is appealing for anyone who may have any OO gauge equipment they may wish to donate to the project.

A spokesman for the Long Sutton Men's Shed said: "We already have a busy and fast growing modelling section where members can work on their model ships, planes, automobiles and model trains.

"Now we are starting another new venture constructing a scale OO gauge model railway.

"Anyone interested in coming along to the initial public meeting, it's at the Shed at Silverwood Centre, St James Road, Long Sutton at 11am on Sunday, February 4.

"The Shedders would welcome for any donations of OO gauge model railway items, track and support for our new model train club.

"If any men would like to join our new train modelling group they most welcome to visit our Shed.

"We are open Tuesday, Thursday and Sunday mornings 9am to 1pm.

"If you are interested in modelling come along to the Long Sutton Men's Shed to see what we have to offer for our members."

## From the Chair and Committee.

The dates all occur on the first Tuesday of each month and alternate between the Curlew Centre and the Market House.

We hope the chart below will be helpful, don't forget to put the dates in your diary.

**Please note that our next General Meeting will at The Curlew Centre on 6th February, doors open at 1.30 pm.**

<u>General meeting location</u>	<u>General meeting date</u>	<u>Month</u>
<u>N/A</u>	<u>N/A</u>	<u>JANUARY</u>
<u>CURLEW CENTRE</u>	<u>06/02/2024</u>	<u>FEBRUARY</u>
<u>MARKET HOUSE</u>	<u>05/03/2024</u>	<u>MARCH</u>
<u>CURLEW CENTRE</u>	<u>02/04/2024</u>	<u>APRIL</u>
<u>MARKET HOUSE</u>	<u>07/05/2024</u>	<u>MAY</u>
<u>CURLEW CENTRE</u>	<u>04/06/2024</u>	<u>JUNE</u>
<u>MARKET HOUSE</u>	<u>02/07/2024</u>	<u>JULY</u>
<u>CURLEW CENTRE</u>	<u>06/08/2024</u>	<u>AUGUST</u>
<u>MARKET HOUSE</u>	<u>03/09/2024</u>	<u>SEPTEMBER</u>
<u>CURLEW CENTRE</u>	<u>01/10/2024</u>	<u>OCTOBER</u>
<u>MARKET HOUSE</u>	<u>05/11/2024</u>	<u>NOVEMBER</u>
<u>CURLEW CENTRE</u>	<u>03/12/2024</u>	<u>DECEMBER</u>
<u>ALL MEETINGS START AT 2.00PM UNTIL 4.00PM</u>		

## From The Speaker Secretary

The next General meeting will be held on Tuesday 6th February 2024 when our member Frank Heinrich-Tiller will give a follow on presentation about his work, travels and some of the people he met whilst working with Lloyds of London.

## From the Newsletter Editor

My thanks to everyone for their contribution to this month's Newsletter, please keep your contributions coming!

Best wishes

Chris