

Links 193: June 2019



South East Strollers enjoy Chesterfield Canal

Annual General Meeting Issue

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:

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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 we have had to cut articles or carry them over to the next edition, due to insufficient space.

From the Acting Chair

In my last letter to you I asked for volunteers and for members to put their names forward to join the Executive Committee. The request is still open and I urge you to sign up if you are able.

We are a large U3A and keeping all members informed is difficult. The Friday Lectures and the Drop-In monthly sessions, together with *Links*, go a long way in addressing the problem. However, as Acting Chair I receive many invitations and requests for members to take part in activities. These range from members to help on an archaeological site, to members helping in the Universities' research programmes. Unfortunately, the timescale to respond is often too short to notify all members. I am sure there are many activities available that you would be interested in taking part in. To try to remedy the problem, I have set up a working party to look at every option open to us and report back with a working solution and costs.

My congratulations go to Pat Ryan who has become the U3A National Subject Advisor for Tai Chi. Pat also runs the Steel City Wanderers Group, so is kept pretty busy.

One cold, wet and miserable day in March, I was in the Winter Gardens listening to our A Cappella group entertaining the crowds during Sheffield's Classical Music Week. They were a treat to listen to and my thanks go to Stephanie Dixon and her singers.

Our AGM is on Tuesday 9th July and everyone is entitled to attend. You will have the opportunity to see how your U3A is run, question the EC and vote in new Trustees. There will be a presentation given by Andy Forster of South Yorkshire Police from 10.15 am, prior to the start of the meeting at 11.00. Andy's presentation will raise awareness of the issues South Yorkshire communities are experiencing around fraud and scams and provide advice on steps you can take to reduce the risk of becoming a victim.

The relevant AGM documents can be found on pages 25-38.

I would like to take this opportunity to thank all the members of the EC for their support during the past 6 months.

Brian

Annual General Meeting Tuesday 9 July 2019 11.00 am

Venue: 1st Floor, Central United Reform Church, Norfolk Street, Sheffield.

Fraud Project Officer, Andy Foster from South Yorkshire Police will give a presentation to members on Fraud and Scams from 10.15 followed by the AGM.

Refreshments will be available from 09.45 am.

Please come along and support your SU3A.

GROUP NEWS

Guitar Group 2

Our small group has attracted people who have been picking up their guitars on and off over the years but have yet to progress beyond the elementary stage! We remain optimistic that we can still develop our playing. We've been meeting for eighteen months and our focus is on learning classical guitar techniques. It's a taught group and we have found it supportive and



encouraging. We now have a selection of solos, duets, and ensemble work from all eras and genres which we play. We all read music.

If you fancy picking up your guitar again and developing your skills you'd be very welcome to join us. We meet in our teacher's house which is in S10, on alternate Wednesdays from 7.00 - 9.00 pm. If you are interested in finding out more contact Kirk Davis who leads the group on (0114) 230 2932 or 07908 63475.

Recorded Music Group

I am the Secretary of a Recorded Music Society for people who are interested in listening to classical music. Our group has been in existence since 1947, but is in danger of closing. I notice that Sheffield U3A does not have a classical music group in the south of the city. I therefore thought to form a group which could fill a gap in the U3A programme. Our current members would, of course, join Sheffield U3A and form a nucleus to welcome new members. If you are interested, please contact Margaret Turner for details: *margaretrenrut.plus.com* (01246) 419158.

Poetry Group - The War Poets



I am interested in starting a new Poetry Group that focuses on the War Poets, principally: Hedd Wyn; Siegfried Sassoon; Rupert Brooke; Wilfred Owen; Rudyard Kipling.

The aim of the group would be to not only explore the poetry but also consider the

lives of the poets, and how their narratives were influenced by the era in which they lived and the effects of war on their work.

My own experience of poetry goes back to being at school, so I have no formula for how to examine and evaluate the work of the poets, and I would prefer a very fluid, conversational approach, very much led by members of the group.

I am still working part-time and suggest that meeting fortnightly would be a good way to start. The other proviso is that the group meets in the south east of the city - Gleadless, Beighton, Kiveton/Wales/Killamarsh. I realise some of these places cross into different areas - Rotherham, North Derbyshire - but as many groups are based in S11, S10, S7, I feel it would be good to have a group for those living in the south east corner!

I am happy to host early meetings in my home (Wales, S26) but the group could consider rotating this to other members' homes if appropriate. This means that there should be no charge for the group, except perhaps a few refreshments to keep us going! I envisage this being a relatively small group to allow good discussion, perhaps a maximum of 10 people.

Please contact me by e-mail if interested:

Hilary Berry hf.berry2gmail.com

Deaf Awareness Group Drop-In

There must be many members of the U3A who have questions about their hearing loss or might wish to discuss how they are coping with their aids and how they can use them more effectively. We aim to have someone available to answer questions and discuss all matters hearingrelated between 10.30 and 11.30 am at the SU3A monthly Drop-In.

Deafness is extremely common in advancing years and is not something to be ashamed of. Even so, people tend to put off seeking help for their hearing and suffer in silence (literally!).

If you have any questions you can contact the coordinator Chris Carter via email at U3AChrisCartergmail.com

Mindful Ageing Group: Opening to new members

The aim of the group is to explore how mindfulness can enhance our lives as we age. The group has been up and running for around 18 months and we'd now like to open it to new members who are invited in the first instance to undertake a short four-week course in mindfulness.

The course will introduce a variety of mindfulness practices including meditation, informal mindfulness, simple mindful movement (a blend of yoga, Tai Chi and Qigong), elements of positive psychology and topics such as compassion and loving kindness. The focus will be on how these practices can help us "age well".

The course will be run in the autumn on Thursday afternoons, 14.15 - 16.45, running from 17 October to 7 November and will be held in the Multifaith Centre at Sheffield Hallam University. Following this, participants will be able to join our regular meetings that are held on the second Thursday of the month. If you'd like a place on the course or for more details, please contact:

Mike Pupius mikepupiusgmail.com (0114) 258 7568

Dr John Darwin, Centre for Mindful Life Enhancement www.mindfulenhance.org



Barnsley U3A (2 teams) and Wakefield U3A (1 team) play walking cricket, and are hoping that Sheffield U3A will start their own team/s.

The game is played on grass, Astro Turf and indoors. Ideally a team consists of 8 players and a game lasts approximately 2 hours or shorter if sides are 6 players. The games adhere to National ECB guidelines which are kept as simple as possible. The game is open to both men and women and underarm bowling is allowed. Yorkshire County Cricket Board are very supportive and may provide a grant towards the kit. They are also looking to sponsor a three-way tournament on the outfield of Headingley, using all their facilities once a year.

In the first instance if you are interested, please contact me at *bpcavehotmail.com* and if there are sufficient members who want to give it a go, I will arrange to meet you all at the Drop-In and possibly invite Mac McKechnie from Barnsley to give more details on how to set the new group up.

Brian Cave

Changes to Sheffield U3A email addresses

Please note that Sheffield U3A emails now end in su3a.org.uk

Emails sent to the old addresses will be forwarded to the new ones for the time being.

Opportunities for Members

First Aid Courses for "Third Agers"/ Sheffield U3A Members

Course Provider: British Red Cross

The British Red Cross work with many groups in the community, amongst which are adults over 65 who are at more risk of slips, trips and falls. The session has had all of the technical/clinical language removed to ensure that it is easy to learn and therefore easy to remember in an emergency situation.

What can you expect from this first aid session?

Provide relevant first aid skills tailored to the needs of the group.

Break down the barriers to helping others.

Build the confidence and willingness to help in a first aid emergency.

Participants will receive a pack that covers the skills learned and will be awarded a certificate of learning upon completion.

Next Session: Wednesday 10 July 10.00 -12.00

Venue: First Floor, Central United Reformed Church, Norfolk Street, Sheffield.

If you are interested please contact: Samina Aslam *sammas1747gmail.com*

More information can be found on our website or can be picked up at the monthly Drop-Ins. Numbers are restricted so please do not turn up on the day as you will be turned away.

Gardening at Whirlowbrook

The Gardening at Whirlowbrook group will need a new leader from March 2020. This is a very rewarding role, as it involves the ongoing maintenance of SU3A's beautiful Commemorative Garden. Members of the group meet on the second and fourth Wednesdays of the month, except in bad weather. We are helped by staff from the Council's Parks Department and the Ranger Service. Only an average knowledge of gardening is required. The role can be shared with others and you would receive a lot of support from 20 group members. It is not essential to be present at every meeting.

Enquiries to Shelagh Woolliscroft on (0114) 255 8948 or shelaghwoolliscroft.com

NHS England Long Term Plan

NHS England has recently published its Long Term Plan. With £20 billion up for grabs, organisations responsible for health and care services in South Yorkshire and Bassetlaw have come together in a partnership called the South Yorkshire and Bassetlaw Integrated Care System (SYBICS) and are engaging with a variety of communities in our region explaining their priorities and seeking the community's views about the Long Term Plan.

SYBICS have offered to meet with Sheffield U3A members to explain the areas the partnership will be focusing upon. This is also an opportunity for us to highlight other priorities that may have not been considered.

If there is sufficient interest the proposed meeting will be held in a Sheffield central location (possibly the Quaker Meeting House) on **Thursday 27 June 10.30 - 12.30**.

If you are interested in taking this opportunity to learn more and voice your opinion about the Long Term Plan, register as soon as possible as places are limited. Please do not turn up on the day as you will be turned away.

Samina Aslam sammas1747gmail.com (0114) 235 1489

ESCAL - Reading Volunteering

ESCAL (Every Sheffield Child Articulate and Literate) Volunteering is going strong and continues to need reading volunteers throughout Sheffield. As the scheme is now part of the Virtual School for Looked-after Children, we recruit volunteers to support children who are in foster care. There is a particular shortage of volunteers in the North of Sheffield. If you want to know more about becoming an ESCAL volunteer please contact Faye Jeffrey:

email: faye.jeffreysheffield.gov.uk Tel: (0114) 250 6853

ESCALVolunteeringsheffield.gov.uk





Volunteers aged 65+ are needed for a study looking at the effect of protein supplements on food intake and appetite. The study involves taking a protein supplement, in the form of a flavoured gel either in the morning or evening on 8 occasions and recording food intake and appetite for a period of 9 days over a 4 week window. The study requires 2 meetings with the researcher at the University of Sheffield. Volunteers who complete the study will receive £30 to thank them for their involvement.

If you are interested please contact Esme Tuttiett (lead investigator) on *ertuttiett1sheffield.ac.uk.*

EVENTS

Friday Lectures at the Showroom Cinema

These lectures are free to all members. There may occasionally be a retiring collection for the speaker's charity. There is no booking system - it is 'first come, first served'.



Lectures are held in Cinema 4 at the Showroom Cinema, Paternoster Row, starting at 11.00 am, and finishing by 12.30 pm. The Showroom café serves refreshments from 10.00 am and now also sells preprepared lunches. Greeters wearing U3A lanyards are at the door to welcome new members.

A voucher, obtainable from the box office, enables half-price parking at Q-park (the Cheesegrater) on Charles Street off Arundel Gate.

There is an audio system for members with significant hearing problems. For more information please text Chris Carter on 07855 908007 or email **U3AChrisCartergmail.com**. Please come to the lecture at least twenty minutes early in order to be briefed on its use.

The team will endeavour to post last-minute programme changes on the SU3A website.

Queries to Shelagh Woolliscroft: (0114) 255 8948

Programme for 2019

21 June - Second Lives for the Third Age. Ben Heller, Principal Research Fellow, Centre for Sports Engineering Research, Sheffield Hallam University

It is well known that physical activity is just as important for well-being and independence in later life as it was when we were young. However, meeting the recommended levels may be hard to achieve due to physical, economic, cultural or social barriers. Ben Heller will outline the development and early evaluation of a project to allow people in their Third Age to perform social exercise in a rich virtual world, through natural physical movements and without requiring any computer skills.

19 July - Remote and Undisturbed: The History of the General Cemetery. Jo Meredith

A Listed Grade II* landscape, the General Cemetery is one of Sheffield's finest historic assets. One of Britain's first commercial cemeteries, it opened in 1836 with a dramatic design in a "remote and undisturbed location". After its fashionable Victorian heyday – Mark Firth and the Cole Brothers were buried there – its fortunes declined in the twentieth century. Overgrown and derelict it was taken over by the City Council in the 1970s to establish much needed public open space in the Sharrow area. The Friends Group was formed in 1989 and its work continues as the Sheffield General Cemetery Trust with guided tours, events, research, landscape maintenance and building restoration.



The cemetery in the 1830s, seen from Ecclesall Road

16 August - Cognitive Health Dr Daniel Blackburn, Senior Lecturer and Honorary Consultant Neurologist at Sheffield Institute for Translational Neuroscience (SITRAN), Sheffield Hallam University.

Dementia or just a poor memory? Dr Blackburn will explain the use of language and brain waves to measure cognitive health.

Lecture Report: A New Life - Wentworth Woodhouse: Sarah McCleod, CEO, Wentworth Woodhouse Preservation Trust (WWPT). Friday Lecture 15 March 2019

Wentworth Woodhouse, the largest private house in the country and former home of the immensely wealthy Fitzwilliam family, fell into decline after the devastation caused by open-cast coal mining after the 2nd World War and the death of the 6th Earl in 1948.

The National Trust was unable to take such a large project, so following further decline, the house was leased to the Local Authority for the Lady Mabel College of Physical Education. In 1989 the house was sold but the scale of restoration and maintenance required proved too much for successive owners.

In 2014 the Wentworth Woodhouse Preservation Trust (WWPT) was set up to secure the future of Wentworth Woodhouse for the benefit of the nation. A £7.6m grant awarded by the Chancellor in the 2016 Autumn Statement enabled the Trust to proceed with the purchase of the house and halt the worst of the decline, finally taking over in March 2017 with one phone line, one intermittent internet connection, one vacuum cleaner and 2 cleaners.

Funding from Funds, Trusts and donors has enabled a thriving Business Unit to be established, now with 22 full-time and 160 voluntary staff. Revenue-raising currently includes weddings (36 in year 1), film and TV locations, house tours, an events programme (including music festivals and concerts, art exhibitions, car shows, gin festival), a café and retail shop. The Capital Works Programme is in 3 phases, the first of which is almost completed and the second is well underway. Scaffolding costing £1.1m is currently in place to enable the extensive roof to be restored and provide roof tours for visitors. As with everything else at Wentworth, the scale and cost of the restoration programme is enormous, not least as each stage reveals yet more work to be completed, as for example the current asbestos and dry rot problems. The Masterplan sets out the long-term vision for the site. Extensive consultations take place at each stage of the plan to ensure the interest and involvement of all stakeholders, including the public, in the restoration and development of a mixed-use site.

Over 100 Volunteers have been recruited, trained and are now involved in a wide range of different activities at Wentworth including events, gardens, housekeeping, retail and weddings. Their involvement is invaluable and greatly appreciated. Unemployed young people from Rotherham and surrounding areas are encouraged to participate in a variety of projects. It is hoped that these will help local people gain a commitment and interest in the house and the work of the Trust.

Finally, some interesting statistics include: 110 tons of Westmoreland roof slates ordered; 9,852 volunteer hours worked from January to July 2018; 1,700 visitors attended the Gemini Car Show; 47 public events held in 2017; 10,718 visitors took a tour from April 2017 to July 2018; 5,100 people attended the 2017 Christmas Market; 35% of visitors February to June 2018 were National Trust members.

We are very grateful that Sarah has offered to return to give us an update on progress, especially as so many people had to be turned away this time.

Lecture Report by Deborah Beetham

Remember!

Copy deadline for the August *Links Open Groups* Supplement is 25 June 2019

Lecture Report: Chamber Music - From a coffee shop in Leipzig to the court of Monarchs, Friday Lecture 12 April 2019

A lecture by Alex Burns (M.A. B.A.Music), Freelance Musicologist

A trumpet player, Alex studied at Sheffield University and cites Mahler as her speciality. Alex is also the writer of a blog called 'ClassicalexBurns'. She guided us through the origins of chamber music from the 18th century to the present day. It is a form of classical music composed for a small group of instruments, originally played by amateur musicians in their own homes. Alex was keen to point out that it was and still is 'music for friends'. It did not include solo performances.

It began in the Middle Ages when instruments were used primarily to accompany singers. However, during the Baroque period (early 17th - mid 18th century) it was less clearly defined. Here Alex played 'The Art of Fugue' by J.S. Bach thus demonstrating that the piece can be played either on a keyboard or by a string quartet/orchestra.

All instruments share equal importance in chamber music with no clearly defined leader or conductor. Among the leading classical chamber music composers were Haydn, Mozart and Boccherini. Haydn is the man generally credited with today's modern chamber music as he created a four-step form for the music which began with:

(a) an opening movement in sonata form;

- (b) a lyrical movement in slow or moderate tempo;
- (c) a minuet or scherzo, a light movement in three quarter time;
- (d) fast finale section with contrasting movements

These innovations earned Haydn the title of "father of the string quartet". To demonstrate Alex played Haydn's 1st movement Opus 76 No.3 of the Emperor String Quartet.

It was a style of music for rich friends playing together who employed composers on their behalf, for example Mozart who composed for Frederick William II. Gradually it changed to hall-based music due to societal changes plus the downfall of the aristocracy. Composers now had to sell their music via subscription concerts which changed the performers' technical demands. Beethoven's String Quartet Opus 132 No.15 first movement was played.

The manufacture of instruments began to alter. Thicker strings created deeper and richer tones. Violin bows were lengthened. Louis Spohr invented the upper string chin-rest, and overall sound travelled further.

The pianoforte, invented in the 1700s, was very versatile with dynamic control, intonation and sensitivity. Liszt, Chopin and Schubert were now among the leading Romantic performers.

With the advent of the 19th century chamber music did not lose its amateur ethos. It was performed in all the major cities but now with different challenges: personality clashes; need for good rapport; need for musical balance; more composer control; and the rise of solo performers.

Among the major influencers in this period were: Brahms, Grieg, Debussy and Ravel.

Latterly chamber music contained wind, brass and strings which remained popular until WW2 when radio tapes and recordings effectively killed concert performances.

Many thanks to Alex for a very enthusiastic lecture which she rounded off by telling us that her favourite Desert Island Disc would be 'Andante Festivo' by Sibelius. This and other recommended pieces are available to download via a link from the SU3A website.

Lecture Report by Susan Knighton.



The history and heritage of Santiago de Compostela, Braga and Porto 14th May to 19th May 2020



This 6-day, 5-night holiday in northern Spain and Portugal includes return flights from Manchester airport to Porto (flight details will be confirmed once deposits are received) and executive coach transfers to and from airports and throughout the holiday.

This is a 2-centre break with accommodation at the 4* Hotel Compostela in Santiago for the first 3 nights and 2 nights at the small 4* Villa Garden Hotel in Braga. Entrance fees to museums and places of interest listed in the itinerary, including a river cruise on day 6, are included. We will be accompanied throughout by a personal guide. All gratuities (except hotel) are also included.

We will spend our first full day in Santiago de Compostela with the highlight being our visit to the majestic cathedral. A Coruna on the northern Spanish coast is our destination for day 3. Felipe II's doomed Armada sailed from here to England in 1588.

We leave our Santiago hotel on Day 4 and head for our hotel in Braga, stopping off for wine tasting in Cambados, famous for its white wine production. We also visit Vianna do Castelo, located in a beautiful setting on the Lima estuary.



Day 5 is spent in Braga and Guimaraes, both historically significant Portuguese sites. Our last day is spent in Porto, one of Europe's most ancient towns. We take a Douro river cruise before heading to the airport for our flight home.

The quoted price is **£1,049** per person with a **£159** single person supplement. A full itinerary can be obtained from Fran Rodway, contact details below.

All applicants must have their own travel insurance. SU3A cannot be responsible for any claims. This tour is arranged by Tailored Travel who provide insurance if needed.

To reserve a place please complete the application form below and send it with a deposit cheque of **£150 pp**, made out to **Sheffield U3A ETG**, to Fran Rodway at 16 Kirkdale Close, Chesterfield, S40 2UX to arrive no later than Monday 8th July 2019.

fran048hotmail.co.uk 07774 142409



The history and heritage of Santiago de Compostela, Braga and Porto: 14th – 19th May 2020

Full name/s (as on passport)	
Address	
email:	

Please reserve place(s) for me. Room type: double/twin/share/single. I enclose a cheque for.......... (£150.00pp), payable to Sheffield U3A ETG and a *Links*-size sae. Applications should be sent to: Fran Rodway, 16 Kirkdale Close, Chesterfield, S40 2UX to arrive no later than **Monday 8** July 2019.

Please indicate your preferred pick up point:

Sheffield Interchange E4-6()Ecclesall Rd South/Knowle Lane()

Please note: The airline schedule for 2020 has yet to be confirmed. Flights can only be booked once airlines are in receipt of names and deposit payments and are then subject to availability at the original price we have been quoted. The Braga hotel is small and numbers are limited which is why early booking is required.



Travel Organising Committee

Travel Organising Committee

Barry de Roeck Margaret Bullivant Sheila Harris	Treasurer	(0114) 236 9169 (0114) 296 2256 (0114) 236 9653
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VACANCY FOR TRAVEL GROUP TREASURER

The SU3A Travel Group Committee is looking for a new Treasurer. Barry de Roeck, who has held the post for 12 years, has been a highly respected and valued member of the Travel Group Committee but he is stepping down at the end of this year. It would be helpful, though not essential, for his replacement to have previous experience of accounting or bookkeeping but Barry is willing to discuss the details of the role with anyone who would like to know more. If you feel that you can give your support to the Travel Group Committee by filling this position then please contact Barry de Roeck on (0114) 236 9169.

Sheila Harris Chair of Travel Group Committee April 2019



Travel Group Events



Travel Group Visit to Four South Yorkshire Churches Wednesday 7 August 2019

Our We shall leave Knowle Lane at 08.45 and the Interchange at 09.00 and expect to arrive at Rossington at 10.00 am. After exploring the church with our guide, Pat McLaughlin, who will meet us there, we will have coffee/tea, etc. and proceed to Loversall. After visiting the church, we shall have lunch and travel to Wadworth and Tickhill. We plan to leave. Tickhill at 4.15 pm to return to Sheffield.

Rossington, St. Michael is a 12th century church with decorated Norman arches and a west tower which dates from the 14th century. This Grade 2 listed building has a Saxon font, a 16th century pulpit – the only medieval one in Yorkshire – and beautiful stained glass windows. The pews are by Robert ('mouseman') Thomson.



St Michael, Rossington

Loversall, St. Katherine is a hidden gem built in 1207 for the Fossard family. The oak stalls with misericords and carvings date from the 14th century. The 16th century Wyrral Chapel has Tudor windows and a recumbent Knight.

Wadworth, St. John the Baptist is of late Norman construction which stands on a high point in the village with a 15th century tower. In the 15th century the Fitzwilliam family settled here, and their two fine tombs bear witness to their powerful presence. There are sacred medieval effigies, a fascinating south porch, roof bosses and lovely stained glass.



St Katherine's, Loversall

Tickhill, St. Mary is again of Norman origin, but with a Jacobean pulpit and a highly decorated medieval chest. It is regarded as one of the finest medieval churches in Yorkshire.



St Mary's, Tickhill

The cost of the visit is **£27**, which includes coffee on arrival, lunch, coach hire and gratuities. To reserve a place please complete the booking form and send it with a small sae and your cheque to Valerie Wiley as soon as possible.



Travel Group Visit to Four South Yorkshire Churches Wednesday 7 August 2019

Name(s):	SU3A No(s):
	Postcode:

Emergency Contact for each person named above

Name:	Tel:
Name:	Tel:

Please reserve place(s) for me.

I enclose a cheque for \pounds (£27 per person), payable to Sheffield U3A Travel.

Please return the completed slip, with a small sae as soon as possible, to Valerie Wiley, 112 Button Hill, Sheffield, S11 9HJ.

Dietary requirements (e.g. Gluten free)

Please tick your preferred pick-up point below:

Bus Stop Knowle Lane/Ecclesall Road South	8.45am	()	
Sheffield Interchange, Platform E5/E6	9.00am	()	

SHEFFIELD U3A

NOTICE OF THIRTY-THIRD ANNUAL GENERAL MEETING

The 33rd Annual General Meeting of Sheffield U3A will be held at 11.00am on Tuesday 9 July 2019 at the Central United Reformed Church, Norfolk Street, Sheffield.

Only current 2019 members may attend and vote at the AGM. The final agenda for the AGM and 2018 minutes are published in this edition of *Links*. Members wishing to raise business under clause 14(ii) of the Constitution (see below) should have notified the Secretary, in writing, by 19 April 2019, as advertised in the April *Links*, so that it could have been included in the final agenda.

Clause 14(ii) reads "Every Annual General Meeting shall be called by the Executive Committee. This formal notice, shall give at least 21 days' notice of the Annual General Meeting to all the members of SU3A. The notice shall specify that the meeting is the Annual General Meeting and shall set out the business of the meeting, including resolutions to be proposed..."

There will also be the opportunity for informal discussion (see agenda item 10) but no decisions can be made on these items at the AGM.

There are 3 vacancies on the Executive Committee. The Committee meets bi-monthly, usually on the first Thursday of the month.

Nominations for election to the Committee should be made on the form on page 38 and should reach the Secretary no later than Tuesday 11 June 2019.

NB Refreshments will be available from 09.45 am with the presentation by Andy Foster of South Yorkshire Police starting at 10.15.

Anna Harvey, Secretary

AGM AGENDA

Registration from 09.45 am, when tea/coffee and biscuits will be served.

- 1. Apologies for absence.
- 2. Minutes of the 32nd Annual General Meeting.
- 3. Chair's Annual Report.
- 4. Treasurer's Report.
- 5. Proposed amendments to the Constitution. The Executive Committee propose two (2) changes to the Constitution.

i. To remain in line with the Third Age Trust, YAHR and other U3As it is proposed to increase the period of time a person may be a non-officer member of the Executive Committee from three (3) to six (6) consecutive years in office.

The reason is to retain experienced members for longer and to allow a longer recruitment period. Officers of the Executive Committee are already restricted to a maximum of six (6) consecutive years of office.

ii. To ensure the Executive Committee has a continuous influx of new members and ideas. It is proposed to add a new clause to read as follows:

Notwithstanding clauses 7.iv, 7.vi and 7.vii(b) no person may serve on the Executive Committee, in any capacity, for longer than a maximum of twelve (12) years.

- 6. EC members stepping down.
- 7. Elections to committee, including vacancies.
- 8. Re-election to the Committee of existing serving members.
- 9. Any other business, formally brought up and previously notified.
- 10. Any Other Business (brought up informally but no decision can be taken at the meeting).

Acting Chair's Annual Report for the AGM 2019

I am writing this report as the Acting Chair because we elected a new Chair at the 2018 AGM who resigned in January 2019. He resigned as he fundamentally disagreed with the Trustees on the Governance model of our U3A.

Sheffield U3A is a charity that continues to uphold the principles of the Third Age Trust. That is to advance education, health and wellbeing to people not in gainful fulltime employment and who have reached their Third Age. Generally, this is accepted to mean people who have retired. We achieve this by supporting our membership and bringing like minded members together to form groups to participate in their chosen activity.

At the 2018 AGM, attendees voted to accept a change in our Charitable Purpose as negotiated by TAT and the Charity Commission and our constitution has been amended accordingly.

Sheffield U3A's membership grew by 142 members during the year to a record 3379. The number of groups is currently 201, with a further 12 being advertised in the April *Links* magazine. We are still the largest of the 1060 U3A's in the country.

Communication with members by the Executive Committee (EC) is of paramount importance and we are investigating how this can be improved. In the meantime, our current methods being *Links*, *Links Open Group Supplement*, Website, emails and the monthly Drop-In which are doing an excellent job. We have also maintained contact with the U3A movement through the *Yorkshire and Humberside Regional (YAHR) office* and with the *Third Age Trust* and have attended both of their AGMs.

During 2018 our Open Groups, which include the *Friday Lectures*, *Lunch & Lecture, Travel Group, Weekenders, European Travel Group, Steel City Wanderers* and the *Classical Concertgoers* offered all of the U3A membership over 40 visits and activities to partake in. Remember these are open to all members. Just apply using the forms in the *Links* magazine or in the case of the Friday Lectures, just turn up. Following a serious incident, the need for emergency contact details has been highlighted, especially for outdoor activities and Open Group trips. 2018 also saw the introduction of the General Data Protection Regulation, an update to the Data Protection Act 1998. The EC produced Data and Privacy Policies, based upon guidelines and templates from National Office, as well as updating the membership on key points.

Volunteers play a vital part in ensuring the smooth operation of our U3A. The EC thank them for their efforts. However, as is typical with this sort of organisation, we can always do with more. Remember we are a self-help organisation and all we ask is a couple of hours a month of your time. It is quite rewarding, enjoyable and satisfying to make a difference by helping out.

Our new Website is now fully operational and enables up-to-the-minute news to be posted. All members are encouraged to visit the site on a weekly basis to see what's new. All groups can have their own page with news and messages for its members. The Website is now accessible via **www.su3a.org.uk**.

The EC has renewed its lease on Room 50 in the Victoria Methodist Hall. Access is via Chapel Walk in the centre of the City. The room seats 18 and has mashing (Yorkshire for making Tea/coffee) facilities. The cost remains at $\pounds 10$ per morning or afternoon session.

The Drop-In monthly sessions continue to play an important role and have taken on a new lease of life under the care of Samina Aslam. Apart from the opportunity for a tea/coffee and biscuit it provides a meeting facility for new groups to meet, look at the notice board to see what's going on not just within Sheffield U3A but also in our city, to learn more about opportunities available within our organisation, and a chance for members to meet members from the EC. There is also the PC and mobile clinic, which hopefully will be able to answer any of the questions your grandchildren cannot answer.

Looking to the future, we hope to continue working closely with the Universities and our members helping with their research programmes.

Following the success of the 60s Project led by Denise West and Shelagh Woolliscroft, the Shared Learning and Research Project Team are working to open more opportunities for our members to become involved in many local and national projects. Sheffield U3A will continue to grow and provide many and varied activities for the wellbeing of the members.

Finally, my grateful thanks to my fellow EC members who have worked hard and enthusiastically during this challenging period. It is testimony to our robust, tried and tested procedures that our U3A has continued to function without interruption.

Brian Cave, Acting Chair April 2019

SHEFFIELD U3A

Minutes of the 32nd Annual General Meeting held on 10 July 2018 at the Central United Reform Church, Sheffield

Present: around 77 members, with Samina Aslam in the Chair.

1. Apologies for Absence: Jenny Emby, Annie Grassick, Stephanie Dixon, John Dixon, Judith Hillman, Nancy Osborne, George Wiley, Val Wiley, Barbara Robertshaw, John Lees, Irene Lees, Belinda Taylor, John Warwick, Sarah Williamson, Stella Longden

2. Minutes of the 31st AGM

The Minutes of the AGM held on 12 July 2017 (previously circulated) were agreed as a correct record by a unanimous show of hands.

3. Chair's Annual Report

The Annual Report had been published in the June edition of *Links* and on the website. There were no questions from the membership.

4. Treasurer's Report

The Accounts for 2017 and Independent Examiner's report had been published in the June edition of *Links*. Chris Jones thanked the Independent Examiner, Gillian Nottingham, for her hard work and reported that SU3A had been given a clean bill of health this year. SU3A have income for the year roughly around £40,000 with expenditure coming in at around the same. There was, however, a small loss of £223. Income consists of subscriptions topped up with gift aid of £1.78 on average per person as on page 20 of *Links*. He encouraged all members who were able to sign the gift aid declaration at the renewal process.

Of the membership fee of £10, National Office receives £3.50 per head and the Third Age Trust magazine costs an average of £1.50 per head (which is sent out per household). Therefore £5.00 of every subscription is effectively sent to National Office.

Expenses include Membership (ie the renewal team) and Communication (ie the website team and the *Links* team). These teams are all volunteers which means that all expenses aligned with membership are third party costs. So in total per head £4.69 is incurred. Other expenses are costs for the Drop-Ins, lectures and room 50.

A new item this year is depreciation. This is the write-off of capital incurred such as Whisper Boxes and Tour Talk for the hard of hearing which were purchased last year.

With regard to the balance sheet, last year concerns were raised that SU3A had a large amount of cash in reserve so a plan was put in place to encourage groups to claim a 50% grant against capital items, such as the Whisper Boxes and Tour Talk mentioned above. Progress has been made to lower that capital but further progress needs to be made. Therefore the EC decided to reduce the subscription fee beginning 2019 to £8.00 in order to run at a loss and will continue to do so until the EC decides the net current assets and reserves have fallen to an appropriate level.

Questions were invited from the membership.

Kathryn Brown asked if it would be acceptable for members to elect to pay ± 10.00 . It was explained that this would be a subscription of ± 8.00 and a donation of ± 2.00 . It was pointed out that this course of action could complicate matters for the membership team and that advice from the team would be sought.

Pamela Sandford endorsed the EC decision to lower the subscription as she did not think a charity should carry a huge sum in reserves. She remarked that there appeared to be a big difference between income and costs with regard to room 50 and queried that this must be due to the rent paid, asking if renting room 50 was still worthwhile. It was pointed out that a couple of groups who rented room 50 had folded last year so the room had not had as much use, making the income lower. The opportunity for groups to use the room has been promoted in *Links* and a couple of new groups and the Sixties Project had stepped in so the budget will be exceeded for 2018.

Sheila Woolliscroft asked if SU3A would continue to pay 50% of successful grant applications and this was confirmed to be so. It was explained that groups would still be encouraged to make use of this facility for 50% of capital incurred. There is a cap to the amount.

Denise West asked if room 50 could be free to all groups. It was decided to refer this point to the EC for consideration.

Maureen Cave asked if the EC had given any thought as to what might constitute a reasonable level of reserves. In reply it was stated that in the view of the EC six months' expenditure was thought to be an appropriate level.

5. Executive Committee Members Stepping Down

The membership was informed that Mike Granville, Jenny Graaf, Clare Chiba and Samina Aslam would be stepping down.

6. Elections to the Committee

The following members were standing for election for vacant EC posts:

Chair: Malcolm Manning

Proposed: Ian EyreSeconded: Patricia Margaret RobinsFor: 64Against: 2Abstention: 11

Malcolm Manning was appointed as Chair by the majority.

Vice Chair: Brian Cave

Proposed:	Peter Reed	Seconded: Deborah Beetham
For: 76	Against: 0	Abstentions: 1

Brian Cave was appointed as Vice Chair by the majority.

Secretary: Anna Harvey

Proposed: Shirley ClaySeconded : John WraggFor: 77Against: 0Abstentions: 0

Anna Harvey was appointed as Secretary by the majority.

Committee Member with IT Skills: Camilla Jordan

Proposed: Bridget TattersallSeconded: Chris FranksFor: 77Against: 0Abstentions: 0

Camilla Jordan was appointed as Committee Member by the majority.

7. Elections to the Committee

The following members of the EC were eligible for re-election:

Chris Jones: Treasurer Sarah Williamson: Web Co-Ordinator Maggie Bower: *Links* Editor Wendy Woodhouse: Volunteer Co-ordinator Richard Cooper: General Member Barbara Lowe: General Member

These members were unanimously re-elected to the Executive Committee with none against and no abstentions.

It was explained that the Independent Examiner had to step down due to the amount of work going forward. Attempts have been made to find other candidates to place before the AGM but, unable to find a member the EC proposed that Fawthrop Williams, chartered accountants, be appointed as Independent Examiner. A show of hands demonstrated unanimous agreement from the floor and Fawthrop Williams were appointed as Independent Examiners for the 2018 accounts. A question was asked regarding cost and this was confirmed at £324 including VAT.

8. Any other business – formally brought up and previously notified. There was no formal business from the membership.

The Chair explained that in the April edition of *Links* an item was included regarding a change of Article by the Third Age Trust. This had already been approved by the Charity Commissioners and accepted by the

Executive Committee. Carol Lawton requested the Chair to read out the article. There were no comments. A show of hands demonstrated the change in Article to be unanimously accepted by SU3A. The Third Age Trust will be notified accordingly.

9 Any Other Business (brought up informally but no decision can be taken at the meeting).

Richard Cooper pointed out that the membership was required to accept the accounts presented today by a vote. This was proposed by Richard Cooper and seconded by Brian Cave. The accounts were unanimously accepted. Chris Cave, on behalf everyone attending, wished to thank the EC for their work over the past year. He also thanked all other volunteers. Samina Aslam was acknowledged as being a first class Chair, a lady of vision with the know-how to hold onto it, an inspiration and a good listener.

Executive Committee Members Stepping Down

The Chair thanked Mike Granville for three years of work especially with Chris Cave on the Deaf Awareness Group. Mike had volunteered to act as a back-up for the Tour Talk system. Also thanked was Jenny Graaf stepping down from the secretary position. Both were presented with a gift. Clare Chiba was thanked for ten years of service on the Executive Committee under various titles. However, she will retain her duties as Database Manager and on the Membership and Wild Apricot teams and was also presented with a gift. The Chair mentioned that Jenny is continuing as a volunteer General Co-ordinator, replacing Ann Granville who is also stepping down, both were thanked by the Chair.

Chris Jones pointed out that the Chair has requested to receive no gift from the EC or SU3A but that he would like to say that the EC was most grateful for her chairship over the last three years, of her skill in bringing people into SU3A and finding volunteers with the warmth of her personality and that she has led with great calm and wisdom. He remarked that SU3A was in debt to Samina Aslam and were most grateful. Three cheers were proposed.

The Chair thanked Chris Jones and the membership for their sentiments and reminded that the remembrance table was outside the room and the AGM was closed.

Independent Examiner's Report to the Members of The Sheffield University of the Third Age

I have reviewed the income and expenditure account for the year ended 31st December 2018 and the balance sheet as at that date and report as follows:-

Respective Responsibilities of the Executive Committee and the Examiner The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention

- which gives me cause to believe that, in any material respect, the accounting records were not kept in accordance with section 130 of the Charities Act; or the accounts did not accord with the accounting records; or the accounts did not comply with the accounting requirements of the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view which is not a matter considered as part of an independent examination.
- 2. which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: Fawthrop Williams 20th March 2019 Sheffield

SHEFFIELD U3A Registered Charity 703147 BALANCE SHEET AT 31 DECEMBER

	2018 £	2017 £
Fixed assets Cost Accumulated depreciation Net book value	10,457 7,646 2,811	10,457 5,573 4,884
Current assets Debtors & prepayments Cash on deposit Cash in hand & at bank	8,611 37,055 25,328 70,994	9,790 36,888 22,441 69,119
Current liabilities Creditors and accruals	28,104	24,192
Net current assets	42,890	44,927
Total net assets	45,701	49,811
<u>Represented by</u> Accumulated funds at 1 January (Deficit) for the year	49,811 - 4,110 45,701	50,034 - 223 49,811

Accounting policies

1 The accounts are prepared under the historical cost convention and on an accruals basis.

2 Fixed assets are written off in equal instalments over their expected useful life.

3 Stock is valued at the lower of cost and net realisable value.

4 The Committee consider that individual groups are special interest groups not undertaking charitable activities and as a consequence, in accordance with the Charity Commission's guidelines, their accounts are not included in these accounts.

Brian Cave Acting Chair Chris Jones Treasurer 7th March 2019

2019	Budget	đ	mer																				
20	Buc		£		27,200	4,760	125	1,230	I	33,315			12,075	5,940	750	180		18,945		200	4,475	I	4,675
17	ual	Per	member		10.00	1.78	0.03	0.23	0.05	12.09			3.37	1.61	0.08	ı	I	5.06		I	1.08	I	1.08
2017	Actual		£		33,333	5,935	103	770	181	40,322			11,217	5,354	280	I	I	16,851		'	3,609	I	3,609
2018	get	Per	member		10.00	1.75	0.01	0.22	I	11.98			3.59	1.64	0.09	0.03	0.14	5.49		0.05	1.32	0.15	1.52
2018	Budget		£		33,000	5,775	10	720	I	39,505			11,865	5,400	300	60	450	18,105		160	4,375	500	5,035
20	Actual	Per	member		10.00	1.92	0.05	0.33		12.30			3.62	1.51	0.11	ı	0.02	5.26		1	1.21		1.21
	Act		£		32,634	6,255	167	1,080	I	40,136			11,788	4,938	373	I	78	17,177		I	3,957	I	3,957
//su3a.1	wilda	apric	ot.ol	^{GI} INCOME	Subscriptions	Gift aid	Interest	Room 50 lets	⁵⁶ Donations & sundry	Total	EXPENDITURE	External	National Affiliation fee	U3A news	National AGM	Regional meetings	YAHR event		Membership	New members	Membership renewal	Publicity & outreach	

3.55 1.75 0.22 0.05

0.06

1.32

5.57

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1.38

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8.00 1.40 0.04 0.36

member

Per

9.80

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INCOME & EXPENDITURE ACCOUNT FOR THE **YEAR ENDED 31 DECEMBER Registered Charity 703147** SHEFFIELD U3A

Communication	-		-				-	
Links magazine	11,798	3.62	11,750	3.56	11,828	3.55	12,500	3.68
wedsite	TOC	0.09	NCZ C	0.00	007	00.0	000	0.10
	12,099	3.71	12,000	3.64	12,034	3.61	13,100	3.85
Groups								
Coordinators meetings	1,045	0.32	750	0.23	684	0.21	1,300	0.38
Start up support	299	0.09	200	0.06	100	0.03	200	0.06
Insurance	I		100	0.03	52	0.02	100	0.03
	1,344	0.41	1,050	0.32	836	0.26	1,600	0.47
Committee & administration								
Administration expenses	400	0.12	350	0.11	329	0.10	400	0.12
Room hire	60	0.02	60	0.02	60	0.02	60	0.02
SU3A AGM & IE Fee	570	0.08	100	0.03	69	0.02	575	0.17
Sundries	37	0.01	70	0.02	I	ı	75	0.02
	1,067	0.33	580	0.18	458	0.14	1,110	0.33
Central activities								
Drop ins	966	0.31	940	0.28	906	0.27	1,410	0.41
Lectures	2,691	0.82	2,665	0.81	2,450	0.73	2,700	0.79
Room 50 costs	2,250	0.69	2,650	0.80	2,050	0.62	2,600	0.76
Volunteers	354	0.11	500	0.15	I	ı	100	0.03
Projects (60's & Learning)	238	0.07	ı		ı	ı	605	0.18
Depreciation	2,073	0.63	2,078	0.63	1,351	0.41	2,078	0.61
	8,602	2.63	8,833	2.67	6,757	2.03	9,493	2.79
Total	44,246	13.55	45,603	13.82	40,545	12.18	48,923	14.39
	-		-		-		-	
SURPLUS/(DEFICIT)	- 4,110 -	1.25	- 6,098 -	1.84	- 223 -	0.09	- 15,608 -	4.59

NOMINATION FORM FOR ELECTION TO SHEFFIELD U3A EXECUTIVE COMMITTEE 2019

Position applied for: There is a vacancy for a Chair, Vice 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 is required** Name of Proposer SU3A membership number Home Tel No Mobile No Signature of Proposer Date Name of Seconder SU3A membership number Home Tel No Mobile No Signature of Seconder 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 9 July 2019.

Signature of NomineeDate

Please send the completed form to: secretarysu3a.org.uk or by post to SU3A, 73 Highcliffe Road, Sheffield, S11 7LP no later than 11 June 2019.

SU3A Executive Committee

Acting Chair	Brian Cave	chairsu3a.org.uk (0114) 230 5312 bpcavehotmail.com
Secretary	Anna Harvey	07973 771957 secretarysu3a.org.uk
Treasurer	Chris Jones	07753 829771 treasurersu3a.org.uk
Web Coordinator	Sarah Williamson	(0114) 230 1601 websu3a.org.uk
Committee Members:	Richard Cooper	(0114) 248 5401 biker2000biker2000.plus.com
	Barbara Lowe	(0114) 248 8367 barbaralowe152gmail.com
	Wendy Woodhouse	(0114) 449 5777 wendywoodhousehotmail.com
IT Member	Camilla Jordan	(0114) 268 5355 su3aitsu3a.org.uk
Links Editor	Maggie Bower	(0114) 236 6719 linkssu3a.org.uk
Minutes Secretary	Michael Clift	
Sheffield U3A Members Ranmora, Ranmoor Lane,	(01433) 659864 memberssu3a.org.uk	

Rahmora, Rahmoor Lane,	, nauleisaye, ssz ibw.	memberssusa.org.uk
Drop-In Organiser	Samina Aslam	07736 318569
		dropinsu3a.org.uk
Equipment Officer	David Caborn	(0114) 236 8500
Home Pages Manager	Stuart Barlow	homepagessu3a.org.uk

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

Calendar 2019

June	1	C Concertgoers: Philharmonia Orchestra, Leicester
	4	Drop-In Session + ipad/web support: 10.00-12.00: CURC
	18	Travel Group: National Science & Media Museum, Bradford
	21	Showroom Lectures: 2 nd Lives for the 3 rd Age, Ben Heller
	28 -2	July Travel Group: Short Break in Somerset
July	2	Drop-In Session + ipad/web support: 10.00-12.00: CURC
	9	AGM Central United Reform Church 11.00 am
	17	Travel Group: River Trent Cruise
	19	Showroom Lectures: History of The General Cemetery,
		Jo Meredith
	28	Travel Group: Walker Art Gallery, Liverpool
Aug		No Drop-In
	7	Travel Group: South Yorkshire Churches
	16	Showroom Lectures: Cognitive Health, Dr Daniel Blackburn
Sept	3	Drop-In Session + ipad/web support: 10.00-12.00: CURC
	30-4	Travel Group: Highlights of the Scottish Borders
\bigcap		Links Publication Dates

Publication

October 2019 December 2019 **Copy Deadline** 28 August 2019 24 October 2019

Links Open Groups Supplement

August 2019

25 June 2019

CURC: Central United Reformed Church **Regd. Charity No 703147**