

New Mills and District



THE UNIVERSITY OF THE THIRD AGE

August
2017



Summer strides on ...

Members of the Longer Walks group at large in the White Peak

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Here's to yet another vibrant year ahead

IT doesn't seem five minutes since I was writing my first report as your new chairwoman but here we are coming to the end of the summer, looking back on what has been achieved and looking forward to another year in the life of our U3A.

It has been a steep learning curve for me personally, but I have been heartened by your response to my request for more members to become involved in the running of our U3A. Members have volunteered to help in many different ways and one or two have even joined the Committee.

Your committee has tried to implement suggestions made by members as to what you want and what you think. In particular we have responded to suggestions made by our Group Leaders resulting in the production of a publicity leaflet (about who we are and what we do) which is now being distributed to libraries, CABs, GP and dental surgeries and other venues in the district.

Our Group Leaders ensure that our U3A continues to thrive and grow, thanks to their commitment and hard work for which I am most grateful.

From the CHAIR

by LESLEY MASON



Elections in the offing

This year's AGM will be on November 21. We need to elect a Business Secretary and a Treasurer. The current officers intend to stand for re-election. However, we still need a Deputy Chair. Several committee members will be seeking re-election, but we are always happy to welcome new members to the Committee.

All officers and committee members are trustees of the New Mills and District U3A. This is not as daunting as it sounds. Trustees of a charity are necessary to ensure funds are spent appropriately. Any liability is covered by insurance from the Third Age Trust. Please let me or any committee member know if you are interested in joining our friendly Committee, or would like further information.

In conclusion, my thanks to everyone who responded to my call for members to become more involved in our U3A. I hope that vacant roles will be filled so we can continue to thrive and move forward together into another vibrant year for our U3A.

Fascinating topics to come at the monthly meetings

WE have some very interesting speakers at our forthcoming monthly meetings.

Today (August 15) we have Karen Corcoran. Karen was a police horsewoman, in fact she was the first police horsewoman in the North West.

It will be fascinating to hear how easy or hard it was for her, with all the prejudices there were about at that time both inside and outside the police force.

Also, how difficult it was to get there and the good and bad sides of the working environment.

Next month it's over to the membership and Barbara Morris who has been organising the annual Groups Displays. If last year is anything to go by this should be a really fun, entertaining and interesting morning.

In October Fran Sandham is joining us to tell us about his exploits while travelling solo across Africa. He has been welcomed by a large number of U3A branches and other organisations, as well as speaking on Radio 4. He walked across Africa from the Atlantic on Namibia's Skeleton Coast to the Indian Ocean at Zanzibar. That's about 3000 miles...phenomenal. I'm sure this will be very illuminating.

On November 21 we would hope for a very big turnout to the Annual AGM where

SPEAKERS

you can vote for the next Committee and ask any questions of the present Committee members.

The final event of the year will be our fun Christmas Quiz that Maggi Evans has agreed, yet again, to run for us. It is on December 18, so wear your Christmas hats, earrings or any other decoration you feel appropriate! This is always a great morning. Mince pies will also be part of the enjoyment.

Most of 2018 is also booked up with great speakers that I can let you know more about in a later Newsletter.

Lesley Thompson

HANDICRAFTS

DUE to personal circumstances the Handicrafts group no longer meets at the Thornsett Band Room. A small group meets at my home and I have space for a few more members who are able to descend the stairs to my dining room! Contact me for details on 01663 741514.

Hazel Perry

WEBSITE: www.newmillsu3a.org.uk

White Peak paradise

THE Longer Walks group left the gritstone moors recently for a visit to the limestone landscape to the east of Peak Forest.

We walked through hay meadows rich with buttercups on our way to Tideslow Rake and High Rake where a coffee stop was made in the ruins of the old lead mine. The Rakes were rich in flowers with many orchids and carpets of spring sandwort (known locally as leadwort).

LONGER WALKS

More fields (and nettle-surrounded stiles) led past Little Hucklow towards Bradwell where a third lead rake, Earl Rake, took us up towards Bradwell Moor.

The moor was crossed in beautiful weather before a final descent back to the start (and an unwelcome flat tyre for one group member).

David Pierce

OUR walks are typically 10 miles at a speed of around two miles per hour inclusive of breaks, so a walk of 10 miles takes about five hours.

The walks tend to be hilly - I can provide an outline of what each of them will involve for anyone uncertain about their stamina and fitness.

Wet weather gear needs to be carried (whatever the weather forecast) together with food and drink, and spare clothing in winter.

Boots (as opposed to walking shoes) are recommended - paths can be wet any time of the year. Walks start locally in the winter when daylight hours are short, but may start

further afield when the days are longer. Transport to the start of the walk will be on a car/petrol sharing basis.

We now walk on the first Thursday of the month. If you are interested in joining please contact me. Telephone: 07975729843. email:

d.e.jones@sheffield.ac.uk

David Jones



The group walked through flower-rich meadows in beautiful weather



The dancers prepare to be put through their paces

Photographs: PETER SIMMONS

Learning new steps from Marina

THE U3A Country Dancing group enjoyed a special afternoon of dancing at the end of May when well known teacher Marina Wolstonholme travelled from her home in Grindleford to teach some dances new to all of us.

A member of the International Folk Dancing Society for many years Marina travels the country giving tuition to various dancing groups.

Our own group leaders, Sheila Hibbs and Sally Auld, also belong to this organisation and together attend several workshops a year to enable us to learn more and varied dances.

COUNTRY DANCING

The group meets at Thornsett Band Room on the first and third Tuesdays of the month for about two hours starting at 3pm.

New members are always welcome, for more information please contact the groups co-ordinator.

Sue Rivers



It was a special afternoon of dancing

Keep calm and co-ordinate

COULD you be our new Groups Co-ordinator? This role is often the first point of contact for a U3A member or prospective member with an enquiry to join a group or, occasionally, an offer to start a new group.

New Mills and District U3A offers a wide range of subjects from Art to Yoga with Book Groups, Languages, Walking and many others in between.

This is an interesting and important role in the running of our U3A. It isn't always necessary to be a committee member but it is useful

to go along to committee meetings to keep up to date with news about the whole branch.

Full details of the Groups Co-ordinator's role are available on the website Groups page. If you would be interested in learning more please contact me at groupscoordinator@newmillsu3a.org.uk or I am usually available at the Monthly Meetings held on the third Tuesday morning of each month. I would be happy to assist with the smooth handover of this role.

Barbara Morris

TRAVEL



Stunning ... New Zealand's South Island

THE Travel Group meets in the Library Lecture Room on the third Thursday of the month at 2pm. The programme (illustrated talks) for the Autumn is as follows:

September 21. Les Young, A Trip

Around the South Island of New Zealand.

October 19. Jean Sugden, The Canadian Rockies.

November 16. Ian Russell, South Africa.

Derek Brumhead

HISTORY

1066 and all that ... If you would be interested in leading or joining a History group look no further!

At the present time we do not have a leader/facilitator to start a new group but we are hoping that if enough people show interest we could get this group up and running.

Please send your name/contact details to the Groups Coordinator. groupscoordinator@newmillsu3a.org.uk



The health benefits of T'ai Chi for older people are widely acknowledged

It's time to get moving ... gently

TRIED T'ai Chi before but found it boring? Too hard to learn, confusing, full of strange words, well nigh impossible to master, too strenuous and complicated?

Fancy trying T'ai Chi but worried about your balance, remembering long sequences or standing for long periods?

Well forget about what happened before and don't worry about your ability to 'do' it.

The T'ai Chi we will be learning in this new group - T'ai Chi 2 - was originally designed by medical specialists and T'ai Chi experts to aid recovery in people who have undergone surgery, suffered from stress, exhaustion, trauma or stroke.

It is an ideal introduction for everyone, regardless of ability or condition. It is enjoyable, easy to learn and effective.

T'AI CHI 2

We will be progressing at a gentle pace and movement will be slow, soft and smooth. Everyone will be encouraged to work well within their own physical and mental abilities. Some may choose to sit for all or parts of the session.

This gentle mind/body exercise has many benefits, although it may not feel that it is 'doing' anything - especially to those used to strenuous cardio-vascular exercise.

T'ai Chi gradually improves muscular strength and tone, flexibility, mobility, balance, body awareness. It supports the circulatory system and calms the mind. This builds confidence and the ability to cope with life's ups and downs.

We meet on Wednesdays at the Spring Bank Arts Centre in New Mills at 3.30pm. Just turn up (flat flexible shoes and easy-to-move-in clothing) or contact me for information on 01663 750665.

Members should arrive five minutes before the start time. I think about £2 should cover the cost, depending on numbers.

Jo Royle



Time to reflect at Lancaster Castle in the part which was once used as a prison

OUTINGS

OUR Outings group visited Lancaster in the Spring with a tour of the Castle which also served as a prison. Its most famous prisoners were the Lancashire Witches.

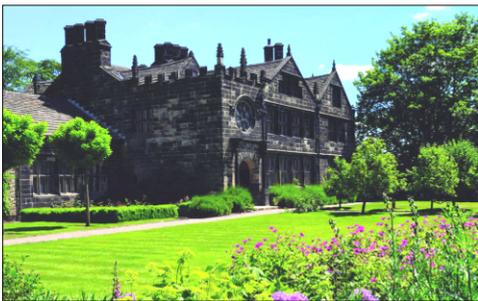
The more modern wing of the prison was only closed a few years ago so we were able to look around and get a feel for what prison life was like. It was an

interesting experience but not something enjoyed by all. Gladly we returned home with a full coach.

Next month there's a trip to Llandudno as well as Old Windsor and Stratford upon Avon.

Then in October we're off to Halifax and the National Trust's East Riddlesden Hall, Keighley.

Barbara Matthews



The 17th century East Riddlesden Hall

MANY thanks to those of you who have pitched in to this edition of your U3A Newsletter. Email articles and pictures for inclusion in the December edition to: newsletter@newmillsu3a.org.uk

Please understand that contributions may be edited.
Mike Perry