

**u3a** learn,  
laugh,  
live  
Sheffield

**40th Anniversary**

**Links 221: April 2026**



*Walking Group A*

# Contact us

Our website is at: <https://su3a.org.uk>

Here you will find the latest news and information about Su3a, including items that do not appear in *Links*.

## Membership inquiries:

Su3a membership team

[members@su3a.org.uk](mailto:members@su3a.org.uk)

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## Information about groups:

General coordinator: Jo Beadle

[groupsa@su3a.org.uk](mailto:groupsa@su3a.org.uk)

07774 142409

Group records team

[grouprecords@su3a.org.uk](mailto:grouprecords@su3a.org.uk)

Health and safety risk assessments

[mocave@btinternet.com](mailto:mocave@btinternet.com)

Asset grant manager: Brian Cave

[bpcave@hotmail.com](mailto:bpcave@hotmail.com)

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**Links editors: Camilla and David Jordan**

[links@su3a.org.uk](mailto:links@su3a.org.uk)

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**University and research liaison officer:**

[harveymk@yahoo.co.uk](mailto:harveymk@yahoo.co.uk)

Martin Harvey

07849 137021

**Links no. 222 June 2026,**

**last date for copy: Friday May 1 2026**

All news and correspondence to the editors: email [links@su3a.org.uk](mailto:links@su3a.org.uk)

Please provide text and photographs separately. If you are providing photos please confirm you have the permission of any Su3a members appearing and that the photos are not in breach of copyright.

The *Links* team is not responsible for the content of any articles. For any queries please contact the author of the article.

## Facebook group

To join our Facebook group, please go to

<https://www.facebook.com/groups/sheffieldu3a/> and hit Join. You will be

asked to answer two questions and will need your Su3a membership number.

It's our 40th Anniversary year! And as I write this at the end of February the most remarkable thing about it so far has been the relentless rain. Hopefully by the time you read this the rain will have stopped and we will have had our first celebratory event, a Pie and Pea Supper and Quiz organised by our general coordinator Jo, ably assisted by IT expert Louise.

The main event of the year will be the Su3a Anniversary Day on Tuesday 9 June at Whirlow Brook Hall and Park when many of our groups will be showcasing their activities. There will be tree walks, an orienteering trail, drama presentations, art sessions and music all day long. If your group is not already involved and would like to be, please contact me at the email address below.

The Anniversary Day will be followed on July 14 by our Annual General Meeting, which has become something of a social event with the opportunity to talk to fellow members over a light buffet lunch afterwards. This year it will also mark the end of my term as chair, so I will be standing down alongside other executive committee (EC) members. Our treasurer Les Baker may also be standing down but this depends on whether we can find a suitably qualified person to replace him. Thanks to all of them for the time and effort they've put in as EC members.

Over the next 18 months we will be approaching one of those crossroads which all organisations go through from time to time, when long-standing members step down from their roles and others need to take their place. *Links* editors Camilla and David Jordan have done sterling work with the magazine but they will be stepping down as editors at the end of 2026. As always, when some step down its time for others to step up and I hope that from our 3,000 plus members some of you will do that.

Wishing you all a happy Easter.

Mo Cave [chair@su3a.org.uk](mailto:chair@su3a.org.uk)

**2026 Annual General Meeting of u3a  
Sheffield Tuesday 14 July at 11 am at the  
Central United Reform Church, Norfolk Street**

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 the secretary, Maria Buller, at [secretary@su3a.org.uk](mailto:secretary@su3a.org.uk) in writing by 20 April 2026. Decisions at the AGM can only be made on items appearing on the agenda. Decisions cannot be taken on “any other business” items.

## **Vacancies and Nomination Form**

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A number of our Executive Committee (EC) members retire at the end of their period in office. We need new members to apply for election to join the EC at the AGM in July. If you would like to help run our u3a, then please apply for one of the vacant posts.

**Vacancy: Chair of Sheffield u3a** The chair is an officer of Su3a who, along with the other officers of the Executive Committee, helps to support the running of our organisation. If you wish to apply for election to chair please contact Maria Buller at [secretary@su3a.org.uk](mailto:secretary@su3a.org.uk). If you would like to speak to the current chair about what is involved, please contact [chair@su3a.org.uk](mailto:chair@su3a.org.uk).

### **Vacancies – Members of the Executive Committee of Sheffield u3a**

Members of the EC help the chair and officers in running Su3a.

**Treasurer of Sheffield u3a** Our current treasurer has a further year before his six year term of office finishes. However, if a suitably qualified candidate offers to serve as treasurer he is willing to stand down at the AGM to allow a new treasurer to take over. If you would like to speak to the treasurer about what is involved please contact [treasurer@su3a.org.uk](mailto:treasurer@su3a.org.uk).

**NOMINATION FORM FOR ELECTION TO  
SHEFFIELD U3A EXECUTIVE COMMITTEE 2026**

Position applied for: .....

There are vacancies for for the chair and committee members. All posts are elected by the members at the AGM.

**Name of nominated person** .....

Address .....

.....

Email Address..... Su3a membership number.....

Home Tel No..... Mobile No:.....

Groups to which nominee belongs.....

**Proposers - A proposer and seconder are required**

**Name of Proposer** .....

Su3a membership number.....

Home Tel No..... Mobile No.....

Signature of Proposer..... Date.....

**Name of Secunder** .....

Su3a membership number.....

Home Tel No..... Mobile No.....

Signature of Secunder..... Date.....

I am a member of Sheffield u3a and agree to be nominated as a candidate for election to the committee of Sheffield u3a at the Annual General Meeting on Tuesday 14 July 2026.

Signature of Nominee..... Date.....

Please send the completed form to: [secretary@su3a.org.uk](mailto:secretary@su3a.org.uk) (electronic signatures are acceptable) or by post to Su3a, 15 Barkers Road, Sheffield, S7 1SD, to arrive no later than **30 April 2026**.



## Commitment

Generally, 1 to 2 hours per week for EC members, more for the position of chair, subject to any forthcoming meetings or events. The EC meets 6 times a year. We are looking for members with common sense, who are comfortable in using the internet and emails and enjoy meeting people.

If you are interested in helping to manage our great u3a, which is the largest in the country with more than 3,000 members and 180 groups, please contact any of the EC members listed at the end of the *Links* magazine or complete and send in the nomination form on the website or above together with an email statement of not more than 200 words in support of your candidacy by 30 April 2026.

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## Notices

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### Can you step up?

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Over the forthcoming year a number of people will be stepping down from their roles in Su3a. Can you step up to help fill those roles? We are an organisation run by the members for the members. It's tempting to think that somebody else will volunteer but regrettably that's not always the case.

Here are the roles which will be coming up:-

**Chair of Su3a** The current chair's 3-year term comes to an end in July at the AGM. Could you fulfil this role? If we don't have a chair then we can't have a u3a so please think about it. For more information about what's involved email [chair@su3a.org.uk](mailto:chair@su3a.org.uk).

**Links Magazine Editor(s)** Our *Links* editors will be retiring after production of the December 2026 edition of *Links*. If you have experience of or are interested in, desktop publishing this could be the job for you. As well as showcasing our activities, *Links* plays a vital role in the running of Su3a. It's how we communicate important regulatory notices, for example about the AGM, renewals, etc., to the membership. Contact [links@su3a.org.uk](mailto:links@su3a.org.uk) to find out what's involved.

**Treasurer of Su3a** Our current treasurer will be coming up to his sixth and final year as treasurer. We therefore need someone with an accounting qualification to take his place. As with the role of chair, if we don't have a treasurer, we can't have a u3a so if you have a relevant qualification please think about it. To find out what's involved contact [treasurer@su3a.org.uk](mailto:treasurer@su3a.org.uk).

**Executive Committee (EC) members** We have a number of EC members standing down at this year's AGM with at least another one retiring in 2027. This means there will be vacancies on the committee from July this year. There are only six EC meetings a year and this is an ideal way to discover how Su3a is run and to make your own contribution. For more information contact any member of the EC. Contact details are at the back of this edition of *Links*.

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## News

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 **Sheffield u3a Anniversary Day**         

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Whirlow Brook Hall and Park Tuesday 9 June

The story so far:

Learn about the trees in the park on a walk with Gerry Firkins. On the front lawn, join Art Group 1's Linda for "Drawing for the Terrified" or Frances and the Outdoor Sketching Group.

What about a leisurely spot of orienteering around the park with Colin Best or a Wellbeing in Nature Walk with Monica? Perhaps a stroll round the Su3a Memorial Garden and a chat with some of our Gardening Group who maintain it.

If that's all too active for you, you can retire to the Oak Room for Presentations and Readings from our Drama and Literature groups or stand on the terrace and catch the Walk & Talk German Group making a musical entrance! There will be music all day from Vintage Voices, A Capella, the Guitar group, the Uke groups, Recorder Group, Blues Group, Folk Group and Cellar V, a group made up of Su3a members.

Hot and cold drinks will be available all day and hopefully an ice cream van will be on site.

This is still a work in progress and other activities still need firming up with the groups concerned.

There is now a page on our website which will be updated as we get nearer the date. You'll find it on the top banner of the home page under "40th Anniversary". Some of the activities will be restricted to a maximum number so you may have to book but more information on that will follow.



### Potential new group: Artificial Intelligence

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Meetings: Fortnightly by Zoom on Tuesdays at 4pm, starting on May 5.

We will start by following the Open University free online course:  
<https://www.open.edu/openlearn/education-development/ai-matters>.

Please email [camilla.jordan48@gmail.com](mailto:camilla.jordan48@gmail.com) if you would like to join the group.



## Open Groups activities

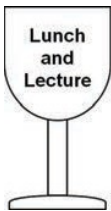
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Activities of Open Groups, such as the European Travel Group, UK Travel Group and Lunch and Lecture, are open to all members of Sheffield u3a.



## Lunch and Lecture

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The Lunch and Lecture Team (Barbara, Martin and Sue) trust that you all coped with the miserable, grey and damp weather and that you are looking forward to spring.



We are very lucky to have a much sought-after speaker for our next event in May: Michelle Rawlins, author of “Women of Steel” and “The Steel Girls” series. Michelle will focus her talk on the formidable women who worked in the Sheffield steel Industry during the Second World War. How many of you, we wonder, had family or friends who worked in that dangerous profession, doing their bit for the war effort?



*The photograph on page 9 is owned and was supplied by Michelle Rawlins with permission for it to be used in publicity for the LL group. Kenwood Hall Hotel has given permission for their photograph of the main building to be used in our publicity.*

Please reserve Friday 8 May 2026, for our next Lunch and Lecture (menu choices and booking form below) at The Mercure Sheffield, Kenwood Hall Hotel & Spa, Kenwood Road, Sheffield S7 1NQ. As usual, we advise arrival at 12 midday for a 12.30 start. Please be aware that there is a good deal of parking space on the adjacent streets as well as in the grounds of Kenwood Hall.

Please note that our deadline for notifying numbers to the hotel is three weeks before the event date and we cannot be as flexible as in the past. When you receive your receipt please keep it safe and bring it with you to the event as you will need your receipt number.

NB If you have the E-Links or E-Newsletter, not a paper copy, please print out the form or write out the required information clearly to send with your cheque and SAE.

#### MENU CHOICES:

A Seared breast of chicken – cheddar cheese potato gratin, red cabbage, parsnip, masala wine sauce

B Fillet of salmon – crushed new potatoes, green beans, char-grilled green onions, white wine and caviar velouté

C Wild mushroom and herb risotto (VG) – sauteed wild mushrooms, garlic, truffle oil and fresh garden herbs

D Apple and raspberry crumble (VG) – with custard

E Baked vanilla cheesecake – macerated berries

Tea or coffee is included

**Lunch and Lecture – ‘Women of Steel’ presented by Michelle Rawlins**

Mercure Sheffield Kenwood Hall Hotel & Spa, Kenwood Road, Sheffield S7 1NQ Friday 8 May 2026, 12 midday for 12.30pm start.

If booking multiple places, please record all names and u3a membership numbers (use the back of the form or a separate sheet if necessary) and indicate their menu choices. NAME(s) ..... Su3a No(s) .....

ADDRESS .....

.....

POSTCODE ..... TELEPHONE .....

Email address .....

(I **agree/do not agree** to you retaining my email address for the purpose of sending me further information about this event or future similar events - please delete as applicable.) Signed .....

MENU CHOICES – please tick one main and one dessert per person

A	B	C	D	E

Special dietary request: .....

Please reserve ..... place(s) for me at £27 per person. I enclose a **small stamped addressed envelope** and a cheque for £ ..... payable to **Sheffield U3A Lunch and Lecture**. The SAE is essential as you will need your receipt.

Forms should be sent to arrive no later than Thursday 16 April 2026, to Barbara Hutton, 57 Bradway Road, Sheffield S17 4QR.

(Inquiries: Barbara Hutton 0114 4384412 or 07873 202996; Sue Connelly [ksueconnelly@hotmail.com](mailto:ksueconnelly@hotmail.com) 01246 418251 or 07890 522014)

Resources to help with hearing at the lecture - if you would like to find out more, please tick the box for someone to contact you.:





### Trolleybus Museum and South Yorkshire Aircraft Museum Tuesday 18 August 2026

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A day of nostalgia is planned with a visit to the Trolleybus Museum at Sandtoft, home to the world's largest collection of preserved trolleybuses and the South Yorkshire Aircraft Museum in Doncaster.



We start our day with a private visit to the trolleybus museum. You will have the opportunity to ride on a trolleybus and look at all the other exhibits including:

- The “Sunbeam” cycle shop museum
- Toy and model museum
- 1950s prefab home
- Traditional shop window displays
- The “Regal” lecture theatre and cinema

We shall then have a light buffet lunch before a short journey to the aircraft museum.



The museum has a collection spanning more than 150 years of aviation progress and developments - from the first adventures into the air right up to modern military jet aircraft. There are aircraft outdoors and three indoor hangars as well as a number of special displays featuring tales from everyday people in the Falklands War, the work of spies and secret agents in occupied Europe during the Second World War, the pioneering days of flight and the story of the first air show in the UK.

*Photographs reproduced with the permission of Trolleybus Museum and South Yorkshire Aircraft Museum.*

The cost of the trip is £48 per person which includes the coach fare, entrance fees, lunch and gratuities. If you would like to join us please complete the booking form and return it along with your payment asap (no later than May 8). If you are unable to print or copy the form, please either e-mail ALL the required information or write on a sheet of paper and post.

We now accept deposits and final payments by bank transfer (BACS). Please use the following details when making the transfer:

Account name: **Sheffield u3a UK travel**

Sort code: **08-92-99** Account number: **67203497**

Reference: **TB** followed by your initial and last name



## Trolleybus Museum and South Yorkshire Aircraft Museum

Tuesday 18 August 2026

Please complete the booking form in BLOCK CAPITALS.

NAME ..... Su3a No .....

NAME ..... Su3a No .....

ADDRESS .....

..... POSTCODE .....

Email address .....

Mobile telephone number .....

### EMERGENCY CONTACT NOS

1) Name ..... Tel No .....

2) Name ..... Tel No .....

Please reserve ... place(s). I enclose a cheque for £ ... (£48 per person)

payable to Sheffield u3a UK Travel Group OR I have paid by bank transfer.

Date of Transfer: ..... (Please note the UK Travel Group is not

responsible for any lost or deleted payments if you do not use the correct reference details when making your payment.)

Any mobility or dietary requirements: .....

Please indicate your preferred pick up point:

Knowle Lane 9am (.....)

Sheffield Interchange E5 9.15am (.....)

Please send to Elaine Burtoft Appt 22 Lakeside, Loxley Park, Sheffield S6 4TF or by email to [eburtoft@gmail.com](mailto:eburtoft@gmail.com) (if you do not have an email address and you wish to receive an acknowledgement of receipt then please

also send a stamped self-addressed envelope) by no later than Friday 8 May 2026. EMERGENCY ORGANISER'S CONTACT No. Elaine Burtoft

07803 130021





## UK Travel Group *continued*

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### Advance notice: Three Medieval Derbyshire Churches Monday, July 13 2026

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All details and an application form will be available in the June edition of *Links*.

The visit to Biddulph Grange and Little Moreton Hall on 24 June 2026 is fully booked.



## European Travel Group

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**Request for help:** this is a **final** request for help from the European Travel Group in organising and leading future trips.

As advised last year the time has come for fresh eyes and perhaps new ideas in organising the trips. Brian Cave and I will be stepping down at the end of this year and members are needed to come forward to organise future trips.

To date one member has come forward but we need at least one, preferably two more. Brian and I are willing and happy for volunteers to shadow what we do for next year's trips and for us to shadow new members on their first trips, if needed. You will not be thrown in at the deep end! Brian is also willing to remain as the treasurer for the group. If you are willing and able or need more information please do not hesitate to contact me.

However, should nobody come forward by 30 April 2026 then the two proposed trips for this year Burgundy and Dijon and the Vibrant Cities of Andalucia will be the last two trips organised by the European Travel Group. The group will then **close** on 31 December 2026.

Samina Aslam, ETG coordinator  
0114 2351489 [sammamas1747@gmail.com](mailto:sammamas1747@gmail.com)

As part of our 40th anniversary celebrations we are hoping to showcase the varied activities of our groups in this year's four issues of *Links*. We are delighted to begin with Gill Green's article below on Walking Group A, which grew from its initial membership of eight to more than ten times that number leading to the splitting into A and B and, eventually, to the current situation where we have virtually exhausted the alphabet, not to mention Strollers, Dippers and others. We hope other groups will be inspired to share their stories of their groups, the characters behind them and the changes over the past four decades. Please don't wait for the quarterly requests for contributions.

David and Camilla Jordan

Where Groups are encouraging potential new members to make contact, details may be found either in the Centre Pages of the hard copy or online at <https://su3a.org.uk/grouppages/interest-and-activity-groups/groups-a-z/>.



### Walking Group A



Frank and Yvonne Gutsell

When Frank and Yvonne Gutsell set up the first Su3a walking group in 1990, little did they realise that it would still be going strong well into the next millennium! Graham and Eunice Southgate joined the group in 1991 when the group had eight regular walkers. Communications in those early days were done via word of mouth and landline telephones, and

typewritten walks programmes were distributed by hand. Gradually the group's popularity grew, membership increased and by 1995 the group had become somewhat unwieldy with 81 members.



*Photos of Walking Group A in the 1990s (more recent photos on the next page and on the cover)*

Graham has happy memories of walking and leading walks for the group, as well as organising annual holidays for members. Twenty years later he reluctantly retired from the group after a series of knee problems. Reminiscing about the early days, Graham said “We realised that leading a group of 60 to 70 people in the Peak District was no mean “feet” (!) so we decided to split into two groups - A and B. It's so encouraging to see so many more walking groups under the Su3a umbrella, nearly 40 years

later. Some of the older members of the A group from the 1990s and early 2000s still keep in touch and occasionally meet with current members for a social get-together, the most recent event being Alan Haigh's retirement from the group after 25 years' membership. Long may it continue!"

Walking Group A now has nearly 30 regular walkers ranging in age from 56 to 88, with the only major change being how we communicate with each other. We keep in touch by email, WhatsApp and mobile phone calls, but our ethos remains the same – to walk on a weekly basis with like-minded friendly people in and around the Sheffield area, including the Peak District and beyond. Our walks usually end at a cafe or pub with more chance to socialise and refuel!



At least once a year, a small number of us like a change of scenery and organise unofficial walking breaks in various locations such as the Yorkshire Dales, North York Moors, Peak District, Northumberland, and the Lake District.

Our weekly walks continue to give us all a great deal of pleasure and everyone agrees that it helps our mental and physical health throughout the year. To quote some of our regular walkers: "It's so important to have a walk to look forward to every week, particularly in the winter. It gets me out of the house, socialising with friends at the same time as enjoying some fresh air and exercise."

"Not only am I a lot fitter than I was when I joined nearly five years ago, I also now have a great bunch of friends and a working knowledge of most Peak District pubs!"

“I’ve made some good friends in the group since I joined in 2024, and always return home much happier after a good walk and chat with great friends. Even happier if the socialising afterwards has included coffee and cake!”



For more details about our group please contact Gill at [gillg.coordinator@hotmail.com](mailto:gillg.coordinator@hotmail.com)

Gill Green



### Video Production Group

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The Su3a Video Production Group enjoyed a meeting with Jonathan Young, who has worked for 20 years as camera operator for Simon Reeves on his BBC 2 documentary series. As fellow film-makers, we discussed a broad range of conceptual, practical and ethical factors in the planning, problem-solving, recording and presentation of interesting factual programmes.

Although our group’s productions have considerably lower audience figures than the BBC’s programming, and are exclusively - and modestly - budgeted through our voluntary skills and efforts, it was fascinating to discuss with the hard-working professional Jonathan, the many commonalities evident in our work and we are very grateful for his finding time and agreeing to attend our year-peaking meeting.

We are a small group currently wishing to recruit one or two interested members to join us? We provide training in all aspect of film production, including, scripting, camera work, audio recording and post-production editing techniques, we assume no previous experience and would welcome any enquiries for further information. There are a few sample clips of our work on the Su3a website in the Video Documentary Production Page.

Ian Barkley [idbarkley@outlook.com](mailto:idbarkley@outlook.com) 07487 233217



We are a very friendly group of people who like to sing and also occasionally meet socially for a meal and to visit the Sheffield theatres. We meet on Monday mornings from 10.15am to 12.15pm at The Walker Hall above the Scouts and Guide shop in Trippet Lane. We are a mixed-voice choir who sing in four-part harmony and are particularly looking for bass and tenors.

We are also seeking an accompanist as our previous long-standing member retired at the young age of 87.

Since January our choir has been rehearsing for performances arranged in May at a care home in Sheffield, at the Su3a 40th Anniversary at Whirlow

website: <https://su3a.org.uk/>

Brook Hall on 9 June and on 13 July at the Winter Gardens. Our repertoire currently includes *Can't Help Falling in Love*, *Lean on Me*, *When you Believe*, *What a Wonderful World* and *God Help the Outcasts* with more exciting ones to follow.

If you would like to join us or book the choir for an event or a performance then please contact Jackie Hall via our group details on the Su3a website.

Jackie Hall



### Discerning Diners

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The Discerning Diners Group does have some spaces for new members.

We meet once a month for an evening meal out with a World Food theme and in between have lunch at another venue. So far we have tried Turkish, Greek and Ethiopian and have Persian planned.

The days vary each month to fit around current diary commitments of members. Message me for further information.

Julie Kitlowski



### Story writers Group

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We have, for the first time in years, a vacancy for a new member and nobody on our waiting list . If you're interested in writing short fiction (up to 3,000 words) and would like to share your creative imagination with a group of sympathetic writers, this is your chance.

Find out more about the group (and samples of writing by members past and present) on the Story Writers page at <https://su3a.org.uk/story-writers-home page/>

Please contact coordinator Phil Parker if you are interested in joining our group.

Phil Parker



## Tuesday Group

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We are new to Su3a but are an existing social group, formed from the ending of the Townswomen's Guild. We meet once a month to enjoy a chat with friends (new and old) over tea or coffee and then listen to a speaker. The talks cover many different topics. We meet in the morning of the second Tuesday in the month, in Dore Methodist Church Hall. There is an annual charge of £25 to cover the costs of hall hire and speakers. At present we have no vacancies.

Celia Naisby



## Crime Book Club

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This is a new Book Group dedicated to crime and thriller fiction. Books are chosen by members in turn, two meetings in advance. We meet in a member's house that is easy to get to by public transport, being near to a yellow route tram stop. However as there are steps to the entrance and the toilet it is not suitable for members with some forms of disability.

Anita Robinson



## Needlecraft

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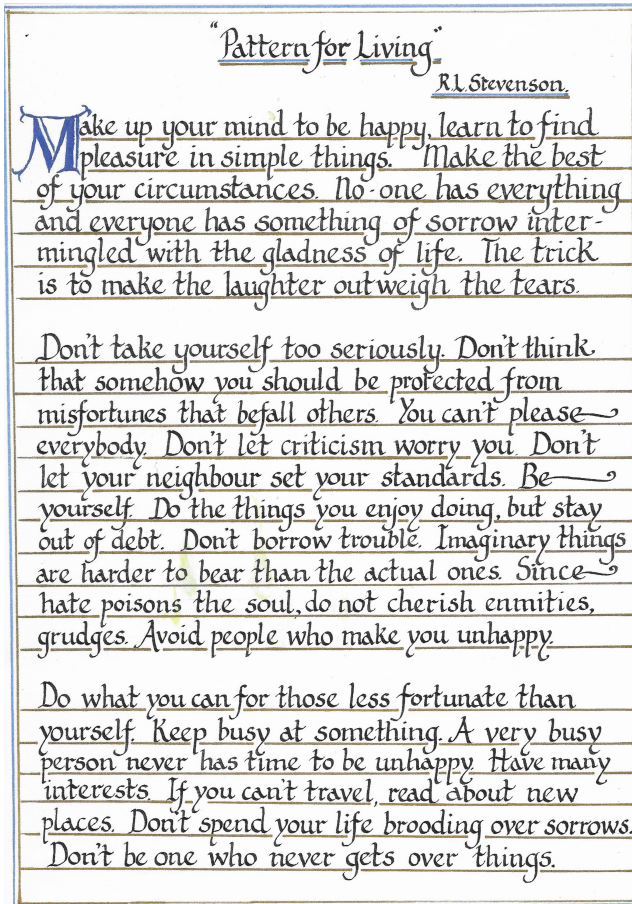


The needlecraft group now has a few vacancies. We have nine sewing machines, although you can bring your own machine and any patterns, materials, etc, you need. The sewing room is large and well-lit and there is an ironing board. There is also a café.

Jackie Smith



## Calligraphy Group



Pattern for Living by R. L. Stevenson, scribed by Elaine Lockwood

Barbara Cassidy



We sang carols in Marks and Spencer in town, among other venues, just before Christmas. This event is always enjoyed by the choir, staff and customers alike, but unfortunately the rain outside was torrential and while we were dry indoors the weather kept the number of customers down, something we will remember! We were a bit luckier with our other commitments and are looking forward to the spring and singing some new pieces.

In March we planned two events, one at a care home and the other, a repeat visit, for the Jewish Friendship Group in Psalter Lane. Obviously being a u3a group we make no charge for such events but sometimes we are offered a donation and this usually goes to the Motor Neurone Disease charity in memory of one of our members who died a few years ago from this cruel disease.

We are looking forward to singing at Whirlow Brook Park at the anniversary celebrations in June and revisiting the chapel at Clumber Park on 3 October.

We are a thriving friendly group and sing under the experienced baton of Fran Wells. We meet fortnightly on a Tuesday afternoon in Heeley. We are full except for the tenor section and would welcome another experienced voice in this part. Please contact Dave Longson [longson56@gmail.com](mailto:longson56@gmail.com) or Stephanie Dixon [stephdixon247@gmail.com](mailto:stephdixon247@gmail.com)

Stephanie Dixon

 Mindful Aging Group

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Some six years ago in the early days of lockdown, we moved meetings on to Zoom and quickly found this had advantages in terms of dealing with adverse weather and travel. We began to explore the link between mindfulness and the Five Ways to Wellbeing, Notice, Connect, Be Active, Give and Keep Learning which was developed by the New Economics Foundation. These give an excellent framework for exploring the many facets of mindfulness and with support from the group, we developed a six-week u3a Learning Event Mindfulness and Meditation programme

which has been taken by well over 1,000 members of u3a nationally. Our 12th programme started on 25 February and attracted more than 140 participants. We are supported in this by Stephanie Dixon and by Ruth Lees from Rutland.

Building on this, we run a monthly u3a Learning Event Continuation Session that takes a topic from the programme and deals with it in greater depth and to date, we've run 35 of these with audiences often exceeding 100. Developing this even further we have added Joy and Saving the Planet to the Five Ways framework and based on this enhanced framework, John led the development of an eight-part self-paced online programme entitled Mindful Wellbeing As We Age.

Most recently we set up the Mindfulness and Nature Interest Group Online which has proved to be very popular and already has a waiting list. We would really like some new members to join us, and in the spirit of Keep Learning, to develop their own knowledge and practice of mindfulness. We meet on the first Thursday of the month on Zoom and all our material is freely available at [www.mindfulaging.org](http://www.mindfulaging.org). You can also email us at [u3a@mindfulaging.org](mailto:u3a@mindfulaging.org).

Dr John Darwin, Mike Pupius,  
u3a co-advisors on Mindfulness and Meditation

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## Forthcoming lectures

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**17 April 2026:** *Garden Birds – Helen Ensor* A spring talk by the former leader of Sheffield RSPB group.

**15 May 2026:** *Scams Awareness - Mark Egglestone (Age UK)* An important topic for all of us.

**19 June 2026:** *The Music and Satire of Gilbert and Sullivan - Bernard Lockett* This lecture will include videos and musical extracts.

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**u3a** Sheffield **Su3a Executive Committee**

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As always, this is subject to change. See Page 8 for Lunch and Lecture details and Page 26 for Friday lecture titles.

April 7	Drop-In	10am-11.30am, CURC*
April 17	Lecture, Helen Ensor	11am, Showroom
May 5	Drop-In	10am-11.30am, CURC*
May 1	<i>Links</i> Copy Deadline	
May 8	Lunch and Lecture, Michelle Rawlins	
May 15	Lecture, Mark Egglestone	11am, Showroom
May 16-22	Burgundy and Dijon	European Travel Group
June 3	National Memorial Arboretum	UK Travel Group
June 4	Drop-In	10am-11.30am, CURC*
June 9	Su3a 40th Anniversary Event	Whirlow Brook Hall
June 19	Lecture, Bernard Lockett	11am, Showroom
June 24	Biddulph Grange and Little Moreton Hall	UK Travel Group

\* CURC: Central United Reformed Church

*Links 222: June 2026*

**Copy Deadline: Friday May 1 2026**

**Regd. Charity No 703147**