



Sheffield

Links 196: April 2020



Walking Cricket Group in full flow

**FOR THE LATEST NEWS ABOUT SU3A GROUPS AND
EVENTS, MEMBERS SHOULD LOOK AT THE WEBSITE
su3a.org.uk**

Contact Us

Our website is at: www.su3a.org.uk

Here you will find all the latest news and information about SU3A, including items that do not appear in *Links*.

Joining SU3A or to find out more:

Rita Webster-Carr
(0114) 230 8866

Initial Enquiries Officer
enquiry@su3a.org.uk

Membership number or renewal:

SU3A Membership Team
(01433) 659864

wa-admin@su3a.org.uk

Information about Groups:

Fran Rodway
07774 142409
Jenny Graaf
07955 679703
Barbara Lowe
(0114) 248 8367
Group Records Team

Group A General Coordinator
groupsa@su3a.org.uk
Group B General Coordinator
groupsb@su3a.org.uk
Group C General Coordinator
groupsc@su3a.org.uk
grouprecords@su3a.org.uk

Anything else:

Anna Harvey
07973 771957

Secretary
secretary@su3a.org.uk

***Links* no. 197 June 2020**

Last date for copy is 24 April 2020

All news and correspondence to the Editor:
email: links@su3a.org.uk

Remember the contributors' copy code:

Early, Literate, Accurate and Emailed

The *Links* Team is not responsible for the content of any articles. Any queries please contact the author of the article. We are sorry we have had to cut articles or carry them over to the next edition, due to insufficient space.

From the Chair

How times have changed! My original "From the Chair" was full of Spring cheer and looking forward to the Summer. Now it and most of the original articles in Links have had to change to reflect the Covid-19 situation. As you know the Trustees have advised that all groups should cease their activities. However, there are ways that individual and groups can still communicate and details are shown elsewhere in this Links.

Remember that the most up-to-date Covid-19 advice can be found on the Government website, Gov.uk.

The Third Age Trust will be putting out regular bulletins on the *u3a.org.uk* website and regular mailings to U3A committees. For news about Sheffield U3A Groups, events and activities, members should look at the *su3a.org.uk* website.

It is important that the Government's advice is followed. Having a meeting at a friends house because you 'know' them puts you and everyone else at risk. Staying at home for a few weeks gives you the chance to do that bit of work around the house, you've been putting off, read those books that are on the shelf, learn to write letters again and a thousand and one other things. It is a time to reflect. It won't last long.

I spent Saturday 14th and Sunday 15th with the weekenders in London. We had a great day at Bletchley Park followed by a pleasant meal at our hotel. The following day we went to the Tutankhamun exhibition which was fantastic. A good time was had by all. Hopefully by the time the next outing is due, Covid-19 will have eased and the restrictions lifted.

Over the past few months your Trustees have been working hard to ensure that we are operating to the benefit of all our members. It is gratifying to know that we are an inclusive charity, mindful of issues such as discrimination, health and safety, risk and wellbeing.

The kind of circumstances we are facing at present, often brings out the best in people. It seems this may be happening now. Help someone if you can. If you need help, ask for it.

Stay safe and keep washing your hands.

Brian Cave

NEWS

In view of the latest Government advice, your Executive Committee are advising all Groups to cease activities immediately and until further notice. We will inform you as soon as possible when you can resume your group's activities. We are giving this advice because we cannot be seen to be encouraging people to ignore Government advice.

2020 Annual General Meeting Wednesday 15 July

Decisions at the AGM can only be made on items appearing on the agenda. Decisions cannot be taken on "any other business" items.

The agenda will appear in the next (June) edition of Links. If there is any item that you would like including on the agenda you must notify it to the Secretary, Anna Harvey, secretary@su3a.org.uk in writing by **19 April 2020**.

In the light of the current situation this could be subject to change.

Covid-19 Keeping in Touch

For those without internet access

Phoning each other

Set up a phone tree so that each member of a group could be responsible for calling two others at least once a week. Rotate who phones who. Make a phone-call once a week – to a U3A friend - especially someone on their own – just for a chat. The social interaction is such an important part of our informal learning ethos. Let other members know if you would like to keep in regular contact with other members.

Share your phone number (and/or email address) with other group members if you are happy to do so (many of you will be on weekly bcc/blind copy lists).

Telephone conferencing

Why not consider using free conference call software – such as WhyPay which facilitates three or more people speaking on the phone together at once? Find out more at <https://whypay.net/> This will be particularly important for people who don't have internet access or aren't confident using it.

Letters

Reinitiate letter writing either to continue giving opinions as part of interest groups or as a pen pal type initiative to ensure people without internet access do not feel isolated. Write letters to your U3A friends – the ones you may see regularly and maybe those that you only see at monthly meetings or AGMs and are definitely due an update.

For those with internet access

National newsletter

All members can sign up directly to the national newsletter. This is filled with information, stories and advice and continues to be a two way conversation between the whole U3A movement. It will keep people in touch with U3A and hopefully make us all feel part of the U3A community. You can sign up <https://www.u3a.org.uk/newsletter>

Sheffield U3A website

We suggest a weekly visit to our web site for the latest news.
<http://www.su3a.org.uk>

Utilise the expertise of your members

If you need help to stay in touch, contact a member of the Executive Committee. Their contact details can be found at the back of every *Links*.

Running groups remotely

Consider running groups via social media and other technology which will allow you to interact online, video or conference call with several members at once. This could include closed Facebook groups, Skype, teleconference tools like WhyPay to 'meet' with your members.

Set your group members research or other tasks to do shared out via email, so members can work on it at home and can contact the group leader by phone or email if they have any questions or problems with task itself. Keep activities going and take it in turns to suggest one.

• Closed Facebook groups:

There is advice about how to set up a closed Facebook group at: <https://www.wikihow.com/Make-a-Closed-Facebook-Group>. There is also advice about how you can keep safe on facebook: https://en-gb.facebook.com/help/122006714548814?helpref=popular_topics. These can be used for exchanging ideas, resources, sources of materials, keeping in touch and developing online initiatives to keep members involved.

• WhatsApp:

One suggestion for groups or just within interest groups could be keeping in touch on a WhatsApp group. This is reliant on members of the group having a phone that supports WhatsApp but is free to use and enables users to stay in touch by text and allows them to share photos. You can also make free audio and video calls via WhatsApp. There is advice at: <https://www.wikihow.tech/Make-a-Call-on-WhatsApp>.

• Other suggestions: Skype, WhyPay, Zoom, Microsoft Teams

Computer Tips



Emails

An email message (nowadays abbreviated to email) is an electronic mail message. It is written on (nowadays sometimes spoken to) an electronic device (computer, tablet or phone) and sent to an electronic mail address.

Email servers

These are computers, whose purpose is to send, receive and store electronic messages. When you send an email message it goes to an email server which then sends it on to the email server shown in the address.

Setting up an email account

It is possible to have several email accounts. You will usually be given one by your ISP (Internet Service Provider), for example btinternet, plusnet, etc. You may have one provided by an organisation and you can usually obtain one, without paying, from organisations such as Microsoft and Google. The latter means that you can have an email address, without having an internet connection at home. (You will need to access the internet to use it!) In all cases you will be provided with an email address and password. The password is normally changeable by logging in to your webmail as described below.

Accessing your email messages

Email messages are stored on an email server. There are two standard ways to access your emails. Since the details for each method vary quite a lot there is only a brief overview below with some explanations of terminology.

Webmail

You can usually access your email by going to the web address of your email server and logging on, usually with your email address and a password. When you do this you may have to choose the software used to view your emails or this may have been chosen for you. If you do have to choose, you will be given options so just select one and try it.

Email client You can usually access your email on a computer, tablet, or phone. To do this you need software called an email client that links to the server where your email is stored and downloads your messages. Almost all devices already have an email client, such as gmail, mail or (on Windows 7) livemail, available to use on them. On Windows 10 many people, however, choose to download an email client such as Mozilla's Thunderbird rather than use the default mail app.

Linking your email client to your emails On a computer you need to open your email client in order to link it to your email. To use the Windows 10 mail app, click on the Window icon and choose 'Mail' from the drop down list or type mail into the search box and choose 'Mail app' from the drop down list. When the app opens, click on 'Accounts'. On phones and tablets choose 'Settings', shown by a cogwheel icon, and then 'Accounts'. After choosing to add a new account you will then be asked to fill in details such as your email address and password. You may need other details from your email provider. This depends both on your email provider and choice of email client. See the end of this article for further details.

Managing your emails Here are some tips that can help you organise and search your emails. It may be the case that your email client does not support all these features.

Folders You can create folders for storing emails that you want to keep. Normally this is done by right clicking on your inbox and choosing to create a new folder. Folders can have subfolders so that, for example, you might have a holidays folder and then inside that a folder for emails about a particular holiday.

Sorting your emails In many email clients, but not in Windows 10 Mail, you can easily sort your emails, by date, sender, size of attachment etc. To do so just click on the title or icon at the top of the column you wish to sort by. Click a second time and the sort order will be reversed. When you have finished, it is a good idea to leave the emails sorted by date with most recent at the top.

Searching Most email clients have a 'search box'. This can speed up hunting for a particular email.

Spam Your client or email provider is likely to apply a filter for 'spam'. This

is the email equivalent of junk mail. This email is normally found in a folder called Spam. It is worth checking the contents of this folder if you do not appear to have received an email that you were expecting.

Highlighting emails Unread emails are normally highlighted. However the high-lighting disappears when you read them. If an email needs further attention you can restore the highlighting by right clicking and choosing 'Mark as un-read'.

Attachments If you need to send a file to someone, look for an option to 'insert' a file. If you receive an email with attachment, the file is often shown in the footer at the bottom of the email. You can click on it to download it. Do not download attachments from unknown sources. Large attachments, say more than 2 or 3 megabytes, can slow an email down or even prevent an email being sent or received so you should avoid sending these by email.

Good Practice Try to read your email reasonably regularly, at least once a week. Delete spam emails. Do not forward emails without being confident that the sender is happy for you to do so. If annoyed by an email, wait before replying. Non-commercial senders do not usually know when you have read an email. Words in capital letters are often interpreted as shouting. Be reasonably circumspect in the content of your emails. Your emails may be legally retrieved from an email server in certain circumstances. [Not all politicians remember this!!] Remember that cc means carbon copy and bcc means blind carbon copy. Main and cc Recipients will not see those included by bcc. Use bcc for a recipient if you do not know whether they are happy for their email address to be shared.

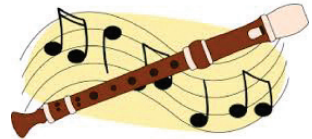
Security

You are likely to receive the occasional 'phishing' email. This is an email attempting to get inappropriate information from you. If in any sort of doubt, don't click on any link in the email! Emails that suggest that something, such as a bank account you own, has been compromised or emails that contains threats that you will be cut off unless you do something are almost certainly scams. If in doubt contact the service provider by other means to check. Either delete the email or report it. The website <https://www.actionfraud.police.uk/> gives information about this.

GROUP NEWS

Recorder For Beginners – Recorders 2

Recorder for Beginners has graduated! As the members can no longer truthfully be described as beginners, we're moving on a little. If you have any previous experience of playing (whenever it was!), and know which way up to put the music, do come and join us – it's highly enjoyable playing with a group.



If you are interested, but are a complete novice, do get in touch anyway.

Contact: *Hilary Dowson (0114) 221 4417 hilary@hilarydowson.co.uk*

Mandarin

Want to improve your memory? Want to learn about another culture?
Want to have fun - yes! Seriously!
Why not join a Beginners' Mandarin group?

We meet on Wednesdays fortnightly from 10.30 until 12.00. The maximum group size is 6. We go at a gentle pace. The group is supportive. We recognise members of the group go away on holidays so we take breaks. We are very fortunate to have a native speaker as a teacher. No previous knowledge is needed. It is for absolute beginners. The book we use is BBC Mandarin Chinese with an emphasis on speaking and listening. For further information and an informal chat please contact either:

Wendy Eyre wendyeyre844@btinternet.com (0114) 274 5332
or *Ping on wangping2014@gmail.com*

German Intermediate Group

There are vacancies within this group. We are a friendly group and have the good fortune to have a German lady as our tutor. We range in ability from quite good to very good but always try to help those who struggle a bit. We meet on a Monday morning from 10.00 am to 12.00 noon in the downstairs room of Ecclesall Library and anyone is welcome to come to see if the Group is for them. If you would like to come, please telephone or send me an email.

*Katharine Brown b_katharine@hotmail.com (0114) 265 6477
Coordinator*

Current Affairs Discussion Group

We now have some vacancies in the Current Affairs Discussion Group. Basically, we're a non-fiction book group who take it in turns to choose and present books for discussion on subjects of topical interest. Recent books have included *The New Silk Roads* by Peter Francopans, *Farmageddon* by Philip Lymbery and *Moneyland* by Oliver Bullough. Books coming up include *A Left for Itself* by David Swift and *Invisible Women* by Caroline Criado Perez. A full list of books read since the group began in January 2018 is available under our group entry on the Sheffield U3A website.

We meet on the second Thursday of each month at 2.00 pm in the Community Room of Ecclesall Library on Ecclesall Road. There is disabled access. Meetings usually last up to 2 hours and there is a small subscription fee of £2.50 per meeting to cover room hire and refreshments. So, if you think this is something you might be interested in and have time within your other commitments to read a book a month, do give me a call.

*Paul Close (0114) 268 3082 07717 942278
Group Coordinator*

Wednesday Cycling



This is a photo of some of the SU3A Wednesday cycling group having fun at Slippery Stones - I'm the shadow taking the photo!

We do moderate rides at a moderate pace and try to avoid busy roads and big hills. Any bike will do although some tracks are not suitable for lightweight road bikes. The rides are between 17 and 23 miles long and always involve at least one stop for tea/cake/chip butties!

We go out on the 1st and 3rd Wednesday of the month, but as a "fair weather cyclist", I always check the weather forecast before confirming that the ride will go ahead. Contact is only via the Sheffield U3A Wednesday Cycling Google Group.

If you would like to try the group out, please contact:

Sandie Andrews SU3AWednesdaycycling@gmail.com



Walking Cricket

The front cover of this issue of *Links* shows the new Walking Cricket Group in full flow at one of their Thursday morning sessions. Please contact *Chris Jones* on 07753 829771 to learn more.

U3A Orienteering 2020

Orienteering is a challenging outdoor adventure sport. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace. It is ideal for people of all ages, shapes and sizes and for older adults wanting to shape up, add some excitement to their walking or jogging and meet new friends.

If you would like to know more about the sport of orienteering, including map reading and navigation so that you can take part in organised orienteering events in Sheffield and South Yorkshire, please contact:

Colin Best colinallanb@yahoo.co.uk 07800 540596

What do we know about the climate emergency?

We hear so much about climate change and the impact it is having across the world, as well as on our doorstep.

How much do we really know?

What are the causes?

What can we do as individuals and collectively to make a difference?

If you would like to explore and share your knowledge, fears, ideas and suggestions, why not join this new group? To gauge interest we hope to meet at an SU3A Drop-In when they resume. In the meantime, if you are interested in the topic let us know by emailing *Geraldine Roberts* geraldine@roberts-stafford.net or texting *Janice Brown* on 07754 503071.

Singing for Pleasure Calling all Piano Players



The 'SINGING FOR PLEASURE GROUP' (SfP) is looking for an accompanist.

We meet fortnightly, 1.30 to 3.30 pm, on Friday afternoons in the very centre of Sheffield. We are a mixed choir (SATB) and sing both in unison and 4 part-harmony. Our conductor would give the accompanist a few days notice of the pieces we intend to practice each session. We are a friendly, enthusiastic group and we very much appreciate the efforts of our pianist and conductor. If you would like to join us please contact our group Coordinator:

Irene Lees johnrlees@gmail.com (0114) 235 9340

Piano Duets Group

This group could offer friendly pianists a chance to meet with and play with other pianists. All skill levels welcome. Small groups will meet at members' homes bringing their own choice of music which could be duets or solo pieces. The idea would be to practise at home then play together. Meetings are fortnightly on Wednesday mornings. Anyone interested please contact:

Christine Fitzmaurice (0114) 236 0481 margerine.3.7.8@gmail.com

Remember next *Links Copy Deadline!*

Links 197 June 2020

Copy Deadline 24 April 2020

Vacancies in Knitting Group II

We are a small, enthusiastic and friendly group of knitters with various levels of experience. We meet in the town centre every other Thursday morning and now have a couple of spaces in the group. If you are interested in finding out more and joining us please contact:



Helen Gwyddanes 07929 553503 helengwyddanes@hotmail.co.uk

Deaf Awareness Group

The Deaf Awareness group meets monthly and still has a few vacancies. Part of our mission is to assist other hard-of-hearing people, particularly members of the U3A.

The first step for many is to admit that they have a hearing problem. It is crucial not to leave it too long or you may have more difficulty in adapting to using aids. The NHS provision of aids varies. It may be that you can get a better service from a different area to the one where you happen to live. There also exists equipment that can augment certain hearing aids which may affect your choice of aids. There are many avenues of support such as the disability card, the disabled person's rail card and the sunflower medallion for use when flying. You may also benefit from attending a lip-reading class. The U3A have a TourTalk listening system, (not to be confused with Whisper Box), which can be used to assist the deaf as well as people with normal hearing. It is available at most U3A monthly Friday Lectures and can be booked out by any U3A member for use on U3A business. There are 14 receivers.

We have previously manned the U3A Drop-In, but, partly because of a lack of interest, have decided not to continue. However, we are happy to meet socially by arrangement with anyone who would like to discuss hearing matters. If interested, please contact Chris Carter by email U3AChrisCarter@gmail.com or send a text to 07855 908007, but please make clear who you are and what it is about.

Chris Carter U3AChrisCarter@gmail.com

Scottish Gaelic for complete beginners - new course

If you would like to learn a little Scottish Gaelic, the beautiful and haunting language which is still spoken in the Scottish Highlands and Islands, please contact me on (0114) 255 8422. We would base this introductory course on 'Duolingo', which is available for free online on your laptop, tablet or phone. I have plenty of additional resources to supplement 'Duolingo'. We would meet fortnightly in members' homes on a Monday morning or Tuesday afternoon. There would be no charge. I am a qualified language teacher (ESOL) and have a Scottish Higher qualification in Gaelic at grade A. I have taught Gaelic and Welsh in the U3A for the last ten years.

Steve Clements (0114) 255 8422 stevejohn39rd@gmail.com

Sheffield U3A Croquet Group



We have a few vacancies and would welcome new members to our group. We play every Tuesday and Thursday afternoons from 13.00 and Wednesday mornings from 10.00 am. Our lawns are on the out-field of Parkhead Cricket Club, next to the Miller & Carter Steak House on Ecclesall Road South. The cost is £40 for the season which is April to the end of

September and includes tuition, use of club equipment and refreshments. If you are interested, why not come to see us on one of the club days.

Brian Cave (0114) 230 5312 bpcave@hotmail.com
Co-ordinator

SU3A Commemorative Garden at Whirlowbrook Park:

Regretfully the Biennial Service of Remembrance has had to be cancelled. However, the garden is there for everyone to enjoy. May and June are the best months for blossom, but later on there are waterlilies and damsel flies.

Sheffield U3A Group and Activities Pages: April 2020

To join Sheffield U3A please contact Rita Webster-Carr (Initial Enquiries Officer) on (0114) 230 8866, Email enquiry@sheffieldu3a.org.uk

Anyone wishing to join a Group should ring the Coordinator first. If you find the Group is full, has a waiting list, or wish to suggest a new Group, please ring the appropriate General Coordinator, or (01433) 659864.

Groups currently notifying they have vacancies are marked with V in the following pages. Full details and some Group programmes can also be found on our website – www.sheffieldu3a.org.uk

Sheffield U3A is committed to the principles of inclusion and good access wherever possible. We are making every effort to ensure that our activities are available to everyone who wishes to actively participate.

ACCESS: to Group meetings and activities is listed using the following key –

MH : Member's Home – access variable; if you have specific needs please contact the Group Coordinator

PVHL: Public Venue - meeting is fully accessible, including a hearing loop

PV : Public Venue - meeting is fully accessible but does not include a hearing loop

PVAL: Public Venue – meeting access is limited; if you have specific needs please contact the Group Coordinator

O : Outdoors

MEETINGS: This shows Day, Time and Frequency- e.g. *Mo.am.f = Monday Morning Fortnightly. We.pm.m = Wednesday Afternoon Monthly. Tu.--,w = Tuesday All Day Weekly. 4w = 4 weeks. AREA:- The Postal Area in which the Group meets – e.g. (SE) indicates that the Group meets in the South East of Sheffield.*

Please notify any amendments to this list to the General Coordinator team.

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Art			Set A	General	Coordinator Fran Rowdy	
Art I	V	We.am.w	S11	PV/HL	Daniel Merrills	230 5952
Art II		Th.pm.w	S11	PV	Pauline Miller	258 3678
Art III	V	We.pm.w	S11	PV	Miriam Currie	01246 414 274
Art on Tuesday	V	Tu.pm.w	S11	PV	Graham Woodthorpe	0114 2960535
Aspects of Art II		Th.pm.m	S7	PV	Valerie Wiley	236 0726
Outdoor Sketching	V	Fr.am.f	various	O	Daniel Merrills	230 5952
Arts and Crafts			Set B	General	Coordinator Jenny Graaf	
Architecture Past and Present	V	2nd Tu.pm.m	S8	PV	Elaene Burtoft	07803130021
Craft	V	Th.pm.f		MH	Barbara Lowe	248 8367
Crochet and Knitting	V	Tu.pm.f	S1	PVAL	Jane Whitehead	457 7740
Dressmaking	V	Mo.am.f	S11	PV	Jennifer Austin	2552095
Dressmaking and Sewing	V	Mo.am.f	S11	PV	Ellen Johnson	2683291
Handwork & Craft II		Th.am.f	S11	MH	Elspeith Eggington	230 8755
Knitting		We.am.m	S10/11/17	MH	Jane Harling	230 9576
Knitting II	V	Th.am.f	S1	PV	Helen Gwyddanes	07929 553503
Patch & Quilt		Mo.pm.f	S17	MH	Elaene Pritchard	2363975
Photography	V	3rd Th.pm.m	S7	PV	Ian Eyre & Pat Robins	07788296975 or 01246 416850
Quilting Hive	V	Mo.pm.	S8	MH	Lynne Brown	237 7643
Video Production (Documentary)	V	Mo.am.w	Sheffield area	MH	Ian Barkley	01709 812 351
Woodcarving		Th.pm.w	S7	MH	John Perrett	2363159
Cards and Board Games			Set C	General	Coordinator Barbara Lowe	
Bridge - Friday I	V	Fr.pm.w	S17	PVAL	John Strange	01246 416 558
Bridge - Friday II	V	Fr.pm.w	S10	PV	Brian Jeremiah	230 7250
Bridge - Monday	V	Mo.pm.w	S17	PVAL	Pat Latham & Peter Goldthorpe	01246 419106 or 07967721154 or 2350211
Bridge - Thursday	V	Th.pm.w	S17	PVAL	Brenda Fryer	236 5628
Bridge - Tuesday	V	Tu.am.w	S7	PV	Michael Brumby	236 5676
Bridge - Wednesday	V	We.am.w	S17	PVAL	Jean Bowie	230 1002
Bridge Stocksbridge	V	Tu.pm.w	S36	PV	Bob Smith	288 8624
Chess	V	Tu.pm. 4 wky	S17	MH	Sheila Hardie	236 4498
Maah Jong	V	We.eve.w	S7	MH	Barbara Lowe	248 8367
Rummikub (Evening)		Mo.eve.w	S17	MH	Chris Cave	236 4648

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Rummikub (SE)		Mo.pm.f	S13	MH	Joan Brown	269 4829
Rummikub (SE) II		Mo.pm.f	S20	MH	Barbara Steel	247 4696
Rummikub I		Mo.pm.f	S7/8/17	MH	Shirley Wilks	438 0480
Rummikub II		Mo.pm.w	S10	MH	Rita Carr	230 8866
Scrabble		Fr.pm.f	S11	MH	Rosemary Newall	236 0728
Word Games	V	2nd/4th.Fr.pm	S12	MH	Christine Cox	2416897
Discussion, Philosophy, Economics and Religion						
Set C						
Current Affairs Discussion	V	2nd .Th.pm.m	S11	PV	Paul Close & Stephen Geary	268 3082
Discussion I		Tu.pm.f	various	MH	Claire Altwood	280 8286
Discussion II		Tu.am.m	various	MH	Mary Alexander	255 6385
Feminists Over Fifty	V	1st .Mo.am.m	S1	PV	Sarah Williams	
Mindful Ageing		2nd and .4th.Th.--		PV	Michael Pupius	2587568
Personal Finance	V	Mo.pm.m	S11	PV	Sandra Gilling & Hilary Dawson	07790700110
Philosophy- Hist/Classical		2ndMo.pm.m	S11	PV	John Kirkman	236 1971
Practical Philosophy		Th.pm., 3 wkly	S10	MH	Martin Manby	230 6505
Sugar & Spice	V	Mo.pm.f.	S8	MH	Eunice Southgate	281 1876
Gardening						
Set A						
Gardening (SE)	V	Tu.am.f	various	PVAL	Carol Wright	251 0140
Gardening C		Mo.am.m	S10/11/1	MH	Heather Curtis	255 7228
Gardening D		2ndTu.am.m	various	PV	Helen Drury	236 7053
Gardening Greenfingers	V	2ndTu.pm.m	S8	PV	Jane Gregory	274 9246
Gardening at Whirlbrook Park	V	2nd & 4th We.am.m	S17	O	Shelagh Woollicroft	255 8948
History						
Set A						
European History		4thTu.pm.m	S1	PV	John Evans	230 1173
Family History I		2ndWe.am.m	S11	PV	Annie Grassick	230 2777
Family History III	V	2nd Tu.am.m	S1	PVAL	Tim Simkins	230 2656
Family History IV		4thWe.am.m	S11	PV	Andrew Melville	07794 521755
Greece and Rome		Fr.pm.m	S11	MH	Jane Blockeel	236 6861
Local History (SE)	V	We.pm.	S20	MH	Margaret Troop	287 4448
Military History	V	Th.pm.m	S7	PVHL	John Green	230 7768
Visiting History		Tu.pm.m	various	PVAL	Jenny Clark	266 9395
Languages						
Set B						
Carde Francais I		Fr.am.w	S11	PV	Tina Powell-Wiffen	255 1032

Groups (Languages cont)	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Cercle Français II		Mo.pm.f	S10	MH	Hilda Hinchliffe	230 2561
Classical Greek	V	We.pm.f	S1	PV	Deirdre Eastburn	07401020150
Deaf Awareness Group	V	eve.m	S1	PVAL	Christopher Carter & Susan Price	07855908007 (text please) or 2395987
English - an evolving language	V	Tu.am.m	S8	MH	Maggie Lyons	07546 585 703
French Improvers	V	Fr	S11	PV	Malcolm Scott	07940285442
French for Holidays		Mo.pm.f	S7	MH	Ustra Fitch	236 5009
French-Advanced	V	Fr.am.w	S10	PV	Peter Keen	236 4914
French-Advanced II	V	Alt. Tu.am.f		PVAL	Dany Dany	07727 597595
French-Intermediate		Th.am.w	S11	PV	Janet Threlfall	2631039
German for Improvers	V	Mo.am.w	S18	MH	Anne Bonell	01246 416094
German-Advanced	V	Tu.pm.w	S6/8/10/17	MH	Collin Pears	01142335531
German-Intermediate	V	Mo.am.w	S11	PV	Katharine Brown	265 6477
Italian		Tu.pm.f	S10/11/6	MH	Brian Bailey	266 4678
Italian for Holidays	V	Fr.pm.w	S11	PV	Richard Cooper	07808101467
Latin - Old Skool		Mo.pm.f	S1	PV	Paul Cordwell	3273954
Latin II		2nd & 4th Fr.am.m	S1	PV	Jane Blockeel	236 8861
Latin III		We.pm.f	S10	MH	Deirdre Eastburn	07401020150
Latin Improvers		Mo.am.f	S1	PV	Rose Tanner	245 0200
Mandarin	V	We.am.f	S10	MH	Wendy Eyre	0114 274 5332
Polish Culture and Heritage	V	1st .We.pm.m	S11	MH	Krystyna Chandler	07779013780
Portuguese For Fun		Tu.am.w	S11	MH	Pauline Miller	258 3678
Portuguese Improvers		Mo.am.w	S11	MH	Pat Cantrill	230 8571
Spanish - Intermediate and Advanced		Th.am.w	S7	PV	William Geddes	2864144
Spanish Improvers		Mo.pm.w	S11	MH	Israel Newton	266 3138
Spanish Listening & Speaking		Tu.pm.w	S8	PV	Bill Horner	249 4921
Welsh Beginners		Tu.am.f		MH	Steve Clements	255 8422
Welsh Conversation	V	Tu.am.f	various	MH	Geoffrey Turner	01142309054
Welsh Improvers	V	Tu.am.w	various	MH	Steve Clements	255 8422
Welsh Intermediate	V	Tu.am.f	various	MH	Nigel Thomas	281 6611
Literature and Drama			Set B		General Coordinator Jenny Graaf	
Ancient Authors		Tu.pm.m		PVAL	Jane Blockeel	236 8861
Book Group I	V	Fr.am.m	S17	PV	Margaret Walton	255 6563
Book Group II		Fr.am.m	S17	PV	Sally Carter	236 2066

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Book Group III		2nd Tu.am.m	S17	PV	Wendy Jenrick	268 7047
Book Group IV		Fr.am.m	S17	PV	Mary Whynns	236 8628
Book Group V		Tu.pm.m	S11	MH	Mary Brookes	235 0180
Bookworm	V	Fr.pm.m	S36	PV	Angela Butler	288 4778
Drama Study	V	Tu.pm.f	S11	MH	Jacqueline Bailey	266 4678
Enjoying Literature		We.am.f	S10	MH	Roger Smith	07582 458050
Film Appreciation	V	Tu.pm.m	S1	PV	Lesley Dixon	268 5881
Novel Reading I		Mo.pm., 4 wky	S10	MH	Pam West	266 2188
Novel Reading II	V	Mo.pm.m	S11	MH	Jacqueline Smith	01143 483069
Novel Reading III	V	2nd Fr.am.m	various	MH	Judith Vernier	01246 418607
Novel Reading IV	V	Fr.am.m	S5	MH	Anne Chatterton	266 8998
Play Reading 3		Mo.pm.m		PV	Linda Evans	230 1173
Play Reading I		Tu.pm., 4 wky	various	MH	Mike West	266 2188
Play Reading II		Last Tu.pm.m	S10	MH	John Lees & Irene Lees	235 9340
Poetry Study	V	We.pm.f	S17	MH	Bette Phillips	01142 366334
Poetry for Pleasure	V	We.pm.f	S17	MH	Pat Parkin	236 8009
Reading for pleasure	V	Th.pm.m	S17	MH	Pauline Young	2307909
Shakespeare for Pleasure		Tu.am.f	S10/11	MH	Jennifer Mellor	2304332
Story Writers		Tu.am., 4 wky	various	MH	Margaret Briddon	262 0501
Vintage Film on TV Discussion	V	1st Mo.pm.	S11	MH	David Patmore	01142 366717
War Poets	V	We/Th.am		MH	Hilary Berry	07904 208738
World of The Book		We.am.m	S1	PVAL	Julie Edworthy	201 5847
Music			Set C		General Coordinator Barbara Lowe	
A Cappella		Tu.pm.f	Various	MH	Stephanie Dixon	247 0119
Belleplates	V	Fr.pm.f		MH	Rosemary Anderson	268 0924
Drumming		Th.pm.w	S1	PV	John Lee	233 8517
Guitar Group		Mo.pm.f	S1	PV	John Stevens	236 3557
Guitar Group II	V	We.eve.f	S10	MH	Kirk Davis	01142 302932
Guitar Group III	V	Th.eve.f	S10	MH	Kirk Davis	01142 302932
Jazz Appreciation I		2nd Tu.am.m	S10	MH	John Green	230 7768
Jazz Appreciation II		3rd Tu.am.m	S7	MH	David Bone	268 1016
Music Appreciation	V	Th.pm.f	S6	MH	Avril Williams	2492226
Recorder	V	Fr.am.f	S1	PVAL	Linda Evans	230 1173

Groups (Music cont)	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Recorder 2	V	Mo.pm.f		PVAL	Hilary Dowson	221 4417
Singing for Pleasure		Fr.pm.f	S1	PVAL	Irene Lees	235 9340
Strings 'n' Stuff		We.eve.w	S1		Anne Saunders & Ian Fisher	01709 541695 or 01709 382887
Ukulele		Fr.pm.f	S8	PVAL	Ann Beedham	274 8331
Ukulele 2	V	Tu.am.f	S35 2XE	PVAL	Diane Bingham	0114 2340131
Ukulele 3	V	Tu.am.w	S10	PV	Christine Osborne	07753 662073
Vintage Voices	V	Mo.am.w	S1	PVAL	Carole Hurst	293 9163
Warblers		Mo.pm.w			Anne Saunders	01709 541695
Physical Activities						
Belly Dancing	V	Tu.am.w	S36	PV	Kathryn Smith	283 1171
Bowling Cm Grm (SE)	V	Th.am.w	S9	O	John Hunt	269 8811
Bowling Crown Green	V	Mo.am.Th.am.w	S8	O	Tony Hobson	281 5373
Country Dancing	V	Tu.pm.f	S7	PV	Anne Marples	07942 967463
Croquet		We.am.Tu/Th.pm.w	S11	O	Brian Cave	07768121767
Cycling - Mondays	V	Mo.f	various	O	Alan Bailey	236 7219
Cycling - Wednesdays	V	1st.and.3rd.We.-.f		O	Sandie Andrews	07887 740592
Cycling - ebikes	V	4th .Fr.m		O	Robert Peck	2301853
Fitness: Tailor made for you	V	Mo.pm.Tu,Th,Fr.am	S11	PV	Ann Evans	348 6607
Plates		Tu.pm.w	S18	PV	Mary Maddison	2366643
Racketball	V	Mo.am., Th.am.w	S17	PVAL	Peter Keen	236 4914
Racketball Stocksbridge	V	Tu.am.w	S36	PV	Elaine Smith	288 8624
Table Tennis		Mo., Th.am.w	S17	PV	Belinda Taylor & John Warwick	230 4489 or 253 0789
Tai Chi & Qi Kung West Sheffield Grp 2		Th.pm.w	S 11		Ron Jarman	0114 2306678
Tai Chi & Qi Gong South Sheffield		Tu.am.w	S17	PV	Pat Ryan & Clare Ryan	236 8749
Tai Chi Stocksbridge	V	Fr.am.w	S36	PV	Christopher Goldthorpe	01226 762 201
Walking Cricket	V	Th.am.w		PV	Chris Jones	07753 829771
Yoga	V	Mo./Th.w	S11	PV	Anne Ledbetter	01246488038
Yoga - Restorative	V	Mo.am.Tu.pm.w	S11	PV	Ann Evans	348 6607
Science and Technology, Social Science						
Environment	V	Tu.am.f	S11	MH	Cliff Ellis	250 0883
Geology		We.-m	various	O	David Edmonds	234 3604
Maths	V	Tu.am.m	S8	PV	Alan Zinober	2367001
Science & Technology		Mo.am.m	S8	PV	Alan Zinober	2367001

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Sustainable Development	V	Mo.pm.m	Central	PVAL	Jo Couldry	268 5496
Theoretical Physics	V	We.pm.m	S11	PV	John Edwards	296 2050
Social			Set A	General	Coordinator Fran Rowday	
Afternoon Tea		We.pm.m	Various	PV	June Jackson	236 4474
Bus Pass Explorers		Sa.m		O	David Hague	2335333
Dining Out		Wed.eve.m	various	PVAL	Susan Stone	2361035
Indian Veggie Buffet	V	1st Th.eve.m.	various	PV	John Wragg	236 6475
Lunch Group		3rdTh.m	various	PV	Diane Brooke	01709 371800
The Natural World			Set A	General	Coordinator Fran Rowday	
Bird Watching I		Mo.am.f	various	O	Robin Peel	07942 920741
Bird Watching II	V	We.-w	various	O	Malcolm Swift	01246 906819
Natural History		3rd.Th.m	various	O	John Roberts & Aline Roberts	230 6487 or 07752675363
Walking			Set A	General	Coordinator Fran Rowday	
Dippers I (4-6mils)		Mo.f	various	PV	Jackie Smith	0114 2508065
Dippers Too (7-10mils)	V	Mo.f	various	O	Bill Barraclough	230 3945
Gamets (5-7mils)		Mo.f	various	O	John Lees	235 9340
Late Walkers (5mils)	V	We.am.w	various	O	Gillian De La Torre	3489843
Learning Outdoors Walking Group		Th.w	Various	O	Fiona Fairlie	2664599
Nordic Walking Group	V	On a rota.f		O	Jane Doyle	07912445041
Short Walks NW	V	1st and 3rd Th.am		O	Glenis Gowan	01226 763158
Strollers I (Public Trsp.t.)		We.-f	various	O	Michael Ball	287 9226
Strollers II (Public Trsp.t.)	V	Mo.-f	various	O	Sheila Hewitt	268 6891
Strollers II (Saturday)	V	Sa.am.f	various	O	Ray Pigott	236 4078
Strollers II (Tuesday)	V	Tu.am.f	various	O	Shirley Tasker	274 6986
Strollers III (Public Trsp.t.)		We.f	various	O	Pat Clifton	251 0450
Strollers III (Saturday)	V	Sa.am.f	various	O	Anne Gurnell	07884327214
Strollers SE(Saturday)	V	Sa.am.f	various	O	Christine Edwards	01909 773 548
Sunday Ramblers (7-9 mls)		Su.f	various	O	Jenny Parker	236 0798
Sunday Walkers (7-9 mls)	V	Su.f	various	O	David Hydes	288 7815
Walk & Talk German	V	Fr.am.w	various	O	Anjlie Barker	268 3912
Walking Grp A (5-6mils)	V	Alt.Tu.Me.w	various	O	Jill Fletcher	07769037521
Walking Grp B (6-7mils)	V	Tu.w	various	O	Joyce Cooper	236 2730
Walking Grp C (5-7mils)	V	We.w	various	O	Gilbert Smith	230 5769

Groups (Walking cont)	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Walking Grp D (9-11mils)		Alt We./Th.w	various	O	David Levine	258 9026
Walking Grp E (5-7mils)	V	Alt We./Th.w	various	O	Chris Cave	236 4648
Walking Grp F (9-11mils)	V	Alt We./Th.w	various	O	Peter Digby	236 8821
Walking Grp G (5-7mils)	V	Th.am.w	various	O	Tim Caley & Pauline Caley	230 3212
Walking Grp H (9-11mils)	V	Mo.w	various	O	Ray Goulding	2306905
Walking Grp J (10-14mils)	V	Alt Tu./We.w	various	O	Alan Heath	230 4898
Walking Grp K (4-5 mls) Pub Trspt.		Th.f	various	O	Pat Clifton	251 0450
Walking Grp L (3 or 5 mls)		Th.am.w	various	O	Barbara Cassidy	262 0699
Walking Grp M (5 - 6 mls)		Fr.w	various	O	Gordon Young	296 2402
Walking Grp N (6 - 7mils)		Fr.am.w	various	O	Sylvia McColm	236 5872
Walking Grp NW (5 - 8mils)		Th.am.w	various	O	Pauline Shaw	07752 638350
Walking Grp P (8 -10mils)		Alt We./Th.w	various	O	Anne Fitzpatrick	236 0989
Walking Grp Q (5-7mils)	V	Tu.am.f	S5/S35	O	Anne Chatterton	266 8998
Walking Grp R (7 - 9mils)		Mo.w	Various	O	Camilla Jordan	2685355
Walking Grp SE (6 - 8 mls)	V	Tu.w	various	O	Johanna Lattimer	0114 268 1227
Short Courses						
Orientation Group	Set A		Set A	General Coordinator Fran Rowday		
Life Writing Workshops	Set A	Mo.am.	City centre	PV	Colin Best Shelagh Woollicroft	07800 540596 255 8948
THE FOLLOWING GROUPS ARE ADVERTISED IN LINKS AND ARE OPEN TO ALL MEMBERS						
Classical Concertgoers	Set C	various	Null	PV	Pamela Sanford	236 1815
European Travel Group	Set A	various	Various	PV	Samina Aslam	235 1489
Lunch & Lecture	Set B	Twice yearly	S8	PV	Barbara Hutton	4384412
Travel Group	Set A	various	Null	PV	Sheila Harris	236 9653
All Ears Music Group	Set C	1st.Fr.am.m		PV	Paul Cordwell	3273954

A Cappella

The A Cappella group are looking to recruit one or two more members. This group is for experienced singers who have some sight reading skills and are able to blend their voice with others and are able to hold their own part confidently. We especially would like one or two more altos and possibly other voices as well. If you are interested please send me an email outlining your singing experience and I will get back to you.

We meet on the second and fourth Tuesday of the month, in the afternoon at a member's home in the Nether Edge area.

Stephanie Dixon stephdixon247@gmail.com
Coordinator



A Cappella Group performed at Marks and Spencers on Fargate on 17 December, raising over £400 for Weston Park Hospital.

Please help with this new idea

We all know that the U3A is about lifelong learning and one way we can do this is by sharing the knowledge we have because of our work/hobbies/experiences.

A few of our groups ask speakers to come along and talk to them on various topics and sometimes it means these speakers ask for a fee. This can increase the cost to members, especially if the group is not very big.

What I am thinking of doing is compiling a list of SU3A members who are happy to give talks, of up to an hour, to groups. I envisage that this list will eventually go on the website and will be accessible to group coordinators. It will be on the understanding that the speaker will not ask for a fee but services, as in the U3A spirit, will be free.

If you would like to be on the list please send me the following details and I will start to put something together:

Name, email address, phone number, category of talk (science, history, wildlife etc.), and a brief description of what you can offer.

By doing this it will be assumed you will be happy for your details to go on the website and that you agree to be contacted. It may take a little while for this to be up and running but hopefully it is something that will grow and be of use.

Thank you

Stephanie Dixon stephdixon247@gmail.com

Mah Jong



If you are interested in learning to play a new game the Mah Jong group has vacancies. Mah Jong is an interesting game which is easy to learn and fun to play. We are a small friendly group who meet every Wednesday night from 6.30 to 8.30 pm at the Robin Hood Pub on Abbeydale

Road. If you would like to learn more about the Group please contact the group coordinator:

Barbara Lowe 07722 870390 barbaralowe152@gmail.com

Opportunities for Members

Visits to Heritage Attractions – your experiences



We are carrying out research on ‘senior’ visitors to heritage attractions in South Yorkshire as part of our academic work at Sheffield Hallam University. We would like to understand who these visitors are, how they are motivated, how they experience such attractions, any constraints they face, and the benefits they enjoy from their visits. To do this, we have already interviewed several heritage attraction managers and we are currently conducting a questionnaire with ‘senior’ visitors.

We plan to produce an industry report and journal articles from our research findings to help heritage attractions better understand their ‘senior’ markets, cater for their needs and develop their sites accordingly.

We would really appreciate it if you could complete a questionnaire. The online link is:

https://qsharingeu.eu.qualtrics.com/jfe/form/SV_eEdNfqflv1bF11X

Alternatively, we would be pleased to provide you with a hard copy of the questionnaire to complete and return to us in a reply-paid envelope.

Dr Gill Pomfret and Dr Vicky Mellon
Email: g.c.pomfret@shu.ac.uk

Links Publication Dates 2020

Publication	Copy Deadline
June 2020	24 April 2020
August 2020	1 July 2020
October 2020	27 August 2020
December 2020	23 October 2020

Sheffield Hallam University is undertaking a non-invasive, ethically-approved study, that will explore the effects of short-term aquatic exercise on the blood flow in the small veins, and how this mechanism is affected by age.

We are looking for people who are currently not doing any regular exercise at all, but would like to take up aquatic exercise (swimming, aqua aerobics etc.)!

You will be asked to attend 2 test sessions (2 months apart) at the Sheffield Hallam Collegiate Crescent Campus. In these sessions, you will take part in body composition measurements, you will complete some quality of life questionnaires, as well as being tested for small vein and artery function. Tests will last for approximately 1½ hours. After your first visit, you will receive a 2 month pass to use at Ponds Forge or any other SIV Leisure Centre. We will ask that you exercise at least twice per week for 2 months, before returning for your second test session.

A report of your results will be provided at the end of the study. For more information please contact *Miss Beatrice Hunt*,
e-mail: HeartResearchuk@shu.ac.uk Tel: 07970 703622

**Sheffield Hallam University
Student Research Project:
Tart cherry juice and gout**

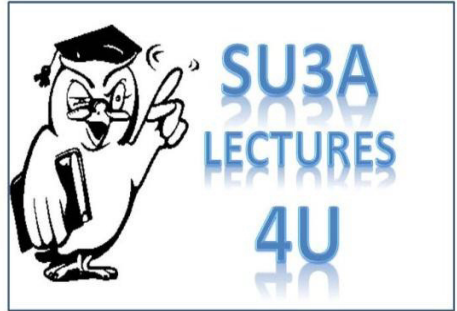
Individuals aged 18-80 and diagnosed with gout are needed for a study looking at the effect of tart cherry juice on risk of gout attacks over 12 months. For more information please contact:

*Kirstie Lamb (Study Co-ordinator), kirstie.lamb@student.shu.ac.uk or
Dr Tony Lynn on (0114) 225 2065*

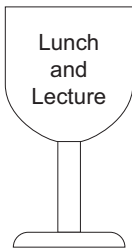
EVENTS

Friday Lectures at the Showroom Cinema

The Friday Showroom Lectures will not take place until the meeting restrictions are lifted. There will be no lecture in April or May. Decisions regarding the lectures from June onwards will be made nearer the time and will be posted on the website.



Queries to Shelagh Woolliscroft:
(0114) 255 8948



Lunch and Lecture: Sheffield Castle

We are sorry to announce that the May Lunch and Lecture has been cancelled due to the current situation. All those who have paid will be contacted soon to arrange either a refund or a credit towards the next Lunch and Lecture which is planned for Friday 23 October 2020.

Barbara Hutton (0114) 438 4412, 07873 202996 /Sue Connelly (01246) 418251, 07890 522014

Lectures Report : What Would Ethel Do? Friday Lecture 21 February 2020

Tomo Thompson Chief Executive CPRE (South Yorks and Peak District)

What do you know of the Peak District National Park? Do you know when and how it was formed? Whose money was largely responsible for its creation? Who is responsible for it now? Have the people of Sheffield any part to play in looking after it? In enjoying it? Here's a story.

Once upon a time there was a young woman from a wealthy family who was bereaved soon after marrying. She was distraught and suffered severe mental health problems. Her parents took her into the open countryside around Sheffield where she found solace and healing. She started to feel better and realised that the countryside might well get swallowed up by building projects and so she decided to do something to protect it.

She set up a project and advertised for someone to lead it. A man applied for the job – and got it and she and he worked together and then got married and they continued to work together and they travelled all over the country. They each came from wealthy families and so had money to buy up land in danger of being sold for development and they donated the land to the project. They worked with local landowners and local bodies to remove any obstacles to their plans and with politicians to get legislation to protect the countryside.

As a result, they achieved two firsts: The Peak District National Park and the Sheffield Green Belt. Among the curious things she did was to use an elephant for PR, having copied the idea from her father and she commissioned photos of local children rummaging through Sheffield's rubbish dump at Stanage Pole.

Who were they? Well she was Ethel, the daughter of the Tommy Ward family that lived in Endcliffe Vale House. Her first husband, Henry Gallimore, died in World War One and she married her second husband

and fellow activist, Gerald Haythornthwaite, 18 years her junior, in 1937. The Wikipedia entry for Ethel says “Ethel Haythornthwaite (1894–1986) was an English environmental campaigner, and a pioneer of the countryside movement. She founded the group that would go on to become the Friends of the Peak District, aimed at protecting the countryside of the Peak District from development”.

I'd never heard of her before attending the lecture. So where is she celebrated by the City of Sheffield? Have you ever seen a plaque that commemorates her? Has anyone seen the plaque in the woods across the road from the Dore Garden Centre? Have you seen a picture of her riding her horse, Bracken, apparently going around the perimeter of the Peak District National Park?

The Friends of the Peak District is jointly managed with CPRE South Yorkshire (www.cpresouthyorks.org.uk). There are five full-time staff, based in Sheffield, who work with local communities to preserve the aesthetics of this vast area and to encourage visitors to use it. They are assisted by a large number of volunteers. Director Tomo Thompson says that often they see eye to eye with the policies of the Peak District Planning Authority, but occasionally they have to 'see them in court'!

And what can Sheffield U3A members do to celebrate Ethel and the Peak District? How about reading a book? I've just come across 'Protecting the beautiful frame : a history of the Sheffield, Peak District and South Yorkshire branch of the Council for the Protection of Rural England' by Melvyn Jones. I guess we can talk about her and perhaps campaign for more recognition. We could give money (before or after our death), become members of the Friends of the Peak District and do some volunteering as a trustee or join in with physical activities like litter picking.

Anyone up for walking the Peak District National Park Boundary Walk (<https://www.friendsofthepeak.org.uk/boundary-walk/>)? It's only 200 miles long.

Lecture Report by Elizabeth Birks

Cardiff is the capital of Wales and its largest city and the eleventh-largest city in the United Kingdom. In recent years Cardiff has been transformed into a lively, vibrant city and has regenerated the waterfront.



On our journey to Cardiff, we visit the National Trust's **Tredegar House**. This is one of the best examples of a 17th century Charles II mansion in Britain. We continue to our centrally located 4* **Radisson Blu** hotel for a two-night stay. In the evening we enjoy an evening meal at the hotel's Collage Restaurant.

After breakfast we meet our Blue Badge guide for a **guided tour of Cardiff**. Our tour includes a visit to the Senedd, the National Assembly Building, the exterior of the Norwegian Sailor's Church and the 'Armadillo', the local name for the Wales Millennium Centre, home of the national orchestra, opera, dance and theatre companies.



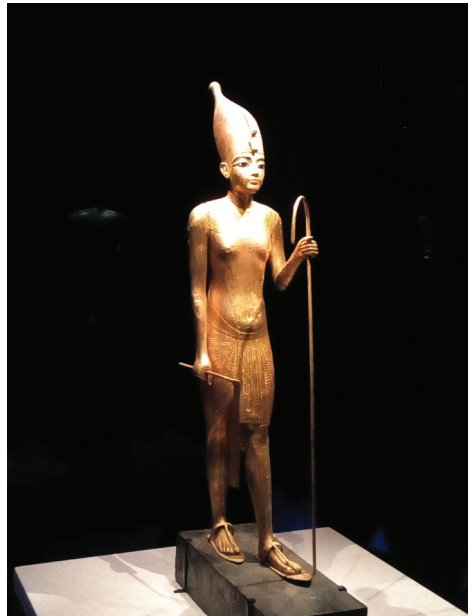
In the afternoon, we have a **guided tour of Cardiff Castle** and explore nearly 2000 years of history and are introduced to the lavish interiors created by William Burges the 3rd Marquess of Bute. In the evening we dine at **Carluccio's on the waterfront** and dinner includes wine.

On our final day we enjoy a breakfast before travelling to **St. Fagan's National Museum of History**. Set in 100 acres of parkland, with over 40 original buildings, the museum shows how people of Wales have lived, worked and spent their leisure time over the past 500 years. We have free time for lunch here prior to travelling home.

Cost is **£299** per person. Single supplement **£69**. The cost includes an Executive Coach throughout, 2 nights B&B at the Radisson Blu hotel, 2 evening meals. Guided tour of Cardiff, entrance and guided tour of Cardiff Castle and entrance to Fagan's museum and gratuities.

Places are limited so if you would like to join us, please book online (login at <https://su3a.wildapricot.org> using your email address and password) or complete the form on **page 36**

In the event this trip is cancelled due to continuing issues with COVID-19, all deposits will be refunded in full.



Before the travel restrictions Weekenders managed to sneak in a trip to the wonderful Tutankhamun Exhibition in London.



Northern Greece 12th – 19th May 2021

EXPRESSION OF INTEREST

Northern Greece has spectacular wildlife, natural beauty and amazing history. Wild bears and wolves still roam and the countryside abounds with traditional settlements.

The first four nights we are located in a central 4* star hotel in Greece's second largest city – Thessaloniki (Salonika). We have a guided tour of the city and free time to discover the many sights and sounds of this cosmopolitan city. From here we visit Halkidiki, sail by the UNESCO site of Mount Athos, home to some 20 monasteries and 1000 monks, and visit Meteora made famous by James Bond in 'For Your Eyes Only' where we see the majestic giant rocks with monasteries built on top.



Meteora

We then travel to Ioannina to stay at the 4* Lake Hotel. En-route we visit Pella, the ancient capital of Macedonia (Macedonia) ruled over by King Phillip II. Our guide will bring to life the glory days of Alexander the Great's father with a visit to the stunning Pella Museum. We continue our journey via Aigia where the ancient Macedonian Kings are buried. In the 1970s King Phillip II's tomb was discovered and now sits within a fabulous museum which displays the many artefacts found in the tomb including his golden oak-leaf crown.

We have a guided tour of Ioannina, the ancient capital of Epirus. We see the majestic Castle dating from the 6th century, and take a boat to visit the Ali Pasha museum, where the king lived during the summers of his reign in the 1770s. We also visit the Zagora region located in the heart of the Pindos mountains, adorned with valleys, gorges, and snow-capped mountains. We will explore traditional villages including Mondendri and Vikos to see the Vikos Gorge – listed by the Guinness Book of Records as the world’s deepest canyon in proportion to its width.



Vikos Gorge

The cost will be no more than £1399pp with a single supplement of £299 and includes UK transfers, flights, executive coach throughout, 7 nights 4* hotel accommodation either on a B&B or HB basis, 2 lunches, 5 dinners, entrance fees and gratuities.

IF THIS IS A TOUR THAT IS OF INTEREST TO YOU, PLEASE LET ME KNOW BY MID APRIL. BRIAN CAVE EMAIL bpcave@hotmail.com

Members who register their ‘expressions of interest’ will have priority in the event the tour is over subscribed.

If there is sufficient interest the application form will be printed in the June issue of our *Links* magazine.



**Transformed Cardiff
31 October – 2 November**

Name(s):
..... SU3A No(s):
Address:
..... Post Code:
Telephone number:
Email:

Emergency Contact for each person named above

Name: Tel:
Name: Tel:

Please reserve place(s) for me. I enclose a cheque for £
..... (**£75.00** deposit per person) payable to **TAILORED TRAVEL**.

I (we) am/are a member(s) of the National Trust and will have a valid membership card with me: Please tick if applicable.

Non members of the National Trust will need to pay the entrance fee of £9.10* for Tredega House. Please place your money in cash in a sealed envelope with your name clearly written on the outside. They will be collected en-route to Cardiff. *2019 price and may change.

Please return the completed form with your cheque and a small sae to:
Brian Cave, 73 Highcliffe Road, Sheffield, S11 7LP, to arrive no later than
18th April 2020.

Please indicate your preferred pick up point:

Ecclesall Road South/Knowle Lane (.....)
Sheffield Interchange Platform E5 (.....)



Travel Group Events

The following trips are planned but with the current circumstances we are not taking deposits or requesting applications until further notice.



Travel Group Visit to Gilbert and Sullivan, Harrogate Sunday 9 August 2020

The 27th International G&S Festival opens with a brand-new production of all-time favourite, "The Pirates of Penzance", performed by the professional National Gilbert and Sullivan Opera Company. The action takes us to the Cornish coast where we meet the dashing Pirate King, the Major General and his troupe of jolly daughters, and a band of bungling British bobbies. Absurd adventures abound! The goodies and the baddies finally become friends, the hero gets his girl – and we get a matinee full of excellent musical entertainment!

The cost of this outing is £45.70 per person. This covers coach travel and gratuity for the driver and a seat in the best part of The Royal Hall. We should have a couple of hours in Harrogate before the performance and there are plenty of places in the town to get some lunch or you could bring a picnic to eat in the gardens. See the June issue of Links for further information.

Margaret Bullivant (0114) 296 2256



Travel Group Visit to the Cotswolds and Beyond 14 – 18 September 2020

We are staying at the 4* Alexandra House Hotel. This is a modern hotel in its own grounds four miles from Swindon. The rooms are well equipped and there is a swimming pool. On our journey there we will visit the Royal Shakespeare Company in Stratford for a behind the scenes tour which will take us backstage to explore the public and private areas of the theatre. We will be given an insight into production and the history of the RSC. The afternoon will be spent at leisure in this historic town. We will then continue our journey to our hotel, arriving early evening.

Day 2 begins with a visit to Highclere Castle, home to the Carnarvon family since 1679. The 6th Earl with Howard Carter discovered the tomb of Tutankhamun. More recently, Highclere has become well known as the location of Downton Abbey. We continue to Kintbury to enjoy a leisurely horse drawn canal ride along the Kennet and Avon Canal. The next day we meet our local guide for a full day tour of the Cotswolds market towns and picturesque villages. We continue to Moreton in Marsh to visit the Motor Museum. The day finishes with a steam train ride from Toddington to Cheltenham.

On Day 4 we travel to the UNESCO world heritage site of Bath to visit the famous Roman Baths. The afternoon will be spent at leisure in this beautiful city with its many interesting sights. We board the coach on our final day to begin our return journey to Sheffield. On route we visit the University City of Oxford for independent exploration.

The cost for this holiday is £519 per person sharing a room with a single supplement of £91. This includes a full English Breakfast, an evening table d'hôte meal of 3 courses with 3 choices and coffee or tea. All travel, admission to the places we visit, and guided tours are included in the price. See the June issue of Links for further information.

Margaret Langrish (0114) 296 2251 e-mail: malangrish@gmail.com

SU3A Executive Committee

Chair	Brian Cave	(0114) 230 5312 <i>chair@su3a.org.uk</i>
Secretary	Anna Harvey	07973 771957 <i>secretary@su3a.org.uk</i>
Treasurer	Chris Jones	07753 829771 <i>treasurer@su3a.org.uk</i>
Vice Chair	Jenny Graaf	07955 679703 <i>graafjenny@hotmail.com</i>
Vice Chair	Sarah Williamson	(0114) 230 1601 <i>slwilliamson49@hotmail.com</i>
Committee Members:		
	Richard Cooper	(0114) 248 5401 <i>biker2000@biker2000.plus.com</i>
	Barbara Lowe	(0114) 248 8367 <i>barbaralowe152@gmail.com</i>
Web Coordinator	Elaine Burtoft	07803 130021 <i>web@su3a.org.uk</i>
IT Member	Camilla Jordan	(0114) 268 5355 <i>su3ait@su3a.org.uk</i>
Links Editor	Maggie Bower	07796 085306 <i>links@su3a.org.uk</i>

Minutes Secretary	Michael Clift	
Clare Chiba		(01433) 659864
Sheffield U3A Membership Team		<i>members@su3a.org.uk</i>
Ranmora, Ranmoor Lane, Hathersage, S32 1BW.		
Drop-In Organiser	Samina Aslam	07736 318569 <i>dropin@su3a.org.uk</i>
Equipment Officer	Roger Vernon	07769 696909 <i>roger.vernon@btinternet.com</i>
Home Pages Manager	Stuart Barlow	<i>homepages@su3a.org.uk</i>

For queries about membership, joining SU3A, information on Groups, etc. see the contacts list inside the front cover.

Calendar 2020

For the latest news about su3a groups and events, members should look at the website su3a.org.uk

- April 7 **Drop-In Session - cancelled**
April 17 Showroom Lectures: What the World Needs Now - **cancelled**
22 Travel Group: Leicester - **cancelled**
- May 5 **Drop-In Session - cancelled**
13 Travel Group: Whitby - **cancelled**
14-19 ETG: Santiago de Compostella - **to be advised**
15 Showroom Lectures: Landslides - It's Downhill All the Way - **cancelled**
22 Lunch and Lecture: Sheffield Castle - **cancelled**
- June 1 Classical Concertgoers: Bridgewater Hall, Manchester - **cancelled**
2 **Drop-In Session - to be advised**
5-9 Travel Group: Suffolk Holiday - **temporarily suspended**
10 Commemorative Garden: Whirlowbrook Park 10.30 - **cancelled**
23 Travel Group: Fountains Abbey - **cancelled**
23-25 YAHR: Study Day Captain Cook and Whitby - **cancelled**
- July 7 **Drop-In Session - to be advised**
15 AGM Central United Reform Church
27-30 YAHR Summer Learning Break - **cancelled**
- Aug **No Drop-In**
9 Travel Group: G & S Harrogate - **temporarily suspended**
15 Weekenders: Stamford, Rutland Open Air Theatre - **to be advised**
- Sept 1 **Drop-In Session - to be advised**
14-18 Travel Group: Cotswold Holiday - **temporarily suspended**
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CURC: Central United Reformed Church
Regd. Charity No 703147