



THE THIRD AGE TRUST

**UPTON & LYTCHETT U3A
2018/2019
INFORMATION BOOKLET
Issue 3**

UPTON & LYTCHETT U3A Website
www.u3asites.org.uk/upton-lytchett

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UPTON & LYTCHETT U3A
Facebook page link:
<https://www.facebook.com/uptonlytchettu3a>

Please keep this booklet

After the AGM on 6 September 2019
NEW COMMITTEE FOR 2018/2019:

Chairman

Bernard Elliott-Smith
01202 632213
bernard@walkertechnique.com

**Vice Chairman &
Socials Secretary**

Pat Silwood – 01202 623702
p.silwood@sky.com

Secretary

Hilary Sanders – 01202 621947
hilarybequia@hotmail.com

Treasurer

Alec Cannings - 01202 632298
alec.cannings@btinternet.com

Membership Secretary

Niki Prior - 01202 951574
niki_prior@hotmail.co.uk

Committee member:

Neil Hoskison – 01202 622638
hoskison@talktalk.net

Committee Member

June Sturgess – 01202 083853
h.j.sturgess@gmail.com

AGM held Thursday 6 September 2018
Lytchett Matravers Village Hall, High Street
Lytchett Matravers BH16 6BG
followed by a talk on:
Pirates, Castaways & Codfish –
Poole's Maritime Heritage in Early Modern Britain
by Don Nutt, Poole Rotary Club

A MESSAGE FROM THE RETIRING CHAIRMAN

Greetings!

Our U3A has been around for about ten years now and during that time the price of almost everything has gone up - except your membership fee.

I think our Treasurer Alec and the whole committee deserve our thanks for this achievement. But, sadly we, like King Canute of old, can no longer hold back the tide of rising costs. Consequently, there will be an increase in the membership rates this coming autumn.

However, I hope you will agree with me our U3A remains excellent value. Enjoy the summer break and we look forward to seeing you again in September.

Iain Dickie
Chairman

NEW GROUP

PHOTOGRAPHY – Thursdays 2-3 pm

- commencing September 2018 - thereafter once a month on the 4th Thursday

Photography is more than just taking 'snaps'. Harvey and the group will explore which aspects prospective members would like to learn more about.

Group Leader: **Harvey Sturgess Tel No: 01202 083853**

GROUPS WITH SPACES

Art for All – Lytchett - Every Thursday 2 – 4 - Elaine Neale – 01202 625814

Board Games – Upton – 2nd & 4th Tuesdays 10.30 – 12.30

Joint Group leaders: Jacqueline Taylor 01202 631234 & Jan Schwarzin 01202 621204

Classic Cars & Bikes – Lytchett – 2nd Monday of each month – 2pm – Brian Levell 01202 568357

Current Affairs – Lytchett – 1st & 3rd Tuesdays – Alan Bagley 01202 624836
Dancing for Pleasure – Lytchett – Friday afternoons – June Sturgess 01202 083853
Discovering Wessex – Upton – Every Wednesday – Niki Prior – 01202 951574
Local History – Lytchett Matravers – 2nd and 4th Wednesdays 10 – 12
 Shirley Percival – 01929 459457
Mah Jong – Upton - Every Tuesday 2 – 4 – Wendy Williams-Lucas 01202 623804
Petanque – Upton Country Park - Every Friday 1.30 – 3.30 - Bonita Vincent – 01202 622943
Ukelele Group – Frayed Strings – Upton – Thursdays 10.00 – 11.30 – Pam Dickie – 01202 733490
WALKING GROUPS:
Peter’s 3-4 Mile Walks – local - Every Monday morning
Peter’s Easy Walks – Upton - 1st and 3rd Fridays 10.30 – 11.30
J & G’s Walks (4-6 miles) – Various - 2nd Wednesday morning
Country Walks (5-7 mile walk) – Various – 3rd Thursday of each month
Contact details listed under daily activities.

JOINING INSTRUCTIONS

- (A) PLEASE SPEAK TO THE LEADER OF ANY GROUP YOU MAY BE INTERESTED IN BEFORE YOU SEND YOUR MEMBERSHIP FEE SO THAT YOU CAN FIND OUT MORE ABOUT THE GROUP AND ENSURE THAT THERE IS A SPACE FOR YOU. SOME GROUPS FILL VERY QUICKLY, WHILST THERE ARE SPACES AVAILABLE IN MANY OTHER GROUPS.**
- (B) PLEASE MAKE SURE THAT YOU COMPLETE THE MEMBERSHIP FORM IN FULL EVEN IF YOU HAVE PREVIOUSLY BEEN A MEMBER.**
- (C) EXISTING MEMBERS SHOULD ENDEAVOUR TO RENEW THEIR MEMBERSHIP EARLY TO ENABLE GROUP LEADERS TO KNOW WHETHER THERE ARE SPACES FOR NEW MEMBERS TO JOIN A GROUP.**
- (D) PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE FOR THE RETURN OF YOUR MEMBERSHIP CARD**

At the start of the academic year in September/October fees are:

Single membership £25; Joint membership £45

During the year fees are reduced:

Spring term: Single membership £20; Joint membership £35

Summer term: Single membership £15; Joint membership £20

We have no reciprocal agreements with any other U3A so the membership fees are payable in full even if you already belong to another U3A.

We have a general limit of three classes per member but, depending on what other groups you would like to join, at the committee’s discretion you may be able to join more than three.

If you wish to join please send your completed membership form together with a cheque made payable to ‘Upton and Lytchett U3A’ (or cash if preferred) to Niki Prior, Inglemere, Pine View Close, Upton, Poole BH16 5ER. Please enclose a stamped addressed envelope to enable us to send you your membership card.

We will continue to provide you with an Information Booklet when you enrol/re-enrol as a member. We are happy to provide you with an e-mail version of this booklet, please ask niki_prior@hotmail.co.uk

GROUP ACTIVITIES

MONDAYS:

Bridge – Bulbury Woods Golf Club - Every Monday 2 – 5
Pauline Cashmore – 01202 897361

Classic Cars & Bikes

Group Leader – Brian Levell - Tel No: 01202 568357
Lytchett Matravers - 2nd Monday of each month – Time: 2pm

Creative Writing – Upton – the 2nd Monday in the month 10 – 12
Gill Almond – 01202 624103

German Conversation Every Monday 2 – 4
Rosmarie Tinsley – 01202 623073

Mah Jong – Lytchett Matravers - Alternate Mondays 10.00 – 12.00 noon
Rosie Johnson – 01202 632130

Peter's 3-4 Mile Walks – local - Every Monday morning
Peter Rusling – 01202 269668

TUESDAYS:

Tai Chi - Beginners – Lytchett Matravers - Every Tuesday 9.30 – 10.30
Heather Argent – 01202 949690

Tai Chi Workshop – Lytchett Matravers - Every Tuesday 10.45 – 11.45
Heather Argent – 01202 949690

Board Games – Upton – 2nd & 4th Tuesdays 10.30 – 12.30
Joint Group leaders: Jacqueline Taylor 01202 631234 & Jan Schwarzin 01202 621204

Current Affairs – Lytchett Matravers - 1st and 3rd Tuesdays 10.30 – 12.30
Alan Bagley – 01202 624836

Dorset Villages – Lytchett Matravers – Every Tuesday
Rosie Endecott – 01202 622158

Exploring Dorset & Beyond – Every Tuesday
Pat Silwood – 01202 623702

Mah Jong – Upton - Every Tuesday 2 – 4
Wendy Williams-Lucas 01202 623804

Swimming – Hamworthy – Every Tuesday 10.45 – 11.45
Richard Long – 01202 622552

WEDNESDAYS:

Discovering Wessex – Upton – Every Wednesday
Niki Prior – 01202 951574

History of Art – Lytchett Matravers - 4th Wednesday 2.30 – 4.30
Tel Membership Secretary – 01202 951574

J & G's Walks (4-6 miles) – Various - 2nd Wednesday morning
Jill Gower – 01202 623646; Garry Williams-Lucas 01202 623804

Local History – Lytchett Matravers – 2nd and 4th Wednesdays 10 – 12 noon
Shirley Percival – 01929 459457

Stitch & Patch – Upton - 1st Wednesday of the month – 10- 12 noon
Jan Chappell – 01202 256793

THURSDAYS:

Art for All – Lytchett Matravers - Every Thursday 2 – 4
Elaine Neale – 01202 625814

Family History – Lytchett Matravers – 4th Thursday 10.30 – 12 noon
Mick Perrott – 01202 632187

Country Walks (5-7 mile walk) – Various – 3rd Thursday of each month
Rosie Johnson – 01202 632130

French Conversation – Upton - Every Thursday 10.30 – 12.30
Bonita Vincent – 01202 622943

Photography – NEW – Lytchett Matravers commencing 13 September 2018
Once a month thereafter on the 4th Thursday
Harvey Sturgess Tel No: 01202 083853

Singing for Pleasure – Upton – Every Thursday 2 – 3.30
John Almond – 01202 624103

Ukulele group – Frayed Strings – Upton every Thursday 10.00 – 11.30
Pam Dickie – 01202 773490

FRIDAYS:

Petanque – Upton Country Park - Every Friday 1.30 – 3.30
Note: there are charges for parking in the car park at Upton Country Park
Bonita Vincent – 01202 622943

Dancing for Pleasure – Every Friday – 2 – 4
June Sturgess – 01202 083853

Peter's Easy Walks – Upton - 1st and 3rd Fridays 10.30 – 11.30
Peter Rusling – 01202 269668

Enjoying Poetry – Upton - 2nd Friday 10.30 – 12.30
Ruth Williams – 01202 625063

SUNDAYS

Sunday Lunch Group – last Sunday of the month
Judy Eldergill Tel No: 01202 622759

BRIEF DETAILS OF OUR GROUPS

ART FOR ALL Welcomes all, regardless of experience or ability, and includes still life in pencil, charcoal and collage work plus water colour painting. Help and information given for any subject or medium as required.

BOARD GAMES A friendly get-together to play Rummikub, Upword, Scrabble and various other games – Upton.

BRIDGE Players of all abilities learning from each other in a friendly spirit.

CLASSIC CARS & BIKES A friendly get together once a month, any U3A member with an interest in classic cars or motor bikes welcome. You don't have to own a classic, just come along for a chat and have a coffee or a pint. We let you know at each meeting the local car and bike events for the coming month.

COUNTRY WALKS Will usually be 5-7 miles long, at a moderate pace, suitable walking boots recommended. The walks, starting in the morning, are usually followed by a pub lunch or, occasionally, include a picnic along the way.

CREATIVE WRITING A friendly group for anyone who enjoys writing stories, articles, different types of poems, etc. with like-minded people.

CURRENT AFFAIRS Friendly discussions of topics of the moment

DANCING FOR PLEASURE GROUP – Modern Ballroom, Latin American, Old Time and Modern Sequence. Learn to dance so that you can enjoy dancing on your cruises.

DORSET GROUPS:

DISCOVERING WESSEX Researching and then visiting many of the beautiful villages and towns of Dorset and adjacent counties to discover their history and sample their pub lunches.

DORSET VILLAGES Researching and then visiting many of the beautiful villages and towns of Dorset to discover their history and sample their pub lunches

EXPLORING DORSET & BEYOND Researching places and people of interest in our area followed by a visit and lunch.

ENJOYING POETRY A friendly get-together to read and enjoy all types of poetry

FAMILY HISTORY

Researching your family tree and family history, sharing resources and tips.

FRENCH CONVERSATION A conversation class for those with a reasonable level of French – not for beginners.

GERMAN CONVERSATION A conversation class for those with a reasonable level of German.

HISTORY OF ART A study of various aspects of the subject and opportunities to share information on group members' favourite works of art.

J & G's WALKS Four to six mile walks which go out of the immediate local area.

MAH JONG Two separate groups both for beginners and accomplished players who meet together for friendly games – one in Upton and one in Lytchett Matravers.

PETANQUE A friendly game at Upton Country Park – bring your own boules.

PETER'S EASY WALKS Two mile walks in Upton on level ground starting and ending on a bus route.

PETER'S 3-4 MILE WALKS Three to four mile walks near to Lytchett Matravers or Upton starting and ending on a bus route.

PHOTOGRAPHY – NEW – commencing 13 September 2018

Photography is more than just taking 'snaps'. Harvey and the group will explore which aspects prospective members would like to learn more about.

SINGING FOR PLEASURE We sing all types of songs in a friendly, relaxed atmosphere. It is not necessary to be able to read music – all welcome.

STITCH & PATCH a social group for all who like to do Patchwork, Cross Stitch, and Embroidery.

SWIMMING – enjoy a swim in Hamworthy School's swimming pool. No instruction will be given and members of this group must be swimmers. Swim caps must be worn – both male and female. No lifeguard will be present and no responsibility will be accepted by the U3A for your safety. Your first swim is free and then a charge per swim applies (to be arranged – less than 70p) payable in advance at the start of each term.

SUNDAY LUNCH GROUP eat Sunday lunch once a month in the company of friends at different locations.

TAI CHI a two year course of the Chinese method of exercise and movement to promote health and well-being in mind, body and spirit. The second year of the two year course will commence in Autumn 2018.

TAI CHI WORKSHOP for those experienced in Tai Chi and who have completed the two year course

UKULELE GROUP – FRAYED STRINGS give recitals at the Summer Concert in June and at the Christmas party. Members need their own ukulele (£15 upwards). This is a mixed ability group.

OUTINGS & ACTIVITIES

We will advise members of planned outings and activities in our newsletters which we publish throughout the year. These outings would be on a car sharing basis and those without transport would be offered lifts with those who have cars.

From time to time we are invited to go on coach trips organised by neighbouring U3As. You will be advised by email and we recommend that you respond speedily to ensure a place on these trips.

SOCIALS

AUTUMN/WINTER

Thursday 6 December 2018

Christmas lunch at Lytchett Matravers Village Hall 12.30

The Singing for Pleasure Group will sing carols

Frayed Strings – The Ukulele Group will also perform

As always, this event was organised primarily for members and there was no charge to come to the party. All those attending were asked to bring a plateful of food which was placed on a central table and shared out. Due to space limitations the number of those attending was limited and places allocated on a first come first served basis.

As in previous years **Bonita Vincent** ran the Christmas raffle.

Please donate a prize for the raffle.

Pat Silwood, Social Secretary, Tel No 01202 623702

SPRING

Annual U3A Luncheon at The Stocks Inn, Furzehill

WIMBORNE BH21 4HT

on Friday 15 March 2019

contact Pat Silwood – 01202 623702

**SUMMER
SUMMER CONCERT
20 JUNE 2019
THE SINGING FOR PLEASURE GROUP &
FRAYED STRINGS (the Ukulele Group)**

will perform at Lytchett Matravers Village Hall, 2pm start, doors open 1.30 pm
Tea, coffee and biscuits provided. A donation of £0.50 requested payable at the door.
Non-members welcomed

ADDRESSES OF HALL VENUES

Hamworthy Park Junior School
Ashmore Crescent, Poole BH15 4DG
Lytchett Matravers Scout Hut
High Street, Lytchett Matravers BH16 6BG
Lytchett Matravers Village Hall
High Street, Lytchett Matravers BH16 6BG
Upton/Lytchett Minster Scout Hut
(adjacent to Upton Community Centre)
Poole Road, Upton BH16 5JA
St Dunstan's Church Lounge
Poole Road, Upton BH16 5JA
Upton Community Centre
Poole Road, Upton BH16 5JA
Llewelin Court
Dacombe Drive Upton BH16 5RJ
Upton Working Men's Club
Courtney's Yard, Poole Rd, Poole BH16 5HX.

IMPORTANT REMINDERS TO ALL OUR MEMBERS

There are various national U3A courses, seminars, summer schools and activities details of which can be found in the national magazine 'Third Age Matters' and on the website : www.u3a.org.uk

DEVELOPING INTERNATIONAL LINKS

How to set up links with U3As in other countries. Cultural visits, twinning arrangements between U3As, Language Links. To find the link to this document access the Welcome page on our website www.u3asites.org.uk/upton-lytchett

SPECIAL NOTE

Upton and Lytchett U3A maintain a computer database of the details you supply on the membership form and of the courses you attend. The database is used for producing mailing labels, class lists, the information booklet, accurate statistics and to help us contact members rapidly. The database will be used only by the members of the Upton and Lytchett U3A committee and by the Third Age Trust.

The Third Age Trust has contracted for services from the following 3rd party data processor - D M Print Ltd - for the sole purpose of distribution of the Third Age Trust Magazine to its members.

Information held on our database will not be disclosed to any other party.

In accordance with GDPR legislation U3A members are entitled to request access to the information that is held by the U3A. The request needs to be received in the form of a written request to the Membership Secretary of the U3A. On receipt of the request, the request will be formally acknowledged and dealt with within 14 days unless there are exceptional circumstances as to why the request cannot be dealt with within that timescale. The U3A will provide a written response detailing all information held on the member. A record shall be kept of the date of the request and the date of the response.