

WOODSIDE U3A NEWSLETTER MARCH 2022  
MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Reg.: 1182140



Hi Everyone,

Woodside u3a  
Is 5 years old!

Welcome to our March 2022 newsletter.

I'm very pleased to inform you that Spring is here! There is so much to enjoy now that the daffodils are blooming, bluebells are in the woods and we are all coming out of hibernation.

It was so lovely to see the photo of the Photographic Group on our Facebook page. Enjoying being out together after so much time apart.

Our February General Meeting was face to face again. Thanks to Linda Williams for hosting. I was away for a few days but I'm told the speaker, John McCombe from SERV Herts and Beds was excellent.

Our speaker for March is Josie Jeffrey "The secret life of a store detective". This meeting will be on Tuesday 15 March at 10am at The Stanborough Centre.

Looking forward, we are ready to participate in the Abbots Langley Festival in June. We have a full rota of members manning the table in the Abbots Langley Library. This will be on Tuesday and Thursday afternoons (2-4pm) from 21 June for 4 weeks. We would love to see more members there, so if you would like to assist, please contact Bernice Caffrey who is co-ordinating the event.

Prior to this, in May, four Committee members will be attending the East of England Annual Conference in Chelmsford.

I would like to take this opportunity to welcome Joyce Gray and Louise Smith to the Committee. Joyce is covering publicity and Louise is going to organise speakers for us from the Autumn.

Well, I'm probably covering too much time from Spring to Autumn but I'll leave you with this quote by Leo Tolstoy (Anna Karenina)

"Spring is the time of plans and projects"

So maybe it's time for us all to become involved again and to participate and meet up in our groups. Stay safe and well.

Barbara Elman  
Chair

Agenda: Doors open 9.30am, notices 10.00am, refreshments/huddles 10.15am, speaker 10.30am, depart 12 noon.

YOUR COMMITTEE



BERNICE CAFFREY  
VICE CHAIR & INTEREST GROUP  
COORDINATOR



LINDA WILLIAMS  
VICE CHAIR



ALISON THEOBALD  
TREASURER



HEATHER LACE  
SAFEGUARDING & EQUALITY



LESLEY CUMMINGS  
MEMBERSHIP SECRETARY



KEN EMMONS  
SOCIAL SECRETARY



KEN APPEL  
SPEAKER SECRETARY



JOYCE GRAY  
PUBLICITY

Please see back page for contact details of the committee, webmaster and newsletter editor.

## Woodside u3a Interest Groups March 2022.

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 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 260541. Group meets 1st and 3rd Mondays at 1.30 - 4.30 at Asda Room 3 (this is a joint group with SWH)
Family History	Contact: Bea Luffrum on 07771709039. Group meets monthly on the 1st Wednesday morning at members houses (this is a joint group with SWH).
Flower Arrangement	Contact: Jill Macey on 07736680501. Group meets quarterly on a Tuesday 2.00 - 4.00pm at Asda Community Suite (this is a joint group with SWH)
French.	Contact: Heather Lace on 0951937064. 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.
Spanish 1	Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley
Spanish 2	Contact: Alison Theobald on 01923 463573. Group meets fortnightly on Wednesday at 10.00 - 11.00am. Venue TBA
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
Mexican Train	Contact: Bernice Caffrey on 01923 672359. Group meets every 4 weeks on a Thursday at 2.00pm.
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 at 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)
Sewing	Contact: Tina Photi on 07427866825. Group meets Monday at 10.00-12.00am at Tina's home

<b>Singing for Pleasure</b>	<b>Contact: Ady Shaw on 01923 51802. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda</b>
<b>Social Group</b>	<b>Contact: Ken Emmons on 01923 672139 or Joan Gillett <a href="mailto:jgillett43@gmail.com">jgillett43@gmail.com</a>. Group meets 3rd Wednesday at 1.30pm in Room 2 at Asda. Start date to be confirmed</b>
<b>Table Tennis</b>	<b>Contact: John Simpson on 07531 542605. Group meets fortnightly at 10.00-12.00am at the YMCA Haines Way</b>
<b>Trips</b>	<b>Contact: Martin Rodel on 01923 442417. Available trips advertised at General Meetings</b>
<b>Ukulele</b>	<b>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)</b>
<b>Weekenders</b>	<b>Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting.</b>
<b>Pathfinders</b>	<b>Contact: Patrick Turner on 01923 263511 or 7954640263 for details of next meeting (this is a joint group with SWH)</b>
<b>Woodside Walk 5</b>	<b>Contact: Derryck Croker on 01923 673719 for details of next meeting. Group meets monthly on the 2nd Wednesday.</b>
<b>Quiz</b>	<b>Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm, monthly.</b>

### **Interest Group News.**

The Mexican train group met for the first time on the 24th February and will continue to meet every four weeks.

We hope to have a huddle to restart the History group at the General Meeting during the refreshment break on the 15th March so if you have put your name down for History please come and join the huddle.

Also, lot of interest has been shown in starting a Sign Language group and if anyone has an idea for new interest groups, please let me know.

Bernice

### **Book stall**

When we met at the Church of the Nazareen, we had a book stall which brought in some income for our funds. At our new venue we no longer have storage for our books. Does anyone have room to store a couple of boxes of books which they can bring to the General Meeting? Please let Barbara (chair) know if you can help.

## Our February speaker

At our February meeting, our speaker was John McCombe from Kings Langley. He told us about SERV - Service by Emergency Response Volunteers - that helps the NHS by delivering blood products, special drugs and donor milk to wherever it is needed. John is one of nearly



100 women and men in our area to give their time to this cause, 24/7. It all began back in the 1960s when our technology was a thing of the future - all requests for help were made by phoning a central number. In his photograph taken at the time, John explained that the coordinator, shown in the picture with a large map of the country stuck on her kitchen wall, used tiny flags held on by pins to the map to ensure products were moved efficiently to where they were needed.

Technology has moved on and so has the size of the overall country wide activity.

### *John McCombe, Hon. President, SERV Herts & Beds with his bike at the Stanborough Centre*

SERV Herts and Beds is a registered charity (No. 1180326); it is entirely funded by voluntary donations, and by the generosity of the volunteers themselves who freely give their time, vehicles and fuel.

Locally they began operations in the two counties on 10th January 2009, with the Bedford General Hospital as their first "customer". They now serve all A&E hospitals in Herts & Beds, with Watford, and Luton & Dunstable being the latest to make use of their service; They also provide support to three Hospices and to the HEARTS Human Donor Milk Bank at Harpenden and their donors and to NHS Neonatal Units.

They are staffed by around 95 Rider/Driver volunteers who receive no remuneration, meeting all their own fuel and servicing costs. This number includes 15 Controllers who take the calls from the hospitals, assign jobs to the riders/drivers and monitor their progress. All volunteers must undergo route training and GMP training (blood handling), the latter being refreshed biannually. In addition, all motorcycle riders must take an independent on-road assessment by a Police Class 1 assessor plus an advanced driving test for motorcyclists, retaken every 3 years, again at their own expense.

Five Volunteer Rider/Drivers are on duty each night from 7pm to 7am and may take up to 2 calls during a shift, riding or driving up to 150 miles. Controllers work the same hours at night, and a separate Day Controller covers 7am to 7pm, assigning available volunteers by use of the "What's App" system. Human Donor Milk is handled by a Milk Controller using a Web-based booking and tracking system.

In the last three years they supported the NHS by making, completely free of charge, more than 9000 deliveries. Current demand growth is around 50% per annum. Our local SERV centre is in Colindale where they make half million shipments per day!

John said that some deliveries must be made to the other side of the country; the coordinators plan a relay of riders/drivers in the relevant areas to meet and pass on their precious life saving products. John said his next task for SERV was to visit a woman whose

new born baby had died the day before, to collect her milk that she was willing to give to another baby that was in need.

This talk was emotional, insightful and informative; the volunteers give so much. If you are interested in making a donation to help run this service please email: [jf\\_mccombe@hotmail.com](mailto:jf_mccombe@hotmail.com)



Some of the SERV local volunteers.

### **The Garden Visits Group**

Louise and Linda are arranging a coach trip to the Hampton Court Palace Flower Show. The details are below. Please contact Louise or Linda if you are interested.

Saturday 9th July 2022

Depart 8.30am from The Brow - Return 5.30pm

Non-refundable coach fare £16

Get your entry tickets online

Phone Louise Smith on 07483214815

Or

Linda Murphy on 07940107052

Please note that your coach fare does not include the entry ticket. These can be purchased online.

The coach will park in the Green Car Park. There is a 20minute walk to the show (along Thames Park to the Thames Gate or through the Palace grounds to Ditton Gate); both routes will take you over a footbridge.

This visit is for all Woodside u3a members.

**Woodside u3a  
Is 5 years old!**

**On our 5<sup>th</sup> birthday, here are Barbara's thoughts on our u3a**

I was introduced to Woodside u3a by my closest friend, Carol Stanton, after I returned from Spain to live in England the Autumn of 2017. My husband had passed away some months earlier and I came back to the UK to be with family and friends. I had lived in Spain for 3 years and although not fluent, I could communicate well in Spanish. Carol was leader of the Spanish 1 group and I volunteered to help the group with pronunciation. My other interest was drama. I had belonged to amateur dramatic societies for many years, both performing and helping backstage. This encouraged me to start our drama group. My admin skills came to the fore when I volunteered to take

minutes at the Committee Meetings. Now I am Chair and serving the 2nd year of my 3-year term. Life has taken me on many twists and turns - u3a gave me purpose, the chance to make friends and mix with like-minded people and an opportunity to continue learning to broaden my mind.

Barbara

### **And Lesley's thoughts - Membership secretary Five Years On**

I went to the meeting of South West Herts u3a in November 2016. Like many others I had applied to join and been told there was a waiting list. I had just retired from a very busy life as a secondary school teacher and was looking for things to fill my days. At that meeting it was proposed to start a new u3a under the guidance of Barbara Lewis (who had many many years' experience at both local and national level), if people showed sufficient interest. Woodside u3a was born.

I had never intended to join the committee but on that day, they asked for volunteers and a friend, Diane Howarth, and I did the usual - I will if you will!!! So, I joined, and the rest is history, so they say.

We had numerous meetings and several training sessions, some of which were even more boring than sitting in school INSET sessions, but we gelled into a committee from a group of strangers to a close-knit group focused on a common aim. I volunteered to be membership secretary. I must admit that had I known at the time what I was letting myself in for, I may not have been so quick to come forward. My background as a teacher meant that I was used to handling a computer and sorting data. My first job was to set up a system whereby I could record members details and store them safely. I must admit that my husband, Andrew, a retired systems engineer was a big help here. We set up spreadsheets and I entered all the information from the many membership applications we had after our first meeting in January 2017. Stuart Lewis (Barbara's husband) kindly wrote out all the initial membership cards.

The system stood the test of time and I had to make space in my very small office for all the membership documents. GDPR proved a bit of a challenge when it came in in 2019. All the application forms and renewal forms had to be updated but all the data sheets had always been password protected so that was ok. I attended the u3a national conference in 2019 and went to a session about the u3a management system, Beacon. I could see many advantages in this, even though it would pose another challenge and would incur a cost to our u3a. I returned from the conference, spoke to the committee and arranged for a presentation to be made to the committee about Beacon. We were lucky enough to be able to book The Hive in Leavesden Park where its technology was more than up to the task.

We began using Beacon in early 2020, I think, and it has made my life much easier. No more sending emails in chunks from my home email. I can send them in one go through Beacon. I no longer have any information stored on my home computer. It's stored in the Beacon cloud and can be accessed from anywhere. Furthermore, there is no longer a need to keep the membership forms. Once Beacon has been updated and I have checked it, I can shred the

sheets, giving me a little more space. There are still aspects of Beacon which I haven't yet got to grips with but my husband, Andrew, is the group's administrator, so help is always at hand.

At this point I need to thank everyone on the Committee who worked so tirelessly to get our u3a up and running and continue to do so. Barbara is our third Chairperson, after Barbara Lewis and Laila Namdharkan. We are always seeking new volunteers for the committee so if you have a hole to fill why not consider it?

Long may this u3a continue.

Lesley Cummings

#### **WANTED: NEWS & PHOTOGRAPHS**

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

#### **AND FOR THE NEWSLETTER**

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

**Copy date for the APRIL Issue is  
1<sup>ST</sup> APRIL 2022**

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

#### **IMPORTANT CONTACT DETAILS**

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#### **The committee contact details:**

Barbara Elman, Chair - [chair@woodsideu3a.org.uk](mailto:chair@woodsideu3a.org.uk)

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

Linda Williams, Vice Chair - no contact details

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

Lesley Cummings, Membership Secretary - 01923 681478 -  
[membership@woodsideu3a.org.uk](mailto:membership@woodsideu3a.org.uk)

Ken Emmons, Social Secretary - 01923 672139

Ken Appel, Speaker Secretary 01923 672620 -  
[kenneth.appel@gmail.com](mailto:kenneth.appel@gmail.com)

Heather Lace, Safe Guarding & Equality - no contact details

Joyce Gray, Publicity - 01923 263213 -  
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THE NEXT ISSUE OR MAY BE SAVED UNTIL THE FOLLOWING MONTH**

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. We will continue to have disposable cups for those who forget or are unable to provide their own mugs.