



Sheffield

Links 198: August 2020



Is that an SU3A Walking Group back with us?

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
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Group Records Team

Group A General Coordinator
groupsa@su3a.org.uk
Group B General Coordinator
groupsb@su3a.org.uk
Group C General Coordinator
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grouprecordssu3a.org.uk

Anything else:

Anna Harvey
07973 771957

Secretary
secretary@su3a.org.uk

***Links* no. 199 October 2020**

Last date for copy is 27 August 2020

All news and correspondence to the Editor:
email: linkssu3a.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 if we have had to cut articles or carry them over to the next edition, due to insufficient space.

From the Chair

This issue of *Links* would normally be the Open Groups Supplement, but with Covid-19 still very much at large, these groups are not active at present. So rather than not send out anything, your EC decided to produce a special issue, concentrating on how our groups have been doing during the lockdown and how they are finding creative ways to carry on, or resume their activities.

If your group has not yet started, it is worthwhile contacting your Co-ordinator to discuss ways to resume activities. Your General Co-ordinator and your EC will help you address any issues you feel could prevent a restart. Please read what the other groups are doing and see if any of their advice can help your group.

The weekly online lectures are continuing with great success, my thanks to all involved in bringing them to the members. Also, the monthly Drop-In has been online with a small number of members attending. We are looking at ways to expand this to more members until the restrictions allow us to return to the normal venue.

Our first ever Zoom AGM took place on the 15th July with 78 members attending. We also received voting papers from 26 members who could not attend. The AGM was recorded and is available to all members who can go online. I am pleased to inform you that your EC has 4 new members, namely, Elaine Burtoft, Philippa Bartlett, Philip Long and Maureen Cave. They will enhance our strong management team and bring new ideas to the table. I look forward to working with them.

Despite the Covid-19 and the issues it brings, your EC have decided to maintain the membership fee at £10 per annum per person. Those of you who were at the AGM will know that it costs just over £13.50 pp to run SU3A. However, most of the shortfall is covered by the anticipated reduced costs this year due to the virus. I believe £10 is excellent value for money, providing each member the opportunity to go to lectures, come to the Drop-Ins, receive 6 copies a year of our successful *Links* magazine and our monthly e-newsletter, provides access to over 220 groups each providing an activity to help us learn, laugh and live life to the full.

It is worth noting that £3.50 of the fee goes straight to the Third Age Trust and they refuse to reduce the fee during Covid-19 and instead will be presenting a motion at their AGM to increase the fee by £0.50 to £4.00pp. There has also been an increase in the cost of their Third Age Matters magazine for which we currently pay approximately £6,500 p.a.

I finished off the AGM by saying “We are not the biggest and best U3A for nothing. Don’t let Covid-19 beat us”. I meant it.

Brian Cave



iPad art Art Group 3

Links Publication Dates 2020

Publication

October 2020

December 2020

Copy Deadline

27 August 2020

23 October 2020

NEWS

Staying Alert for any Covid 19 Outbreaks in Sheffield

It is important to be aware of what is being planned locally to address any potential outbreaks of Covid 19 in the months ahead. Responsibility for producing Local Outbreak Plans has been passed to local authorities and Directors of Public Health (DPH). These will be overseen by elected representatives at the Council. They are expected to include 'active engagement with local communities and effective communications' and they should address 7 themes tailored to local contexts. The seven key themes are:

Care Homes and Schools – planning for local outbreaks in care homes and schools, monitoring and providing support when needed.

High Risk Places, Locations and Communities – Identifying and planning how to manage high risk places, locations and communities and helping to shape preventative measures and outbreak management plans.

Local Testing Capacity – Methods for local testing that are accessible to all and have a quick response.

Contact Tracing in Complex Settings – Accessing local and regional contact tracing capacity in complex places such as hotels and rehabilitation facilities.

Data – Using local insight, regional data and planning with the Joint Biosecurity Centre.

Vulnerable People – Continued support to people who have been asked to shield, self-isolate or are vulnerable.

Local Boards – establishing structures to oversee and support these plans, communication with partners and the public.

A draft plan should be in place by the end of June and published online at the Sheffield City Council website. Watch that space!

***Links* Editor Vacancy**

The Executive Committee are seeking to fill the vacancy of Editor, responsible for producing 4-6 editions of *Links* per year, supported by a team of proofreaders and a team member who logs and acknowledges submissions.

The person/s appointed will need to have good IT skills and be happy to work to deadlines. If there is sufficient interest, it may be possible to appoint a deputy or an Editorial Team to carry out the work on a rota basis.

Anybody interested in this creative role with the opportunity to shape the publication in the future, can contact Brian Cave chairsu3a.org.uk or any member of the Executive Committee.



iPad drawing Art Group 3

Opportunities for Members

Shared Learning & Research Projects:

The Team: Samina Aslam, Denise West, Philip Long, Martin Harvey

What do we do? On behalf of SU3A, we coordinate requests and opportunities, mainly from universities and Sheffield arts and cultural organisations, for our members to contribute by either helping with straightforward research or participating in shared learning projects (members learning new skills) with organisations outside of SU3A.

Summary: At the close of 2019, a particularly busy year for us, we investigated 27 potential shared learning projects of which 16 are active or have been completed and 13 research projects of which 7 are active or have been completed. Approximately 200 members participated or continue to participate in these projects. We began 2020 with high hopes and some trepidation with the amount of work that may be required only to be faced with an even bigger challenge... Covid-19!

However, despite the challenges of the situation and the restrictions forced upon us we still have a number of new projects that we bring to your attention.

Shared Learning: Reading in the 50's and 60's

Have you an hour to spare? Although things are opening up slowly you may still have some time to help us out. We are the Reading in the 1950s/1960s Group and would like to interview members born in the 40s and 50s as to what you read as a child and teenager. Would you be prepared to do this by Zoom or in a garden?

If you are interested contact:

*Denise West, denisewest3btinternet.com / 07817899090
or Anita Robinson, anitaanddick1gmail.com*

Shared Learning: Would you like to ‘podcast’ on a Sheffield history topic (or do you know somebody who might?)

Sheffield Newspapers (the Star/Telegraph) are producing a series of podcasts on aspects of the city’s heritage and history, which they want to launch fairly soon. They will last around 15 to 30 minutes. A few have already been made, for example on the Cathedral, Kathleen Roberts – last of the ‘women of steel’ – on her experiences, the Sheffield Flood. Others lined up are likely to cover the Blitz, Bishop’s House, and Mary Queen of Scots.

The producers are hoping to dig out some less well-known topics and approached the ‘Joined Up Heritage Sheffield’ group for ideas. They have made a couple of suggestions, for example the History of Sheffield’s barracks, early Sheffield film, the story of Bank Street. Ideas from SU3A members are welcome.

Do you have any interesting topics to suggest? **I am told that the commitment would not be great; perhaps an hour’s recording to secure half an hour of podcast. Please email: *Philip Long, pelong54gmail.com***

Research Project: Effects of Social Distancing Brought Due to Covid-19 on the over 70s.

This is a joint project between Manchester and Sheffield Universities. In the UK half of people over the age of 70 live alone and many rely on connections outside of their household. We want to understand how isolation due to Coronavirus is affecting people over 70, and how this may be different for people with hearing loss. Participants will complete an online survey so we can measure the psychological effects of forced distancing.



PARTICIPANTS REQUIRED
.....
OVER THE AGE OF 70

ACCESS TO THE INTERNET AND A SUITABLE DEVICE TO ACCESS A SURVEY

WITH OR WITHOUT HEARING LOSS

We want to understand the effects of social distancing on anxiety, loneliness, mood and cognition through an online survey

TO TAKE PART, VISIT:
<https://is.gd/dsnresearch>

FOR MORE INFORMATION PLEASE CONTACT:
DR JENNA LITTLEJOHN
JENNA.LITTLEJOHN@MANCHESTER.AC.UK

MANCHESTER UNIVERSITY This research has been approved by the University of Manchester

The results will determine: a) how hearing loss and social distancing are related to loneliness, depression, anxiety and cognitive function and b) if people with hearing loss require additional support during the crisis, and if so, what this support should involve.

For more information please contact: *Jenna Littlejohn on jenna.littlejohnmanchester.ac.uk*

To take part please follow this link: <https://dsnonline.co.uk/new-research-project-announcement-participants-required-for-survey/>

Shared Learning: SU3A and the Healthy Lifespan Institute (HELSI)



The University
Of Sheffield.
Healthy Lifespan
Institute.



An informal, consultative meeting comprising SU3A members, HELSI Director Professor Alan Walker and Institute Manager Gemma Stephens took place on the 14th July. The meeting explored ways in which SU3A members and HELSI researchers may share and exchange ideas and experience for mutual benefit. The intention is to establish an Advisory Panel in due course. Liaison between SU3A and HELSI will be coordinated by our Shared Learning and Research Group.

Please contact Philip Long at pelong54gmail.com if you have any questions about this shared learning relationship.

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The team hope that there is a project that you will be interested in joining.

Samina Aslam sammas1747gmail.com

GROUP NEWS

Scottish Gaelic – New Group

This new group is being set up using the Zoom platform and to take place on Mondays 10.00 – 11.30 am. It is for complete beginners as well as for those who have some Scottish Gaelic but would like to revise. We will be taking a non-grammatical approach, and basing our teaching and learning on spoken, colloquial language. Special emphasis will be on pronunciation. We will be using a wide variety of resources with a relaxed approach to structure. We will not be learning complex rules and tables except as reference tools. Our aim is to gain fluency in speaking simple Gaelic.

If you are interested, please contact the coordinator:

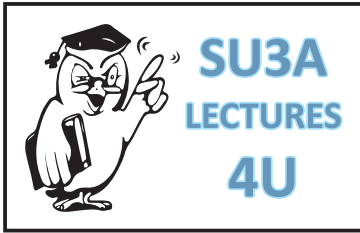
Steve Clements stevejohn39rdgmail.com

All Ears Music Group

All Ears Music is an Open Group and usually meets on the 1st Friday of each month at the Quaker Meeting House (which cannot be at the moment, alas). Instead, links to discuss music suggested by members are being circulated by email a few days beforehand so everyone can listen in their own time, followed by a Zoom discussion on the usual date. We listen to every kind of music, as can be discovered by going to <https://open.spotify.com/> and searching for SU3A All Ears. Recent playlists are also on YouTube.

New members and fresh input are always welcome; just send your email address to paulcordwell3gmail.com.

For the latest news about SU3A groups and events, members should look at the website su3a.org.uk



Do you enjoy the monthly Friday lectures at the Showroom?

For over 10 years now Sheffield U3A has been fortunate to have the free monthly lecture, at the Showroom arranged by a small team of dedicated members. Some of the original team are still involved and even in times of 'Lockdown' the work has gone on. Lectures are being planned for 2021 and we hope at some point to be able to return to the Showroom.

However, the time has now come for a new team to be formed as some of our team will be standing down in 2021. We need some new members who are willing and able to take on the job of putting it all together and carrying on this great asset. It would be lovely for anyone who would like to be involved to be in contact with us fairly soon so we can support and do a gentle transfer of information and skills. For further details contact:

*Shelagh Woolliscroft shelagh.woolliscroft@gmail.com or
Stephanie Dixon stephdixon247@gmail.com*

Walk and Talk German Group

We have been keeping up with our German conversation on Zoom Meetings since the beginning of April every week. Sometimes 10 members came together and had good chats. On the 15th June we organized a tentative walk up Whirlow Hall Gardens/Limb Valley, where all members could get to (no lifts available for the time being). Keeping appropriate distance was hardly a problem. Everybody was sent a checklist respecting the U3A walking and Covid 19 Government Policy. We enjoyed each other's company as well as talking strictly in German. Zoom meetings are not a replacement, though we were glad to keep in touch in that way. Fortunately, near our homes in Sheffield we are able to carry on going for a walk every week. I wonder, when it is safe enough to give lifts to members, could we get out into Derbyshire again?

Antje Barker Group Coordinator

Croquet Group



With 70 members the croquet group is one of the biggest, if not the biggest group in Sheffield U3A. Because of lockdown we started the season 10 weeks late and very cautiously on 16th June. This was after much soul searching by our small committee. Tackling the dreaded Risk Assessment (shades of my working life) turned out to be easy. Risk - Catching/Spreading the virus. Severity level - high!! How could it spread playing croquet? What can we do to mitigate the risks? Guidance from the Croquet Association and other clubs was useful and so was a virtual run through in my head.

Unfortunately, when I visited the ground I realised I'd fallen at the first hurdle, literally. The gate!! and possibly 30 pairs of hands opening and closing it during the day. Anyone got a house brick!? Only two players on a lawn at any one time, book your slot in advance, no toilets available, no clubhouse open, don't touch the equipment! SANITISE, SANITISE, SANITISE! No hanging around socialising. ARRIVE, PLAY, LEAVE STRAIGHTAWAY.

It all seemed so draconian when we are usually such a sociable and friendly club. However, it didn't stop the diehards and we started with 26 wanting to play. Next week we are starting doubles and now have over half the current membership playing. It seemed strange at first to see only 6 people on the huge grounds at Parkhead but it did make us realise that if people are sensible and follow the rules the risks in playing croquet are low but the benefits in terms of fresh air, exercise and socially distanced banter are great.

Mo Cave
Secretary Croquet Group

Advanced German Group

To paraphrase an old joke:

“How many U3A members does it take to change a light bulb?”

Answer (after sharp intake of breath) “Change??”

Well it's not been quite like that for the Advanced German group. We have 14 members in the group and generally have met on a weekly basis, in members' homes, for years. However, as we are a group where we speak German, we have a “rule” that meetings should not have more than 6 people present, so that each gets a fair chance to speak. Usually this works out well as not everyone is able to or wishes to attend every week. Our Tuesday afternoon meetings consisted of an hour's chat in German, then the translating of a text from German to English, or a discussion on a text, in the next hour. The text was usually emailed out in advance to all members, whether attending or not.

Fairly quickly after restrictions on physical meeting took place, we decided we wanted to keep “meeting”, and we emailed everyone to see what programs they were using, and how willing they were to adapt. Over half said they would wish to continue, but one decided to take a break, and some were not happy with using technology or felt they would have hearing difficulties. Knowing that U3A was going to use Zoom, we decided on that platform, and several downloaded it and tried it out. We found it quite easy to use and began having 2 consecutive 40 minute Zoom meetings with a 5 minute break. As far as possible we continued with our normal format with chat for the first part of the meeting and discussing a subject for the second part. As usual we circulated the subject and any prompting material beforehand.

More than half of the group have attended, not all at the same time, and we have kept the same limit of 6 people per meeting. Some have decided not to continue often, but two who were initially reluctant have been persuaded to start, with some assistance from other members.

A sub-group of the Advanced German group meets once a month for a *Kaffeeklatsch*, or a chat in German, traditionally with coffee and cake. In the good old days we usually met in the upstairs room of the Blue Moon

Café, but now we meet on Zoom, which is cheaper, as one of our members observed. In each session we randomly choose a letter which forms the basis for the next time's discussion. From a book in someone's living room in June, a participant with eyes closed, haphazardly picked the letter 'W' which resulted in last Friday's chat being centred on *Wolkenbruch* (cloudburst) and *weiblich* (feminine). The previous month someone had arbitrarily picked the letter 'O' which resulted in a discussion on *Obst* (fruit), *Ordnung* (order) and *Otto Dix*.

Each participant comes prepared to discuss any aspect of the topic they like, or as someone wryly commented in the last session 'we could have a chat about a greengrocer discussing the principles of order in the work of the artist Otto Dix'. Our meetings are fun, as well as educational, as you can imagine.

All in all, we are continuing to work out formats as we go along, and on the plus side, we are doing what we mainly want to do, which is to speak or translate German. About two thirds of the group have been able to meet in Zoom, either for *Kaffeeklatsch* or the more traditional format. We continue to send out a "reading only" text to help to keep those not Zooming connected to the group. Members also bounce emails around, which keeps up the level of interest. The only regrets are that there are one or two members who simply cannot participate, but otherwise, where there's a will, there is often a way.

Colin Pears/Jenny Graaf

Feminists Over Fifty Group in Lockdown

The Feminists over Fifty group has been running three Zoom get togethers per month in lockdown; a morning coffee social, an evening pub social and a morning Discussion Group. It took us a few weeks to get going but the feedback has been great, with good numbers joining in each time. We anticipate keeping these going for a few more months, until everyone is happy to meet face to face. We will obviously risk assess our venues before we restart our activities.

Kind regards

Sarah Williams and Sue Proctor

Sewing and Dressmaking Group

During lockdown our group has stayed in touch by having zoom meetings every fortnight when we would have been meeting. As restrictions have lifted, we are starting to meet in a local park that is not crowded (weather permitting). We put our fold-up chairs in a circle and have a chat. It has been good to keep connected.

Coordinator: Ellie Johnson

Lockdown Vintage Voices

At the start of lockdown I compiled a list of contact details for people who didn't mind sharing so that anyone struggling to cope would have someone to talk to.

Then I phoned everyone on the register (30) to find out their circumstances and any needs they might have. This now seems (and is) a very long time ago! We all seem to have had an occasional "wobble" but are quite used to the situation and keeping busy and active.

Then one of our singers, Steve, set up Zoom meetings in our normal Monday morning slot. Of course, we had teething troubles, but we now have a fairly successful set-up. We start with an organised chat session with one person speaking at a time and everyone else muted so we can each report on our highs (booked hairdresser!) and lows (absent members' health issues) if we want.

The singing part is as good as any choir seems to have managed so far: we can't all sing and listen to each other because of the time lag - it sounds dire! So, we find a good Youtube version and share it, while singers perform muted. You feel as if you're singing in a choir, often in a very good one, but nobody else can hear you. Unfortunately, with the advanced age of our singers and the other requirements - 2 metre distancing, masks, etc. - I can't see us getting together to sing before Christmas.

Still, fingers crossed...

Carole Hurst Vintage Voices



Intermediate German

Some of our Group have been communicating by Zoom, some are reading German stories and 1 or 2 are working with Coffee Break German. We try to keep in touch by phone as well.

Katharine Brown katharinebtcloud.com
Coordinator Intermediate German

Cercle Francais1

Our group's usual meetings take place on Friday mornings at the Old Sharrow Junior School in term time. About 2/3 of us have continued to meet in the same time slot but by Zoom. We're voting this week on whether to stop for a summer break or not as several of our members like having at least one thing in their diaries as a fixed event at this strange and isolating time.

Tina Powell-Wiffen tina128btinternet.com

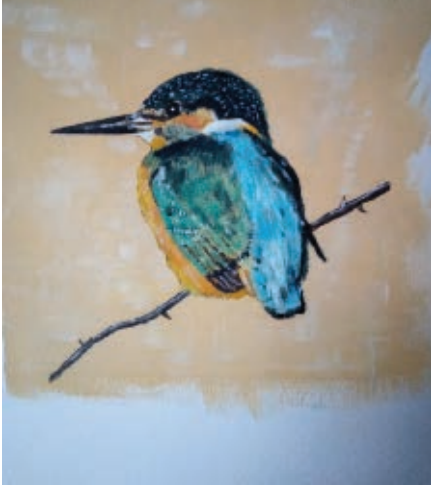
Quilting in Lockdown

The Quilting Hive has not been meeting, but over the lockdown period our group has been providing fabric for masks... contributing to the over 30,000 already made throughout Sheffield... and some ladies have made clothing for nurses. Also, because we support Linus, some of us have sewn children's quilts ready for collection at the right time. Thank You quilts is something we are involved in and these will be given to NHS front liners when the coast is clear. So, we have not been idle!

Through the U3A Sheffield lecture on quilting we have been contacted by a lady who wishes to join the group. Sadly, we can only meet via Zoom at the moment and we are looking forward to a day when we can welcome new members. The support for one another has been through phone calls, letters, emails and garden visits, all of which have helped in these very difficult times.

Lynne Brown lynnestayawake.co.uk

Art II (Thursday Afternoon)



We have tried to stay in touch by using email, and by sharing with one another what we have managed to do in the way of painting or other art, whilst we've been in lockdown. Some members have kept us thinking about art by recommending various gallery tours and exhibitions that we can access online. We had begun a project to copy the work of an eminent artist, and then try to apply that style to a totally different subject of our own, and some of us have managed to continue with that. For others the outside world and nature have been a

source of inspiration, with birds being especially popular. We have had thoughts of holding some outdoor, socially-distanced sketching sessions now that things are a little more relaxed, but the weather has been so awful recently that it's not been possible – we live in hope!

Pauline Miller (Group Co-ordinator)



Portuguese for Fun

The group has worked hard to stay in touch, and to keep our study of Portuguese going during the lockdown. We began by trying to use a WhatsApp group, but though we could all connect to it, it did seem rather remote and quite hard work to use. So, we switched to Zoom, and have used it each week since with good results. We find that the session needs to be shorter, as it is hard work concentrating and we miss the pleasure of face-to-face contact, but it is certainly better than nothing. After the hard work of learning grammar, reading and talking in Portuguese we each get a coffee and spend 20 minutes or so in general conversation which helps us to catch up and stay in contact. But we are looking forward to being able to meet together again.

Pauline Miller (Group Co-ordinator)

Lockdown and the Shakespeare Group

Our group has been keeping in touch by email and WhatsApp. We have different levels of computer skill and different sorts of equipment, etc., so we haven't tried Zoom meetings. We are all pleased with the amount of Shakespeare that's available online, and on the BBC. We regularly share our views on specific productions as they are aired.



Some people have met outside both accidentally and by arrangement in gardens when the weather permitted. Everyone is keen to keep in contact as friends, just as important as the Shakespeare connection.

We have considered restarting meetings outside. We usually meet in members' houses, but that's not possible at the moment. We normally hold our discussion meetings at Florentine, but everyone is nervous about the risks. Outdoors may be better, but there are also practical issues to overcome, so we're delaying this for the moment. Anyway we are keeping together as a group and are looking forward to continuing our face-to-face activities in the autumn.

Best wishes

Jennifer Mellor

Group Co-ordinator

Sheffield U3A Group and Activities Pages: August 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 Rodway		
Art I	y	We.am.w	S11	PVHL	Daniel Merrills	230 5952
Art II	n	Th.pm.w	S11	PV	Pauline Miller	258 3678
Art III	y	We.pm.w	S11	PV	Miriam Currie	01246 414 274
Art on Tuesday	y	Tu.pm.w	S11	PV	Graham Woodthorpe	0114 2960535
Aspects of Art II	n	Th.pm.m	S7	PV	Valerie Wiley	236 0726
Outdoor Sketching	y	Fr.am.f	various	O	Daniel Merrills	230 5952
Arts and Crafts			Set B	General Coordinator Jenny Graaf		
Architecture Past and Present	y	2ndTu.pm.m	S8	PV	Elaine Burdett	07803130021
Craft	y	Th.pm.f		MH	Barbara Lowe	248 8367
Crochet and Knitting	y	Tu.pm.f	S1	PVAL	Jane Whitehead	457 7740
Dressmaking	y	Mo.am.f	S11	PV	Jennifer Austin	2552095
Dressmaking and Sewing	y	Mo.am.f	S11	PV	Ellen Johnson	2683291
Handwork & Craft II	n	Th.am.f	S11	MH	Elspeth Eggington	230 8755
Knitting	n	We.am.m	S10/11/17	MH	Jane Harling	230 9576
Knitting II	y	Th.am.f	S1	PV	Helen Gwyddanes	07929 553503
Patch & Quilt	n	Mo.pm.f	S17	MH	Elaine Pritchard	2363975
Photography	y	3rdTh.pm.m	S7	PV	Ian Eyre and Pat Robins	07788296975 or 01246 416850
Quilting Hive	y	Mo.pm.	S8	MH	Lynne Brown	237 7643
Video Production (Documentary)	y	Mo.am.w	Sheffield area	MH	Ian Barkley	01709 817 351
Woodcarving	n	Th.pm.w	S7	MH	John Perrett	2363159
Cards and Board Games			Set C	General Coordinator Barbara Lowe		
Bridge - Friday I	y	Fr.pm.w	S17	PVAL	John Strange	01246 416 558
Bridge - Friday II	y	Fr.pm.w	S10	PV	Brian Jeremiah	230 7250
Bridge - Monday	y	Mo.pm.w	S17	PVAL	Anne Oliver	0114 2556817
Bridge - Thursday	y	Th.pm.w	S17	PVAL	Brenda Fryer	236 5628
Bridge - Tuesday	y	Tu.am.w	S7	PV	Michael Brumby	236 5676
Bridge - Wednesday	y	We.am.w	S17	PVAL	Jean Bowie	230 1002
Bridge Stocksbridge	y	Tu.pm.w	S36	PV	Bob Smith	288 8624
Mah Jong	y	We.eve.w	S7	MH	Barbara Lowe	248 8367
Rummikub (Evening)	n	Mo.eve.w	S17	MH	Chris Cave	236 4648
Rummikub (SE)	n	Mo.pm.f	S13	MH	Joan Brown	269 4829

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Rummikub (SE) II	n	Mo.pm.f	S20	MH	Barbara Steel	247 4696
Rummikub I	n	Mo.pm.f	S7/8/17	MH	Shirley Wilks	438 0480
Rummikub II	n	Mo.pm.w	S10	MH	Rita Carr	230 8866
Scrabble	n	Fr.pm.f	S11	MH	Rosemary Newall	236 0728
Discussion, Philosophy, Economics and Religion						
Current Affairs Discussion	y	2nd .Th.pm.m	S11	PV	Paul Close and Stephen Geary	268 3062
Discussion I	n	Tu.pm.f	various	MH	Claire Attwood	280 8286
Discussion II	n	Tu.am.m	various	MH	Mary Alexander	255 6385
Feminists Over Fifty	y	1st .Mo.am.m	S1	PV	Sarah Williams	
Mindful Ageing	n	2nd and .4th.Th.--		PV	Michael Pupius	2587568
Personal Finance	y	Mo.pm.m	S11	PV	Sandra Gilling and Hilary Dawson	07790700110
Philosophy- Hist/Classical	n	2ndMo.pm.m	S11	PV	John Kirkman	236 1971
Practical Philosophy	n	Th.pm., 3 wky	S10	MH	Martin Manby	230 6505
Sugar & Spice	y	Mo.pm.f.	S8	MH	Eunice Southgate	281 1876
Gardening						
Gardening (SE)	y	Tu.am.f	various	PVAL	Carol Wright	251 0140
Gardening C	n	Mo.am.m	S10/11/1	MH	Heather Curtis	255 7228
Gardening D	n	2ndTu.am.m	various	PV	Helen Drury	236 7053
Gardening Greenfingers	y	2ndTu.pm.m	S8	PV	Jane Gregory	274 9246
Gardening at Whitlowbrook Park	y	2nd & 4th We.am.m	S17	O	Shelagh Woodliscroft	255 8948
History						
European History	n	4thTu.pm.m	S1	PV	John Evans	230 1173
Family History I	n	2ndWe.am.m	S11	PV	Amie Grassick	230 2777
Family History III	y	2nd Tu.am.m	S1	PVAL	Tim Simkins	230 2656
Family History IV	n	4thWe.am.m	S11	PV	Andrew Melville	07794 521755
Greece and Rome	n	Fr.pm.m	S11	MH	Jane Blockeel	236 6861
Local History (SE)	y	We.pm.	Mosborough, S20	Accessible public venue	Margaret Troop	287 4448
Military History	y	Th.pm.m	S7	PVHL	John Green	230 7768
Visiting History	n	Tu.pm.m	various	PVAL	Jenny Clark	266 9395
Languages						
Cerde Francais I	n	Fr.am.w	S11	PV	Tina Powell-Wiften	2551032
Cerde Francais II	n	Mo.pm.f	S10	MH	Hilda Hinchcliffe	230 2561
Classical Greek	y	We.pm.f	S1	PV	Deirdre Eastburn	07401020150

Groups (Languages cont)	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Deaf Awareness Group	y	eve.m	S1	PVAL	Christopher Carter and Susan Price	07855908007 (text please) or 2395987
English - an evolving language	y	Tu.am.m	S8	MH	Maggie Lyons	07546 585 703
French Improvers	y	Fr	S11	PV	Malcolm Scott	07940285442
French for Holidays	n	Mo.pm.f	S7	MH	Usha Fitch	236 5009
French-Advanced	y	Fram.w	S10	PV	Peter Keen	236 4914
French-Advanced II	y	Alt. Tu.am.f		PVAL	Dany Dany	07727 597595
French-Intermediate	n	Th.am.w	S11	PV	Janet Threlfall	2631039
German for Improvers	y	Mo.am.w	S18	MH	Anne Bonell	01246 416094
German-Advanced	y	Tu.pm.w	S8/8/10/17	MH	Colin Pears	01142335531
German-Intermediate	y	Mo.am.w	S11	PV	Katharine Brown	265 6477
Italian	n	Tu.pm.f	S10/11/6	MH	Brian Bailey	266 4678
Italian for Holidays	y	Fr.pm.w	S11	PV	Richard Cooper	07808101467
Latin - Old Skod	n	Mo.pm.f	S1	PV	Paul Cordwell	3273954
Latin II	n	2nd & 4th Fram.m	S1	PV	Jane Blockeel	236 6861
Latin III	n	We.pm.f	S10	MH	Deirdre Eastburn	07401020150
Latin Improvers	n	Mo.am.f	S1	PV	Rose Tanner	245 0200
Mandarin	y	We.am.f	S10	MH	Wendy Eyre	0114 274 5332
Polish Culture and Heritage	y	1st. We.pm.m	S11	MH	Krystyna Chandler	07779013780
Portuguese For Fun	n	Tu.am.w	S11	MH	Pauline Miller	258 3678
Portuguese Improvers	n	Mo.am.w	S11	MH	Pat Cantrell	230 8571
Spanish - Intermediate and Advanced	n	Th.am.w	S7	PV	William Geddes	2864144
Spanish Improvers	n	Mo.pm.w	S11	MH	Israel Newton	266 3138
Spanish Listening & Speaking	n	Tu.pm.w	S8	PV	Bill Homer	249 4921
Welsh Beginners	n	Tu.am.f		MH	Steve Clements	255 8422
Welsh Conversation	y	Tu.am.f	various	MH	Geoffrey Turner	01142309054
Welsh Improvers	y	Tu.am.w	various	MH	Steve Clements	255 8422
Welsh Intermediate	y	Tu.am.f	various	MH	Nigel Thomas	281 6611
Literature and Drama						
			Set B	General Coordinator	Jenny Graaf	
Ancient Authors	n	Tu.pm.m		PVAL	Jane Blockeel	236 6861
Book Group I	y	Fram.m	S17	PV	Margaret Walton	255 6563
Book Group II	n	Fram.m	S17	PV	Sally Carter	236 2066
Book Group III	n	2ndTu.am.m	S17	PV	Wendy Jenrick	268 7047
Book Group IV	n	Fram.m	S17	PV	Mary Whymys	236 8628

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Book Group V	n	Tu.pm.m	S11	MH	May Brookes	235 0180
Bookworm	y	Fr.pm.m	S36	PV	Angela Butler	268 4778
Drama Study	y	Tu.pm.f	S11	MH	Jacqueline Bailey	2664678
Enjoying Literature	n	We.am.f	S10	MH	Roger Smith	07582 460050
Film Appreciation	y	Tu.pm.m	S1	PV	Lesley Dixon	268 5881
Novel Reading I	n	Mo.pm., 4 wky	S10	MH	Pam West	266 2188
Novel Reading II	y	Mo.pm.m	S11	MH	Jacqueline Smith	01143483069
Novel Reading III	y	2ndFr.am.m	various	MH	Judith Vernier	01246 418607
Novel Reading IV	y	Fr.am.m	S5	MH	Anne Chatterton	268 8998
Play Reading 3	n	Mo.pm.m		PV	Linda Evans	230 1173
Play Reading I	n	Tu.pm., 4 wky	various	MH	Mike West	266 2188
Play Reading II	n	Last Tu.pm.m	S10	MH	John Lees and Irene Lees	235 9340
Poetry Study	y	We.pm.f	S17	MH	Bette Phillips	01142366334
Poetry for Pleasure	n	We.pm.f	S17	MH	Pat Parkin	236 8009
Shakespeare for Pleasure	n	Tu.am.f	S10/11	MH	Jennifer Mellor	2304332
Story Writers	n	Tu.am., 4 wky	various	MH	Margaret Briddon	262 0501
Vintage Film on TV Discussion	y	1st.Mo.pm.	S11	MH	David Patmore	01142366717
War Poets	y	We/Th.am		MH	Hilary Berry	07904 208738
World of The Book	n	We.am.m	S1	PVAL	Julie Edworthy	201 5847
Music						
			Set C	General Coordinator Barbara Lowe		
A Cappella	n	Tu.pm.f	Various	MH	Stephanie Dixon	247 0119
Drumming	n	Th.pm.w	S1	PV	John Lee	233 8517
Guitar Group	n	Mo.pm.f	S1	PV	John Stevens	236 3557
Guitar Group II	y	We.eve.f	S10	MH	Kirk Davis	01142302932
Guitar Group III	y	Th.eve.f	S10	MH	Kirk Davis	01142302932
Jazz Appreciation I	n	2ndTu.am.m	S10	MH	John Green	230 7768
Jazz Appreciation II	n	3rdTu.am.m	S7	MH	David Bone	268 1016
Music Appreciation	n	Th.pm.f	S6	MH	Avril Williams	249226
Recorder	y	Fr.am.f	S1	PVAL	Linda Evans	230 1173
Recorder 2	y	Mo.pm.f		PVAL	Hilary Dowson	221 4417
Singing for Pleasure	n	Fr.pm.f	S1	PVAL	Irene Lees	235 9340
Strings 'n' Stuff	n	We.eve.w	S1		Anne Saunders and Ian Fisher	01709 541695 or 01709 382887
Ukulele	n	Fr.pm.f	S8	PVAL	Ann Beedham	274 8331

Groups (Music cont)	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Ukulele 2	y	Tu.am.f	S35 2XE	PVAL	Diane Bingham	0114 2340131
Ukulele 3	y	Tu.am.w	S10	PV	Christine Osborne	07753 662073
Vintage Voices	y	Mo.am.w	S1	PVAL	Carole Hurst	293 9163
Warders	n	Mo.pm.w			Anne Saunders	01709 541695
Physical Activities						
			Set C	General Coordinator	Barbara Lowe	
Belly Dancing Stocksbridge	y	Tu.am.w	S36	PV	Kathryn Smith	283 1171
Bowling Cm Grm (SE)	y	Th.am.w	S9	O	John Hunt	269 8811
Bowling Crown Green	y	Mo.am.Th.am.w	S8	O	Tony Hobson	281 5373
Country Dancing	y	Tu.pm.f	S7	PV	Anne Marples	07942 967463
Croquet	n	We.am., Tu.Th.pm.w	S11	O	Brian Cave	07768121767
Cycling - Mondays	y	Mo.f	various	O	Alan Bailey	236 7219
Cycling - Wednesdays	y	1st and 3rd We.--f		O	Sandie Andrews	07887 740592
Cycling - ebikes	y	4th .Fr.m		O	Robert Peck	2301853
Fitness: tailor made for you	y	Mo.pm., Tu.Th.Fr.ms	S11	PV	Ann Evans	348 6607
Plates	n	Tu.pm.w	S18	PV	Mary Maddison	2366643
Racketball	y	Mo.am., Th.am.w	S17	PVAL	Peter Keen	236 4914
Racketball Stocksbridge	y	Tu.am.w	S36	PV	Elaine Smith	288 8624
Table Tennis	n	Mo., Th.am.w	S17	PV	Belinda Taylor and John Warwick	230 4489 or 253 0789
Tai Chi & Chi Kung West Sheffield Group 2	n	Th.pm.w	S11		Ron Jarman	0114 2306878
Tai Chi & Qi Gong South Sheffield	n	Tu.am.w	S17	PV	Pat Ryan and Clare Ryan	236 8749
Tai Chi Stocksbridge	y	Fr.am.w	S36	PV	Christopher Goldthorpe	01226 762 201
Walking Cricket	y	Th.am.w		PV	Chris Jones	07753 829771
Yoga	y	Mo./Th.w	S11	PV	Anne Ledbetter	01246488038
Science and Technology, Social Science						
			Set C	General Coordinator	Barbara Lowe	
Environment	y	Tu.am.f	S11	MH	Cliff Ellis	250 0883
Geology	n	We.--m	various	O	David Edmonds	234 3604
Maths	y	Tu.am.m	S8	PV	Alan Zinober	2367001
Science & Technology	n	Mo.am.m	S8	PV	Alan Zinober	2367001
Sustainable Development	y	Mo.pm.m	Central	PVAL	Jo Coulbry	268 5496
Theoretical Physics	y	We.pm.m	S11	PV	John Edwards	296 2050
Social						
			Set A	General Coordinator	Fran Rodway	
Afternoon Tea	n	We.pm.m	Various	PV	June Jackson	236 4474
Bus Pass Explorers	n	Sa.m		O	David Hague	2335333

Groups	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Dining Out	n	Wed Eve.m	various	PVAL	Susan Stone	2361035
Indian Veggie Buffet	y	1st Th.eve.m.	various	PV	John Wragg	236 8475
Lunch Group	n	3rd Th.m	various	PV	Diane Brooke	01709 371800
Sunday Dining	n	Su..m		PV	Diana Gott	250 7182
The Natural World						
Bird Watching I	n	Mo.am.f	various	O	Robin Peel	07942 920741
Bird Watching II	y	We.-w	various	O	Malcolm Swift	01246 906819
Natural History	n	3rd.Th.m	various	O	John Roberts and Aline Roberts	230 6487 or 07752675363
Walking						
Set A						
Dippers I (4-6mls)	n	Mo.f	various	PV	Jackie Smith	0114 2508065
Dippers Too (7-10mls)	y	Mo.f	various	O	Bill Barradough	230 3945
Garnets (5-7mls)	n	Mo.f	various	O	John Lees	235 9340
Late Walkers (5mls)	y	We.am.w	various	O	Gillian De La Torre	3489843
Learning Outdoors Walking Group	n	Th.w	Various	O	Fiona Fairlie	2664599
Nordic Walking Group	y	On a rota.f		O	Jane Doyle	07912445041
Short Walks NW	y	1st and 3rd Th.am		O	Glenis Gowan	01226 763158
Strollers I (Public Trspt.)	n	We.-f	various	O	Michael Ball	287 9226
Strollers II (Public Trspt.)	y	Mo.-f	various	O	Sheila Hewitt	268 6891
Strollers II (Saturday)	y	Sa.am.f	various	O	Ray Pigott	236 4078
Strollers II (Tuesday)	y	Tu.am.f	various	O	Shirley Tasker	274 6986
Strollers III (Public Trspt.)	n	We.f	various	O	Pat Clifton	251 0450
Strollers III (Saturday)	y	Sa.am.f	various	O	Anne Gurnell	07884327214
Strollers SE (Saturday)	y	Sa.am.f	various	O	Christine Edwards	01909 775 548
Sunday Ramblers (7-9 mls)	n	Su.f	various	O	Jenny Parker	236 0798
Sunday Walkers (7-9 mls)	y	Su.f	various	O	David Hydes	268 7815
Walk & Talk German	y	Fram.w	various	O	Anlie Barker	268 3912
Walking Grp A (5-6mls)	y	Alt Tu.We.w	various	O	Jill Fletcher	07769037521
Walking Grp B (6-7mls)	y	Tu.w	various	O	Joyce Cooper	236 2730
Walking Grp C (5-7mls)	y	We.w	various	O	Gilbert Smith	230 5769
Walking Grp D (9-11mls)	n	Alt We./Th.w	various	O	David Levine	258 9026
Walking Grp E (5-7mls)	y	Alt We./Th.w	various	O	Chris Cave	236 4648
Walking Grp F (9-11mls)	y	Alt We./Th.w	various	O	Peter Digby	236 6821
Walking Grp G (5-7mls)	y	Th.am.w	various	O	Tim Caley and Pauline Caley	230 3212

Groups (Walking cont)	Vacancies	Meeting	Area	Access	Coordinator	Telephone
Walking Grp H (9-11mIs)	y	Mo.w	various	O	Ray Goulting	2306905
Walking Grp J (10-14mIs)	y	Alt Tu./We.w	various	O	Alan Heath	230 4898
Walking Grp K (4-5 mIs) Pub Trspt.	n	Th.f	various	O	Pat Clifton	251 0450
Walking Grp L (3 or 5 mIs)	n	Th.am.w	various	O	Barbara Cassidy	262 0699
Walking Grp M (6 - 6 mIs)	n	Fr.w	various	O	Gordon Young	296 2402
Walking Grp N (6 - 7mIs)	n	Fr.am.w	various	O	Sylvia McColm	236 5872
Walking Grp NW (5 - 8mIs)	n	Th.am.w	various	O	Pauline Shaw	07752 638350
Walking Grp P (8 -10mIs)	n	Alt We./Th.w	various	O	Anne Fitzpatrick	236 0989
Walking Grp Q (5-7mIs)	y	Tu.am.f	S5/S35	O	Anne Chatterton	266 8998
Walking Grp R (7 - 9mIs)	n	Mo.w	Various	O	Camilla Jordan	2685355
Walking Grp SE (6 - 8 mIs)	y	Tu.w	various	O	Johanna Latimer	0114 268 1227
Short Courses						
Orienteering Group	Set A		Set A	General Coordinator Fran Rodway		
Life Writing Workshops	Set A	Mo.am.	City centre	O	Colin Best	07800 540596
THE FOLLOWING GROUPS ARE ADVERTISED IN LINKS AND ARE OPEN TO ALL MEMBERS						
Classical Concertgoers	Set C	various		PV	Pamela Sandford	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		PV	Shella Harris	236 9653
All Ears Music Group	Set C	1st .Fram.m		PV	Paul Cordwell	3273954



A Cappella Group

We have kept in contact effectively during 'Lockdown' in two ways.

Like many groups, we hold weekly Zoom meetings. We always include some singing, whether it is warm-up exercises, or singing along to YouTube videos via the 'screen-sharing' option. Singing together is not really possible due to internet latency, but we can sing, chat and keep in touch.

Secondly, some of us have been making online recordings using the BandLab app. Individuals can add their part one by one, resulting in a four-part harmony track. One example is our recording of 'When I'm 64' by Lennon and McCartney.

We are looking forward in hope to meeting and singing in person, perhaps in an outdoor setting, when it is safe to do so.

Dave Longson

Poetry for Pleasure

The Poetry for Pleasure group has continued. Instead of the short poems which we looked at in previous meetings, we have taken the opportunity to read long poems. Because not all members are technically equipped to meet online we used email. This has worked really well. It has given time to read the poems in more depth and led to more varied and deeper responses. One member has been wonderful in passing on a transcription of the comments to one member who is without email.

I owe her thanks for this.

Pat Parkin

Coordinator Poetry for Pleasure

WHAT HAS WALKING CRICKET BEEN UP TO?



It's Summer, it's July: we should be enjoying balmy days and the thwack of willow on leather before a leisurely tea. In the case of Walking Cricket it'd be the sound of plastic on plastic which, although safer, doesn't sound quite so enticing (?). Don't be fooled - walking cricket is a great game and a lot of fun.

In the event I write this after days of rain and our dear Prime Minister telling us cricket balls are "Vectors of Transmission". So: no action yet but, thanks to a speedy U-Turn, by our PM not the Group, copious guidance has been issued today from the English Cricket Board on restarting recreational cricket. We are studying this and the SU3A Guidance and are hopeful we can get outside soon.

Since mid-March the Group has been meeting each week on Zoom. We've had a strong attendance and after the initial vanilla quizzes – which included emoji and picture quizzes – we've branched out to music quizzes, Bingo and next week a version of the TV game "Would I lie to You?". There's been great camaraderie and the objective is to keep the Group entertained, together and raring to go when we feel comfortable.

We are fortunate to have a Computer Whizz in the group (aka Camilla Jordan) who has written a program to enable HowsZat to be played. I'm sure many of us can recall rolling the metal hexagonal logs as we played HowsZat as children. These games have been a great success and Camilla has placed the game on the SU3A website so anyone can take it, play it with grandchildren, etc. Try it: It's fun.

<https://su3a.org.uk/homepages/physical-activities/walking-cricket/>

The Group which is open to both men and women started in January – we've now had more Zoom meetings than physical games – and we continue to look for a few new members. If you are interested contact *Chris Jones* on 07753 829771 or chrisbjones23gmail.com

Chris Jones Walking Cricket Coordinator

Life under lockdown, Italian style



During the lockdown our small group within the larger U3A group, **Italian for Holidays** has met weekly. We initially used Skype but found the sound quality somewhat erratic so switched to Zoom and have been able to use the flexible options to share documents and a CD during our meetings. We have engaged in

a variety of interactive activities which we devised on a weekly basis, leaving behind our text books and concentrating on our conversational, spoken and listening skills.

Initial activities have included – 'What's my line?' working out an occupation where a member of the group gives a few hints in Italian and we ask questions. Similar activities have been to think of a town either in the UK or abroad, an historical person or even an everyday object. This has been challenging not only from the point of view of having to find out what the mystery occupation, person, object is, but also thinking of questions in Italian that might produce a helpful answer. For the person being quizzed it was relatively easy to answer 'yes' or 'no', or if they wished to be more helpful, 'along the right lines' or 'I wouldn't think along those lines'. We have stretched our vocabulary with 'which animal am I?' and also told each other short stories from which we have to decide which facts are 'true' or 'false'.

Sometimes we have read something that interests us in English or watched a TV programme or film during the week beforehand and used the session to tell each other about it in Italian along with questions and answers from the group. Now that we have become more familiar with Screen Share on Zoom for documents and CDs, we have also returned to listening to a CD that accompanies a book, one of a series of short stories produced for Italian students that we were using in our classes before lockdown.

*Davida Howard davida.howardtalktalk.net
Italian for Holidays*

CRAFT GROUP

The Thursday Craft Group normally meet twice a month to make things together and share ideas and techniques. Just before lockdown we had all decided to do a project together, working on individual fabric landscape scenes. We have carried on with this project, all working from home and meeting each week for a Zoom – show and tell – session.

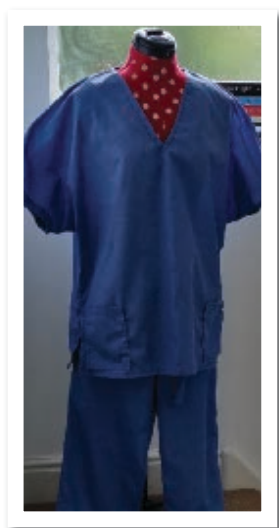
Here are some of our landscape pictures.



Not everyone has completed a landscape picture, but we have all been occupied with a variety of sewing projects. These have included felting, embroidery, mosaics, dressmaking and knitting.

A couple of us also spent a few weeks early on in lockdown making scrubs and masks for the NHS.

Barbara Lowe, Craft Coordinator



Mah Jong

Before lockdown the Mah Jong group was meeting one evening every week in a pub. Mah Jong involves sitting around a table in groups of 4 and playing with one set of tiles. It is clear that this is not going to be possible in the foreseeable future.

I was assuming that it would not therefore be possible for the group to be able to meet together for a long time. However, I recently received some information from the British Mah Jong association describing how to play remotely on Zoom. Enough members of the group are interested, so we are going to give it a try! Hopefully it will prove successful and help us through the months ahead.



Barbara Lowe, Mah Jong Coordinator

Tai Chi and Chi Kung - West Sheffield Group 2

Myself and my wife started our U3A Taiji group in the autumn 2017. We now have 12 members and our regular sessions, prior to the lockdown, were on a Thursday afternoon in a church hall.

Once lockdown commenced we decided to set up weekly Zoom sessions for the class members who are able to take part. This in itself proved challenging – how far away from the camera do people need to be to enable us to see them from top to toe and similarly how far do we need to be away from our camera for them to see us. When people start to move do they disappear from view or furniture appear to move!!! We decided from day one that we could not have everyone in the same session because the various members are at different levels in their Taiji journey.

We therefore decided to run a series of sessions throughout the Thursday afternoon with those invited being at an appropriate level for a particular session. We did not attempt to do series of exercises known as forms because too much room is required and also it would involve continual shuffling to keep in view of the camera. Instead we decided to concentrate on improving individual movements, known as postures, in order to improve them individually rather than joining a series of postures together as would be done if doing a form.

My wife and I supplemented these sessions by putting video clips into Dropbox, so that members of the group could download. The clips were of us demonstrating and talking about important points relative to a specific posture. The members have found the video clips plus the Zoom sessions very helpful and thank us frequently for the continued support during this period when venues for meeting have been closed.

Zoom sessions, although useful, lack the benefit of working within a group. Also, it is very much a two-dimensional medium. However, on the last day of a very wet June, when the rain was expected to hold off for the morning, 6 of our group (including myself), having taken into account the risk analysis in relation to their own health, age, etc., plus those of others in their household, had an outdoor session in a quiet local park. We did an hour together and experienced doing forms without the limitations of the range of a camera, images that are less than life size, lack of room space, and furniture obstacles that appeared to move!

Everyone who took part enjoyed being able to practise Taiji with fellow members of the group after so many weeks of just seeing each other on Zoom sessions. The weather has been kind enough for us to be able to meet up each Monday since then and whilst it can be variable we hope that during July we will continue to have favourable weather conditions.

We have yet to see what we might be doing in August. Should lockdown measures ease further, members may wish to take advantage of the freedom to visit places and people.

Ron Jarman Group Coordinator

Family History 1

During lockdown our monthly meetings were not possible due to closure of Ecclesall Library so Richard Donkin, our Internet 'tecky', and Jan Crabtree set up Zoom Meetings. We invited all members to take part and so far, 14 have joined in. Three members have sent apologies for not attending, one of whom said she didn't have the appropriate phone. We emailed offers of help, Richard put on practice sessions to help with Zoom and 2 members took up the offer.

The meeting in April was attended by 10 members. Diane Bingham gave a talk about Parish and Church Records which was very informative. May's meeting was a lecture by an outside speaker who kindly used Zoom for the first time, entitled 'Pinpointing the Origin of a Surname via a One Name study'. 14 members attended, plus some of the speaker's colleagues too.

The June meeting was attended by 9 members and was led by Richard, who had researched Archives and Libraries, plus provided individuals with help in their own research.

Best wishes

Annie Grassick Coordinator

Stocksbridge Bridge Group

Most of our members have made good use of an online programme called Bridge Base Online (BBO). Some of our members are also members of Barnsley Bridge club and so we have joined together to organise several online competitions. BBO is free to join and easy to use and I would recommend it to our other U3A Bridge groups.

Robert Smith Coordinator smithr383gmail.com

Classical and historical philosophy

This group has been meeting via a fortnightly Zoom meeting. Nearly everyone is taking part very successfully.

John Kirkman Coordinator

Welsh Beginners and Welsh Improvers

The Welsh Beginners Group kept in touch by email distance learning for 2 months. This did not work. We now meet up weekly on Zoom. Welsh Improvers Group has been meeting on Zoom weekly since lockdown.

Steve Clements Coordinator

Walking Group N suspended all walking activities as a result of the lockdown. To keep in touch, we held weekly Zoom meetings for a chat and catchup for a few weeks. More recently we have been walking in small groups (of between two and four walkers) and various members of the group have visited each other in our gardens or in other venues for a chat and coffee.

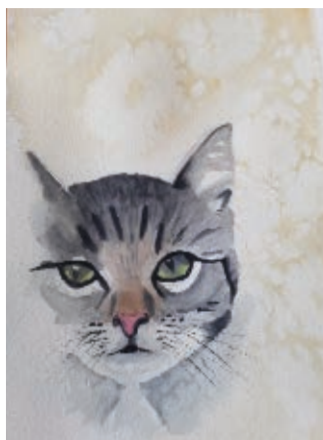
Sylvia McColm Coordinator

Art Group 3 Lockdown Art

We are all staying at home and sessions are suspended for the foreseeable future. What can we do?

Several members have continued to make art, be creative, take photos. Here are some of the results. It is great to see the range of media and subjects and how much is taken directly from the subject. We now have iPad drawing examples as an extra dimension.

Lockdown Gallery...







These are just a sample of the work produced. If you would like to see more, go to the Sheffield Art Group 3 website at:
<https://artgroup3blog.wordpress.com/2020/04/14/lockdown/>

SU3A Mindful Ageing Group Lockdown Activities

Our group had its last face-to-face meeting on March 12. On Sunday 15 March, John and I discussed the evidence of the virus spread coming in and decided to move all our activities online including this group. On March 16 the PM issued the instruction to “stay at home” and the rest is history.

We held our first Zoom meeting with the group on Thursday 19 March to pilot the online process. The group with 12 attending were the heroic guinea pigs helping us understand how Zoom could be used for our meetings and the use of breakout rooms for small group discussion. We decided to increase the frequency of meetings and we have been meeting every two weeks since then with between 8 and 12 attending.

One of the popular inputs has been from Stephanie who leads us in the relaxing self-massage of the head, neck and shoulders.

Here is some feedback.

“I have been so grateful for the Mindfulness sessions which I was told about in the first week of lockdown and have attended regularly ever since. I have really enjoyed them and for many weeks the sessions were the only times of the week with any structure, apart from my morning walks. Having never heard of Zoom, I needed a bit of help to start with. The chatroom was something else I hadn't previously experienced but it's been so relaxed and I've met so many people. The meditations have been varied and helpful and I have been surprised at the benefit I have felt from the mindful movement exercises, even though many of them are just a few minutes long. I appreciate that working online was new to you all but I'm so glad that you embarked on it and it has worked brilliantly.”

(Margaret)

“I have found the online sessions started in lockdown really good and beneficial... a good variety of meditation, mindful movement and self-massage and opportunities to share lockdown experiences in small groups”

(Mary)

Given the success of the pilot with this group we decided to set up two additional mindfulness sessions every Tuesday lunchtime and Thursday evening for our wider community. These have proved to be very popular and have been attended on occasions by over 50 people. They follow the same pattern as the Mindful Ageing Group meetings: a mix of meditations, poems, mindful movement and breakout rooms. The sessions have been offered to members of SU3A.

At the start of lockdown, John started work on an online version of our Mindful Ageing course that we delivered to members of this group to introduce them to mindfulness. Once again, this group helped enormously by piloting the early versions and providing feedback. Mention of the course was made in the summer edition of Third Age Matters and so far there have been over 70 expressions of interest.

All our material is freely available on www.mindfulenhance.org. We plan to continue to provide these sessions and training as long as the current situation lasts.

John Darwin

Mike Pupius

(infomindfulenhance.org)



Patchwork and Quilting Group

We are a group of seven members and we had our last meeting the week before the country locked down. We knew at the time to get serious about the virus but didn't really know what was to come.



One of our members suggested we meet on Zoom and we all tried to work out how to get on. Those with partners had help but there was no help for people on their own. I was so impressed with my group that we all managed to log on every week. It was so nice to see familiar friendly faces again and I find myself really looking forward to our weekly meeting. We talked so much that we all would log on for a second time every week.

During lockdown we have made masks, bags, headgear and scrubs for the NHS as well as sewing quilts for adults and babies as well as knitting. On top of that we have had our own projects and some of us have done baking as well. Maybe we need a baking group? Here are some photographs that my group has sent.



Elaine Pritchard



Sheffield U3A Guitar Group – how we are getting on after lockdown.

Shortly after the start of lockdown we established the best way to continue using the internet. Of the many alternatives for video conferencing we ended up with 'Zoom' as it has an 'original sound' setting which is better for music. Two of the ten members of the group decided that they would wait until we can play together again leaving eight who have participated in our Zoom meetings with typically six logging on each time.

Like other musical groups we soon realised that all of us singing and playing at the same time was impossible over the internet because of the delay in transmission so we adopted a lead and follow approach. Members take it in turn to choose a song from the two hundred and forty we have on our books and then sing the song and play guitar whilst the rest of the group play along with their sound muted.

It has its limitations but we find the session great fun and a good way to keep in contact. We soon decided we wanted to do it twice a week, each session being two hours. Going online hasn't stopped us bringing in new songs to play at the same rate as normal. Obviously, we want to be back playing together but for the moment online is a good substitute.

John Stevens
Guitar group coordinator



Salt Cellar on Derwent Edge

Storywriters Group

Storywriters has carried on during lockdown, keeping to the same timetable and each member writing a short story monthly. We have circulated these stories online and successfully kept in touch. We do not Skype, Zoom or WhatsApp, but we do message frequently and the group is 'buoyant'.

We are still hoping to meet outside eventually when we can conform to Government and U3A requirements. Examples of members' stories can be found on the website www.su3a.org.uk

Margaret Briddon
Coordinator Storywriters

We have had a huge response from Group Coordinators to the request asking what they have been doing during the lockdown.

So many groups are finding creative ways of staying in touch in these unusual circumstances. Thanks to all those who have contributed to this issue of *Links* and to those who have let us know how they are doing including, French for Holidays, Environment Studies, Discussion II, Play Reading, Lunch Group, Video Production, Rummikub I.



Walking Group R on Baslow Edge

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



*Walking Group R Socially Distanced Walking
It can be done!*

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