

WOODSIDE U3A NEWSLETTER MAY 2022  
MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Reg.: 1182140



Hi Everyone,

Welcome to our May 2022 newsletter.

Thank you to all who came to our April meeting. We are averaging 70-80 members to each meeting which is very good, plus we enrolled 4 new members. Remember that, if you have not already done so, you can pay your annual membership fee of £24 per person at the next meeting or, if you prefer, in the comfort of your own home by BACS. Details for a BACS payment are in the renewal email sent to all members by Lesley, our Membership Secretary.

Our speakers at the April General Meeting were from Garston Fire Station. Their talk was on fire safety in the home and we all gleaned ideas to make us feel safer to protect ourselves in the event of a fire. From a smoke alarm to using the *what3words* app (to help in locating a person in the event of an emergency).

Now we have restarted our book stall you may want to bring your old paperbacks to the next meeting. We will not be taking hardback books or jigsaw puzzles - you can donate these to charity shops.

We do have several outings arranged. It was a shame that we had to cancel The Black Country Living Museum outing due to lack of numbers, but other outings are going ahead which is great to hear as we continue to come out of hibernation.

Stay safe and hope to see you in May when Ady and Jill will entertain us with their singing and Glen Price will present a short quiz.

Barbara Elman  
Chair

**Agenda** for our April general meeting: Doors open 9.30am, notices 10.00am, refreshments/huddles 10.15am, entertainment 10.30am, depart 12 noon.

**The AGM** will take place in June. All documents will be emailed to you by the week ending 20th May and hard copies will be available in the next newsletter.

**YOUR COMMITTEE**



**BERNICE CAFFREY  
VICE CHAIR & INTEREST  
GROUP COORDINATOR**



**KEN APPEL  
SPEAKER SECRETARY**



**JOYCE GRAY  
PUBLICITY**



**ALISON THEOBALD  
TREASURER**



**LINDA WILLIAMS  
VICE CHAIR**



**KEN COTTON  
COMMITTEE MEMBER**



**LESLEY CUMMINGS  
MEMBERSHIP SECRETARY**



**HEATHER LACE  
SAFEGUARDING &  
EQUALITY**



**LOUISE SMITH  
COMMITTEE MEMBER**



**KEN EMMONS  
SOCIAL SECRETARY**

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

## Woodside u3a Interest Groups May 2022

<b>Art.</b>	<b>Contact: Sue Walters on 07989 250483. Group meets fortnightly 10-12am at Tanners Wood Hall</b>
<b>Badminton</b>	<b>Contact: Susan Coultrup on 01923 334387. Group meets weekly on Wednesday at Watford Leisure Centre (this is a joint group with SWH)</b>
<b>Books</b>	<b>Contact: Libby Crawford on 01923 247847. Group meet every 3rd Wednesday at 10.30am</b>
<b>Bridge Improvers</b>	<b>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)</b>
<b>Family History</b>	<b>Contact: Bea Luffrum on 07711709039. Group meets monthly on the 1st Wednesday morning at members houses (this is a joint group with SWH).</b>
<b>Flower Arrangement</b>	<b>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)</b>
<b>French.</b>	<b>Contact: Heather Lace on 0951937064. Group meets fortnightly on a Monday at 2.30p at members houses</b>
<b>Garden Visits</b>	<b>Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting. We currently have three visits on offer.</b>
<b>Spanish 1</b>	<b>Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley</b>
<b>Spanish 2</b>	<b>Contact: Alison Theobald on 01923 463573. Group meets fortnightly on Wednesday at 10.00 - 11.00am. Venue TBA</b>
<b>Line Dancing</b>	<b>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)</b>
<b>Listening to Music.</b>	<b>Contact: Diane Reilly on 01923 261840. Group meets monthly 1st Tuesday afternoons at members homes</b>
<b>Mexican Train</b>	<b>Contact: Bernice Caffrey on 01923 672359. Group meets every 4 weeks on a Thursday at 2.00pm.</b>
<b>Philosophy</b>	<b>Contact: Jeanne Johnson on 01923 263598. Group meets monthly on 1st Monday 2.00-4.00pm. (this is a joint group with SWH)</b>
<b>Photography</b>	<b>Contact: Ken Jones on 01923 264855. Group meets 2nd Monday at 2.00pm at members homes</b>
<b>Play Reading for Fun</b>	<b>Contact: Derek Giles on 01923 270971. Group meets 1st Monday 10.00-12.00am at Asda (this is a joint group with SWH)</b>
<b>Sewing</b>	<b>Contact: Tina Photi on 07427866825. Group meets Wednesday at 10.00-12.00am at Tina's home</b>
<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 email <a href="mailto:kjemmons23@gmail.com">kjemmons23@gmail.com</a> 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 on the third Thursday of the month.</b>

## Interest Group News

This is just a gentle reminder about the forthcoming Abbots Langley Festival, which takes place between the 21st June and the 14th July. As you know we are taking part in the event to promote Woodside u3a.

Would the groups who have agreed to cover certain days/dates please start to plan how they are going to advertise their group and promote the u3a.

Thanks

Bernice Caffrey

SGC

## 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.



**Please buy your coach ticket at the May general meeting; tickets have been offered to SW Herts u3a.**

*This trip is definitely running so please buy your ticket for entry to the show when you are ready.*

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.

## DAYS OUT

### WEDNESDAY 25<sup>th</sup> MAY - CANCELLED

The Black Country Museum

This trip is cancelled due to low number of bookings. It may run at another time so if you are interested please keep an eye on Martin's table.

### WEDNESDAY 29TH JUNE

DEAL (THE HIDDEN GEM of Kent). An award-winning High St with independent shops, antique shops, Bistros, cafes, and a pier too. Walk along the promenade to Deal Castle, built in Henry V111's time

Depart Stanborough Centre 8.45am

Leaving Deal around 4.45pm Comfort Stops both Ways

Fare £16.00

### THURSDAY 21ST JULY

WINCHESTER and THE WATERCRESS LINE

Today we travel to Winchester, I believe that the Street Market stalls are there today, have a 'wander' round, grab some lunch etc. we depart at 2.30 sharp for the short journey to Arlesford Station for a return trip on the 'Watercress Line' We are booked on the 15.30 return service. We leave Arlesford at approx 5.00 for the swift journey home.

A Short Comfort stop will be made if needed both ways

Depart Stanborough Centre 8.45am

Also Bus Stop by Kingswood Shops North Orbital Road approx 5 mins Later

Fare £28.00 including Train Travel

### SEPTEMBER (Date to be finalised)

COTSWOLD VILLAGES, BROADWAY, BOURTON-ON-THE-WATER etc

Depart Stanborough Centre 8.45am

Also Bus Stop by Kingswood Shops, North Orbital Road approx 5mins later



Fare £16.00

I need a minimum of 40 people per trip to make them viable, if not then they will have to be sadly cancelled.

Martin Rodel

[martinrodel@hotmail.co.uk](mailto:martinrodel@hotmail.co.uk) - 01923 442417

### **First aid Course**

Thank you to those of you who opted to renew your First Aid Certificate. It is very much appreciated. Unfortunately, due to Covid, St John's Ambulance aren't currently running the course we need. They will let me know when it starts up again and then I will contact you.

Lesley

### **April General Meeting**

At our April meeting we were given an informative yet entertaining talk by four members of the Garston Fire Brigade. The main speakers were 'double act' Nicholas and John who explained the importance of smoke alarms (you are four times more likely to die in a house fire if you don't have one) and testing the unit weekly if possible. If it does not work replace the battery or get another alarm. In the kitchen fire hazards can be as simple as too many



crumbs under the toaster or excessive grease on the inside of the oven.

Overloaded power sockets are dangerous and often found behind TV sets where all the entertaining electrical devices can plugged together. Plugging extension lead into extension lead (known as 'daisy chaining') can cause overheating. They recommended unplugging devices when not in use.

*Garston Fire Fighters -  
John, Graham, Nicholas and Tom*

They said never go out and leave the washing machine or dishwasher running nor leave them running and go to bed. These can catch fire. They recommended having a phone in the bedroom so you can call the fire fighters and remain safe in the room; keep window keys by the window in case this is the best means of escape and block doors to stop the smoke coming through. They also welcome being told which homes have people with mobility problems so that they are prepared with extra help.

Many of their ideas are well known at our age but were a useful reminder to be aware of what could happen. If any one is interested in a house visit and receiving advice, the fire fighters are more than happy to visit. Their number is 01923 672825.

## **Social Group events**

28th June (Tuesday)

Jungle Golf / Lunch

Meet at 12pm for a game then lunch afterwards

£8,00 per game

Top Golf. Bushey Mill Lane. Watford,

14th July (Wednesday)

Day trip to Bournemouth by coach

(Details to follow)

27th September (Tuesday)

Cream Tea

(Details to follow)

11<sup>th</sup> October (Tuesday)

London transport museum

Covent Garden by Coach

28<sup>th</sup> November (Monday)

London lights and fish/chip supper

(Coach £15.00). Price of supper to follow

All the above events are available to all Woodside u3a members

- contact me on my email address (jgillett43@gmail.com) for more information.

Joan Gillett

## **July General Meeting**

Our speaker for July is Suzi Clark and her title is "Butterflies and Baked Beans".

This is based on her first book: what happens when an elderly parent gets dementia and you lose your job to become a carer; how to go about writing and publishing your first book; and Suzi's experiences of internet dating. The heroine in her book, Sookie, has a life remarkably like her own true life.

*Bread is like the sun. It rises in the yeast and sets in the waist!*

**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 JUNE Issue is  
1<sup>ST</sup> JUNE 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 -  
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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.