



# Stamford Third Age Group

# NEWSLETTER

Issue 108

ONLINE VERSION

February

## CHAIRMAN'S COMMENTS

First of all congratulations to all of you who struggled out to our January meeting. The speaker certainly made it worth while. What I thought was particularly interesting that there was a programme on Channel 4 later in the month about the Knights Templar which was really interesting and which I normally would not have watched.

We have several items in the Newsletter this month which have been sent in by members who thought the information would be useful to our readers. Many thanks to them – Janet, Rita and Trevor and do keep this flow of knowledge coming. One of these items is about Macular Disease and I would like to add my own little exhortation about eye care in general. Please do take advantage of the fact that all of those over a certain age are eligible for free eye tests on the NHS. Even if you think you can see perfectly well and don't need glasses these eye tests are invaluable for the early diagnosis of glaucoma, cataracts and other eye diseases. Even if the optician gives a prescription for glasses you are under no obligation to have it made up.

Another contribution we have had from a member is quite a unique one. Jean Hartley has a large house and garden at Tolethorpe and she has extended in invitation to all Stamford U3A members to come and see the snow drops and aconites in her garden. Please ring Jean on 753650 to find out what would be a convenient time to visit. I believe they should be at their best around the middle of the month.

We had the first meeting of the Science Group last month and a good dozen hardy souls braved the weather to attend. As a complete non scientist I was fascinated

by Ian's introduction to the History of Science and I can recommend this group to everyone – even if you are not of a scientific bent!

The recent cold snap has left some roads in a dreadful state and I have had a very timely note about a website called fixmystreet.com. You can use this to report any problem in your area – graffiti, fly tipping, faulty street lights and of course pot holes.

We are having a New Members' Meeting on Thursday 18<sup>th</sup> March at 10.30 am at Barn Hill. This is for those of you who have joined since the last New Members' Meeting in October and you will be receiving an invitation in due course. And with this goes out my usual plea for as many Group Leaders as possible to come along to help us. I am always delighted with the number of group leaders who regularly come along to these meetings.

You will also see that I have arranged a trip to Highgrove on Thursday 10<sup>th</sup> June. The way these trips are being run has changed completely this year – they are now being done on a commercial basis with a fixed charge for admission. It also means that you can choose the date and time of your visit instead of having it dictated by Highgrove. You are welcome to invite friends to come along with you on this trip as in order to keep costs down I have booked 50 places and I need to fill them.

Let's hope we've seen the last of the snowy weather for this year!

Hendy Farquhar-Smith

t: 01780 756316 e: h@StamfordU3A.co.uk

## COMMITTEE MEMBERS

Hendy Farquhar-Smith	Chairman
Percy Moss	Treasurer
Sue Webster	Minutes Secretary
Chris Rippington	Group coordinator
Jim Guthrie	Membership Secretary
Howard Jones	Speaker Finder
Horace Farquhar-Smith	
Lynn Darwin, Kathleen Fryer, Judy Westwood	

## MONTHLY PROGRAMME

<b>Feb 1<sup>st</sup></b>	<b>Lincolnshire Heritage</b>
	David Start
<b>Mar 1<sup>st</sup></b>	<b>The History of Peterborough Streets</b>
	Neil Mitchell

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

**Registered Charity Number: 1077090**

**March Issue deadline 22 February**

To become a member and for subscriptions please contact 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: h@StamfordU3A.co.uk

## MEMBERSHIP RENEWAL

Membership renewal letters will be available for collection from the Membership Secretary's table at the monthly meetings on February 1<sup>st</sup> and March 1<sup>st</sup>.

## CALL CONNECT

Most CallConnect Services operate only in response to pre-booked requests. Anyone can use CallConnect for any purpose. Please note concessionary bus passes are valid on all CallConnect Services.

You can use CallConnect to travel to any location within each service operating area, and if you are travelling further afield you can connect with the main Interconnect bus service or other local bus or train service.

All CallConnect Services are operated by modern fully accessible minibuses and most operate between 7am - 7pm Monday to Saturday. Passengers with a disability or living in more isolated locations can be picked up and returned to their home address, if it is safe and practical to do so.

Registration to become a CallConnect member is FREE, but you must be registered to book a journey

**To register, or for more information call our Friendly Booking Centre on 0845 234 3344, or visit:**

**[www.lincsinterconnect.com](http://www.lincsinterconnect.com)**

## AGE RELATED MACULAR DISEASE

This disease affects about a quarter of people over 50. It affects the central vision, and can make it difficult to read, write, drive and recognise faces. Macular Disease affects people in different ways and patients may not notice any change in their vision during the early stages. Wet Macular disease, the more serious of the two types, can be treated.

I've had dry Macular Disease for about 10 years and fortunately I can still drive (just), see people's faces and read (larger print). After diagnosis at the hospital, when I was told "There is nothing we can do", I was given a leaflet about The Macular Disease Society.

I have been a member of the society ever since. They believe there is something that can be done - including providing a quarterly magazine, which gives the latest news on research and treatment, and information about all the many aids that are available to help with reading. They provide a telephone helpline, and also courses on "Eccentric Reading", which enables affected people to read using their peripheral vision.

Website **[www.macularisease.org](http://www.macularisease.org)**

If you would like a 25-page up-to-date booklet produced by the society, please telephone me,

Janet Kempson ."

## A1 THEATRE

**All matinées - top price seats**

**Tue 2<sup>nd</sup> March Phantom of the Opera**  
Her Majesty's Theatre

**Or** (One bus, two venues)

**The 39 Steps**  
Criterion

**Wed 12<sup>th</sup> May Love Never Dies**  
Andrew Lloyd Webber's sequel to The Phantom at the Adelphi.

**Wed 1<sup>st</sup> Sep Love Never Dies**

**Sat 30<sup>th</sup> Oct Orff's Carmina Burana**  
Royal Philharmonic 400 voices  
in monumental harmony  
Royal Albert Hall

For information, prices and application forms contact

Karyl Rey 753769

## SINGING FOR PLEASURE

The next meeting will be on Thursday 11<sup>th</sup> February at 10.30 am at Barn Hill. The next Singalong will be on 15<sup>th</sup> February at 10.30 am in the upstairs room at Barn Hill.

Rita Wood

## BALLROOM DANCING

The next session will be held on Wednesday 24<sup>th</sup> February at 3 pm in the Roman Catholic Church Hall in Broad Street.

All welcome. No need to have a partner.

Meg Moss

## FAMILY HISTORY

The next meeting of this group will be on 17<sup>th</sup> February at 2.15 pm at Jim Guthrie's house. For more information please contact

Jim Guthrie

## SCOTTISH STRATHSPEY DANCING

The next meetings of this group will be on Wednesday 3<sup>rd</sup> and 17<sup>th</sup> of February and 3<sup>rd</sup> and 17<sup>th</sup> of March

Dancing takes place in the upper room of Barn Hill Church from 11 – 12 noon. New members welcome.

Graham Creedy

## SCIENCE GROUP

The next meeting of this group will be on Thursday 11<sup>th</sup> February at Barnack Village Hall at 2 pm.

Ian will be talking about Newton and Modern Science. Everyone welcome.

Ian Burrows

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## PARCELS FOR OUR TROOPS

The Royal British Legion, Stamford, are arranging to send to our troops, on active service in Iraq and Afghanistan, those small items which they cannot get locally and which means so much to them as a reminder of home! They tell us that they really would like to get puzzle books, disposable razors, travel games, sweets, wetwipes and personal toiletries. Anything but liquids and chocolates which do not post well.

The aim is to show them our concern and appreciation for everything they are doing under very difficult circumstances, and in particular, to show them that they are not forgotten.

Please bring your donations a meeting, or contact Steve Bond for more information t: 757041

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## EARTH SCIENCE

The next meeting of this group will be at Carol's house at 9.30 am, on Wednesday 10<sup>th</sup> February when the subject will be **Tectonic Plates**.

For more information contact

Carol Needham

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## SELF HELP FOR HEALTH

The next date for this group will be Monday 15<sup>th</sup> February at Ryhall Village Hall at 2 pm. We will be trying to combat the Brain Drain and have some fun in the process.

Sheila Halliday-Pegg

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## STROLLERS

**Feb 12<sup>th</sup>** **Little Casterton.** Park in the paddock, next to Little Casterton Church. Behind the houses on the left when facing Rhyhall. Lunch - Crown Great Casterton.  
David and Felicity Baxter

**March 12<sup>th</sup>** Meet in the Car Park at Burghley Park for a stroll round the Sculpture Garden led by Anna Bridger

**April 9<sup>th</sup>** Burghley Park car park for a stroll round the Private Garden led by Anna Bridger

All walks start at 11 am. For more information contact

Anna Bridger

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## ART HISTORY

There will not be a meeting of the Art History Group on Wednesday 10<sup>th</sup> February.

The next meeting will be on Wednesday 24<sup>th</sup> February when the subject will be David.

Our meetings are now held in the small upper room at Barn Hill. They start with coffee around 10.15 am and the talks begin at 10.30 am.

New members are always welcome. For more information contact

Hendy Farquhar-Smith 756316

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## HIGHGROVE VISIT

We have fortunate enough to manage to arrange a visit to Highgrove on Thursday 10<sup>th</sup> of June. The rules for visiting Highgrove have been completely changed this year and there are no limitations on visits by people who have been before. The cost for this will be approximately £40 per head, all inclusive.

Please sign up at the meeting or phone Hendy on 756316

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## CHURCH VISITING GROUP

This group will meet at Welland Mews at 11 am on Friday 26<sup>th</sup> February to discuss which churches they hope to visit from April to October this year. For more information contact

Mavis Sharpe

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## GROUP LEADERS

Please can you come along on the 18<sup>th</sup> of March and help us run the New Members' Meeting. Thanks.

Hendy 765316

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## NEW MEMBERS' MEETING

There will be a New Members' Meeting at 10.30 am at Barn Hill on Thursday 18<sup>th</sup> March. All new members will be sent an invitation.

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## WALKING GROUP

**February 5<sup>th</sup>** **Blue Bell, Belmesthorpe**  
Jennie and Carolyn

**February 19<sup>th</sup>** **White Horse Empingham**  
Ann

**February 26<sup>th</sup>** **Coffee Morning** at Chris's house

All walks start at 10 am. New members will be particularly welcomed. For more information contact

Chris Rippington

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## TRAVEL GROUP

The next meeting of the Travel Group will be on Tuesday 19<sup>th</sup> January at 10 am at Barn Hill. The speaker will be Janet Racklyeft talking about Scandinavia.

Tailored Travel have informed us that BA have cancelled the afternoon flight to Dubrovnik and we are now booked on a morning flight which will require an early start from Stamford.

We are still waiting for someone to volunteer to take over the Travel Group.

Dick Colgrove

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## LOCAL HISTORY

The next meeting of this group will be on Tuesday 9<sup>th</sup> February when the speaker will be Michael Lee taking about the **History of Stamford Corn Exchange Theatre**.

The meetings are held at Barn Hill at 10 am for a 10.30 am start. Everyone is welcome.

Christine Bearne

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