



WOODSIDE U3A NEWSLETTER DECEMBER 2022  
MEETING AT THE STANBOROUGH CENTRE WATFORD

<https://u3asites.org.uk/woodside>

Charity Reg.: 1182140



Hi Everyone,

Welcome to our December 2022 newsletter.

The weather has turned cold and Christmas is just around the corner. This month I completed my tour of the interest groups with visits to the Canasta, Craft and Sign Language Groups. It amazes me how members have not just got a thirst for knowledge but they have so much fun in the process. My experience in visiting these groups was that they are all appealing to join. One of our members (who shall remain anonymous) belongs to 11 interest groups. Now I'm not suggesting we all follow that member's example but there are so many opportunities to try something new. You can always arrange to visit a group for a taster session. In addition, if you have an idea for a new group, speak to Bernice Caffrey, our Interest Group Co-ordinator.

We had a very interesting speaker last month - Yael Shotts from Dementia Carers Count. For further information if you missed the General Meeting, visit their website.

When you read this newsletter we will have already had our Christmas Lunch, the coach trip to see London's Christmas lights and the trip to the Stratford on Avon Christmas Fair. It's so good for us to get together at this time of year.

Our next General Meeting will be on Wednesday 14 December when we will be entertained by the Drama Group, the Singing For Pleasure Group and the Quiz Group.

On behalf of the Woodside u3a Committee I wish you all Seasons Greetings and a Happy New Year.

Keep well and stay warm.

Barbara Elman  
Chair

**Please see back page for contact details of the committee**

The Post Office is making changes to the postage stamps in the New Year so any stamps you have without a bar code on need to be used by the end of January or traded in. The leaflet from the Post Office giving further details is on the website.

## Interest Group News

Art.	Contact: Sue Walters on 07989 250483, Group meets fortnightly 10-12am at Tanners Wood Hall
Badminton	Contact: Susan Coultrup on 01923 334387. Group meets weekly i Wednesday at Watford Leisure Centre (this is a joint group with SWH)
Books	Contact: Libby Crawford on 01923 247847. Group meet every 3rd Wednesday at 10.30am
Bridge Improvers	Contact: Judith Evans on 01923 260354 or 07960 642651. Group meets 1st and 3rd Mondays at 1.30 - 4.30 at Asda Room 3 (this is a joint group with SWH)
Bus Pass Travel	Contact: Bea Luffrum on 07711709039. Group to meet monthly on a Wednesday or Thursday. Next trip will be in the New Year.
Canasta	Contact: Denise Branton on 07786 391534. Group meets 3rd Tuesday of the month at Asda Community Suite at 2.00pm
Chess	Contact: Barbara Elman on 07833996358. This group meets monthly at members' homes. Next meeting 22nd September.
Craft:	Contact: Jo Bromwich on 01923 443758. This group meets on the 4th Wednesday of the month at Abbots Langley Cricket Club at 10 until 12 noon
Drama	Contact: Carol Stanton at <a href="mailto:carolstanton225@gmail.com">carolstanton225@gmail.com</a> . This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am. Next meeting 22nd November 2022
Family History	Contact: Bea Luffrum on 07711709039. Group meets monthly on the 1st Wednesday morning at members houses (this is a joint group with SWH).
French.	Contact: Heather Lace on 07951937064. Group meets fortnightly on a Monday at 2.30p at members houses
Garden Visits	Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting. We currently have three visits on offer.
Line Dancing	Contact: Judy Lovell on 01923 893368. Group meets 1st and 3rd Mondays. First session 10.15am. Second sessions 11.15am (this is a joint group with SWH)
Listening to Music.	Contact: Diane Reilly on 01923 261840. Group meets monthly 1st Tuesday afternoons at members homes
Lunch Group	Contact: Joyce Gray on 01923 263213 or <a href="mailto:rejoyce.gray@gmail.com">rejoyce.gray@gmail.com</a> . Monthly. Days and Venue vary
Mexican Train	Contact: Bernice Caffrey on 01923 672359. Group meets every 4 weeks on a Thursday at 2.00pm.
Pathfinders	Contact: Patrick Turner on 0923 263511 or 7954640263 for details of next meeting (this is a joint group with SWH)
Philosophy	Contact: Jeanne Johnson on 01923 263598. Group meets monthly on 1st Monday 2.00-4.00pm. (this is a joint group with SWH)
Photography	Contact: Ken Jones on 01923 264855. Group meets 2nd Monday at 2.00pm ar members homes
Play Reading for Fun	Contact: Derek Giles on 01923 270971. Group meets 1st Monday 10.00-12.00am at Asda (this is a joint group with SWH)
Spanish 1	Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley
Sewing	Contact: Tina Photi on 07427866825. Group meets Wednesday at 10.00-12.00am at Tina's home

Sequence Dancing	Contact: Janet Moles on 07835 260967 Next meeting Friday 9th December at All Saints Church Hall from 2.00pm until 4.00pm
Sign Language	Contact: Sue Hickson on 07958669311. Group will start on the 26th August and meet the 2nd and 4th Friday of the month at Asda Community Suite between 2.00pm and 3.30pm.
Singing for Pleasure	Contact: Ady Shaw on 01923 51802. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda
Social Group	Contact: Joan Gillett <a href="mailto:jgillett43@gmail.com">jgillett43@gmail.com</a> .
Table Tennis	Contact: John Simpson on 07531 542605. Group meets fortnightly at 10.00-12.00am at the YMCA Haines Way
Trips	Contact: Martin Rodel on 01923 442417. Available trips advertised at General Meetings
Ukulele	Contact: Trevor Boardman on 01923 244016. Group meets 1st, 3rd and 5th Thursday and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Community Room (this is a joint group with SWH)
Weekenders	Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting.
Woodside Walk Five	Contact: Derryck Croker on 01923 673719 for details of next meeting. Group meets monthly on the 2nd Wednesday.
Quiz	Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm on the third Thursday of the month.

### Interest Groups News

We have no new interest groups this month, but we hope to further the Local Theatre Trips in the near future.

With regard to the refreshment rota for the coming three months, these are the groups which are asked to cover refreshments. Only one or two members from each group is adequate. Please let Anne Mitchell know, as Anne will supply all the necessary tea, coffee, milk, sugar and biscuits.

January - Drama and Family History

February - French and Listening to Music

March - Lunch Group and Mexican Train.

Also, I have a note for Interest Group Leaders. We will be holding an Interest Group Leaders meeting at Asda Community Suite on Wednesday 18th January between 10.00 am and 12.00am. A date for your new diary.

### Christmas Lights Outing

We set out in two coaches from The Stanborough Centre at 4.30pm on Monday 28 November. With great anticipation we were driven to London. The traffic was heavy but we were in good humour. It took 1 1/2 hours to get to Westminster Bridge. That was where our troubles started. There was commotion, horn blowing, screaming, shouting by a large group of Albanians blocking the road with their cars to commemorate Albanian National Day. We sat on the coach for over an hour. A number of our group walked to the fish and chip shop to bring back our food to eat on the coaches. Having eaten and eventually moving forward, the driver stopped at Russell Square for a comfort stop. It was a memorable evening, totally out of our control - reminding me of the phrase - the best laid plans. All credit to Joan for organising the evening though. We Woodsiders are an intrepid troupe and nothing stops us from staying cheerful in adversity. Next year we might choose a



different day! And a massive thank you to those who collected the food by walking through the heaving crowd of partying Albanians.

**November General Meeting** Yael Shotts was the representative of 'Dementia Carers Count' who gave an amusing and informative talk in November's meeting.

Many of us were a little apprehensive and wondered what a talk about dementia could be about as it probably has touched many of us with friends or family suffering from one of the hundreds of forms of dementia. However, the subject was about the wonderful charity 'Dementia Carers Count' whose purpose is to support and educate carers as, they say, 'if the carer breaks down under the pressure, then the patient's wellbeing will also suffer'. (Yael talking to Linda Murphy)



Founded in 1862 as the Royal Surgical Aid Society in London it has gone through various name changes and finally found its focus in 2018 as 'Dementia Carers Count'.

Available for anyone who is a carer for someone affected by dementia, even if it's only for an hour or two a week, they offer support in the forms of a 9-5 telephone service, 24 hour text support, 1-3 day residential courses plus over 30 online learning sessions of which Yael played some to us and they are super informative and a thoroughly refreshing look at a situation that some of us might experience in the future or are already experiencing.

The support they provide was co-developed with experienced carers so they can give help to anyone who wishes or needs to take advantage of what they offer. There are over 700,000 registered carers in the UK who's emotional wellbeing isn't always taken into consideration so what this wonderful charity offers fills that need.

Just a few of their online learning sessions are:- Taking care of yourself as a Carer, The uses and benefits of music, Memory changes, Carers rights and benefits.

Pam Cotton (<https://dementiacarers.org.uk/>)

#### WANTED: NEWS & PHOTOGRAPHS

suitable for publication please send to  
The Webmaster, Andrew Cummings at  
[andrew.cummingsu3a@btinternet.com](mailto:andrew.cummingsu3a@btinternet.com)

The newsletter is available online at  
<https://u3asites.org.uk/woodside>

#### AND FOR THE NEWSLETTER

Copy date for the JANUARY Issue is  
2<sup>ND</sup> JANUARY 2023

Send to Jo Bromwich, 01923 443758 or  
email [jo.bromwich@ntlworld.com](mailto:jo.bromwich@ntlworld.com)

#### IMPORTANT CONTACT DETAILS

[webmaster@woodsdeu3a.org.uk](mailto:webmaster@woodsdeu3a.org.uk)  
[newsletter@woodsdeu3a.org.uk](mailto:newsletter@woodsdeu3a.org.uk)

ANY ARTICLES RECEIVED AFTER THE  
COPYDATE MAY NOT BE INCLUDED

So our u3a can be as environmentally friendly as possible, you are invited to bring your own mug to our monthly general meetings. These are easier to drink from and will save using paper cups.

#### The committee contact details:

Barbara Elman, Chair - [chair@woodsdeu3a.org.uk](mailto:chair@woodsdeu3a.org.uk)

Bernice Caffrey, Vice Chair & Interest Group  
Coordinator - 01923 672359 [caffreyba@gmail.com](mailto:caffreyba@gmail.com)

Linda Williams, - no contact details

Alison Theobald, Treasurer - [a.theobald@sky.com](mailto:a.theobald@sky.com)

Lesley Cummings, Membership Secretary - 01923  
681478 - [membership@woodsdeu3a.org.uk](mailto:membership@woodsdeu3a.org.uk)

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