

## Links 215: October 2024



*Autumn 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*.

## Membership Enquiries:

Su3a Membership Team  
01433 659864

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

## Information about Groups:

Fran Rodway  
07774 142409  
Group Records Team  
Health and Safety Risk Assessments

General Coordinator  
[groupsa@su3a.org.uk](mailto:groupsa@su3a.org.uk)  
[grouprecords@su3a.org.uk](mailto:grouprecords@su3a.org.uk)  
[mocave@btinternet.com](mailto:mocave@btinternet.com)

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

Remember the contributors' copy code:

**Early, Literate, Accurate and Emailed**

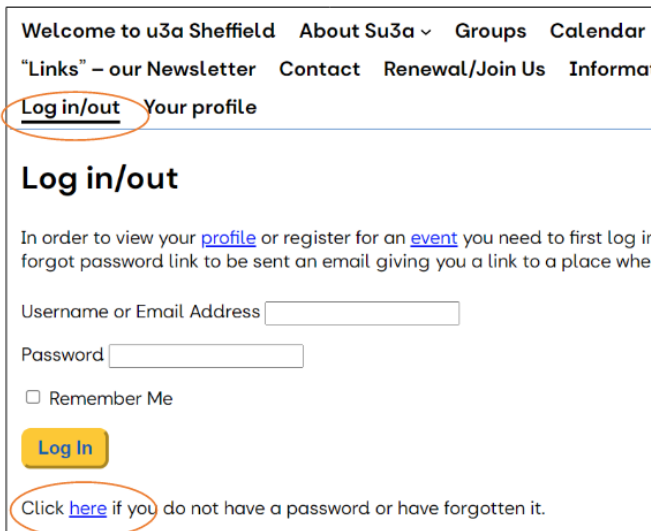
The *Links* Team is not responsible for the content of any articles. For any queries please contact the author of the article.

## Facebook Group

To join our Facebook Group, please go to <https://www.facebook.com/groups/sheffieldu3a/> and hit Join. You will be asked to answer two questions and will need your Su3a membership number.



As always, we ask you to renew online if you possibly can. If you never shop online then feel free to fill in the form which has come with this *Links* and send a cheque. To renew your membership online using the new membership system go to [www.su3a.org.uk](http://www.su3a.org.uk). You will need to log in before you can renew.



Welcome to u3a Sheffield About Su3a Groups Calendar

"Links" – our Newsletter Contact Renewal/Join Us Informa

Log in/out Your profile

### Log in/out

In order to view your [profile](#) or register for an [event](#) you need to first log in. If you have forgotten your password, click on the forgot password link to be sent an email giving you a link to a place where you can reset your password.

Username or Email Address

Password

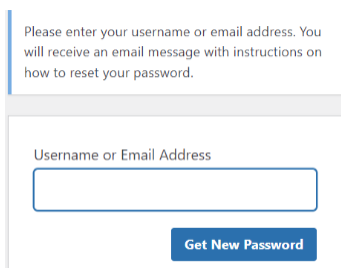
☐ Remember Me

[Log In](#)

Click [here](#) if you do not have a password or have forgotten it.

If you do not already have a password for the new system (your old Wild Apricot password will not work) click on the [here](#) above.

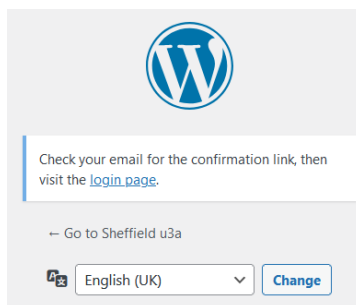
The next screen will ask you for your username or email address. Fill this in and click on Get New Password.




Please enter your username or email address. You will receive an email message with instructions on how to reset your password.

Username or Email Address


[Get New Password](#)





Check your email for the confirmation link, then visit the [login page](#).

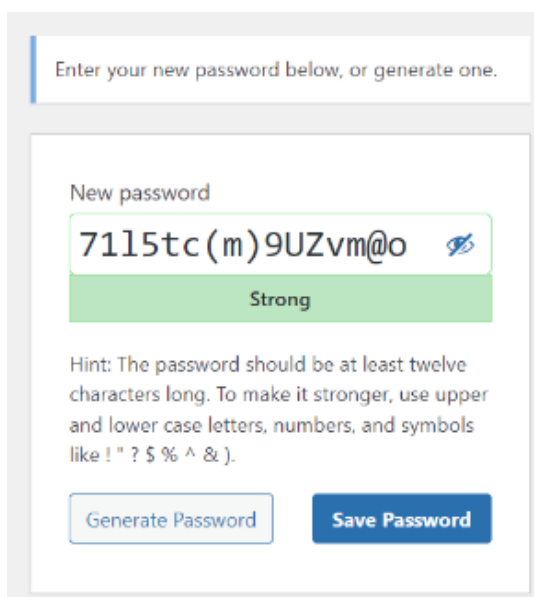
Go to Sheffield u3a

 English (UK) [Change](#)

You should receive an email allowing you to set up a password.

*If you share an email address one of you will have that email address as a login and the other will have a dummy address. The person with the dummy address will not get a reset email so, if no reset email arrives for you, please email [members@su3a.org.uk](mailto:members@su3a.org.uk) and request a password. The Membership Team will then send you one.*

When your password reset email arrives click on the link provided. The link in the email may be split over two lines. Make sure you select all the link; if necessary select it, copy it and paste it into your browser. The following screen should appear:



Enter your new password below, or generate one.

New password

7115tc(m)9UZvm@o

Strong

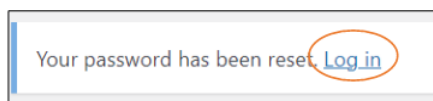
Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & ).

Generate Password

Save Password

You can accept the suggested password or delete it and type in the password of your choice. Click on **Save Password**. (DO NOT click on **Generate Password** as this will simply give you a new suggested password.)

You should then get the following screen and can log in from there.  
website: <https://su3a.org.uk/>



Clicking on [Log in](#) brings up the following page:

The next screen looks much as before except that it now says Log out.

Click on **Renewal/Join Us**. Then on

Join/Renew on Line

Your details will appear in the form for joining us or renewal. (If your details are not there you have not logged in).

Please select the type of membership you wish to have. Associate membership applies if you are already a member of another u3a. Honorary membership applies if you are over 90 years of age. Joint membership applies if you are paying for two people, who live at the same address. Otherwise select Regular membership.

- Membership \*
- ☐ Regular – £ 8.00
  - ☐ Associate – £ 4.50
  - ☒ Joint – £ 16.00
  - ☐ Honorary – £ 0.00

If you wish to receive Third Age Matters, the magazine of the Third Age Trust, please check the Third Age Matters box.

Third Age Matters ☐ Third Age Matters – £ 3.75

If you wish to receive printed copies of our newsletter Links, please check the Printed Links box.

Printed Links ☐ Printed Links – £ 4.00

Total Amount £ 16.00

You can change your membership level here and choose to pay for printed copies of *Links* and/or *Third Age Matters*.

Scroll down to check all your details are correct and then select your payment method

If you are paying by debit/credit card then fill in your card details here.

Payment Method

☒ Credit / Debit Card ☐ I will send payment by cheque

Card number

MM / YY CVC

When you have completed the form click on **Review your contribution** and check all is correct before clicking on **Continue**. Your renewal will be processed in the following few days and your new membership number will be emailed to you.



Autumn is in full colour and after the summer lull most of our Su3a activities are back at full throttle. This edition of *Links* has some important information on Health and Safety and Emails. Please read both to make sure you stay safe in your groups and activities, and that you know what's going on within Su3a.

July saw the first National u3a Festival, which was held in York and was attended by 1,000 u3a members from all over the country. Hot on the heels of this was the Yorkshire & Humber Region (YAHR) Summer School, which took place just north of York, at Hawkshill Manor. Sheffield was well represented with 13 members attending. One of our members tutored a course. There was a wide variety of subjects on offer, including Cosmology, Philosophy, and Drama. I did The History of Russia and the Ukraine, which did much to shed light on what is happening in that part of the world. With comfy en-suite bedrooms, three square meals a day, a bar and wonderful gardens to wander round, it was a thoroughly enjoyable few days.

We also had our AGM in July and that was well attended, with 86 members present. Vintage Voices and our Recorder Group provided entertainment and everyone enjoyed a substantial buffet lunch. It was lovely to meet our members and a good time was had by all.

Our annual Group Coordinators meeting and buffet lunch will take place on October 15. If you're a coordinator it's still not too late to book a place. Please contact our General Coordinator Fran Rodway at [fran048@hotmail.co.uk](mailto:fran048@hotmail.co.uk).

2026 will be the 40th anniversary of the setting up of Sheffield u3a and we would like to celebrate it. We have already had some suggestions but, of course, nothing will happen unless groups and individuals are willing to participate or help. If your group is interested in taking part by performing or having a stand showing your work or if you would like to be part of the team helping to organise the event, do let me know. As always you can contact me at [chair@su3a.org.uk](mailto:chair@su3a.org.uk).

Have an active and interesting autumn.

Maureen Cave



## Notices

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### Health and Safety

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In February this year we conducted our first Health and Safety Audit of all Su3a groups. This involved ensuring all groups have a risk assessment and that all the group members are aware of it. With a very few exceptions, Group Coordinators have now confirmed that risk assessments are in place for their group activity.

All our Open Groups, i.e. UK, European and Weekenders Travel Groups, Lunch and Lectures, Friday Lectures and Steel City Wanderers, have risk assessments in place which you may not necessarily be aware of. Other than these exceptions, if you are in an activity/interest group and are not aware of your group's risk assessment please speak to your Coordinator. Any concerns should be addressed to the person responsible for Health and Safety: Mo Cave, [mocave@btinternet.com](mailto:mocave@btinternet.com).



## Information about emails

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As an organisation Su3a tries not to deluge you with emails and we do not pass on or sell your email details to other organisations.

On a regular basis you can expect to receive from us:

- Monthly – e-newsletter on the first day of the month
- Every two months – notification of *Links* or the *Open Groups Supplement*
- Monthly – Friday Lecture notification

A number of members have reported that Su3a emails are going into their Spam or Junk folders. The main reason for this is that all these emails are “bulk emails” in that they are sent out to nearly 3,000 members. This means some mail platforms will automatically see them as Spam or Junk. There is very little that can be done about this except to treat your Spam or Junk folder as you would your Inbox and look at it every day.

Please also remember that if you “unsubscribe” from emails you may miss important information about Su3a and about your membership. You may also miss out on free theatre visits, train excursions and any other offers we receive from time to time.

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## Open Groups Activities

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

## Travel Group

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We shall be merging with the Weekenders on 1 January 2025 to form the UK Travel Group.

As many of you know, Samina Aslam and Brian Cave, the Coordinator and Treasurer of Weekenders, are members of the Travel Group

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

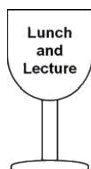
Committee, with Brian Treasurer of both groups. This means they are familiar with the way the Travel Group arranges its day trips and short-break holidays. Samina has already organised some of these outings. Combining the two groups will avoid confusion about who is organising which event and it will allow me to step down from the role of Travel Group Coordinator. More details will follow in the December *Links*.

Sheila Harris

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## Lunch and Lecture

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The Lunch and Lecture team hope that you have all enjoyed the summer which seems to be over too quickly. We cannot believe the dark nights are already closing in!

Our Lunch and Lecture in May focussed on Wentworth Woodhouse. David Winpenny gave us a very interesting and informative account of the history of this “once stately home” and how it is still very much alive in the community. A very enjoyable afternoon.



We are always glad to receive constructive criticism and do our utmost to act upon it where possible. We would very much like to thank all of you for the positive feedback we received on 10 May 2024.

Please note that our next Lunch and Lecture will be on Friday, 1 November 2024 at the Doubletree by Hilton Sheffield Park Hotel, Chesterfield Road South, Meadowhead, Sheffield S8 8BW (and not 8 November 2024 as given out at our last gathering). Arrival 12 midday for a 12.30 start. The cost is £25. Many of you have already booked – it promises to be a very pleasurable afternoon. The closing date for booking is close – 21 October 2024.

Our speaker will be Mike Newbold, a witty and amusing speaker, who will surely keep us entertained. Mike began acting in amateur dramatics groups many years ago and has been a television extra for more than 18 years. Having encountered some interesting (and strange) people while working on Last of the Summer Wine, Downton Abbey and many more, he has a multitude of experiences to share with us.

**Menu choices:** A Chicken breast wrapped in prosciutto served with tarragon and caper crushed potatoes, cracked pink peppercorn cream (gluten free)

B Butter roasted salmon fillet served with parsley crushed potatoes, green beans and tarragon cream

C Linguini in sundried tomato pesto (vegetarian)

D Salted caramel chocolate brownie served with vanilla ice cream (gluten free option available)

E Apple and berry crumble tart served with warm vanilla custard

*Please note:* that this is a set menu and once you have made your menu choices you cannot change your mind.

## LUNCH AND LECTURE – Mike Newbold

Doubletree by Hilton Sheffield Park Hotel, Chesterfield Road South,  
Meadowhead, Sheffield S8 8BW Friday, 1 November, 12 midday for 12.30  
start.

NAME ..... Su3a No(s) .....

ADDRESS .....

.....

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

EMAIL ADDRESS .....

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

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

| A | B | C | D | E |
|---|---|---|---|---|
|   |   |   |   |   |

Special dietary request: .....

Please reserve ..... place(s) for me at £25 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, 21 October 2024,  
to Barbara Hutton, 57 Bradway Road, Sheffield S17 4QR

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

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





**weekenders** **Castle Howard Christmas, Saturday, 30 November**  
**2024**

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Don't be late for this very important date! We will be travelling to Castle Howard to share Christmas with Alice in Wonderland. The visit includes admission to the castle and gardens. We will be travelling by coach. There is a land train but this is not always available and so cannot be booked in advance. We will be parking close to the entrance of the castle.



Photo by Ben Maffin

A visit around the castle and gardens is estimated to take three to four hours. We have booked the coach to take us to Harrogate if the weather is too wet to spend time in the gardens. There is no guided tour. Everything is at your own pace. Audio equipment is available for the house on request from the main house.

Please be aware that the castle is cashless and will require you to have a debit /credit card or bank phone app, for example, Apple Pay, in all areas including cafés, etc. There are lifts for those requiring them. Wheelchairs are available at the entrance. Motorised scooters are not recommended.



A reasonable level of mobility will be required for this visit because of uneven surfaces, etc., and the size of the building and grounds.

There are many places to eat, including a pop-up Betty's in the courtyard. Follow the white rabbit for what will surely be fun with Christmas, history and beautiful gardens. Look out for the Mad Hatter!



Photo by [Paolo Nicoletto](#)

The cost of the visit is £47, which includes entrance to the castle and exhibitions, coach travel and driver's gratuity. Places are limited to 40. If there is insufficient interest all application forms and cheques received will be shredded.



Photo by [Evelyn Cosplay](#)

## Castle Howard Christmas Saturday, 30 November 2024

Please complete the booking form in block capitals.

NAME 1 ..... Su3a No .....

NAME 2 ..... Su3a No .....

ADDRESS .....

.....

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

MOBILE ..... EMAIL .....

In case of an Emergency Contact details:

Name: ..... Tel No: .....

I/We enclose a cheque made payable to **Su3a Weekenders** in payment for .....place(s) at £47 per person.

Please tick your preferred pick-up point below:

Bus Stop Knowle Lane/Ecclesall Road South at 8.15am ..... ( )

Pond Hill (Penny Black Pub) at 8.30am ..... ( )

Please return this completed form together with your cheque to Julia Daine, 27 Gaunt Close, Killamarsh, Sheffield S21 1SW (with a small sae if postal acknowledgement is required) by no later than 18 October.

If you cannot print out the form, please send the details requested on a separate piece of paper to the address shown, together with your cheque.



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## News from Groups

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Where groups are encouraging potential new members to make contact, details of coordinators can be found either in the centre pages of the hard copy of *Links* or online at <https://su3a.org.uk/groups/>.



### Intermediate French

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Su3a Intermediate French, teaching help required

We are looking for someone to teach part-time on a 50:50 basis on the Intermediate French course. The class takes place every Thursday from 11am to 12 midday at Sharrow Old School, starting on 5 September. We already have a teacher/facilitator available for half of the classes and we are looking for someone to take over the other half. It is a mixed ability class, the standard being GCSE O-level or equivalent. We are looking for someone to encourage conversation, improve pronunciation with reading and translating, and cover some grammar points.

If you are interested or would like to hear more about the class, contact me on 07947 504962 or 0114 2631039, or email [janetthrelfall@gmail.com](mailto:janetthrelfall@gmail.com).

Janet Threlfall



### Croquet

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u3a York Festival Croquet Competition, 18 to 20 July.

The Third Age Trust ran its first national festival in York at the city's university campus. Over the three days more than 1,500 people attended and participated in more than 70 activities.

Chester u3a Croquet Group ran taster sessions on the Thursday afternoon and Saturday morning, helped by members from York u3a Croquet Group. On Friday a competition was held between six teams from Beverley, York and Sheffield u3as.



During the morning session each team played the four teams from the other u3as. The games were 30 minutes long, starting and finishing on the whistle. The scoring system was the difference between the number of hoops scored, e.g. if the score was 5-3, the winning team got +2 points and the losing team received -2 points. Over lunch the teams were sorted, highest to lowest, with each pair playing in three knockout rounds to find the champions.

After a close competition, one of the Sheffield teams beat a Beverley team 5-4 and became the first ever u3a Festival Croquet Champions. The winners' cup (the smallest we have ever seen) was presented by Allan Walmsley, the new Chair of the Third Age Trust. Congratulations to Ann Granville and Maureen Fox.



Brian Cave



Would you like to join our choir? We have a new musical director and we have moved from Victoria Hall to The Walker Hall, above the Scouts and Guide shop, in Trippet Lane. The room can hold up to 100 people so we are now looking to enhance our membership.

We are a very friendly group 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. The photograph shows some of us enjoying a meal at Café Piazza in Church Street.

Our mixed-voice choir sings in four-part harmony. Everyone is welcome, especially altos, bass and tenors, but we have vacancies in all parts. There are no auditions, but some experience of choral singing is desirable, as is the ability to read music at some level. We meet on Mondays from 10.15am to 12.15pm. If you would like to join us or book the choir for an event or a performance, email me at [jackie-hall3@sky.com](mailto:jackie-hall3@sky.com) or call 07770 332155.

Jackie Hall



Going from strength to strength! A mighty 28 miles all off road to Elsecar Heritage Centre and we're all still smiling 😊

Sandie Andrews

Earlier this year the u3a Whirlow Gardening Group together with the Friends of Whirlow Brook Park were invited to visit Irnham Hall, near Grantham, Lincolnshire. The invitation was issued by Sir Jamie Benton Jones, great grandson of the last private residents to live at Whirlow Brook Hall, before the hall and grounds then passed into the ownership of Sheffield City Council. We had the pleasure of meeting Sir Jamie in 2021 when he came to open the wooden shelter at Whirlow Brook Park.



Sir Jamie gave us a fascinating guided tour of the attractive village of Irnham with its traditional stone cottages and well-maintained gardens.



We were interested to visit the churchyard where we were shown the graves of Sir Walter and Lady Madge Benton Jones, Sir Jamie's great grandparents. Lady Madge had initially been buried in the grounds of Whirlow Brook Hall as she had requested, but she was subsequently reinterred in Irnham churchyard when Sir Walter moved back to live at the family seat of Irnham Hall.



The historians among you will be interested to know that the Luttrell Psalter has its origins in Irnham. Commissioned by Geoffrey Luttrell, Lord of the Manor of Irnham in the fourteenth century, this richly illustrated religious book can now be seen in the British Library. The day finished with a tour of the extensive Irnham Hall grounds, including the walled garden which is now attractively laid out with a central lawn surrounded by a rich variety of flowering shrubs along all four boundary walls. We are very grateful to Sir Jamie for giving us such an interesting day and making us feel so welcome. The Su3a gardening group continues to meet at Whirlow Brook Park on the second and fourth Wednesdays each month, starting at 9.30am. We are always looking for more volunteers to join us; no gardening skills are needed so why not come along and give it a try? For further information contact me on 0114 2365750.

Anne Johnson

On 25 June, members of the Kurling group, which meets at Hillsborough Leisure Centre on Monday and Tuesday mornings, went to Bridlington for a teach-in on the finer points of the game – what's a foot fault and so on. Players from Bridlington, Barnsley, Scarborough, Driffild and Sheffield played in mixed teams and discussed the different ways their club wanted to play. Both experienced and complete beginners played side-by-side and enjoyed the excellent facilities in the leisure centre next to the seashore. A walk along the promenade gave members the chance to enjoy delicious Bridlington fish and chips.



This round-robin friendly, with pairs from the different organisations, was a precursor to the Northern League Kurling Competition, being held in Barnsley on Sunday 13 October.

We're also hoping to have a friendly match in Sheffield this autumn with Barnsley members (details to be confirmed), having had a couple of visits to them in the past.

Kurling is good fun, accessible to all regardless of (dis)ability and whether it's competitive or not is the player's choice. You push the stone towards the target and try to push the opponent's stone away. For more information email [ann.granville1@btinternet.com](mailto:ann.granville1@btinternet.com) or [katepinder83@gmail.com](mailto:katepinder83@gmail.com).

Kate Pinder, Ann Granville  
website: <https://su3a.org.uk/>



## Recorder Group 1

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Recorder Group 1 meets twice a month, with members playing a variety of music on soprano, alto, tenor and bass recorders. The group rarely performs publicly, but this summer we were invited to entertain people living at Fairthorn, Dore. We played a wide selection of music from a 13th century dance to a modern jazzy piece, by way of Bach, Handel and Henry VIII. The piece by Henry VIII included one of our members singing and our conductor playing a drum.



Our audience was really appreciative and even asked for an encore. We weren't expecting that! Afterwards we were treated to tea and cake. We've been asked to play there again so we hope to do a Christmas concert. If you are interested in joining our group, give me a call on 07398 723733.

Rose Moffat





## Play Reading – classical and contemporary

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Are you interested in becoming a member of a group that meets on the first Thursday of every month (occasionally twice a month) to read a wide range of plays? These include well-known classics with which you are probably familiar, and contemporary plays which may be new to you. Hopefully if you join us you will find all of them stimulating and enjoyable to read. No acting experience necessary – just an interest in reading within a group of like-minded play enthusiasts. We meet at The Florentine where there is plenty of free parking and good public transport. If you want more details about any aspect of the group or would like a list of forthcoming plays and playwrights, do get in touch with me at [jojobeadle@yahoo.co.uk](mailto:jojobeadle@yahoo.co.uk).

Jo Beadle



## Walking Group A

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We are a happy, sociable group with between five and 15 members joining our walks each week, which alternate between Tuesdays and Wednesdays. Our walking routes are usually within an hour's drive from the city and take in locations as diverse as Peak District hills and moorland, woodlands, villages and the lovely countryside in and around Sheffield, as well as places of interest throughout South Yorkshire and Derbyshire. Our walks are five or six miles in distance and usually involve a café or a pub at the end for more socialising and liquid refreshments. Members' ages range from 50s to 80s and a couple of our walkers are proud founder members of the group.

A handful of our walks have been cancelled or postponed during prolonged periods of rain in 2023/24 – we're a hardy lot and don't mind the odd shower when we are out but we prefer to avoid relentless rain if possible!



Contact me, [sbwrighton@gmail.com](mailto:sbwrighton@gmail.com), to confirm the route and starting point if you would like to join in the fun.

Sarah McCauley



## Sunday Ramblers

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Our group recently went by train for a day trip to Bridlington, where we walked to Sewerby and back before enjoying a delightful meal of fish and chips near the harbour.



The photo shows the group enjoying a break at Sewerby in delightful weather.

John Williams



## SE Strollers

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Some of you may be finding longer walks are not as easy as they were and are wondering what to do. We are a relatively small group who walk on alternate Saturday mornings. We take it gently, enjoy our surroundings and each other's company. We walk between two and four miles – the length is dictated by which members are walking as some are more able than others. Our choice of areas to walk is generally in the south east Sheffield area and into North Nottinghamshire, places like the Chesterfield canal and Clumber Park. Occasionally we may go into Derbyshire but we take into account people's needs and preferences as

much as we can. We finish our walk with a pub lunch. To ensure the continuity of this group we would like to see some more members. We are flexible and could look at different areas to walk, providing people are happy to lead. If you would like to join us email me [stephdixon247@gmail.com](mailto:stephdixon247@gmail.com).

Stephanie Dixon



## Walking Group H

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Walking group H has a varied programme of walks and this year organised a holiday to Llandudno. Accommodation was organised at various B&Bs . Several walks were arranged including the Sychant Pass to the top of Tal y Fan edge of Snowdonia, Conway and a walk around Bodnant Gardens . The group ate out in pubs each night and it was a very enjoyable trip. A new holiday is in the process of being organised for next year.



A recent walk in Matlock found beautiful views and a halfway ice-cream stop at the Cromford Museum. The group walks every Monday in good walking weather. It's just great to get out and about and explore the countryside in good company.

Darryl Blackwood

This group arose after a comment was made about there being a gap insofar as the several existing walking groups seem to cater only for members who have the time and the energy to participate in longer outings. Members who wish to enjoy shorter rambles, cannot manage them or are unable to commit the time for a full-day walk will be welcome to join this group and at present we do not have a waiting list.

The intention is to cover two or three miles during an afternoon (2pm start), at a leisurely pace. We cannot guarantee that there will not be some muddy paths but most of our miles will be off-road. I have been wearing ordinary day shoes and shall switch to walking boots only after rain. Trainers should generally be fine.

Being a new group, we shall not initially meet on any specific weekday. I shall try to gauge which day our members prefer. Where practical, we try to meet, call or end at a café or some refreshment venue.

Our first outing followed the River Porter from (and back) to the cafe in Endcliffe Park down to Shepherds Wheel. Linear walks using buses/trams or car sharing may possibly be used at times. Our second walk, the favourite of one member, took us through Norfolk Park to the cholera memorial above the railway station, returning to our cars by tram.

Any group member is welcome to suggest a meeting location and route (just email me). Please keep the group objectives in mind, include an estimated distance and a date at least a fortnight in advance, you can then be leading us on that day. In this way, I hope we can offer a range of locations around Sheffield. Unfortunately I don't know some parts of this city well enough. I'll circulate the details to all members at least a week in advance and will endeavour to attend as many as possible, subject to prior commitments. Any queries or suggestions by e-mail at [acfisher@mail.com](mailto:acfisher@mail.com) or call me on 0114 3277596.

Arthur Fisher





## Walking Cricket

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The winter season has just started and we meet weekly on Thursdays from 10am to 12 midday at Springs Leisure Centre, East Bank Road S2 2AL. We are a friendly group of 26, with about 15 playing each week.



Teams are selected to get a balance of abilities and the aim is to provide an inclusive enjoyable game with everyone batting, bowling and fielding equally. For example, everyone bats for the same number of overs and simply loses five runs if they are “out” and everyone bowls the same number of overs. All kit is provided. We are seeking new players – men and women of all abilities are welcome to give the game a try. Contact me on [07753 829771](tel:07753829771) or email [chrisbjones23@gmail.com](mailto:chrisbjones23@gmail.com).

Chris Jones



## Garden Group C

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As is the normal pattern for Garden Group C, our Spring/Summer programme of monthly meetings, on the first Monday of the month, has seen us visit a varied selection of places of garden interest. Even with the

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

changeable weather of this year much enjoyment has been had from outings, with talks from owners, at among others, the gardens at Thornbridge Hall, Doddington Hall, Tissington Nursery and private gardens with specialist planting. The Autumn/Winter programme will commence in October with illustrated talks held in members' homes. The group, with 20 members, is a healthy size and we hold a short waiting list.

Patricia Robson



## Singing for Pleasure

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Eighteen members went to Southcroft Retirement Home in Psalter Lane in June. The residents have a choir singing similar songs to ours. We sang to them, then they sang to us. We finished all singing together, which was great fun. A very enjoyable afternoon! Singing for Pleasure will be singing Carols in the Cathedral for the third year on 6 December at 1pm. We sing a variety of carols. Some are well-known traditional to encourage the audience to join in. We also sing a popular selection in four-part harmony. Please join us for this festive occasion and sing along with us.

Lesley Webster



## Mindfulness

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## Monthly meetings

After a summer break, the group reconvened on 5 September and will continue to hold monthly meetings on the first Thursday of the month.

The group is open and new members are welcome. Our meetings will continue on Zoom for the time being. They work well and enable us to meet irrespective of mobility and weather conditions. They include a mixture of meditations, mindful movement, a short talk and breakout rooms. Our members find that the breakout rooms provide a convenient way to chat and to keep up-to-date with each other.

### **Working with the u3a Trust**

John and Mike are co-advisors on Mindfulness and Meditation for the u3a Trust. In the last two years we have run seven six-week programmes on Mindfulness and Meditation. These have been very well received and more than 1,000 participants have joined them from all over the country. The programme uses the framework of the Five Ways to Wellbeing: Notice, Connect, Be Active, Give and Keep Learning. The sixth session is entitled The Full Monty providing a reference to our city! The programmes have been supplemented by a monthly drop-in session where topics from the programme are considered in greater detail. We are very grateful to group members for their support in developing the programme and in testing the concepts. The team comprises Stephanie Dixon, Ruth Lees (Rutland) and Nancy Taylor (Oundle). The late Margaret Spooner also contributed to earlier programmes and was a valued member of the team. The eighth programme started on 25 September and all the material is freely available at

<https://www.mindfulaging.org/u3a-series> The next drop-in session is on Thursday 17 October. Tickets for our events are available through the u3a Learning Events web page at

<https://www.u3a.org.uk/events/educational-events>.

### **Innovation in Mindfulness Awards**

We are delighted to have become a finalist in the national Innovation in Mindfulness Awards 2024, the results of which will be announced in October. The awards are run by the Mindfulness Initiative set up by the All-Party Parliamentary Group on Mindfulness and the Hart Knowe Trust. We entered in the category of Creative Partnerships to enable us to share the work we have been doing with the u3a Trust and the High Street Centre in Rawmarsh. If you are interested in joining the group or require further information contact us at [mike@mindfulaging.org](mailto:mike@mindfulaging.org) or call 07710 439294 or 0114 2587568.

John Darwin, Mike Pupius





## German – Advanced

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The Advanced German group has a small but committed membership, consisting of native speakers, seasoned linguists and some wishing to revive their post A-level knowledge. We are always keen to recruit new members in order to keep the group fresh and challenging. We meet fortnightly on a Tuesday afternoon in members' homes. For the first part of the meeting we usually have general conversation on a wide range of topics, and in the second part one member (usually the host) chooses a topic in advance, which we then discuss. Members' homes are in the north, south and west of the city – S6, S17, and S11 and meetings normally run for up to two hours. Advanced German is probably best suited to those with a knowledge of German of at least A-level and beyond. We do no teaching but native speakers and others will happily assist. If you would like to give it a try, contact me by email via the website or at 07971 222496.

Colin Pears



## Tying up your loose ends

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Tying Up Your Loose Ends runs for the fourth time on 2 and 3 October and Jo ([joanna.mutlow@humanistcare.org.uk](mailto:joanna.mutlow@humanistcare.org.uk)) is happy to take names for a waiting list for the next time it runs in 2025. The two-afternoon course came from Jo's pastoral care work in hospital where she has met a lot of patients who are unprepared for a change in circumstances and anxious about arrangements not put in place. She sees how useful it is to be freed of that stress at a difficult time. Jo also works as a Humanist funeral celebrant and encounters people who are unsure what their loved one's wishes were or who are sometimes missing bits of their story. So this course is where we can air the issues and take some practical steps to put our lives and legacies in order, leave clear instructions and explore options. The style is interactive and exploratory, leading you along a path rather than showering you with instructions. A previous participant said "the course content was thorough, practical and extremely useful. I'm

much better prepared now.” Others said it helped focus their mind on things they had been worrying about for a long time and thanked Jo for “the lovely life-affirming way” she presented the course. There are lots of activities and plenty of opportunity to discuss, so it is a social course as well as prompting you to do some homework as a result.



*along a path*

Joanna Mutlow



### **Tuesday and Thursday Rummikub Groups**

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Rummikub was the brainchild of Ephraim Hertzano, a Hungarian, in the 1950s. It is sold in more than 70 countries, has been translated into 28 languages and is played all over the world in tournaments and championships. The World Rummikub championship tournament was held in Gdańsk, Poland last month. The game, which has been likened to Mahjong and poker, is for two to six players and consists of numbered tiles in four different colours which the players take in turns to place in runs and groups. The objective is to be the first person to play every tile on their rack. It is exciting to play, especially when you have only two tiles left and you wait in trepidation to see if the person before you puts down tiles that enable you to win! The great challenge is that you rely on luck initially when drawing your first 14 tiles from a bag and then you play

strategically for yourself, which requires a certain degree of concentration. That being said, it's also a sociable game and as the slogan says "Rummikub brings people together". We aim to play with different members at every meeting so that experienced and inexperienced can play together. The two groups of 16 members each have been playing for six months in a private room at The Florentine in Fulwood, which also has a large car park. One group meets on the second Tuesday of the month and the other on the fourth Thursday of the month. Both meet from 2pm to 4 pm. If you think you would like to join but are not sure if it's for you, we suggest trying one session, after which we would appreciate a one-off £5 donation to cover the cost of sets and equipment. Tuesday's group is operating a short waiting list but Thursday's group is still recruiting. If you are interested contact the Tuesday Coordinator Ruth Whaites, [ruthwhaites@btinternet.com](mailto:ruthwhaites@btinternet.com), or the Thursday Coordinator Andrea Ward, [andrea.ward44@hotmail.com](mailto:andrea.ward44@hotmail.com).

Ruth Whaites



## Walking Group N

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We are a friendly group who walk on Fridays all year. Walks are six or seven miles long, usually in the Peak District within 30 or so minutes

travel from Sheffield. We use cars mainly but bus and train on occasion. We take turns to plan and lead walks – newcomers to the area would be given help and advice in this task.



New members will be made most welcome and I am happy to speak to anyone considering joining our group. Call me on [07710 194105](tel:07710194105).

John Woolston

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## Forthcoming lectures

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**18 October** *Our Polish Families' Long Road to Freedom & Sanctuary in Great Britain.*

A story of brutality, hardship and Polish resilience presented by our Polish Culture & Heritage Group, a group of second-generation Poles whose parents survived war and persecution at the hands of Nazi Germany and Soviet Russia, to find a home in Great Britain. Poland is, this year, commemorating 80 years since the Warsaw Uprising as well as the Battle of Monte Cassino.

**15 November** Andrew Littlewood, *Sweet Remembrance: The Confectioners of Sheffield General Cemetery.*

There are at least two confectioners buried in the cemetery. Most of us will know of George Bassett, who is buried there, as is the perhaps lesser known Henry Dixon. Andrew is a researcher and a volunteer with Sheffield Cemetery Trust. He wrote the book *Sweet Remembrances* which is available from the trust bookshop.

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

## **Su3a Executive Committee**

|                                   |                                |   |
|-----------------------------------|--------------------------------|---|
| Chair                             | Maureen Cave                   | 07831 353243<br><a href="mailto:mocave@btinternet.com">mocave@btinternet.com</a>  |
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| Treasurer                         | Les Baker                      | 07847 383636<br><a href="mailto:treasurer@su3a.org.uk">treasurer@su3a.org.uk</a>  |
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| Member                            | Clare Chiba                    | 01433 659864<br><a href="mailto:data@su3a.org.uk">data@su3a.org.uk</a>  |
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| Web Coordinator                   | Elaine Burtoft                 | 07803 130021<br><a href="mailto:web@su3a.org.uk">web@su3a.org.uk</a>  |
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| General Coordinator<br>for Groups | Fran Rodway                    |   |
| Drop-In Organiser                 | Barbara Doyle                  | 0114 2685355<br><a href="mailto:links@su3a.org.uk">links@su3a.org.uk</a>  |
| Links Editors                     | Camilla Jordan<br>David Jordan | <a href="mailto:homepages@su3a.org.uk">homepages@su3a.org.uk</a><br><a href="mailto:bpcave@hotmail.com">bpcave@hotmail.com</a>  |
| Home Pages Manager                | David Longson                  |   |
| Asset Grant Manager               | Brian Cave                     |   |

*Links 216: December 2024*  
**Copy Deadline: 25 October 2024**

**Regd. Charity No 703147**

As always, this is subject to change. See Page 34 for lecture titles.

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|-------------|----------------------------|-------------------------|
| 1 October   | Drop-In                    | 10am-12 midday, CURC*   |
| 15 October  | Coordinators' Meeting      | 12 midday, CURC*        |
| 18 October  | Lecture, Polish Group      | 11am, Showroom          |
| 1 November  | Lunch and Lecture          | 12 midday               |
|             | Mike Newbold               | Doubletree by Hilton    |
| 5 November  | Drop-In                    | 10am-12 midday, CURC*   |
| 15 November | Lecture, Andrew Littlewood | 11am, Showroom          |
| 30 November | Weekenders                 | Castle Howard Christmas |

\* CURC: Central United Reformed Church



*Arctic Fox Cubs – August Zoom Lecture*