

WOODSIDE U3A NEWSLETTER

APRIL 2019

Meeting at The Church of the Nazarene, The
Brow, Woodside, Watford, Herts WD25 7NW
On the 3rd Tuesday of each month at 9.30am
<https://u3asites.org.uk/woodside>

By the time our April U3A General Meeting arrives, some what later than usual, Easter will have come and gone along with Mother's Day. A wonderful time for spring flowers and an abundance of chocolate, I hope you have enjoyed time with your families and friends over this spring holiday period.

It has been a very busy past few months for your U3A committee. We have welcomed three new members to our monthly meetings, which is fantastic for the injection of new ideas and ultimately the well being of our movement. All three new recruits have received induction training to assist in understanding the requirements of role they are undertaking. This is a requirement for good governance, which under the rules and regulations of both the Charity Commission and National U3A is referred to as a Trustee or Executive committee member responsibilities. As well becoming familiar with policy, procedures and our own constitution, health and

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Laila, Chair

AGENDA FOR 25 APRIL

9.30 MEMBERSHIP RENEWALS,
STUDY GROUPS & BOOK VISITS
10.00 BUSINESS MEETING
10.15 REFRESHMENTS
10.45 OUR SPEAKER IS COLIN
RICHARDS WITH A TALK
ENTITLED 'VISUAL
PERCEPTION: ARTIST'S
ILLUSIONS'
11.45 ROUND-UP AND CLOSE
OUR SPEAKER FOR 21 MAY WILL
BE ANGELA COLLINS WITH A
TALK ENTITLED 'A PUPPET'S
TALE'

Please look after your lanyard and card holder -if lost it will cost you £5 to replace it. If you decide to leave our U3A please hand in for recycling

YOUR COMMITTEE



Linda Williams Vice Chair



Lesley Cummings
Membership Secretary 01923 681478
lesley.scoble@btinternet.com



Bernice Caffrey
Study Group Coordinator
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Ken Emmons Social Secretary
01923 672139



Sheila Ramsamy
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Anita Gullis
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Barbara Elman business secretary
barbaraelman@hotmail.co.uk



Heather Lace New Committee
member



Alison Theobald New Committee
member

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safety checks along with First Aid training, Woodside U3A has its own local policies, which are reviewed on a regular basis. All this may seem like a bureaucratic nightmare, but in fact it is very positive as without such policy and procedures Woodside U3A would not be seen as 'Fit for Purpose'.

In order that members may become familiar with these national and local policies we are planning to place a policy file at the reception at each General Meeting for your information, these can also be found on the Woodside website, in the next few months.

Further to this the committee organises 'Study Group Contact Person' (SGCP) meetings. The purpose of these very important meetings is to ensure there is an opportunity for SGCPs to receive updates on policies that impact the running of Study Groups. There is a need to confirm that U3A rules and policies are understood and implemented to safe guard the membership.

The committee would like to clarify the role of the SGCPs to all our members so they understand what can be expected when you join one of Woodside's many busy and interesting groups.

The SGCP is not 'the group leader', 'group organiser', or 'group co-ordinator'. While many SGCPs

generously fulfil all three of these roles, their main task is to act as the contact person for the study group. This requires members of that group to fully participate in the organising and running of the group. Group members are encouraged to contact their SGCP for information rather than wait to be informed. U3A was founded on the premise that members would, in a variety of different ways of their choice, gain new knowledge, share their existing knowledge, and develop new skills in a fun and inclusive way. Study groups fulfil this purpose and here at Woodside we are indeed fortunate that so many of our members have a wealth of skills and knowledge that enriches and benefits us all. All are willing to participate, experience new interests, learning alongside each other.

At our recent SGCP meeting held on March 27th, we welcomed over half of those who commit to this most important role, including some from Southwest Herts. The executive committee hope to welcome many more at the next meeting, which we hope will be in the autumn. Bernice our Committee member for Coordinating the Study Groups, will ensure that all SGCPs are informed well in

advance of the meeting dates, so ready with those diaries , to enable maximum attendance and inclusion. The topics covered at the March SGCP meeting included: Woodside Safe Guarding Policy, recording attendance, checking membership is current, the need to accurately record and safeguard all monies collected, costs of refreshments , National U3A Insurance and what it does and does not cover, health and safety checks at all Study Group meetings and venues.

We thank Val and her team for supplying the meeting with refreshments. Then the meeting was open to receive various reports on group developments / updates , which revealed enormous amount of activity, with those present able to clarify issues and many successes that had arisen during the last few months. It is clear that from these reports Woodside has thriving groups and dedicated SGCPs, the Committee extend their thanks and congratulations to all for their sterling work.

Woodside are now registered with the Charity Commission and the committee are indebted to Roland Bedford for his efforts in taking us all through the treacle procedures of application that has resulted in a very positive outcome. Woodside

also needs to thank Roland for his work on our Safe Guarding Policy, a copy of which can be found in this newsletter for you all to familiarise yourselves with.

From feedback the committee has received, renewals of membership at the March General meeting, given the high volume of members renewing, was all found to run like a well oiled machine, given the high volume of members that have rejoined for another year. We thank you all for your patience, commitment and continuing support. The committee will be reviewing the feedback forms attached to the renewal application, and it is hoped to report back findings in the May Newsletter. I am sure you agree the committee did a great job on the day, for which we thank them. The committee's next big task for this year is organising the June AGM, where the present committee, will need to be formally adopted. Many original members of your committee will have completed their three year tenure by June 2020 and although there is a need to re-elect committees each AGM, after the three year term is up, they will need to stand down and new members will need to be elected to the various posts, as per the rules laid down in the Woodside U3A constitution.

This month's editorial from me has been totally about business and the committee's tireless work on behalf of you all. I hope you agree, that although this may come across as 'dry' it is important that from time to time I keep you all fully informed of the administrative work and developments that as Trustees in our various roles, we undertake on your behalf.

Should there be any issues arising from the above, please do not hesitate to contact me, or committee members, only too happy to help.

Finally, now that Woodside is becoming an established U3A, I am aware that amongst our growing membership that there will be special events, anniversaries as well as critical health issues happening. If members feel it appropriate, and would like to share such information, that has been agreed by the parties concerned, it would be something we could add to the General meeting announcements. Till next time, wishing you continuing success in your study groups, social and trip outings and meetings.

Laila Chair

Refreshment rota May -
photography & sewing June - singing
for pleasure & Woodside strollers.

AGM

The Committee is appointed annually at the AGM and all 11 current members are willing to be re-appointed, and are being nominated. The AGM can appoint up to 12 Committee members in all and if there are more nominations than vacancies an election will be held at the AGM. If less than 12 are appointed the Committee is able to fill the vacancies during the year, if it wishes. Nominations must be proposed and seconded by completing and signing the nomination form and returning it to the Membership Secretary at least 28 days before the AGM i.e. no later than 21 May. Please email membership@woodsideu3a.org.uk to request a form.

Woodside U3A Safe Guarding Policy

This policy is a requirement of the Charity Commission and National U3A as best practice and been agreed by the Woodside U3A Executive Committee, which we hope the membership will ratify at our June AGM. Please take time to read the policy and any questions please contact the Chair who will be happy to answer as fully as possible any queries that you might have.' Laila

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Woodside U3A Safeguarding Policy

This policy sets out how Woodside U3a incorporates the safeguarding of vulnerable adults within its activities.

Background

Safeguarding means protecting people's health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect. It's fundamental to high-quality health and social care. (Care Quality Commission)

A vulnerable adult is a person who is 18 years of age or over, and who is or may be in need of community care services by reason of mental or other disability, age or illness and who is or may be unable to take care of him/herself or unable to protect him/herself against significant harm or serious exploitation. (Dept. of Health)

Our Commitment

Woodside U3a recognises that it has a duty of care to its membership and to safeguard people at risk and that safeguarding is the responsibility of everyone. Everybody has different levels of vulnerability and each of us may be regarded as vulnerable at some time. All members who may be vulnerable have a right to protection from all types of harm or abuse.

In all our activities we will:

- Value, listen and respect members who may be vulnerable.
- Ensure that all members feel welcomed, respected and safe from abuse.
- Recognise equality amongst people and relationships.
- Do all we can to help members who may be vulnerable, to be and remain active contributors within U3A and if they are or become unable to participate independently, encourage them to bring a companion/carer with them in order that they can continue to enjoy the benefits of U3A membership.
- Ensure members are aware of their responsibilities to protect vulnerable adults.
- Deal appropriately with any specific issue relating to a vulnerable adult raised by any member or other person involved in our activities by the use of the following procedure.

Procedure

1. Any such specific issues identified by any member or other persons involved in our activities should be

communicated to the Chair or other Committee member who will record the issue. In the case of an issue raised with a Committee member s/he will inform the Chair.

2. If the issue raised is neither an instance or an allegation of actual abuse or neglect it may be possible to address it at the time, or it may require more considered action, possibly including the use of the grievance/disciplinary procedure, and the following steps will be taken:

- a) If addressed at the time and the Chair determines that no other action is required this will be recorded and communicated to the Committee in confidence
- b) If more considered action is required the Chair will initiate this and in doing so may choose to do so in any of the following ways:
take steps to resolve the issue, in consultation if thought desirable, and record and communicate the steps taken to the Committee;
refer the matter to the Committee for consideration as to the steps to be taken

and the Committee will ensure a record is kept of this consideration and steps taken;

if appropriate by use of the grievance/disciplinary procedure and a record will then be kept as required in that procedure

3. In the case of an instance or allegation of actual abuse and neglect:

- a) the Chair or Committee member with whom the issue is raised will take any immediate action needed to ensure the safety of the vulnerable person and will record this. If the Chair is not already aware s/he will be informed of the issue and action taken.
- b) the Chair will inform the other members of the Committee and the Advice and Volunteer Manager at National Office, who will provide further guidance on action to be taken
- c) the Committee will work with National Office on such action. This will include making any referrals to the appropriate statutory agencies where this is agreed

to be necessary. A confidential record will be kept of any action taken and the reasons for it

The Committee will review this Policy at intervals of no more than 3 years. Adopted: 13/2/2019
Reviewed:

Study Group News

We have a new Sewing Group which meets the first Monday of the month. Full details on Study Group

Our History and Local History groups have merged so look out for possible changes to time and place. Details in study group section of newsletter.

Line dancing will not commence again until the 1st Monday in June. This is due to the Bank Holiday and Janet being away on holiday.

A Study Groups Leaders/Contact meeting was held on the 27th March and 20 leaders attended. It was a very useful meeting and covered all the aspects of being a leader/contact i.e. why lanyards? recording attendance, trips and an additional item was safe-guarding members.

Remember all members in a study group are responsible for their
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group activities not just the study group leader, who is the point of contact.

Those groups that carry a higher risk element will be asked to complete a health and safety form. However, it was slightly disappointing that more leaders/contacts did not attend as this group meets approximately once a year.

On the Notice Board we now have a section where members can post items of interest, forthcoming events and requests.

If anyone has ideas for new groups, please come and see me. Committee meeting attendees for this month are Jan and Don Roberts

Bernice

Weekenders New Group

A new group named "Weekenders" had their first meeting on Sunday 10th March at Asda's Cafe and seven people attended.

Everyone was eager to participate in suggesting ideas for Weekend visits to place of interest and it was agreed our first trip out would be on Saturday 27th April with a Bluebell Walk in Bricket Wood followed by lunch at The Gate Pub.

We are meeting in The Gate Pub car park in Bricket Wood at midday followed by lunch at 1.30pm. Numbers need to be confirmed on 25 April at the General Meeting for lunch. Please see Teresa at the meeting. Her no. is 07712710811.

On 17th April the **Walking Book Group** met at Leavesden Park Hub (or Hive) to discuss the book 'Home Fire' by Kamila Shamsie.

Their next walk is 15th May at 10.30am; they are meeting at The Aquadrome Rickmansworth, Cafe in the Park and the book for the meeting is 'The Binding' by Bridget Collins.

Quiz Group Information

Just a brief reminder that the next Quiz is being held on Thursday 25th April 6.30 - 8.00pm at Community room 1 at ASDA

The May quiz will be held on Thursday 16th May - same place and time but in room 2.

Hope to see as many of you there that can make it - Sue (Brown) - Quiz group contact

Royal Albert Hall Classical Spectacular

Everyone enjoyed the afternoon listening to some great music played by the Royal Philharmonic Orchestra, The British Imperial Band and The Royal Choral Society.

With thundering guns, canons and indoor fireworks we were able to join in with the singing to Rule Britannia, Land of Hope and Glory, Nessun Dorma. and much more. Classical Spectacular Dancers dancing in the aisles. Anna Patalong was the Soprano. Along with Thomas Gould who played the violin. Moscow Militia. Great show. Ken&Joan



Laila and Said (above) and Sue and Val (below) enjoying the music at the Royal Albert Hall



WOODSIDE STUDY GROUPS

April 2019

American History. Contact Barbara Lewis on 01923 260410. Suspended Next meeting to be advised Joint SWH

Antiques. Contact Lesley Barrett on 01923 676427. This group will meet at varying days and times. Please contact Lesley for details.

Art: Contact Sue Walters on 01923 682317. Thursday, Fortnightly 10-12am, at Tanners Wood Hall. Next meeting 9th May

Badminton: Contact Susan Coultrup on 01923 334387. Wednesday, weekly, at Watford Leisure Centre. This is a joint group with SWH

Belly Dancing: Contact Bernice Caffrey 01923 672359. Meeting 2nd and 4th Monday at 11.30 - 12.30 at All Saints Church Hall.

Board Games: Contact June Dyer on 01923 265229. Meeting Monday afternoons. Monthly at members homes

Books: Contact Libby Crawford on 01923 247847. Meet every 6 weeks

Bowls (outside and indoor): Contact: Anne Howarth on 01923 673110

Bridge: Now closed as all moved to Bridge Improvers. Any members wishing to learn could start a new group.

Bridge Improvers: Contact Judith Evans on 01923 260354 1st and 3rd Mondays at 1.30-4.30pm ASDA Room 3
Joint Group with SWH

Cookery (Spanish) Contact Carmen Copley on 01923 671003. Meeting every 3rd Thursday at 1.00pm at Carmen's Home.

Curry Group: Contact Anne Mitchell on 01923 671662. Thursday - times and venues vary.

Crafters: Contact Janet Perry on 01923 679844 or 07778056026. Meetings fortnightly on Monday evenings at 7.30 - 9.30pm. Venues differ

Creative Writing: Contact Anne Davison on 01923 269548. Monthly meetings 4th Tuesday at 11.00am

Cycling: Contact Derryck Croker on 01923 673719 as times to be arranged

Environmental Group. Contact Laila Namdarkhan on 01923 269388. Times and venues to be confirmed

Family History: Contact Bea Luffrum on 0771 1709039. Meeting monthly on the 1st Wednesday in the morning at members homes.

Flower Arrangement: Contact Jill Macey on 01923 221634. Meet monthly on a Friday at ASDA Community Suite. Joint Group with SWH

Folk Dancing at All Saints Church Hall on the 2nd Friday of the month at 2.00 - 3.30pm.
This is a joint group with SWH

Garden Visits and Outings: Contact Teresa Brunswick on 07712710811.
Venue, days and time vary

History&Local history: Contact Heather Lace on 07951937064. Meeting monthly on the 1st Thursday at 2.00-4.00 at ASDA Community Suite.

Jewellery: Contact Gloria Barber on 01923 462462 or 077082058, At the moment meeting every 4th Thursday. Venues vary

Language (French): Contact Heather Lace on 07951937064 Fortnightly on Monday at 2.30pm at Members Houses.

Language (Spanish): Contact Carol Stanton on 01923 676471. 1st and 3rd Monday at St Hilda's Room, All Saints Church Hall at 1.30 to 2.30pm

Language (Spanish 2) Contact Alison Theobald on 01923 463573. Meeting every other Wednesday at 10am to 11am starting from the 20th June.

Language (Spanish 3). Contact Carmen Copley on 01923 670001.Meeting 1st and 3rd Friday of the month at 12.00 until 1.00pm at ASDA Community Suite.

Line Dancing: Contact Judy Lovell 01923 893368 1st and 3rd Mondays. 10.15am and 11.15am spaces in second class
Joint Group with SWH

Listening to Music: Contact Diane Reilly on 01923 261840.Meeting monthly on the 1st Tuesday afternoon at members homes

Lunch Group: Contact Joyce Gray on 01923 263213 or rejoyce.gray@gmail.com. Monthly 4th Wednesday. Venues vary

Philosophy - Contact Jeanne Johnson on 01923 263598 Meeting monthly 1st Monday 2.00-4.00pm Joint Group with SWH

Photography: Contact Ken Jones on 01923264855. Meeting monthly on the 2nd Monday at 2.0pm at members homes

Play Reading for Fun: Contact Derek Giles on 01923 270971. 4th Wednesday 10-12 at ASDA
Joint Group with SWH

Sewing: Contact Tina Photi on 07427866825. Meeting 1st Wednesday of the month 10-00 and 12.00 at Tina's

Sing for Pleasure. Contact Ady Shaw 01923 518021 meeting fortnightly on a Thursday at 9.30am until 11.00.

Social Group: Contact Ken Emmons on 01923 672139 or email kjemmons23@gmail.com 3rd Wednesday at 1.30pm at ASDA

Table Tennis: Contact John Simpson on 07531 542605. Fortnightly at 10,00am until Noon at YMCA Haines Way

Trips by Coach
Contact Martin Rodel on 01923 442417

Ukelele: Contact Trevor Boardman on 01923 244016. Meet 1st, 3rd and 5th Thursday and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Watford Community Room.Joint SWH

Weekenders are a group of people who will participate in organising events and visits for the weekend. Contact Teresa on 077712710811

Whist: Contact Gwen Barker on 01923 510699 1st and 3rd Thursday 2pm-4pm
Joint Group with SWH

Woodside & SWH Pathfinders. Contact Patrick Turner on 01923 263511 or 07954640263 for details of next meeting

Woodside & SWH Striders. Contact Patrick Turner on 01923 263511 or 07954640263 for details of next meeting

Woodside Strollers Contact Gloria Barber on 01923 462462 or mobile 07708020583. Meeting monthly 2nd Tues at 1pm

Woodside Walk 5: Contact Derryck Croker on 01923 673719. Monthly morning meetings 2nd Wednesday

Quiz Group. Contact Sue Brown on 01923 661516 or 07812840047. Monthly quizzes- dates & times vary at ASDA

Yoga. Contact Uma Patil on 07459 731597. Sessions 2nd, 3rd and 4th Fridays on the month , 9.30 - 10.30am at the Orbital Centre. Joint with SWH

U3A Picnic on JUNE 29th SATURDAY
in Beula and Ken's garden Time TBA

Answers to last month's quiz

A stone (is 14 lbs or £14)	£14	0s	0d
A type of bicycle			1 1/4
A singer	10s		0d
Part of a monkey's leg			1/2d
A man's name	1s		0d
A kind of pig	£1	1s	0d
The sun, moon and Pluto			3/4d
A leather worker			6d
50% of panties		10s	0d
Royal Headdress		5s	0d
Hit repeatedly	£1	0s	0d
Unwell sea creature	£6	0s	0d
Total that all money adds up to is:			
	£32	17s	8 1/2d

ONLY ONE WINNER: EVE MADDERN
Well done

SOCIAL GROUP MEETINGS

April:

29th Monday. (Afternoon)Adventure Golf/Crazy Golf

May

3rd Friday: Hellfire Caves

20th Monday: Dover Castle

See social Table at monthly meetings payable at the monthly meetings Coach

June

4th Tuesday: Bletchley Park

20th Thursday: Windsor Day.

River trip/Castle opt. Full. Waiting list Coach.

WANTED:

NEWS & PHOTOGRAPHS

suitable for publication please send to The Webmaster, Andrew Cummings at andrew.cummingsu3a@btinternet.com for

inclusion on the website

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

AND FOR THE NEWSLETTER

Copy date for the May Issue of the Newsletter is 1st May.

Send to Jo Bromwich, 01923 443758 or email jo.bromwich@ntlworld.com

Our monthly newsletter is available in full online

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

IMPORTANT CONTACT DETAILS

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