

Sheffield



THE UNIVERSITY OF THE THIRD AGE

Links 183: December 2016



Winter in Crookes Valley Park

Photo: Jonathan Jordan

Contact Us

Our website is at: www.sheffieldu3a.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@sheffieldu3a.org.uk

Membership number or renewal:

SU3A Membership Team
(01433) 659864

wa-admin@su3a.org.uk

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Anything else:

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Secretary
secretary@sheffieldu3a.org.uk

***Links* no. 184 April 2017**

Last date for copy is 24 February 2017

All news and correspondence to the Editor:
email: linkssheffieldu3a.org.uk

Remember the contributors' copy code:

Early, Literate, Accurate and Emailed

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

From The Chair

Hello again!

I have mentioned in the past that SU3A is the envy of many other U3As and that the steady increase of new group activities and membership allows us to continue to grow whilst offering increasingly varied group activities. So I am taking this opportunity to thank our excellent group coordinators and their deputies, the general group coordinators, all the volunteers who help with the running of the administration of our organisation, and my fellow EC members for making 2016 so successful.

One of the key aims of the EC for this year was to continue to increase the number of volunteers. I am very happy to write that 2016 has been particularly successful in increasing the numbers. My very warm thanks to all who have come forward, as in some areas we have now reached the stage where we are ensuring holiday relief is available. For those members who have indicated they are willing to help and have not yet been contacted I thank you as well and would ask for your patience, I promise, you will be contacted!

I would like to remind everyone that the monthly Drop-In is not just for potential new members but also for existing ones - see page 6 for more details.

As we approach the end of the year, it is also time to renew our membership. I would like to highlight the introduction of a "membership team", more details of which can be found on page 7. The team of four allows for more flexibility and eases the burden placed on one person, namely Lorna Baker, who has been our membership secretary for approximately 12 years. Please do remember that the more members renewing online means less work for this volunteer team. Events to look forward to in 2017 are our AGM in May and a proposed YAHR Summer School; look out for details in forthcoming *Links* editions and our website.

I finish by wishing everyone a peaceful festive season and a happy and prosperous new year.

Until next time... Samina

NEWS

Thank you - and welcome!



SU3A have introduced a membership team to replace the role of membership secretary, in a bid to reduce the burden this role places on one person. Happily, with her vast experience of the role, Lorna Baker, our existing membership secretary, has agreed to be part of this new team.

Lorna, along with her husband John, have been members of several committees within the Dore community. In a bid to do something “different” from her husband, Lorna decided to join SU3A approximately 12 years ago. The first group Lorna joined was the Whist and Dominoes Group. She also joined a book club and together with Marion Edmundson, started a new group - Dining Out. However, before any of that Lorna volunteered to take over the role of membership secretary (from Jack Holland), which had become vacant, little realising the enormity of that role. She was immediately accepted and was co-opted onto the Executive Committee.

“It was the best thing I could have done, joining the committee, as it was a great way of meeting so many new people... I have never regretted joining the SU3A or the EC.”

Over the last few years the duties of the membership secretary changed and Lorna recalls before the introduction of Wild Apricot, many an evening spent watching the TV with her husband as they both “stuffed envelopes”, especially in December and January.

So thank you Lorna (and John!) for all your hard work as our membership secretary - and welcome to the new membership team.

Samina Aslam

It's Membership Renewal Time Again!

If you are on email, then by the start of December, you should receive a renewal reminder email from **Wild Apricot**. If you do not, check your spam first and then email **wa-adminsu3a.org.uk** if it's not there.

If you use your credit/debit card online, **please** use it to renew your membership. Using the system considerably eases the load on our new SU3A Membership Team and on the Treasurer. You can use either a credit/debit card or your PayPal account, if you have one, to pay.

Wild Apricot is fully encrypted (note the <https://> at the start of the web address). Wild Apricot holds no one's financial details, only invoices and a statement that these have been paid. All payments are handled by the PayPal bank and so are protected by the highest possible levels of security.

The Wild Apricot Team is ready and waiting to manage your renewals. Do not worry if you have forgotten your password. Click on the 'Forgot Password' link next to the Login button and a new one will be sent to your email address.

If you have changed your email address during the year or have any other problems with the system email **wa-adminsu3a.org.uk** and we will do our best to help. During the main renewal period we promise a response within 48 hours; usually it is much less.

If you prefer face-to-face help, members of the Wild Apricot Team will be at the December and January Drop-Ins.

Of course you can still renew by post using the application form on page 34.

Monthly Drop-In

The major advantage arising from the large size of Sheffield U3A is the number of activity groups it can offer to its members - 193 at the last count. Our members therefore have plenty of scope to indulge their interests. Equally, however, it is impossible to gather all of our members together to exchange information and opinions.

In order to help overcome this constraint the MONTHLY DROP-IN is a well-established part of our procedures. Meeting on the first Tuesday of each month at the Central United Reform Church, Norfolk Street, opposite the Crucible Theatre, from 10.00 am until noon, the Drop-In presents an opportunity for all members to meet and exchange views. The occasion is intentionally open-ended with members new, old and recent mixing together with those who have not yet joined SU3A to explore what is on offer. Tea, coffee and biscuits are available free on arrival and a team of greeters is on hand to direct those with specific queries.



The format of the Drop-In tries to keep abreast of members' needs and a fairly recent innovation has been the provision of iPad/web support at each meeting. Our web coordinator, Dave Longson, along with his team of volunteers are always in demand helping members with any issues they may have.

Also worthy of note is the presence of Sheffield University and Sheffield Hallam University students at many meetings. The challenges of an ageing society are important topics for universities now and postgraduate researchers are always looking for volunteers to help with their findings. Recent topics with which SU3A members have helped include: muscular health and exercise in older age, the use of innovative technologies in allowing people to live independently and the effectiveness of exercise in treating systemic sclerosis.

As with all of our activities, Drop-In could not function without the commitment of volunteers. Many are involved in the organisation of Drop-In from refreshments, to greeting, to setting out the room, but I know none of them will object if I single out John Wragg for particular mention. John has served SU3A in a number of roles over the years, always participating with good humour, quiet efficiency and a welcoming demeanour. John now organises Drop-In, and is seen in typical pose in one of our photographs talking to a participant.



If you have never been, come along to a Drop-In. You will be made very welcome.

*John Evans (0114) 230 1173 publicity@sheffielddu3a.org.uk
Publicity Coordinator*

Membership Renewals by Post

There is now a team dealing with postal renewals. **All forms must be sent to the PO Box 1349 forwarding address at the bottom of the form.** The address is in Nottingham as we could not find a mail forwarding company in Sheffield. The SU3A Membership Team consists of Monika Akid, Lorna Baker, Chris Cave, Clare Chiba and Camilla Jordan. Please DO NOT put forms through the letterbox of any of these people. Your renewal may be seriously delayed if you do.

Honorary Members Renewals

If you have turned 90 before or during 2016 you will become an Honorary Member of SU3A. This means there will be no membership fee and your membership number will be the word 'Life'. However, it is important you **let us know every year that you still wish to be a member**, either by filling in a renewal form or emailing wa-admin@su3a.org.uk. If you have not been in touch with us your membership will lapse at the end of February 2017.

EVENTS



**Classical Concertgoers:
Nottingham Royal Concert Hall
Friday 3 February 2017
BBC PHILHARMONIC**

Conductor: Ben Gernon, Piano: Benjamin Grosvenor

Tchaikovsky Symphony No.1 'Winter Daydreams'

Saint-Saens Piano Concerto No.2

Debussy La Mer

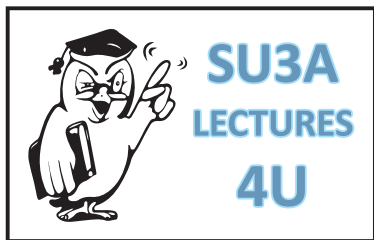
We return to Nottingham for a programme of two contrasting symphonic works and a witty concerto played by a young virtuoso at the keyboard. At the age of 24 Benjamin Grosvenor has been described as “an elder statesman of the piano” and praised for “his distinctive expressive sound and unassuming brilliance”. Some of you may have had the pleasure of hearing him at the City Hall in September or at the Proms.

Tchaikovsky's First Symphony proved a turning point in Russian music, staking a claim for a new nationalist style with its broad expansive melodies. Debussy's La Mer (a favourite of mine) evokes the different moods of the sea from dawn through the day.

The coach will leave the bus stop at the junction of Knowle Lane/Ecclesall Road at 4.30pm, in time to reach the hall for an optional free pre-concert talk at 6.30pm (Benjamin Grosvenor in conversation). The cost of the ticket, coach travel and driver's gratuity is **£31.00**. To apply, please complete the form on **page 10** and return to me with a small **s.a.e.** as soon as possible. I realise we are close to Christmas but the tickets have to be paid for by 10 January.

Pamela Sandford (0114) 236 1815

Friday Lectures at the Showroom



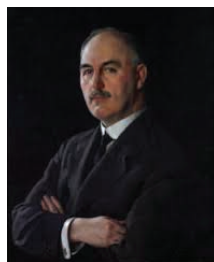
No charge, no need to book unless indicated. Refreshments from 10.00, lecture from 11.00 to 12.30.

Greeters on the door. Half-price parking at Q-Park on Arundel Gate - collect a voucher from the Box Office.

Any last-minute changes to the programme will be posted on the SU3A website. Do check to avoid disappointment!

16 December - Sheffield's Father Christmas, JG Graves, Businessman and Benefactor. Mike Spick, former Local Studies Librarian.

Mike will recount the life and times of J G Graves, entrepreneur, businessman and Sheffield's greatest benefactor. You will know of Graves Park and Graves Art Gallery, now learn about Graves himself, who rose from humble origins to develop a multi-million pound business whilst always shunning the limelight. There will be a special two-course Christmas lunch on offer after the lecture, price £10. Please book and pay in advance via the Showroom, Tel. (0114) 275 7727.



20 January - Life after Capability Brown - the return to gardens. Steve Jackson, founder member of Derbyshire Historic Gardens.

An illustrated lecture on the legacy of Capability Brown and how the Regency and early Victorian period re-invented gardens and flowers. The lecture will cover the landscape story through the work of Humphrey Repton, the early development of private and domestic gardens and the earliest public parks and gardens.

17 February - Silk processing and its many uses in modern technology. Dr Chris Holland, Head of Natural Materials Group, Department of Materials Science and Engineering, University of Sheffield.

Originally trained in classical biology, Dr Holland is now using these skills to study silk using techniques usually found in a wide range of fields, from material science to polymer chemistry and molecular modelling.

Shelagh Woolliscroft (0114) 255 8948 shelagh.woolliscroft@gmail.com

2017 Annual General Meeting

Decisions at the AGM can only be made on items appearing on the agenda. Decisions cannot be taken on “any other business” items. The agenda will appear in the next (April) edition of *Links*. If there is any item that you would like including on the agenda you must notify it to the Secretary, in writing, no later than 19 February 2017.



Classical Concertgoers: Nottingham Royal Concert Hall, Friday 3 February 2017

Name(s) SU3A No(s)

Address

..... Tel

Please reserve place(s) for me (**£31.00 per person**). I enclose a cheque for £ payable to **SU3A Concertgoers** and a **small s.a.e.**

If possible I would like to sit with:- Forms should be sent to Pamela Sandford, 289 Abbey Lane, Sheffield, S8 0DA.

GROUP NEWS

Complementary Therapies Group

Just to let you know that the new U3A Complementary Therapies Group is now up and running; we are a small (but perfectly formed...) group of folk who have a keen interest in the whole field of Complementary Therapies in all their myriad complexities.

Are you a practising therapist who would be keen to learn more about developing your therapy or finding out about others? Are complementary therapies of value in your own life and might you like to know what else might be out there? Or are you unsure about the whole field of complementary therapies, but fascinated to learn more?

Why not consider joining our new group? We are planning a wide range of activities encompassing discussions, demonstrations, talks, visits, skills swaps, pro bono work - the possibilities are endless. We also aim to have some fun!

We meet once a month on alternate Thursdays and Friday mornings. We are still searching for our "forever home" but the latest dates and venues can be supplied on request. To find out more please contact:

Liz Lucas Co-ordinator 07749 174588 lizziecraftsgmail.com

English Language Group

There are now several vacancies in the English Language group which meets monthly on a Tuesday morning. This is not a taught group but is fully participatory and depends upon members researching and presenting topics. In recent months we have looked at English as a world language, Language disability, Language change, and in honour of the referendum, the languages of Europe. For more information contact the group coordinator:

Maggie Lyons (0114) 236 6195 lyonsmaidhotmail.com

Digital Photography Group

This is a well-established group, with members ranging from beginners to those with considerable knowledge of and experience in photography. Meeting monthly this group caters for anyone with an interest in photography. Each month the group focuses on a different aspect of photography, including photo editing. The meetings consist of talks by members and outside speakers, practical sessions and field trips. Each month there is a theme for members to take and display their photographs for comments and discussion if they wish. The meetings take place on the third Thursday of each month between 2.00 and 4.00 pm at Millhouses Methodist Church at the bottom of Millhouses Lane, S7 2AH. This is a friendly and welcoming group so if you are interested in finding out more please contact the group co-ordinators.

Alan Zinober (0114) 236 7001

Pat Robins (01246) 416850 patpatrob.plus.com

Calling all History Lovers...

History 1 meets on alternate Tuesday mornings at Abbeydale Sports Centre, Abbeydale Road South, S17 3LJ. The talks are given by members of the group on a wide variety of historical topics. We would welcome new members and for details please contact:

Janet Haigh (0114) 230 3070 janet.haighicloud.com

Poetry for Pleasure

How about trying something new? Have you considered our friendly group, named "Poetry for Pleasure". Do not be put off by memories of lessons where the poetry was almost buried beneath many technical terms and close analysis. This is not how we read poetry. We always extend a welcome to those who wish to try out the group. At the moment we have two, possibly three, places in the group. If you wish to either join or to come along for a "taster" then telephone me for further details.

Patricia Parkin (0114) 236 8009

Digging for Pleasure

2016 marks the sixth anniversary of the start of the SU3A Commemorative Garden by the upper pond at Whirlowbrook Park. Since then a stalwart group of about 15 volunteers have been developing the garden and keeping it looking good. There are sessions on the second and fourth Wednesday mornings of each month from 9.30 to 11.30 am. If the weather is bad we retreat to the shed or to a local cafe. Recently some of us have started to creak a bit and so reinforcements would be most welcome! It's all good, if not always clean, fun as the picture shows. Gardening knowledge is not required, just a sense of humour and maybe a love of cake! If you are interested in joining us please contact for more information:



Shelagh Woolliscroft (0114) 255 8948 shelagh.woolliscroft@gmail.com

Map reading for walkers

Even with GPS on your smart phone, the olden times skill of reading a paper map is still essential for finding your way. I'm offering map reading coaching (i.e. a very heavily practice-based course, maximum six people per group, first come first served). I've done this before and enjoyed it - I even have a mountain leadership certificate! - so thought I would offer it through U3A walking groups. I'm planning on 4 to 6 half-day sessions, weekly. We won't do more than 4 miles per session. Your own current ability doesn't matter, though if you manage to follow routes well now, you might prefer to wait for Stage 2!

You'll need normal walking kit, and be able to walk over some rough ground. We could organise car sharing to our locations near Sheffield and this will be the only cost. Starting this up in U3A is a bit experimental. Let's see what the demand is, then we can arrange a start date with a first group. With continued demand I could consider more than one group per year, possibly different levels. If you are interested please get in touch.

Gordon Macnair (0114) 258 5442 gordonmacnair.me.uk

U3A Racketball at Abbeydale



The U3A Racketball Group at Abbeydale is a very friendly group who enjoy learning the game and socialising with other U3A members. It is open to all U3A members and we are always looking for new people to join us. As an indoor sport, it is a great opportunity to keep fit over the winter and the free coffee after the session makes it a great social activity.

Racketball is a great game for all and is a brilliant way to keep fit whilst having fun! Racketball is the UK's fastest growing sport due to it's wide appeal to all ages and abilities. It is played on a squash court with very similar rules, but it uses a larger bouncier ball and shorter, bigger rackets. This makes it much easier for beginners to pick up than other sports such as tennis or squash, which is one of the reasons for its recent growth in the UK. Rallies tend to last longer as the ball moves slower, giving you much more time to react and move to the ball.

The racketball sessions at Abbeydale are very relaxed with a friendly and welcoming environment. They involve different types of games, along with some tuition and coaching from club coach, Mark Tasker. Mark is on hand to introduce new players to the group and help them learn the rules and get started.

What do our U3A members think?

"This is a lovely friendly group where you will be made most welcome. Mark encourages us all with his coaching and then the challenge is to incorporate these skills in our game." Pauline (Playing 18 months)

"I've been coming to the sessions for well over 3 years now and I really enjoy it. The members are very friendly and Mark is a great coach. Some of us have even gone on to play other U3A groups from across Yorkshire." Jim (Playing for 3 years)

"It gets me up on a Monday morning and it's a great way to start the week. I can't manage without my racketball fix!" Anne (Playing for 3 years)

"Brill way to keep fit! Lovely friendly group with tuition included to keep us on our toes." Liz (Playing for 1 year)

U3A Racketball sessions take place at Abbeydale Sports Club, Abbeydale Road South, S17 3LJ on Mondays 10.30 -12.00 noon and Thursdays 10.30 -12.00 noon. If you would like more information please contact:

Peter Keen (0114) 236 4914 pckeen2000yahoo.co.uk

Mah Jong Group

If anyone is interested in learning to play Mah Jong, we have some vacancies in the group. We meet on Wednesday evenings 6.30 – 8.30 pm in the Robin Hood Pub, Millhouses Lane/Abbeydale Road, S7 2HB. If you would like to join please contact me. (Please note new phone number.)

*Barbara Lowe (0114) 248 8367 or 07722 870390
email: barbaralowe152gmail.com*

Time to brush up your Latin?

The Latin - Old Skool group, which started as a class for complete beginners just over a year ago, has a few vacancies. We have learned quite a lot of Latin since we started, of course. First and second declension nouns and their corresponding adjectives, four conjugations of verbs in four different tenses and a generous sprinkling of prepositions are all, if not old friends, at least nodding acquaintances. On a good day and with a following wind, we also know our nominative singulars from our ablative plurals, where to put - and to find - our subjects, verbs and objects, and even how to ask questions.

If you learned your Latin the traditional way and this bandying around of almost-forgotten grammatical terms is getting you all nostalgic and misty-eyed, maybe you should join us. To find out more, contact:

Paul Cordwell (0114) 327 3954 paulcordwell3gmail.com
Coordinator

Real Life Incident



When members of the Latin Improvers group found the gates of their city centre venue unexpectedly locked they took refuge in the Blue Moon Café where, with the help of coffee and scones, the session continued as usual. The agenda (“Latin – things needing to be done”)

included a passage by the poet Ovid, who was no stranger to being shut out himself. For the last ten years of his life he was exiled to a far distant outpost of the Empire, for reasons that remain a mystery to this day. The Improvers’ “exile”, on the other hand, was easily explained: someone forgot to come to work.

Paul Cordwell (0114) 327 3954 paulcordwell3gmail.com
Coordinator

Sheffield U3A Group and Activities Pages: December 2016

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 Group Coordinator, or (01433) 659 864

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 & 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 D	General Coordinator	Pat Ryan	
Art (SE)	Yes	We.pm.w	S13	PVAL	Paul Garland	269 3219
Art I	Yes	We.am.w	S11	PVHL	Daniel Merrills	230 5952
Art II	No	Th.pm.w	S11	PV	Pauline Miller	258 3678
Art III	Yes	We.pm.w	S11	PVAL	Miriam Currie	01246 414 274
Aspects of Art I	Yes	Th.pm.m	S7	PV	Andrea Elson	236 4400
Aspects of Art II	No	Th.pm.m	S7	PV	Valerie Wiley	236 0726
Outdoor Sketching	Yes	Fr.am.f	various	O	Daniel Merrills	230 5952
Arts and Crafts			Set D	General Coordinator	Pat Ryan	
Architecture Past and Present	No	2ndTu.pm.m	S8	PV	Roy Pilkington	255 8948
Craft and Create	Yes	We.pm.f	S10	MH	Diana Jackson	247 0614
Crochet and Knitting	Yes	Tu.pm.f	S1	PV	Jane Whitehead	230 9312
Digital Photography	Yes	3rdTh.pm.m	S11	PV	Alan Zinober /Pat Robins	236 7001/01246 416
Dressmaking	Yes	Mo.am.f	S11	PV	Ruth Bernard	258 9026
Handwork & Craft II	No	Th.am.f	S11	MH	Elspeth Eggington	230 8755
Knitting	No	We.am.m	S10/11/17	MH	Jane Harling	230 9576
Knitting II	No	Th.am.f	S1	PVAL	Helen Gwyddanes	07929 553503
Patch & Quilt	No	Mo.pm.f	S17	MH	Inge Davies	236 0318
Quilting Hive	Yes	Mo.pm.	S8	MH	Lynne Brown	237 7643
Video Production (Documentary)	Yes	Varies	Sheffield area	MH	Ian Barkley	01709 812 351
Woodworking/Woodcarving	No	Th.pm.w	S7	MH	Bob Adkins	255 1968
Bird Watching			Set A	General Coordinator	Stephanie Dixon	
Bird Watching I	No	Mo.am.f	various	O	Robin Peel	07942 920741
Bird Watching II	Yes	We.—w	various	O	Malcolm Swift	01246 906819
Cards and Board Games			Set C	General Coordinator	Barbara Lowe	
Bridge - Friday I	Yes	Fr.pm.w	S17	PV	John Strange	01246 416 558
Bridge - Friday II	Yes	Fr.pm.w	S10	PV	Brian Jeremiah	230 7250
Bridge - Monday	Yes	Mo.pm.w	S7	PV	Colin Jessop	266 3831
Bridge - Thursday	Yes	Th.pm.w	S17	PV	Brenda Fryer	236 5628
Bridge - Tuesday	Yes	Tu.am.w	S7	PV	Michael Brumby	236 5676

GROUPS	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Bridge Stocksbridge	Yes	Tues.pm.w	S36	PV	Bob Smith	288 8624
Bridge Wednesday	Yes	We.am.w	S17	PVAL	Jean Bowie	230 1002
Chess	Yes	Tu.pm.4 wkly	S17	MH	Sheila Hardie	236 4498
Contemporary Tabletop Gaming	Yes,	Mo.am.w	S1	PVAL	Keith Jones	270 6648
Evening Rummikub	No	M.eve.w	S17	MH	Chris Cave	236 4648
Mah Jong	Yes	We.eve.w	S7	MH	Barbara Lowe	248 8367
Rummikub (SE)	No	Mo.pm.f	S13	MH	Joan Brown	269 4829
Rummikub (SE) II	No	Monday pm f	S20	MH	Barbara Steel	247 4696
Rummikub I	No	Mo.pm.f	S7/8/17	MH	Shirley Wilks	438 0480
Rummikub II	No	Mo.pm.w	S10	MH	Rita Webster-Carr	230 8866
Scrabble	Yes	Fr.pm.f	S7	PVAL	Liz Barber	288 4113
Whist cntct & dble 12 Dominoes	Yes	Sun.eve.w	various	MH	Gerald Cartwright	266 7032
Discussion, Philosophy, Economics and Religion						
			Set C	General Coordinator Barbara Lowe		
Discussion I	No	Tu.pm.f	various	MH	Claire Attwood	250 8286
Discussion II	Yes	Tu.am.m	various	MH	Mary Alexander	255 6385
Feminist Discussion Group	Yes	2nd We.am.m	S1	PV	Maggie McCarthy	230 6600
Meditating Together	Yes	3rdTu.am.m	S7	MH	Patsy Gibbon	250 0663
Personal Finance	Yes	Mo.pm.m	S11	PV	Helen Marsh	230 1622
Philosophy for Beginners	Yes	tba	S10	MH	Martin Manby	230 6505
Philosophy- Hist/Classical	No	2ndMo.pm.m	S11	PV	John Kirkman	236 1971
South India - Talk and Travel	yes	Su.	S11	MH	John Wragg	236 8475
Sugar & Spice	Yes	Mo.pm.f.	S8	MH	Eunice Southgate	281 1876
Gardening						
			Set D	General Coordinator Pat Ryan		
Gardening (SE)	Yes	Tu.am.f	various	PVAL	Carol Wright	251 0140
Gardening at Whitlowbrook Park	Yes	2nd & 4th We.am.m	S17	O	Shelagh Wooliscroft	255 8948
Gardening C	No	Mo.am.m	S10/11/1	PVAL	Heather Curtis	255 7228
Gardening D	No	2ndTu.am.m	various	MH	Helen Drury	236 7053
Gardening Greenfingers	No	2ndTu.pm.m	S8	PV	Jane Gregory	274 9246

GROUPS	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
History			Set A	General Coordinator	Stephanie Dixon	
European History	No	4th Tu, pm.m	S1	PV	John Evans	230 1173
Family History I	Yes	2nd We, am.m	S10	PVHL	Annie Grassick	230 2777
Family History III	No	2nd Tu, am.m	S1	PV	Tim Simkins	230 2656
Family History IV	Yes	4th We, am.m	S11	PVAL	Monica Staggs	07870350271
Greece and Rome	Yes	Fr, pm.m	S11	MH	Anne Thomas	230 5281
History I	Yes	Tu, am.f	S17	PVHL	Janet Haigh	230 3070
History II	Yes	Mo, pm.m	S10/11/17	MH	Angela Jakubovic	236 3858
Local History (SE)	Yes	We, pm.f	S21	PV	Margaret Troop	287 4448
Military History	Yes	Th, pm.m	S7	PV	John Green	230 7768
Visiting History	Yes	Tu, pm.m	various	PVAL	Jenny Clark	266 9395
Languages			Set B	General Coordinator	Ann Granville	
Cerlele Francais I	Yes	Fr, am.w	S7	PVAL	Alan Price	234 4172
Cerlele Francais II	No	Mo, pm.f	S10	MH	Margaret Platts	230 2561
Classical Greek Alpha	Yes	We, pm.f	S1	PV	Deidre Eastburn	281 8446
English Language	Yes	Tu, am.m	S11	MH	Maggie Lyons	236 6195
French for Holidays	No	Mo, pm.f	S7	MH	Usha Fitch	236 5009
French-Advanced	No	Fr, am.w	S10	PV	Lorrie Flannery	273 1788
French-Intermediate	No	Th, am.w	S11	PVAL	Pauline Wiley	286 4085
German Conversation	Yes	We, am.w	S25	MH	Fay Ramzan	230 5608
German for Improvers	No	Mo, am.w	S18	MH	Dave Longson	07715 360987
German-Advanced	Yes	Tu, pm.f	S6/8/10/17	MH	Janice Ford	236 4083
German-Intermediate	No	Mo, am.w	S10	PV	Katharine Brown	265 6477
Italian	No	Tu, pm.f	S10/11/6	MH	Brian Bailey	266 4678
Italian for Holidays	Yes	Fr, pm.w	S11	PV	Mike Hague	236 6336
Latin - Old Skool	No	Mo, pm.f	S1	PV	Paul Cordwell	3273954
Latin II	No	2nd & 4th Fr, am.m	S1	PV	Jane Blockeel	236 6861
Latin III	No	We, pm.f	S7	MH	Deidre Eastburn	281 8446
Latin Improvers	No	Mo, am.f	S1	PV	Rose Tanner	245 0200
Mandarin	No	We, am.w	S10	MH	Helen Gwyddanes	07929 553 503
Modern Greek	Yes	Th, pm.f	S11	MH	Margaret Halstead	258 2541
Portuguese Beginners	Yes	am	S10	MH	Pat Cantrill	230 8571

GROUPS	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Portuguese For Fun	No	Tu.am.w	S11	MH	Pauline Miller	258 3678
Sanskrit	Yes	Th.am.w	S11	PV	Kath Odonovan	268 1833
Scottish Gaelic	yes	Tu.pm.f	various	MH	Steve Clements	255 8422
Spanish - Rapid Beginners 2	yes	Tu.pm.w	S8	PV	Bill Horner	249 4921
Spanish Advanced	No	Th.am.w	S7	PVAL	Stefan Finka	237 6132
Spanish Beginners	Yes	Mo.am.w	S10	MH	Diana Jackson	247 0614
Spanish Improvers	No	Mo.pm.w	S10	MH	Israel Newton	266 3138
Spanish Stage 2	No	We.pm.w	various	MH	Greta Pearman	236 3336
Welsh Beginners	No	Tu.pm.f	various	MH	Steve Clements	255 8422
Welsh Conversation	Yes	Tu.am.f	various	MH	Steve Clements	255 8422
Welsh Intermediate	yes	Tu.am.f	various	MH	Nigel Thomas	281 6611
Literature and Drama						
			Set B	General Coordinator Ann Granville		
Act Your Age	Yes	Th.am.w	S1	PV	John Horbury	230 6600
Book Group I	No	Fr.am.m	S17	PV	Margaret Walton	255 6563
Book Group II	No	Fr.am.m	S17	PV	Sally Carter	236 2066
Book Group III	No	2ndTu.am.m	S17	PV	Wendy Jenrick	268 7047
Book Group IV	No	Fr.am.m	S17	PV	Mary Whyns	236 8628
Book Group V	Yes	Tu.pm.m	S11	MH	Mary Brookes	235 0180
Bookworm	Yes	Fr.pm.m	S36	PV	Angela Butler	288 4778
Creative Writing	Yes	Fr.pm.m	S36	PV	Meg Jepson	288 2929
Drama Study	No	Tu.pm.f	S11	MH	John Parsons	230 4902
Enjoying Literature	Yes	We.am.f	S7	MH	Roger Smith	07582458050
Film Appreciation	Yes	Tu.pm.m	S1	PV	Lesley Dixon	268 5881
Novel Reading I	Yes	Mo.pm.4w	S10	MH	Pam West	266 2188
Novel Reading II	Yes	Mo.pm.m	S11	MH	Kay Beeston	01433 631 247
Novel Reading III	Yes	2ndFr.am.m	various	MH	Judith Vernier	01246 418607
Novel Reading IV	Yes	Fr.am.m	S5	MH	Anne Chatterton	266 8998
Play Reading I	No	Tu.pm.4w	various	MH	Mike West	266 2188
Play Reading II	Yes	Last Tu.pm.m	S10	MH	Irene & John Lees	267 1857
Poetry for Pleasure	No	We.pm.f	S17	MH	Pat Parkin	236 8009

GROUPS (Literature & Drama)	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Poetry Study	Yes	We.pm.f.	S11	MH	Freda Green	236 4882
Reading for pleasure	Yes	Th.pm.m	S17	MH	Susan Kirkman	236 1971
Shakespeare for Pleasure	Yes	Tu.am.f	S10/11	MH	Kay Nicholson	268 6220
Story Writers	Yes	Tu.am.4w	various	MH	Margaret Briddon	262 0501
World of The Book	No	We.am.m	S1	PV	Denise West	274 6797
Music						
			Set C	General Coordinator Barbara Lowe		
A Cappella Singers	No	Tu.pm.f	S6/7/20	MH	Stephanie Dixon	247 0119
Drumming	No	Th.pm.w	S1	PV	John Lee	233 8517
Enjoying Opera	No	Mo.pm.f	S10	MH	John Williams	230 4568
Guitar Group	No	Mo.pm.f	S1	PV	John Stevens	236 3557
Handbell Ringing	Yes	We.eve.w	S35	PVAL	Margaret Naylor	236 0245
Jazz Appreciation I	No	2ndTu.am.m	S10	MH	John Green	230 7768
Jazz Appreciation II	No	3rdTu.am.m	S7	MH	David Bone	268 1016
Music Appreciation	Yes	Th.pm.f	S6	PV	David Andrews	235 3389
Old Time Music Hall	Yes	1st We. Am.m	S1	PV	Graham Williams	230 7756
Recorder	Yes	Fri.am.f	S1	PVAL	Linda Evans	230 1173
Singing for Pleasure	Yes	Fr.pm.f	S1	PVAL	Irene Lees	267 1857
Ukulele	No	Fr.pm.f	S8	PVAL	Ann Beedham	274 8331
Vintage Voices	Yes	Mo.am.w	S1	PVAL	Carole Hurst	293 9163
Physical Activities						
			Set D	General Coordinator Pat Ryan		
Belly Dancing Stocksbridge	Yes	Tu.am.w	S36	PV	Kathryn Smith	283 1171
Bowling Crn Grn (SE)	Yes	Th.am.w	S9	O	John Hunt	269 8811
Bowling Crown Green	No	Mo.am.Th.am.w	S8	O	Tony Hobson	281 5373
Country Dancing	Yes	Tu.pm.f	S8	PV	Anne Marples	266 8794
Croquet	Yes	We.am.Tu.Th.pm.w	S11	O	Peter Jones	230 5987
Fitness: Tailor made for you.	Yes	Mo.pm.Tu.Th.Fri.am	S11	PV	Ann Evans	348 6607
Fly Fishing	Yes	Various	various	O	David Buckley	266 3183
Midweek Cyclists	Yes	Mo.-f	various	O	Dave Jefferies	266 3612
Non-Postural Yoga	Yes	Fr.am.f	S10	PV	Wendy Mustill	274 8276
Pilates	No	We.pm.w	S18	PVAL	Vera Dyer	237 7854

GROUPS	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Racketball	Yes	Mo.am,Th.pm.w	S17	PVAL	Peter Keen	236 4914
Racketball Stocksbridge	Yes	Tu.am.w	S36	PV	Elaine Smith	288 8624
Table Tennis	No	Mo.Th.am.w	S17	PV	Belinda Taylor / John Warwick	230 4489 / 253 0789
Tai Chi & Chi Kung Intermediate	No	Fri. pm w.	S17	PV	Pat & Clare Ryan	236 8749
Tai Chi Stocksbridge	Yes	Fr.am.w	S36	PV	Christopher Goldthorpe	01226 762 201
Yoga	Yes	Th.pm.w	S11	PV	Ellie Watson	268 0757
Yoga: Tailor made for you	Yes	Mo.am.w	S11	PV	Ann Evans	348 6607
Science and Technology, Social Science						
Civil Engineering	Yes	Mo.pm.m	S11/S8	MH	Anne Marples	266 8794
Complementary Therapies	Yes				Liz Lucas	288 5996
Environment	Yes	Tu.am.f	S11	MH	Cliff Ellis	250 0883
Geology	Yes	We.-.m	various	O	David Edmonds	234 3604
Maths	Yes	Tu.am.m	S8	PV	Alan Zinober	236 7001
Natural History	No	Th.-.m	various	O	John & Aline Roberts	230 6487
Science & Technology	No	Mo.am.m	S8	PV	Dave Cassy	247 4454
Sustainable Development	Yes	Mo.pm.m	Central	PVAL	Jo Couldry	268 5496
Theoretical Physics	Yes	We.pm.m	S11	PV	John Edwards	296 2050
Social						
After Hours	No	Eve/wk.end	various	PVAL	Mary Entwisle	255 2368
Afternoon Tea	Yes	We.pm.m	various	PV	June Jackson	236 4474
Dining Out	No	Wed.eve.m	various	PVAL	Ann Rook	236 0315
Indian Veggie Buffet	Yes	1st Th.eve.m.	various	PVAL	John Wragg	236 8475
International Diners	Yes	Various	various	PVAL	John Wragg	236 8475
Walking						
Dippers "Too"(7-10mls)	Yes	Mo.-f	various	O	Margot Williams	266 7807
Dippers I (4-6mls)	Yes	Mo.-f	various	O	Jacqueline Smith	07730275999
Gannets (5-7mls)	No	Mo.-f	various	O	John Lees	267 1857
Late Walkers (5mls)	Yes	We.am.w	various	O	Jill Whyns	258 9935
Strollers I (Public Trspt.)	No	We.-f	various	O	Michael Ball	287 9226
Strollers II (Public Trspt.)	Yes	Mo.-f	various	O	Sheila Hewitt	268 6891

GROUPS	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
(Walking Cont)						
Strollers II (Saturday)	Yes	Sa.am.f	various	O	Norman Benson	236 1080
Strollers II (Tuesday)	Yes	Tu.am.f	various	O	Clive Williams	230 8177
Strollers III (Public Trspt.)	No	We.—.f	various	O	Pat Clifton	251 0450
Strollers III (Saturday)	Yes	Sa.am.f	various	O	Angela Lam	01246 416 842
Strollers SE(Saturday)	Yes	Sa.am.f	various	O	Christine Edwards	01909 773 548
Sunday Ramblers	Yes	Sun.—.f	various	O	Jenny Parker	236 0798
Sunday Walkers (7-9 mls)	Yes	Sun.—.f	various	O	David Hydes	288 7815
Walk n' Talk German (5 mls)	Yes	Fr.am.f	various	O	Anjie Barker	268 3912
Walking Grp A (5-6mls)	Yes	Alt Tu./We.-w	various	O	Pat Crook	265 4731
Walking Grp B (6-7mls)	Yes	Tu.-w	various	O	Joyce Cooper	236 2730
Walking Grp C (5-7mls)	Yes	We.-w	various	O	Gilbert Smith	230 5769
Walking Grp D (9-11mls)	No	Alt We./Th.-w	various	O	David Levine	258 9026
Walking Grp E (5-7mls)	Yes	Alt We./Th.-w	various	O	Chris Cave	236 4648
Walking Grp F (10-14mls)	No	Alt We./Th.-w	various	O	Peter Digby	236 6821
Walking Grp G (5-7mls)	Yes	Th.am.w	various	O	Tim Caley	230 3212
Walking Grp H (9-11mls)	No	Mo.—.w	various	O	Eric Bridgeland	250 8819
Walking Grp J (10-14mls)	Yes	Alt Tu./We.-w	various	O	Alan Heath	230 4898
Walking Grp K (4-5 mls) Pub Trspt.	No	Th.—.f	various	O	Pat Clifton	251 0450
Walking Grp L (4-5 mls)	No	Th.am.w	various	O	Barbara Cassidy	262 0699
Walking Grp M (5 - 8 mls)	Yes	Fr.—.w	various	O	Gordon Young	296 2402
Walking Grp N (6 - 7mls)	Yes	Fr.am.w	various	O	Sheila Harris	236 9653
Walking Grp NW (5 - 8mls)	Yes	Th.am.w	various	O	Pauline Shaw	07752638350
Walking Grp P (8 -10mls)	No	Alt We./Th.w	various	O	Anne Fitzpatrick	236 0989
Walking Grp Q (5-7mls)	Yes	Tu.am.f	S5/S35	O	Anne Chatterton	266 8998
Walking Grp R (7 - 9mls)	Yes	Mo.—.w	various	O	Camilla Jordan	268 5355
Walking Grp SE (8 mls)	Yes	Tu.—.w	various	O	Kenneth Stringfellow	230 4063
Short Courses	SET	MEETING	COORDINATOR			
Learning to be Retired	Set A	Mo.pm.w	S1	PV	Julia South	255 8523
THE FOLLOWING GROUPS ARE ADVERTISED IN LINKS AND ARE OPEN TO ALL MEMBERS						
Classical Concertgoers	Set A			PV	Pamela Sandford	236 1815
European Travel Group	Set D			PV	Samina Aslam	235 1489
Flying Gardeners	Set D	5th We.am	various	O	Shelagh Wooliscroft	255 8948
Lunch & Lecture	Set B	twice yearly	S8	PV	Dorothy Sutcliffe	268 5918
Steel City Wanderers	Set D	3 or 4 times a year	various	PV	Pat & Clare Ryan	236 8749
Travel Group	Set D			PV	Barbara Robertshaw	236 9102
Weekenders	Set C	Sa.Su.m	various	PVAL	Dot Sutcliffe	268 5918

Walking Groups explained

We have 32 walking groups and choosing the right one for you can be tricky.

Generally the strollers walk shorter distances (up to five miles) once a fortnight, some at a more leisurely pace than others. Walking groups tackle longer distances and meet weekly. *Links* will tell you which groups have vacancies. However, note that the groups which use public transport are smaller because of the practicalities of everyone getting on and off a bus or train.

The age range of those in each group may be broad; some groups have been going many, years. However, new members are always welcome and are vital for the continuity of the groups. Sometimes it may be necessary to make adaptations within a group so that those who struggle with the full length can still reap the benefits. Every group is different but has the same aims.

Many people belong to more than one group giving them the option of walking more than once a week. It is usually expected that members will lead a walk from time to time. Help will always be available if needed from those more experienced. When speaking to members one thing that stands out is the group loyalty and lasting friendships that exist. Some members meet not only to walk and talk but go together to the theatre, dining, on holiday, etc.

Interested in joining a walking group?

Choose the length of walk you want, look at the days each group walks and if there is a 'v' by the group give the coordinator a ring. There is no obligation to 'join' a group the first time you meet up. As for all U3A groups, a member may go along twice before they make a commitment.

If you can't find a group that suits you there is always the option to start a new one. Contact me, preferably by email, for details of how to do this or if you have any other queries.

Stephanie Dixon General Coordinator Set A groupsasheffieldu3a.org.uk

Sheffield U3A and 'Off The Shelf'



For the first time in its history, the world famous 'Off the Shelf' literary festival featured an event imagined, designed, developed, delivered and performed by Sheffield U3A. The event, attracting nearly 80 participants over two appropriately grey days, was 'Stained Steel: Dark

Tales from the Steel City', a joint production of Steel City Wanderers and the entire Story Writing group, three independent SU3A authors and a pair of troubadours.

Stained Steel was a literary journey through the history, collective memory and new imaginings of some of the most atmospheric locations in Sheffield. Each garden, square, fountain, ginnel, concourse and balcony featured an original story, poem or performance. We laughed at the Angry Man, wept for the fate of the Sheffield Pals, had a voice and a hand from the grave, quaked at alien invaders, a demonic horseman and murderous cutlery, we were reminded to always check the back seat before driving off in a car, we learnt of the heroes that were the Chartists and James Montgomery, where are such giants today? Godot, with a soupçon of Hamlet and two strolling players, we awaited in vain, whilst we stood in the rain.

The real purpose of this literary event was not the fame and glamour of 'Off the Shelf', but to bring to a wider audience the creativity, imagination and energy that we, the older, more experienced and worldly-wise can continue to contribute to a modern society. A big thank you to eleven marvellous authors and two strolling players!

All the stories are available to read free of charge on the front page of the Sheffield U3A website at <http://sheffieldu3a.org.uk/>, click on **Steel City Wanderers' brochure (Stained Steel) available here.**

Pat & Clare Ryan



Weekenders' Sunday Lunch 15 January 2017

Brighten the post-Christmas gloom with a congenial get-together, combined with a delicious Sunday lunch, in an attractive restaurant at the Novotel Hotel in Sheffield city centre.

The meal is 3-course, buffet-style with soups and salads for starters. The main course is a choice of beef bourguignon or poached salmon steak with prawn and mushroom sauce or mushroom and courgette stroganoff, along with vegetables, rice and potatoes. The third course is a selection of the chef's mini desserts.

Please arrive at 12.45 for 13.00 pm.

The cost of the meal is **£21 per person** including tips.
Drinks are not included.

If you would like to join us, please book online at www.su3a.wildapricot.org using your email and password or complete the form on **page 29** and return it to Jane Whitehead with your cheque, made payable to **Sheffield U3A Weekenders**, and a **small s.a.e**, to arrive by **Tuesday 20 December 2016**.

Please ring 07729 834993 if you would like further information.

Why Book Online?

- You know you have a place immediately
- You save two stamps
- You save the organiser a lot of work





European Travel Group

Coordinator: Samina Aslam (0114 235 1489)

Email: sammass1747gmail.com



The European Travel Group is a relatively new group, as open groups go, and as we come to the end of another successful year we look back to what has been achieved. Since our introduction three years ago, we have successfully taken over 200 travellers on six trips, with a further 3 trips booked for next year. It has

been a steep learning curve but fun... and sometimes traumatic as trips are cancelled because insufficient applicants applied within the allotted time set by the travel operators! As we “learn on the job” we have changed the way we work and have introduced “register of interest” for the trips. This allows us to do only half of the work before we know how much interest there is from members.

The last few months have been rather challenging as sterling has plummeted against many major currencies and should the situation not change we are expecting surcharges to be introduced by the travel operators. Indeed, we have already had one holiday where a surcharge has been levied due to this reason. We will try to manage the situation as well as possible for all travellers

Travel Insurance is essential for all travellers and this is particularly so for our age group. As trips are booked months in advance please don't forget travel insurance should be sorted at the time of application (subject to annual renewal). It is unwise to take it out weeks/days before date of departure.

At the time of writing this article we have arranged a meeting in November for our group to meet and discuss the 2018 calendar. Some of the destinations were mentioned in the August Open Groups *Links* Supplement along with the groups' contact details. However, we are always open to suggestions so please do get in touch with us.

We look forward to travelling with some of you in 2017.

Samina Aslam sammas1747gmail.com (0114) 235 1489

Our trips are open to all SU3A members

Cancellations and Insurance: please refer to October 2015 edition of *Links* (also available on our website).



Weekenders' Sunday Lunch 15 January 2017

Name(s) SU3A No(s)

Address

Postcode

Contact details (email/Tel.number)

Please reserve place(s). I enclose a cheque for £
(£21.00 per person) payable to **Sheffield U3A Weekenders.**

Please send to Jane Whitehead, c/o 32 Tapton Crescent Road, Sheffield,
S10 5DA **with a small s.a.e.** to arrive by Tuesday 20 December 2016.

Travel Group Visit to Macclesfield Silk Museum and Little Moreton Hall

Visit the Silk Museum and journey along the Silk Road to discover Macclesfield's silk story. The museum houses exhibitions exploring the properties of silk and its production, as well as Macclesfield's diverse textile industries, workers' lives and historic machinery. Just a few yards away from the museum is the Paradise Mill which accommodates 26 restored Jacquard looms. On our guided tour we will see demonstrations of the complex process of silk weaving, as well as insights into factory life in Macclesfield during the early 20th century. Coffee/tea will be served in the morning and after a light lunch in the Museum's Tea Kitchen Restaurant, we will travel the short distance to Little Moreton Hall.



The Moreton family experienced the highs and lows of life in the 16th century. The Hall is a 500 year old timber-framed building, surrounded by a moat and set within a small pretty garden. It survived the Civil War, spent 250 years tenanted, was in serious danger of falling over and is as intriguing as it is wonky. On a guided

tour we will hear all about the secrets of this iconic Tudor treasure. The tea room is open for refreshments.

The cost of the day is **£25** or **£33.50** if you are not a National Trust member. This includes coach travel, driver's gratuity, entry to both venues, coffee and lunch at the Silk Museum. If you wish to apply for a place on this visit, please complete the booking form on **page 32** and send it with a cheque and a small s.a.e to Barbara Robertshaw.

Advance Notice: Travel Group Day Visits for 2017

April	Howarth and Keighley & Worth Valley Railway
15 May	Hodsock Priory, Notts.
June	Hull
5 July	York and Bishopthorpe Palace
August	Gunby Hall and Lincolnshire Aviation Heritage Centre
September	Whitby
October	St George's Hall, Liverpool
November	Capesthorpe Hall at Christmas
December	Chester

Short Breaks 2017

12 – 16 September Cambridge area

Travel Organising Committee

Barbara Robertshaw Coordinator (0114) 236 9102
e-mail: ba_robertshaw@yahoo.co.uk

Barry de Roeck Treasurer (0114) 236 9169
Derek Shipley Secretary (0114) 236 6257
Margaret Bullivant (0114) 296 2256
Margaret Langrish (0114) 296 2251
Val Wiley (0114) 236 0726

Remember!
Copy deadline for the April 2017 Links
is 24 February 2017



Travel Group Visit to Macclesfield Silk Museum and Little Moreton Hall

Name(s) SU3A No(s)

.....

Address Tel.....

..... Postcode

Please reserve place(s) for me. I enclose a cheque for £
(£33.50 per person), or, for NT members, (£25.00 per person), payable to
Sheffield U3A Travel. Please return the completed slip and cheque with
a *Links*-size s.a.e., as soon as possible to: Barbara Robertshaw, 20 Whinfell
Court, Sheffield, S11 9QA.

Please tick your preferred pick-up point below:

Sheffield Interchange, Platform E5 07.45 ()

Bus Stop Knowle Lane/Ecclesall Road South 08.00 ()

✂-----

Coordinators: A date for your diary

The Coordinators' meeting for next year will be on Thursday 6 April
2017, at the Quaker Meeting House. 10.00 coffee for a 10.30 am start.

We cannot run this meeting without you. Please put it in your
diaries and reply, to say you will attend, when your invitation arrives.

Opportunities for Members

Have you been diagnosed with Systemic Sclerosis experiencing Raynaud's phenomenon?

A team of researchers at Sheffield Hallam University are running a research study in collaboration with clinicians at Sheffield Teaching Hospitals NHS Foundation Trust for patients with systemic sclerosis. The study (as part of a PhD research programme) is exploring the implications of exercise in patients with systemic sclerosis experiencing Raynaud's phenomenon.

If you would be interested to know more about the study and potentially take part (which may involve you receiving a complimentary, 12-week, personalised exercise training programme under guidance from an experienced physiologist), please contact Mr. Alexandros Mitropoulos on hwbam13exchange.shu.ac.uk or 07926 126426.

Links Publication Dates

Publication

April 2017
June 2017
October 2017
December 2017

Copy Deadline

24 February 2017
26 April 2017
25 August 2017
26 October 2017

Links Open Groups Supplement

Publication

February 2017
August 2017

**SHEFFIELD UNIVERSITY OF THE THIRD AGE
2017 POSTAL MEMBERSHIP RENEWAL FORM
Regd. Charity No 703147**

Name (1): (Mr/Mrs/Miss/Ms)
Year of birth _____ **Email:**
Address:
.....
Postcode: **Tel No:**

Name (2): (Mr/Mrs/Miss/Ms)
Year of birth _____ **Email:**
I / We attach a payment of £ for membership at £10.00 per person. Please make cheques payable to **Sheffield U3A**.

If you do NOT wish to receive the national U3A News tick here [.....]

Please note that members not renewing before 28 February 2017 will be deemed to have resigned.

GIFT AID DECLARATION – for a single donation

Please treat the enclosed gift of £ _____ as a Gift Aid donation.
I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April 2016 -5 April 2017) that is at least equal to the amount of tax that all charities and Community Amateur Sports Clubs (CASCs) that I donate to, will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Donor's details: Title Full name
Signed: **Date:**

Please notify the SU3A if you

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

**Please return to: SU3A Membership Team, PO Box 1349, 109
Vernon House, Friar Lane, Nottingham, NG1 6DQ**

SU3A Executive Committee

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342 Abbey Lane, Sheffield, S8 0BY		chairsheffieldu3a.org.uk
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		secretarysheffieldu3a.org.uk
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For queries about membership, joining SU3A, information on Groups, etc. see the contacts list inside the front cover.

Calendar 2016/17

- Dec** 3 C Concertgoers: Leeds: Manchester Camerata
 6 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
 9 Travel Group: Birmingham Symphony Hall & Christmas market
 10 Weekenders: Quiz, Pea & Pie Supper 19.30
 16 Showroom Lectures: Sheffield's Father Christmas – J G Graves 11.00
- Jan** 3 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
 15 Weekenders: Sunday Lunch, Novotel Hotel 12.45
 20 Showroom Lectures: Life After Capability Brown 11.00
- Feb** 3 C Concertgoers: Nottingham Royal Concert Hall
 7 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
 4-11 ETG: Iceland and the Northern Lights
 17 Showroom Lectures: Silk Processing 11.00
- Mar** 7 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
 15 Travel Group: Macclesfield Silk Museum & Little Moreton Hall
- April** 4 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
 6 Coordinators' Meeting: Quaker Meeting House

CURC: Central United Reformed Church