



# Stamford Third Age Group

# NEWSLETTER

Issue 53

July 2005

## CHAIRMAN'S COMMENTS

At the time I write this, the end of June, it does at last seem more like summer. We have had very hot weather, followed by thunderstorms, the Glastonbury Festival has been flooded and Tim Henman is knocked out of Wimbledon.

U3A groups tend to slow down or cease through July and August. It's the nearest thing we have to a close season. Holidays, families, and grandchildren may replace some of our regular activities. Perhaps this is a time to generate thoughts and ideas for future U3A items.

Many members will, of course, be attending the Harlaxton Summer Schools in week commencing July 10<sup>th</sup> and meeting members from many other U3As. Meeting others is often very useful to share ideas and learn from each other's experiences.

In May, three of us from Stamford U3A attended the Peterborough U3A Learning Support Day. Two speakers gave presentations on the Resource Centre and Regional Learning Support. Group discussions followed. The feedback from these produced wide-ranging experiences on many aspects of running successful groups.

We found this very useful and realise how much help, guidance and information is available, if we choose to use it. Our thanks went to John Hucklesby and Peterborough U3A for organising this successful event.

On Tuesday 19<sup>th</sup> July we have 36 members of Chesterfield U3A coming to Stamford for a walking tour round the town, followed by a visit to Burghley House. Several of us will join them with John Plumb and Alec Burt again being the excellent tour guides.

A date to note – Maggie and I will be holding a Coffee Morning for Group Leaders and Committee members at our home on Thursday 4<sup>th</sup> August commencing at 10.30 am.

Finally a reminder. The URC Hall is not available on August 2<sup>nd</sup>, so the proceedings will be at the church only. Doors open 10 am - the meeting will start at 10.30 am.

Best wishes  
Dick Colgrove

t: 01780 752101

e: dick@SU3ANews.co.uk

## COMMITTEE MEMBERS

Dick Colgrove	Chairman
Paddy Thompson	Deputy Chairman
Hendy Farquhar-Smith	Group coordinator
Percy Moss	Treasurer
Joy Paterson	Minutes Secretary
Kate Rogers	Speaker Finder
Gill Bolton	Membership Sec
David Ellis	

**Registered Charity Number: 1077090**

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## MONTHLY PROGRAMME

### TUESDAYS

<b>August 2<sup>nd</sup></b>	<b>George Hetherington</b> Fair Trade
<b>September 6<sup>th</sup></b>	<b>D W Gladman</b> The British Legion

Meetings are normally held at the United Reformed Church on the first Tuesday of each month. Coffee is served in the Hall at 10 am, the meeting starts in the Church at 10.30.

For the August 2<sup>nd</sup> Meeting, only the Church will be used. Doors open 10 am— meeting starts 10.30 am

For information on how to become a member and for subscription information, please contact the Membership Secretary, Gill Bolton,

t: 01780 480611

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

t: 01780 756316

e: hendy@hf-s.co.uk

**AUGUST** Issue Deadline

**22 July**

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## 2005 NATIONAL AGM AND CONFERENCE

The National Conference this year will be held in the University of Leicester from Sunday 21<sup>st</sup> August to Tuesday 23<sup>rd</sup> August. The theme is “**The Challenge of Change – A Vision for the Future**”

The AGM will be held on Monday 22<sup>nd</sup> August from 10.45 am to 4 pm.

The closing date for booking is 22<sup>nd</sup> July. Please contact Dick Colgrove on 752101 for more details if you would like to attend all or part of this event.

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## CHURCH VISITING GROUP

This group is going to Ely Cathedral on Friday 29<sup>th</sup> July. The trip is going to be made by train as very favourable fares can be arranged for groups. If you would like to go, please get in touch with Geoff Fox at the July meeting.

The visit on the 26<sup>th</sup> August will be to Wittering Church and the RAF Chapel. If you would like to join us for this visit we will meet at the church in Wittering Village just before 11 am.

Anna Bridger

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## TRAVEL GROUP

### MEETING

The next meeting of the travel Group will be on Tuesday 9<sup>th</sup> August at 10.30 am at the Masonic Central Hall. Entrance through the white door at the back of Scotgate Car Park. The last part of the meeting will be for those going to Krakow in September to discuss final details.

### KRAKOW HOLIDAY

Please note that all those going to Krakow should have an invoice from Tailored Travel. Final payment, including single supplement should be sent with remittance advice direct to Tailored Travel to arrive no later than 22<sup>nd</sup> July 2005. Details of and payment for optional excursions will be dealt with at a later date. Please try to attend the Travel Group meeting on Tuesday 9<sup>th</sup> August.

### DAY TRIP TO “THE DEEP”

Tuesday 11<sup>th</sup> October 2005. The cost for this trip is £30, including coach, coffee at a hotel, guided tour of the historic town centre of Hull, 2 course buffet lunch at an old pub and an afternoon visit to “The Deep” – the world’s only Submarium. Please contact Paddy to book a place. Please pay a £5 deposit.

### ART & CITY BREAK TO NEW YORK

This is planned to take place from 26<sup>th</sup> March – 1<sup>st</sup> April 2006. The cost will be from £649 and will include 4 nights room only basis at a 3 star hotel just off Broadway, return flights and return airport transfers in UK and New York. Booking forms will be available at the July meeting. For more information contact

Paddy Thompson



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## SUGGESTIONS FOR NEW GROUPS

### ANYONE INTERESTED?

#### Gardening Group

It has been suggested that we start up a gardening group - a more ‘hands on’ group than the Gardens Group, so that we can exchange ideas and plants and also to have talks from gardening experts.

#### Cycling Group

We have also had a suggestion that we might start a cycling group.

Anyone interested in joining either, or both, of these groups please sign up at the next meeting or phone

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## SCIENCE GROUP

There will not be a meeting of the Science Group in July or August. The next meeting will be on 8<sup>th</sup> September. Full details of this meeting and the talk will be included in the August Newsletter.

Percy Moss

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## ACTIVE LIFE SWIMMING FOR THE OVER 50s

at Stamford Leisure Pool, Drift Road

**Mondays** 11.00 am to 12.00 noon - swimming only

**Thursdays** 2.00 to 3.00 pm - swimmers and learners, and improvers  
3.00 to 4.00 pm AQUAFIT

### DURING SCHOOL HOLIDAYS

#### Tuesdays and Thursdays

9.30 to 10.30 am

½ hour straight swimming

½ hour AQUAFIT

Summer School holidays are 25 July to 5 September, check with the pool for details. The pool is usually closed in the Christmas school holidays.

During Active Life Sessions there is no music (except for the Aquafit) and no wave machine. The water is always pleasantly warm. Note that these sessions are also open to members of the general public who are over 50.

For further details and a leaflet please see me at a monthly meeting, or phone me, or call the Leisure Pool direct on 765522.

Janet Kempson

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## LUNCH GROUP

There will not be any meetings of the Lunch Group during July and August. Details of the September meeting will be included in the August Newsletter.

Hendy Farquhar-Smith 756316

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## WALKING GROUP

<b>July 8<sup>th</sup></b>	<b>Helpston</b> The Blue Bell Inn	5 m	Roger Teasdale	
<b>July 15<sup>th</sup></b>	<b>Castor</b> The Royal Oak	5 m	Roger Teasdale	
<b>August 5<sup>th</sup></b>	Venue TBA		Janet Smith Margaret Harkey	

All walks start at 10.30 am. Queries on individual walks please contact the Leader. General queries contact José .

If you have any doubts about the conditions please contact the Walk Leader.

In case of cancellations, or any other problems, Walk Leaders please contact José before 9 am. Please check your e-mails before leaving home! If you do not have e-mail, please 'link' with someone who does, who can relay any messages.

**Please share cars whenever possible, especially for those walks which are a little further afield.**

### ART HISTORY GROUP

There will be no meeting of the Art History Group group during July and August. The next meeting will be on Wednesday 14<sup>th</sup> September at 10.30 am in the Livingstone Room of the United Reformed Church Hall.

The subject will be Berthe Morisot.

Hendy Farquhar-Smith 756316



### COUNTRY DANCING

There will be no meetings of this group in July or August. The next meeting will be on Tuesday 20<sup>th</sup> September at the United Reformed Church Hall at 10.30 am.

Hendy Farquhar-Smith 756316



### GROUP LEADERS

#### Membership

Please ensure that all the members of your group have renewed their membership and are fully paid up members of the U3A.

#### Accident Forms

I have copies of an Accident Report Form sent out by Head Office. Should any members of your group meet with any kind of accident in the course of your group activities, please get copies.

Hendy Farquhar-Smith 756316

### NEW GROUP LEADER WANTED

After several years of sterling service as the leader of the Swimming Group, Janet has decided to retire.

Therefore this group is looking for a new leader. However, it does not require much "leading" as such – just someone who swims regularly who would keep the Newsletter up to date with changes to Swimming times and make our members aware of the Active Life facility at the Pool.

If you are interested in taking over from Janet please get in touch with me on 765316.

Hendy.

### COMMUNITY CAR SCHEME

The scheme provides essential door to door transport for frail, elderly and disabled people living in Stamford and the surrounding villages.

The scheme will operate using volunteer drivers who live in the area and who will use their own cars. The drivers will be fully trained, and will receive a mileage rate and out of pocket expenses.

Please pass this information to anyone who is likely to be able to benefit from the scheme.

For more information contact Claire Coles at 482380. She will be speaking to us at the September meeting, but in the meantime you can help advertise the scheme.

#### Volunteer Drivers are Needed

Do you have an interest in helping others?

Do you have your own roadworthy car with insurance cover? Do you have a telephone?

Do you have some free time, from 3 hours a week to 5 days a week?

If you do and would like to become a volunteer driver for the scheme please phone Claire or e-mail her at

**car.scheme@stamfordvb.org.uk**

Website at

**www.stamfordvb.org.uk**



### *Newsletter On Line*

**www. SU3ANews.co.uk**

The Newsletter On Line provides copies of the Newsletter which can be viewed on screen in colour and can be downloaded and printed in your own printer.

The site is worth a visit even if you already have your printed copy, because of the wide range of functions which it offers. This is a dynamic site, it is upgraded regularly.

Visit to keep abreast of site developments.