



Stamford Third Age Group

NEWSLETTER

Issue 72

ONLINE VERSION

February 2007

CHAIRMAN'S COMMENTS

The response to the Ballroom Dancing group has been amazing. Over 50 would be strictly ballroomers. The only problem is that we need a leader. Obviously we may need to pay for someone. If anyone has any suggestions as to who might take this group, please phone me.

In the last Newsletter we put out three different appeals for volunteers – for mini bus drivers for Christ Church Day Centre, for helpers at Malcolm Sargent School and for more people to help with Books on Wheels. The response was underwhelming to say the least. One would have thought that from nearly 600 members we might have got a total for the three activities that reached double figures but we didn't. Remember that for the Day Centre and Books on Wheels – if these activities have to cease because of lack of volunteers they won't be around when you might need to use them.

Apologies for putting the wrong name and phone number for the Christ Church Day Centre. The Deacon's name is Janet Calderin and her number is 754290. For more information about Malcolm Sargent and Books on Wheels please phone me.

We are going to have a bit on an innovation for the renewing membership this year. We are going to

post out the membership renewal forms and all you will have to do is check your details and then send in or bring in your cheque.

We are also starting a new postal service for the Newsletter for those who require it. If you enclose 12 stamps (either First or Second Class) with your renewal we will post out your Newsletter to you each month. Remember that you can also download the Newsletter from the website.

As well as your membership renewal you will receive an invitation from Martin Tyrell of the Co-Op Bank to attend an Inheritance Tax Seminar. When Martin contacted me about this I had just spent the morning with our own Financial Advisor and discovered that if you appoint your bank as Executor they charge 4% of the value of your estate.

So I thought some of our members might be able to benefit from receiving advice from an independent advisor. The Seminar is entirely without obligation and tea and coffee will be supplied.

Regards,

Hendy Farquhar-Smith

t: 01780 756316

e: hendy@hf-s.co.uk

COMMITTEE MEMBERS

Hendy Farquhar-Smith	Chairman
Paddy Thompson	Deputy Chairman
Percy Moss	Treasurer
Sue Webster	Minutes Secretary
Chris Rippington	Group coordinator
Jim Guthrie	Membership Secretary
Howard Jones	Speaker Finder

www.SU3ANews.co.uk

MONTHLY PROGRAMME

March 5th Bomb Disposal
Neal Davis

Monthly meetings are held on the first Monday of the month at Barn Hill, except for Bank Holidays. Coffee will be served at 10 and the meeting will start at 10.30 am.

Registered Charity Number: 1077090

To become a member and for subscription information, please contact the Membership Secretary, Jim Guthrie

t: 01780 752755 e: Jim@StamfordU3A.co.uk

Please send comments and contributions to the Editor: Hendy Farquhar-Smith

t: 01780 756316

e: hendy@hf-s.co.uk

March 2007 Issue, Deadline 26 February

KEEP FIT CLASS

We all know that as we age, body movements become more difficult and it is essential to keep ourselves as agile as possible by keeping fit. Many people think that only part of the body needs exercising—it is, without a doubt, the WHOLE BODY!

The keep fit class is unique because we incorporate gentle ballet movements which gently stretches the whole body and keeps it supple. This helps anyone who suffers from stiff limbs or arthritis. We work from the neck downwards and concentrate on improving posture, circulation, breathing and general health by exercising to classical music.

The U3A class has been going for nearly a year. Members have said how strong their limbs have become, and those with stiffness problems have experienced a marked improvement.

You are most welcome to come and watch or join the class. It's fun, it's different and very rewarding. This class is just as beneficial for the gentlemen as it is for the ladies! For more information ring

Clare

MALCOLM SARGENT SCHOOL NEEDS VOLUNTEERS

Malcolm Sargent School are looking for retired people who would like to help listen to children read or in doing various projects. Please phone Hendy on 756316 if you are interested.

WALKING GROUP

PROGRAMME - FRIDAYS

February 19th Horse and Jockey, Manton

Chris Rippington 764489

March 2nd Thornhaugh

Aileen Marriott 755638

April 6th Manton Horse and Jockey

Roger Teasdale 756925

April 20th Empingham Mill Lane

Chris Rippington 764489

For more details contact

Chris Rippington

COUNTRY DANCING

Country dancing will be held at the Roman Catholic Church Hall at 10.30 on Tuesday 20th February. For more information contact

Mary Rowe

BALLROOM DANCING

Many members have suggested that we start a Ballroom Dancing Group. Many members have already put their names down. A sign up list will be available at the February meeting or if you are interested please phone

Chris Rippington

ART HISTORY TRIP TO DULWICH PICTURE GALLERY

The Art History Group are going to the Canaletto in Britain Exhibition at the Dulwich Picture Gallery on 4th April - cost £15.

Please pay for this trip at the meeting or as soon as possible. Cheques to be made out to Stamford U3A Art History Group. More information please contact

Hendy Farquhar-Smith 756316

STROLLERS

The next walk will be on Friday, 9th February around Ryhall and Belmesthorpe. Please meet at Ryhall Village Hall for an 11 am start. Lunch afterwards at the Green Dragon.

Rosemary Chappell and Jenny Whetstone

A BUNGALOW - AT LAST!

Des and Janet Kempson would like to thank members who told them of bungalows for sale during the last 18 months - this kindness has been much appreciated. In April they are hoping to move to their new bungalow in Roman Bank

ART HISTORY GROUP

Wednesday 14th February – Joseph Wright of Derby

Wednesday 28th February – Sir David Wilkie

These meetings are held at the United Reformed Church Hall upstairs in the Livingstone Room.

Talks will start at 10.30 am, coffee from about 10.15, everyone welcome

Hendy Farquhar-Smith 756316.

SOCIAL HISTORY GROUP

Please note that meetings will be held on the 2nd Monday of each month, starting at 2 pm.

For more information, or if you would like to join this group please phone

Joan Newey

BOOKS ON WHEELS

This is a very well worth while service, taking books to the housebound elderly who cannot get to the Library. It only entails about one Monday every two months but volunteers really need to be able to carry a bag of books. Car driving is useful but not essential. A full training be given. Either get in touch directly at Stamford Library or phone Hendy 765316.

BRIDGE FOR BEGINNERS

There is a possibility that this group might get under way in the New Year. However, it seems likely that there will have to be a charge made for these lessons. Please can you get in touch with Chris Rippington on 764489 and let her know if you are still interested if a charge is going to be made.

DRIVERS NEEDED!

Christ Church Day Centre desperately needs drivers under 70 for its mini bus. The job would entail possibly one Wednesday a month, picking up frail elderly people from their homes, driving them to the Day Centre and taking them home again. If you would like to help this very worthwhile cause, please ring

The Deacon, Janet Calderin on

STAMFORD AND WELLAND PHOTOGRAPHIC GROUP

The group has had a change of leadership as Isobel Jenner, who has done sterling work, has commitments which make it difficult for her to continue as leader. However, she will continue as a valued member of the group under the leadership of Phil Jacklin.

There is a popular monthly competition, and the overall 'Photographer of the year' for 2006 was Heather Cooke with Isobel Jenner a close runner up. The competition produces a high standard of photographs and it gives a subject for us to 'focus' on each month.

The recent winning monthly photos are displayed, with other pictures, on the walls of the corridor between the buildings at Stamford Hospital, so look out for them if you are there.

We have produced a programme for 2007 with several speakers and visits. Anyone interested in joining our group please contact

Phil Jacklin

SCIENCE GROUP

The next meeting of the Science Group will be on Thursday, 11th February at 2 pm at Barn Hill.

A talk will be given by our well known Caroline Moss-Gibbons, from The Royal College of Physicians, on **Architecture**. All U3A Members are welcome.

Percy Moss

POLISH SPEAKER URGENTLY WANTED

Malcolm Sargent School are in need of a Polish speaker who can go into the school occasionally and help translate work into Polish for a Polish child there. If you can help, please phone Hendy 756316

INTERMEDIATE BRIDGE

This group is full at present and cannot take any more new members. The popularity of this group has made it necessary to do this because we are limited by the number of people we can fit into the Bridge Club. For more details contact

Jill Haynes

Visit your website at
www.SU3ANews.co.uk

MUSICAL 'CATS'

There will be a trip to the Birmingham Hippodrome to see the Lloyd Weber's musical 'Cats' on 16th August. The approximate price will be £36 per person. This includes Centre Circle seats, coach and tips to the driver. Arrival time in Birmingham will be around mid morning. To book please contact

Paddy Thompson

CHURCH VISITING

It has been suggested that we re-start the Church Visiting Group from April to October. There will be a sign-up list at the February and March meetings. Otherwise, if you are interested please contact

Mavis Sharpe or Elaine Ward

SELF HELP FOR HEALTH GROUP

We are changing our venue. As from the next meeting on February 15th, we shall meet in Ryhall Village Hall, still at 2 pm.

This month we shall talk about dairy-free living and plan a dairy-free meal outing. We shall then watch a demonstration of Line Dancing and participate in some afterwards (for those who wish to do).

The combination of activities should set us all up for a healthier 2007!

Sheila Halliday-Pegg

THEATRE GROUP

Of the three plays we are visiting this spring, the first two are closed for booking.

However we are going to Northampton on 3rd May 2007 to see "The Way of the World" by William Congreve, a restoration comedy.

We will be leaving Stamford earlier than usual, from the Danish Invader at 11 am, and from the Bus Station at 11.05 am.

We will be in the upstairs room at the main meeting selling tickets. Any queries please phone

Shirley Draheim-Jackson

LOCAL HISTORY GROUP

Tuesdays,

February 13th - Simon Davies from Rutland County Museum will talk about aspects of the history of some of Stamford's surrounding villages in the County of Rutland.

March 13th - Janet Minchinton will talk on 'Days Before the Workhouse' - what happened to the destitute.

April 10th - Ray Biggs from the Grimsthorpe Estate will talk about the History of the Park and Gardens of Grimsthorpe.

Everyone is welcome to come to these meetings which are held at Barn Hill at 10.30 am.
