

Links 211: October 2023



In the Commemorative Garden

Contact Us

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

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

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

Remember the contributors' copy code:

Early, Literate, Accurate and Emailed

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

The last time I spoke to you via the pages of *Links*, I was Acting Chair and much concerned with whether we would manage to get a quorum for the AGM. The good news is that nigh on 100 of you came and we managed to complete the formal business of the AGM in 45 minutes. Those who did turn up were rewarded with a buffet lunch and the news that **for 2024 only**, we could reduce the annual subs from £10 to £8 if a majority agreed to it. I'm pleased to say that this proposal was passed unanimously, with one member stating that it was probably the only thing that any of us would see being reduced over the next year!

The summer months are generally a quieter time for u3a business so I did get time to see our gardening group in action at Whirlow Brook Park. For those of you who haven't visited the Su3a Commemorative Garden there, it's worth a visit. If you go on the morning of the 2nd and 4th Wednesday of the month, you'll see our members in action. The visit also gave me the opportunity to find out about the Book of Remembrance which appears every year at the AGM. This year several people asked about it and how they could put a member's name into it. There is an article about the Garden and the Book on Page 6.

I also attended the u3a Summer School arranged by the Yorkshire & Humberside Regional board (YAHR). It was a first for me and I really enjoyed it. Various courses were available, covering Improvised Drama (the tutor being an Su3a member), Spanish for Beginners, Archaeology, Jewellery Making, Life Drawing, Mixed Media Art, Vulcanology, etc. I opted for Hispanic Art and Culture which also covered politics, poetry and music. The School took place at The Hawkhill conference centre north of York. The weather was awful but the accommodation was good, with a licensed bar, tea and coffee on tap and three square meals a day. I couldn't fault it, so my name's down for next year.

I hope you have all had as good a summer as I have and look forward to seeing you at the Friday Lectures and the various trips which we have coming up.

Mo Cave

Renewals for 2024 start on 1 October 2023 and end on 31 December 2023 with a period of grace until 31 January 2024. The renewal form is enclosed with this copy of *Links* and there will NOT be one in the December issue. PLEASE renew NOW. It is essential that you sign the form or it cannot be accepted. The renewal email from Wild Apricot should be in your inbox by 1 October. If it is not, please check your spam first then email us at: wa-admin@su3a.org.uk. As usual we ask you to renew online if you possibly can. If you cannot then you can still renew by post using the application form found at [Renewal Form](#). You can pay online with either Visa or Mastercard credit or debit cards but not with a PayPal account. Do not worry if you have forgotten your password. Click on the 'Forgot Password' link next to the Login button and you will be sent an email to let you create a new one. If you have changed your email address during the year or have any other problems with the system, please email us at wa-admin@su3a.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.

Third Age Matters and printed copies of Links

The cost to receive copies of Third Age Matters (national u3a's newsletter) for 2024 is £3.75.

If you do not have access to the internet you will continue to receive free printed copies of *Links* and the *Open Groups Supplement* as before. The cost for everyone else is £4.00 for 2024.

To pay online, sign into Wild Apricot and select Events on the big blue menu bar. You will find two events, 'Third Age Matters' and 'Printed Links', where you can register for all copies in 2024 and pay your £3.75 or £4.00 or both. Instructions to pay by cheque are on the renewal form.

Important Advice for our Members

As a result of a recent incident we are advising all members to keep an emergency contact telephone number on them when attending Su3a activities. The number should be accessible so not on a locked phone. Having these details on you may save time in the event of an accident/incident.

Some phones are capable of displaying an emergency contact number on the locked screen but you would need to check your phone's settings for Safety & Emergency - Emergency Contacts.

Are you able to help with Su3a IT?

Our IT teams look after both the membership website (currently Wild Apricot) and the Wordpress sites. If you would like to help, please email Camilla Jordan at su3ait@su3a.org.uk.

Su3a Collection of Opera DVDs

Su3a has a collection of opera DVDs and has had a scheme which allowed Su3a members to borrow them for their own use. The previous custodian can no longer run the scheme and has handed the DVDs to our Treasurer Les Baker in the hope that someone else will take over the lending scheme. If you are interested, please contact Les at treasurer@su3a.org.uk.

Musical Positions

Two of our music groups have positions to fill. Vintage Voices are looking for a musical director, see Page 20, and Singing for Pleasure are looking for a pianist, see Page 21.



I would like to thank everyone who has made a donation towards the upkeep of the Su3a Commemorative Garden at Whirlow Brook Park over the last few years. The money has allowed us to purchase new plants or shrubs as required so that we can keep the gardens looking attractive for all our visitors, but we are always looking for more volunteers to help us with this.

There have been a number of enquiries recently from Su3a members asking how to make a donation to commemorate a friend or loved one. Information can easily be found on the Su3a website, on the 'Gardening at Whirlow Brook Park' page at

<https://su3a.org.uk/homepages/gardening/gardening-at-whirlow-brook/>. Near the top of that page there are links provided in blue shading to information on both the 'Su3a Commemorative Garden' and the 'Donation Form'. Completed donation forms should be sent to Chris Cave at the address given. Alternatively please contact Alison Cowper, who will be able to help out with any queries, on 07813 479273.

Many of you may well have already seen the wonderfully illustrated Su3a Book of Remembrance on display at the AGM. When donations are made to commemorate a former Su3a member then their names are recorded in the Book along with the short inscription provided on the completed Donation Form.



If you have yet to visit the Commemorative Garden then I hope that you will soon get the chance to do so. It is a wonderfully tranquil spot full of mature flowering shrubs and trees with seats provided at regular intervals. If you need directions then drive out of the city on Ecclesall Road South and once past Whirlowdale Road take the first turn on the right. Drive up into Whirlow Brook Park on the access road; park in the first car park and you will find the Commemorative Garden a little further up the road on the left. In addition you can now visit the newly-opened Café for refreshments.

Anne Johnson Tel: 0114-2365750

Open Groups Activities

Activities of Open Groups are open to all members of Sheffield u3a.



The Picos Mountains, Cantabria & Green Spain 19th – 24th May 2024

This 6-day, 5-night trip to Northern Spain includes return flights from Manchester airport to Bilbao or Santander, executive private coach transfers to and from airports and throughout the trip, and 5 nights half board accommodation at the 4* Olimpo Hotel (<https://www.hotelolimp.es/en/>) at Playa de Isla. Flight details will be confirmed once deposits are received. As described in the August edition of the *Links Open Group Supplement*, we are offering a packed itinerary of diverse locations and a variety of differing things to explore. We will be visiting small pretty towns like Santillana del Mar, established around a monastery and surrounded by an ensemble of 15th to 17th century golden stone houses, and Potes, a small ancient town with old balconied houses lining the river and a main square dominated by a 15th century tower.



The Guggenheim museum

We will explore Bilbao by foot and via a 60-minute cruise and included is a guided tour of the fantastical exterior as well as the collections of modern and contemporary art housed in the world-renowned Guggenheim museum.

We will make our way to the Picos de Europa mountain range and have the opportunity to take in the breathtaking panoramic views of the peaks and valleys, via a 900-metre ascent up the Fuente Dé Cable Car (weather permitting). Love them or hate them, anchovies are a staple of a Mediterranean diet and we'll learn how they are produced at the Mingo Anchovy Factory, L'Escala.



El Soplao Cave

We will visit El Soplao Cave, a very extensive range of caves developed over several levels. Home to a spectacular and diverse array of formations, our tour commences with a mine train excursion, followed by a walk through some of the rooms, including one with an underground lake. Most caves are wheelchair accessible. We will also visit the Altamira Museum and replica cave. The UNESCO-listed Altamira Cave, famous for its Upper Palaeolithic cave paintings, is considered by experts to be the Sistine Chapel of Prehistory. Whilst we offer a full itinerary there is also free time to explore places like Santander and Bilbao and the small towns at your own pace.

The cost is £1,085pp with a £99 single supplement with a required deposit of £200.00pp, subject to minimum numbers being met. All gratuities (except hotel) are also included. To make the most of this trip moderate mobility would be beneficial. All applicants must have their own travel insurance. Su3a cannot be responsible for any claims. This tour is arranged by Tailored Travel who provide travel insurance if needed. Please note that the airline schedule for 2024 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.

Please complete and return the application form by 16th October 2023 along with your deposit and an A5 (*Links* size) s.a.e.

Samina Aslam
sammas1747@gmail.com, 0114 2351489



The Picos Mountains, Cantabria & Green Spain 19th – 24th May 2024

Full name/s (as on passport)

..... Su3a No(s)

Address

Postcode Telephone

Email address

Room Type Single/Double/Twin

Please reserve place(s) for me.

I enclose a cheque for £..... payable to Tailored Travel and a *Links*-size stamped addressed envelope.

Applications should be sent to: Samina Aslam, 342 Abbey Lane, Sheffield S8 0BY to arrive no later than 16th October 2023.

Please indicate your preferred pick up point:

Sheffield Interchange E4-6 ()

Ecclesall Rd South/Knowle Lane ()



Lunch and Lecture



Our last Lunch and Lecture, in May, was another extremely enjoyable afternoon. Our speaker, Steve Porter, Head Gardener at Chatsworth, was so knowledgeable and interesting. It was fascinating to learn of the development of the garden and landscape over the centuries as well as gaining an insight into Chatsworth's latest developments. The amount of person-power required to execute those plans!



Steve Porter and his audience

Our next Lunch and Lecture will be on **Friday, 3 November 2023** at the Doubletree by Hilton Sheffield Park Hotel, Chesterfield Road South, Meadowhead, SHEFFIELD S8 8BW. Arrival 12 noon for a 12:30 start. Cost – £25.00. We have done our utmost to keep the price as competitive as possible and, you can be assured, we will continue to do so. However, all our expenses have risen: hotel costs and gratuities have increased, sound equipment hire has become a necessity, and many speakers' fees and expenses have increased too.

The speaker for our next event is **Stephen Croft on behalf of Yorkshire Air Ambulance (YAA)**. This promises, again, to be a lively and interesting topic. Stephen is one of YAA registered volunteers, who is also an ex-patient, so he will also be able to tell us something of his own personal

story. The talk usually provides a little bit of history about the YAA: when it started up and where they are now, how they operate, where their base is and how incidents are tasked to them. Naturally there will be some information about the crew and medical capabilities of the team.



The Yorkshire Air Ambulance

Menu choices:

- A Lemon Thyme Marinated Chicken Breast (*Gluten Free available) served with Roasted Potatoes, Roasted Shallot Gravy
- B Pan Fried Cod served with Parsley Crushed Potatoes
- C Thyme Roasted Butternut Squash & Brie Wellington
- D Sticky Toffee Pudding served with Vanilla Ice Cream and Toffee Sauce
- E Fresh Fruit Salad served with Raspberry Sorbet

PLEASE NOTE that this is a set menu and once you have made your menu choices you cannot change your mind.

LUNCH AND LECTURE – YORKSHIRE AIR AMBULANCE

Friday, 3 November - 12 Noon for 12:30pm start
Doubletree by Hilton Sheffield Park Hotel, Chesterfield Road South,
Meadowhead, SHEFFIELD S8 8BW

NAME(S)

ADDRESS

..... POSTCODE

TELEPHONE Su3a No(s)

Email address

(I agree/do not agree to you retaining my email address for the purpose of sending me further information about this event or future similar events - please delete as applicable.) MENU CHOICES – please tick one main and one dessert per person

A	B	C	D	E	hearing loop?

Special dietary request:

Please reserveplace(s) for me at £25.00 per person.

I enclose a small stamped addressed envelope and a cheque for £..... payable to Sheffield U3A Lunch and Lecture.

Forms should be sent to arrive no later than Monday, 23 October 2023, to Barbara Hutton, 57 Bradway Road, SHEFFIELD S17 4QR

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

(Enquiries: Sue Connelly ksueconnelly@hotmail.com 01246 418251 or 07890 522014; Barbara Hutton barbara_hutton@hotmail.com 0114 4384412 or 07873 202996)

LUNCH AND LECTURE GROUP - RESOURCES TO HELP WITH HEARING

As many of you will recall us reporting before, The Double Tree by Hilton Hotel does not have an operational 'hearing loop' that is able to assist most hearing aid wearers to hear more clearly, therefore it is necessary for us to hire equipment. Last time the loop did not go around some of the tables at the back of the room. We will endeavour to ensure that this is not the case next time.

We were able to try a system last November that could be used by anyone who struggles to hear clearly and we are hoping that it will be possible for the equipment to be available again this coming November. We believe that there are 14 such units.

In May we asked members to let us know, when booking, if they wished to avail themselves of this kind of hearing enhancement. Only two people requested more information before the event; however, at the event many members raised an interest. If you would like to try this apparatus at the next Lunch and Lecture or would just like to talk to someone to learn more about it, please tick the box on the menu choices table on the booking form and someone will get back to you. It is best if members can provide their own earphones to plug into the receiver - simple ones with a jack plug connection are all that is required.

Possible New Groups



Calligraphy

Is anyone interested in doing and learning calligraphy? I am setting out my poems and illuminating the text using inks on parchment paper. The venue could be in my home to begin with on a suitably chosen day of the week and could be held every 2 or 4 weeks. Thank you in anticipation.

Barbara Cassidy, barbara@daisybee.co.uk



Wellbeing in Nature



A hidden gem: Whinfell Quarry Garden

Whinfell Quarry Garden sits at the side of Whirlow Brook Park off Ecclesall Road South. The Quarry dates back to the early 20th century when it produced flagstones.

Once derelict, the area was converted into a garden (1895) and later a house (1902) by the steel industrialist Samuel Doncaster. He was a lover of unusual trees and from his many travels abroad brought back a selection of trees and shrubs including Giant Redwoods, Rhododendrons, Acers, etc., adding ponds and waterfalls to complete the sheltered garden. The house and gardens were later bought by Frederick Neill, the first High Sheriff of Hallamshire who renovated the gardens. Whinfell House was destroyed by fire in 1971, and later demolished. The site is now surrounded by luxury apartments. The gardens were gifted to

Sheffield in 1968.

In 2001 the Friends of Whinfell Quarry Garden group was formed. Ever since the gardens have been maintained to a high standard by them for the public to enjoy. One of the group kindly gave us a guided tour, which we found very interesting. A place of peace and tranquillity for us all to enjoy nature.

Monica Frith



DISCUSSION GROUP II

The courteous exchange of ideas during a couple of hours in a discussion group makes a welcome change from the sort of ideological slanging match that takes place on social media. Over the past year, our group have tackled some thorny subjects: immigration, the NHS, and the increase in mental illness, especially in young people. We have already debated how we can teach children to be resilient and we are returning to that subject at our next meeting, asking how we can prepare them for their place in society. We have wondered if democracy is doomed, whether either Parliament or Ofsted is fit for purpose and whether we need a monarch. Discussion of the many changes in the use of language, particularly when they flout the rules of grammar, aroused strong emotions in some of us. Discussion of what we mean when we call someone evil really made us think. Topics to lighten the mood included deciding which superpower we would like to have and whether we should bring back Imperial weights and measures.

Mary Alexander



French - Advanced

As the French Advanced group now has a waiting list, it seems somewhat unethical to encourage new members. That said, I am quite happy to hear from anyone who is interested in the group.

Peter Keen,
peterkeen222@btinternet.com



Feminists over Fifty, Discussion Group and Social Group

Feminist Discussion Group



We have a lively Feminist Discussion Group taking place on the third Monday of every month in the morning at a City Centre venue. We vote each month on a topic and get together to discuss it. After meeting as a whole group, we break into smaller groups of 5 or 6 for the discussion. It's a great way to get to know people and to get some brain exercise. Contact Sue at feministover50@gmail.com if you are interested, or phone Sue on 07989 212431.

Feminist Social Group



Our Feminist Social Group takes place on the second Wednesday and third Friday of every month in the morning in a City Centre cafe. We are a lively and friendly group. Come along and make some new friends. Contact Sue at feministover50@gmail.com, tel: 07989 212431.

Coordinator Susan Bradford



Family History III

Owing to some resignations, we now have some vacancies in our group. Focusing on how family history can be explored, on our own family histories and on the social contexts in which our ancestors lived, our meetings include speakers on a variety of topics, presentations by group members and sharing of our own work and the challenges we meet. Our 2022/23 meetings have included speakers on dating old photographs, 'hidden women' in Victorian times, wills and probate, surnames and 'Behind the scenes at "Who do you think you are?"'.

We often follow up speakers with sessions sharing our own information on the topics we have heard about, for example on wills and on name derivations; or we generate our own topics – for example we have held some very interesting sessions on occupations (including unusual ones) of our ancestors, on DNA and on useful websites.

We would welcome new members, whatever your experience. We meet at 10:30am on the second Tuesday of the month in the Scout Building on Trippet Lane. If you are interested in joining us, please contact me at t.j.simkins@btinternet.com or 0114230 2656.

Tim Simkins



Gardening C

Our Spring/Summer programme has seen us visit places of garden interest ranging from a Romantic Plantsman's Garden, Wildflower Meadows, Alpine Plants, a conducted tour of Grey to Green and a coach trip to RHS Garden Bridgewater at Salford. We will conclude the programme with a visit and conducted tour of the Gardens at Brodsworth Hall. Our Autumn/Winter programme commences in October with illustrated talks held in members' homes and will cover a wide variety of garden subjects. We are a group with 20 members, currently full, but are happy to hold a waiting list.

Patricia Robson



Story Writers

The Su3a Story Writers group has existed for over 20 years, being formed initially by Peter Barclay but led with great good humour and sensitivity by Margaret Briddon for 15 years (Dec 2006 - Dec 2021), before she handed over the reins to me. We meet once every four weeks in members' homes to read the stories we have written, to an agreed title, and to engage in occasional short creative writing exercises.

The membership of the group is extremely stable, currently consisting of nine individuals and one long-term absentee whose health, we hope, will permit her to return soon. Consequently we currently have no vacancies, with one person on a waiting list, but if others would like to add their names to the queue please feel free to contact me via the details on the 'Groups and Activities Pages' in *Links*.

I have recently updated the Story Writers group home page on the Su3a website. You can read there ten stories written by various members of the group over the period July 2021 - June 2022, all dedicated to the memory of Margaret Briddon, who sadly died in September of last year.

Phil Parker (Group Co-ordinator)



Vintage Voices

DO YOU ENJOY SINGING?

Vintage Voices is a Su3a member choir who sing in 4-part harmony. We are a very friendly group of people who like to sing and perform at luncheon clubs, care homes and other community events and also occasionally meet socially for a meal and to visit the Sheffield theatres.

We have a mixed musical collection of songs including *Les Misérables*, Simon and Garfunkel, *The Lord is My Shepherd*, *A Handful of Songs* and many other similar songs.

We had a break from rehearsals during August but met again in early

September. We meet on Monday mornings in the choir room at Victoria Hall on Chapel Walk in the centre of Sheffield from 10:15am until 12:15pm with a 20-minute break.

We are now looking to recruit new members to the choir and are also looking for a Musical Director who would be willing to conduct the choir at our rehearsals and performances.

For more details, please contact Jackie Hall via email jackie-hall3@sky.com or mobile 07770 332155.

Jackie Hall



Singing for Pleasure



The u3a Singing for Pleasure is a long-established group of about 25 singers meeting on alternate Fridays in the Chapterhouse of the Cathedral. Most of our songs are in 4-part harmony, although not everyone in the group can read music and we learn by listening. A selection from *Les Misérables*, Elgar's *As Torrents in Summer*, *Lili Marlene* and other similar songs are this year's new pieces.

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Occasionally, we perform in public. Recently, about half the group went to sing at Southcroft Sheltered Accommodation on Psalter Lane. We sang to residents, then they sang songs they had learnt to us. Finally, we all sang together. It was great fun! Last Christmas, we sang carols in the Nave of the Cathedral for one of our afternoons.

Pianist please

Singing for Pleasure is looking for a pianist. Our pianist resigned in December because of work commitments. The previous incumbent prefers to sing, but has stepped in to help on the understanding that we advertise for a new pianist.

Lesley Webster
lwebster5@btinternet.com

Cycling - Wednesdays

This is definitely a 'fair-weather' group and the recent weather hasn't been as good as you would expect for the summer months. In fact we didn't get out at all on the 3rd August. 😞



But here we are in June making our way from Shillito Woods to Riber Valley on a gloriously sunny day with wonderful views all the way. 😊

Sandie Andrews

Music Appreciation

The Su3a website description for this group reminds us that listening to music is good both for our health and for our souls. Every fortnight we meet at a member's home in Walkley to listen to and learn about all kinds of music, not always classical. We have enjoyed presentations from our members who take it in turns to share their enthusiasm for a composer, a genre, a performer, an orchestra or a favourite theme and we've heard symphonies, brass bands, Greek folk music, "Drums", film music, concertos, songs and choral works, from all eras. Not all members do presentations and there is absolutely no pressure to do so; we have an hour of music, a half-hour break for tea, biscuits and socialising and then another hour from the same presenter, or a different one. Here's what

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some of our members have said about the group and its format: "I find myself listening to music I would never listen to at home and I'm enjoying it. The group is broadening my taste no end."

"It's a very relaxed group of like-minded people who enjoy extending their appreciation of music in a friendly, non-threatening atmosphere."

"We have some experts among us but most of us don't know our arpeggios from our elbows. There is no talk of key changes or sonata form; we just sit back and enjoy the music. Just as important is the good chat at the interval and it's not always about music!"

"Personally, music is a very important part of my life and it is good to belong to a group that, whilst having a broad section of members, all have a common interest in music."

Avril Williams 07833 955866



Strollers III (Saturday)



This group meets fortnightly for walks no longer than 3 miles. Here we are enjoying a walk in the lovely Su3a garden in Whirlow Brook Park.

Anne Gurnell



Walking Group N

Walking group N meets on Fridays for a variety of walks of 6 to 7 miles led by members. Whilst we have over 20 in our group we usually have 7 to 11 walkers each week and therefore have spaces for new people.



Walks are mostly either in the Peak District or Bradfield areas, as decided by the leader. The group pictured started a walk beyond Stannington, dropping down to Hollow Meadows and back over moorland. We have coffee and lunch stops and enjoy chatting with each other on all sorts of issues! If you'd like to try us out please contact Sylvia McColm, as listed, or Elaine Ferguson on 07929 720977.

Sylvia McColm



Dining Out

In an ever-changing time we do still have some vacancies for the dining out group.

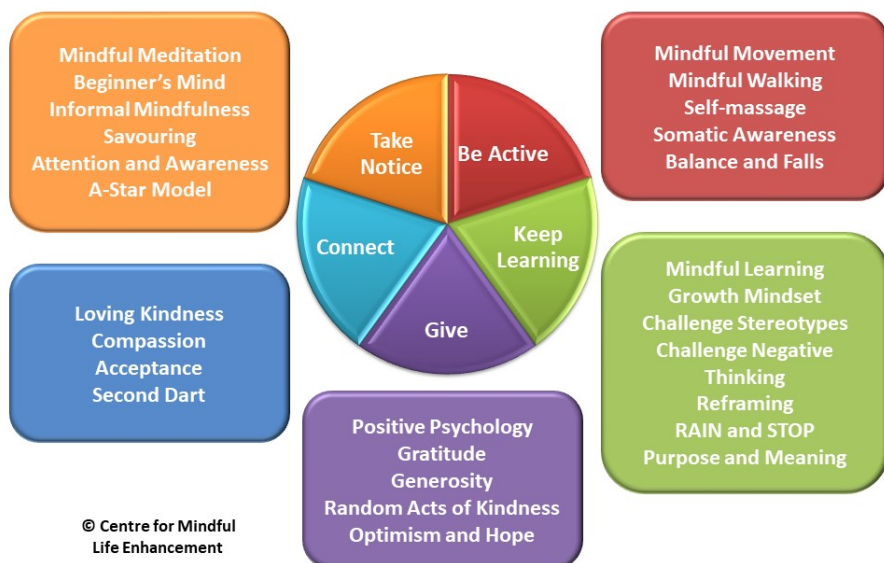
Susan Stone
susan-stone1@sky.com



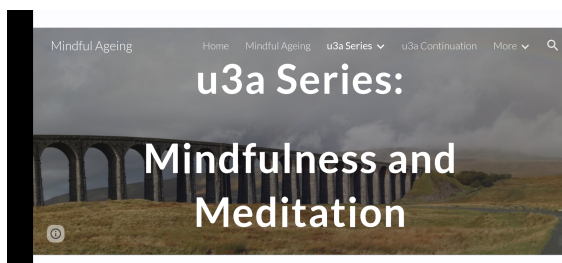
Mindfulness

The group has now delivered four six-week Zoom-based Mindfulness and Meditation programmes for the u3a Trust and over 700 u3a members have joined these programmes. Our fifth programme will start on 18 October. In addition, we run a monthly hour-long drop-in session on Zoom for national u3a members on the third Thursday of the month. Booking for both activities can be made on the u3a Learning Events web page. The programmes are based on the Five Ways to Wellbeing framework used by the NHS and universities such as Sheffield Hallam. The five ways are: Noticing, Connecting, Being Active, Giving and Keeping on Learning. The sixth session has a Sheffield flavour, The Full Monty, and provides a summary of the programme.

MINDFUL WAYS TO WELLBEING



Sadly, Margaret Spooner, a founder member of the group, passed away in June. She was a member of the team delivering the national programmes and will be sorely missed.



After a summer break, the group returned to fortnightly meetings on Thursday 7 September and now meets in "hybrid" format in the Multifaith Centre of Sheffield Hallam, with some members joining us simultaneously on Zoom. The meetings are a mix of meditations, simple mindful movement and discussion on a topic. We are open to new members who will be made very welcome.

You can contact us on u3a@mindfulageing.org. All our material from the online activities such as recordings and presentations can be accessed on our website <https://www.mindfulageing.org/>.

John Darwin and Mike Pupius

Racketball

Do you like having fun, keeping fit and being sociable? Then why not try one of the u3a racketball groups (Monday and Thursday morning, S17).



Sessions are coach-supervised to see fair play, all equipment is provided, changing facilities, shower, sauna are available as is coffee. For more information, call or mail Peter Keen on 07534 521554 or pckeen2000@yahoo.co.uk. Go for it!

Peter Keen

Kurling

It was in January 2023 that Kurling came to Su3a. It was a very new game to us. We were fortunate to find a home at St John's Church Hall and on Monday 9th January we opened the doors to the first session of a new game.



It soon became clear that, although St John's had made us very welcome, it was not ideal. We played on each Monday and Tuesday, but as the days lengthened, and became warmer, numbers began to dwindle. We needed a minimum of 10 to cover the cost of the hall but by April it was obvious that we could not maintain the sessions as numbers fell. We decided to close for the summer and relaunch later in the year. So here we are – starting a new season in new (to us) premises on 11th September. We had investigated various possibilities. It was decided that the welcome and the facilities at Hillsborough Sports Hall made it a strong candidate. On 14th August a visit there confirmed this and a taster session was arranged for 29th August. By the time you read this we'll know whether the move was the right one.

On 14th August we were invited to visit Barnsley's Kurling group who play at the Dorothy Hymen Sports Centre in Cudworth. We had an enjoyable, if strenuous morning, with sixteen of us playing a series of games.

GBKA in Bridlington!

Three Su3a members ventured to Bridlington on Saturday April 29th. So, what's GBKA? It's the Great Britain Kurling Association, and having a burgeoning Kurling u3a group in Sheffield, we were encouraged to go along and see. Actually, we were encouraged to play, but resisted all invitations – but I suspect we needn't have worried too much. I thought it was going to be all u3a since the host and organiser were from Bridlington u3a and Thanet u3a respectively, but the teams (doubles on Saturday and singles on Sunday) were from Bridlington u3a, Thanet u3a, Berkshire Nomads (since Covid they can only wander around and play occasionally), Blind Life Durham, Wear Valley and other visitors from Scarborough.



The blind folk were the ones that took my breath away. They had someone telling them what the targets at the other end looked like and someone at the other end giving them information about the placing of the stones before they shot. Some were both blind and in wheelchairs and played really well. It was about enjoyment and doing the best you can rather than about killing the opposition. Kurling is played as a game for people of all different abilities as this photo from Bridlington shows.

Ann Granville

Review of the Friday Lecture 21 July 2023

How to Interpret a Garden – Laura Alston

Dr Laura Alston seemed unfazed that we were in Cinema Screen 2 instead of the much larger Cinema Screen 4. She introduced the word 'interpretation'. How can a site be 'interpreted'? When thinking about the Botanical Gardens in Sheffield, what sort of information do members of the public want to know? What kind of questions might they want answered? - She talked about different ways to go about thinking of these issues.

Different audiences might be those who visit for the joy of it and those who are keen to learn something. How about those who have sensory needs and want to use their senses in different ways? How can people find their sense of smell or touch or hearing immersed in the stories that the Botanical Gardens can deliver? Are the stories just about plants and planting? How about the archaeology, architecture, sculptures, geography, wildlife, climate, squirrels (careful – they can bite!), foxes, badgers, biodiversity, and so on? What kind of technology can be used to share information with the public? Laura mentioned diving under a duvet to get the right environment to do an audio clip. Is this when she was using an app called Izi Travel? Yes! I think so. I've just downloaded this app and I've dodged offering to pay for the experience – and found a trail set in the General Cemetery and the Botanical Gardens (points 7 to 13 on the trail). That might really be Laura's voice talking about the rose garden at location number 12! If you were to provide a guided tour for people who are in the city seeking sanctuary, would you use images rather than words to give them an opportunity to engage with 'the site'? If you wanted to produce information boards on the site, would you invite 5 or 6 design companies to come up with proposals for how they might design them? Apart from using QR codes to give access to further information on a website, would you use an audio trail that visitors can listen to as they are moving around, perhaps using Bluetooth? What about people who cannot get out and about easily? How could you design things so that they could get a 'flavour' of the site even when they

can't physically get to visit? A video perhaps? Is there a Su3a video group that might want to get involved in such a project? Could you give a feel for the changes of season? What about the site's branding? What do you think of the font and colour schemes used for the Botanical Gardens' branding? Are the questions from the audience the best bit?

A Friend of Whinfell Quarry Garden asked how Laura's ideas could be applied to that garden. Laura encouraged everyone present to think how these ideas could be applied to any garden, even your own private garden (though you might not have to think of quite so many visitors), or even other sites that aren't gardens, like the General Cemetery where she was working until recently. You might have to think on a different scale if you haven't just won a generous Lottery grant to 'interpret' your site. But lots of apps are free to use, as long as you resist the temptation to pay for them.

For more information: Sheffield Botanical Gardens Trust - SBGT -

<https://www.sbg.org.uk/>

Explore the database: <https://sbg.gardenexplorer.org/>

Laura's email: laura.alston@sheffield.gov.uk

Elizabeth Birks

Forthcoming lectures

20 October: Luke Seely & Isabel Leach who shared the Su3a Student Prize for their dissertations on age-related issues, will report on their findings.

17 November: The World of Fraud: Cyber Crime and Scams. Andy Foster of South Yorkshire Police will speak to us on this increasingly prevalent issue.

15 December: Inn & Out at the Top. Neil Hanson who is the author of 70 books and ghostwriter to sports stars and celebrities will talk about his time running Britain's highest inn back in the 70's and 80's.

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As always, this programme is subject to change.

Oct 3	Drop-In	10:00am-12:00 noon, CURC*
Oct 20	Su3a Student Prizewinners	11:00am, Showroom
Nov 7	Drop-In	10:00am-12:00 noon, CURC
Nov 3	Lunch & Lecture	Yorkshire Air Ambulance
Nov 17	Andy Foster	The World of Fraud: Cyber Crime and Scams 11:00am, Showroom
Nov 25-27	Weekenders	Don Giovanni at Glyndebourne Tour
Dec 5	Drop-In	10:00am-12:00 noon, CURC
Dec 15	Neil Hanson	Inn & Out at the Top 11:00am, Showroom

* CURC: Central United Reformed Church

STOP PRESS!

The first ever u3a national 3-day festival will be held in York 17th - 19th July 2024. Details yet to be announced but keep your eye on our e-newsletter, *Links* and Facebook.

Links 212: December 2023
Copy Deadline: 27 October 2023

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