

News Flash

Your regular newsletter from Ilkley & District u3a

Issue 23.18 4th September 2023

Welcome to our new members

We are delighted to say 135 new members have joined Ilkley & District u3a since 1st June. Also a further 20 members of other u3a branches receive this newsletter as new Associate or WestNet members. A date for your diary is **2 pm Tuesday 26th September** at Clarke Foley when there is an opportunity to everyone to learn more about our organisation, how it operates and the opportunities it provides. Well worth coming along. [Details here.](#)

Group News

Jazz Appreciation [Select here](#) to read more about this group. It meets on the 2nd and 4th Monday of each month alternating between Bar T'at (opposite Clarke Foley) in Ilkley and online. The first meeting of the new term is at Bar T'at at **2 pm Monday 11th September** so do pop in and say hello. Just remember to buy a drink at the bar. Contact details for the group leader [here.](#) (You'll need to login to the website to access this link.)

Play reading Explore fantastic drama without having to memorise a script! The group restarts in October through to December reading plays serious and plays light-hearted. A chance to read a part and maybe enter into the feel of a play! We meet fortnightly at 1.45 – 4.15 at the Methodist Church Hall, Ben Rhydding Drive, LS29 8PN. Only five minutes from Ben Rhydding station. Fees are £16 for six sessions to meet costs of hire of the hall and play scripts. For further information please contact Ed Carne ed_carne@blueyonder.co.uk / 01943 600612. [Select here to read more.](#)

Table Tennis on Tuesday [Details on this link.](#) This group restarts **Tuesday 12th September to 28th November**, excluding 7th November. It's at the Winter Gardens from 2pm to 4 pm. Cost around £30. Contact Phil Reed (p778833@hotmail.co.uk) to enquire about joining.

Cryptic crosswords If you enjoy doing cryptic crosswords, why not set them instead? The group meets most **Thursday afternoons at 3pm during the winter, normally by Zoom.** We solve and critique clues set by members of the group and compare them with clues for the same words in professional crosswords. It's addictive fun if you enjoy playing around with the meaning of words, and there's no pressure – we'll give any help you need to get started. Contact David Wilyman david.wilyman@uwclub.net or 01943 602930 for further information.

Singing for Pleasure Our new term starts **10 am to noon, Tuesday 12th of September** at St John's Church Hall, Ben Rhydding when we'll welcome old members and new members. We'll have new music to sing and later we'll be doing Christmas music – always a delight, and it gets everybody in the festive mood. Details of the group and contact information [on this link.](#)

Ancestry group There will be a start-up meeting at **2 pm Wednesday 6th September** at the Red Lion, Burley. We may need to run two groups, one for those with experience and one for those just getting started. To express an interest in attending this exploratory meeting, email newgroups@ilkleyu3a.org indicating whether you're a relative novice or an experienced researcher.

Railway Group Meets in Clarke Foley fortnightly at **2:15 pm on a Tuesday from 3rd October**. An interesting mix of speakers. [Details here](#). This is also a group that likes to get out and visit railway related places. Details of the recent trip to London Bridge and Canary Wharf plus other visits [on this link](#).

Does anyone remember travelling by train from Leeds to London in the 1960s? Group member Steve Broadbent has posted [these questions](#) in the Market Place. (login required)

Games in the Pub There were not enough members attending regularly to keep the group viable. So, with regret, it is no longer on the list of groups. Caroline has written to thank members past and present. Fun whilst it lasted!

Chemotherapy Support

Gill Crebbin is interested in starting up a short course or group for anyone who is, has been, or is due to be undergoing chemotherapy. The aim of the group will be to share experiences, swap information and generally provide each other with support.

The group will be welcoming and informal. It will be held at Gill's house in central Ilkley, either weekly or fortnightly (dependent on the members' wishes and commitments). Gill would like to gauge the level of interest in such a group before deciding to get it set up. If you are interested, or want to know more, please contact Gill at gillcrebbin@icloud.com.

Short Courses

Peacebuilding 2 pm Friday 27th October for 7 weeks. Just buy a drink at the venue. For more information and to register, [select here](#).

Does anyone fancy running a short course on getting the most out of an iPad or smart phone? We know many members can do the basics of reading and sending emails, but today's devices are capable of so much more. Email shortcourses@ilkleyu3a.org if you feel able to help.

On line courses

Microsoft Word David Andrews of Barnsley u3a is running an online course by Zoom. They will start at 9:45 am on either **Thursday 7th or Friday 8th September** for roughly 6 weeks. Each session will last around 2 ¼ hours with a short coffee/brain break. The course assumes only minimal basic knowledge of Word before starting. Members from our u3a have attended previously and have

found them really helpful. If this is of interest, email david.andrews.it@btopenworld.com as soon as possible stating your preferred day, Thursday or Friday.

Microsoft Excel David is also expecting to run a similar online course later in the year. If this is of interest, email David now so he can judge demand.

Various topics As part of the annual subscription, members have access to online tutorials and lectures provided by our parent body the Third Age Trust. [Select here for more information.](#) NB. The series of lectures on the USA election system starts 2 pm, not as stated.

Members' Market Place

[Select here to visit the Market Place](#) to read about:

- Grass cutting help wanted by u3a member
- Questions about travelling by train from Leeds to London in 1960's
- HP 364 Printer Ink cartridges looking for a new printer.

The part time vacancy at the Court House in Otley (an earlier posting) has not been filled so visit the Market Place to find details.

Subscribe to the Market Place Forum and be notified of postings before the next News Flash. To visit the Market Place without waiting for News Flash, just look under the News tab on the website.

Diary Dates

WestNet Quiz 6 pm for 6:30 pm Thursday 7th September at Gargrave Village Hall BD23 3PT. Pie & peas supper. £5. [Booking details here](#)

Drop-in An opportunity to chat to a member of the committee and other experienced members about u3a. Next session **10:30 am Friday 15th September** at Clarke Foley.

The Saturday Talk A talk by u3a member Nick Harding on travelling around the world by public transport. **10 am Saturday 16th September** at Clarke Foley. [Read more on this link.](#)

Meet for coffee in Otley 10 am Monday 25th September. [Details here](#)

Meeting for new members 2 pm Tuesday 26th September at Clarke Foley. [Details here.](#)

Drop in Plus 10:30 am Saturday 6th October at Clarke Foley. Why the plus? [Details here](#)

Off peak gym membership

The pilot scheme is now underway and set to run until March 2024. Members have the opportunity to become an off-peak member of the Ilkley Tennis Club gym at a reduced rate of £30 per month. For more information [select this link.](#)

A really successful launch event was held on Friday 1st September. More than 70 members have joined the scheme and more have indicated they will do so once back from holiday.

We hope to get local press publicity to this partnership in the next week or two.

Raising awareness of u3a

Social media. We have a very active presence on both [Facebook](#) and [Twitter](#). Click on the links to see the wide variety of content shared with over 500 followers for each of our social media platforms. See this copy of an interesting tweet. We suggested that our followers listened to a podcast by Dr Michael Mosley on staying young. He then retweeted our post to his own followers. **So Ilkley & District's initial post was then sent to over 116,000 other people!**

Health & Wellness Event u3a will be represented at this Ilkley BID event held at King's Hall Ilkley on Saturday 30th September. [Details on this link.](#)

Otley Matters. We are featured in the latest edition of this newspaper distributed to all household in Otley. [See this link.](#)

Working with other local organisations. Are you puzzled by the new shop that has appeared on Church Street next to the Flying Duck - **the Ilkley Thingery**? It's a lending library for all sorts of things. So if you need a pram or a high chair when the grandchildren visit, you can borrow one from Ilkley Thingery. Or you need a carpet cleaner or a hedge trimmer - borrow one. We have invited u3a member Erika Shilling who manages the Thingery to share our drop-in meeting and chat with members who would like to know more. [Read more on this link.](#)

Voted the funniest jokes at Edinburgh Fringe

I started dating a zookeeper. **But he turned out to be a cheetah.**

The most British thing I've ever heard? **A lady who said: Well I'm sorry, but I don't apologise.**

Last year I had a great joke about inflation. **But it's hardly worth it now.**

For full results and credits, [select here](#). And you thought ours were bad!

Regards

John & Christine

Email: Newsflash@ilkleyu3a.org



Michael Mosley @DrMichaelMosley · 6h

Fun series to make but perhaps the series title should have been 'Stay Younger' as Stay Young is impossible (unless you are a jellyfish)

Ilkley & District u3a @Ilkleyu3a · 1d

Are you a fan of @DrMichaelMosley's 'Just One Thing' podcast?

These five new episodes focus on staying young - relevant whatever your age!

1. Stay fit
2. Stay looking young
3. Stay sharp
4. Stay feeling good
5. Stay strong

Listen here: bbc.co.uk/programmes/p09...



Why are you glad you joined u3a? Personal recommendations go a long way when deciding to see a play, employ a decorator or go for a meal. Much the same applies when joining an organisation like u3a. In the last News Flash we asked for personal testimonies that we might use on our website and social media posts. We only received two. Here they are. We really need more to make this a worthwhile exercise so please help by sending your thoughts. Just reply to the News Flash. Thanks.

Denise from Leeds has written: I'm now 86 and have been a member of the u3a for many years, firstly doing short courses like discovering the origins of the English language, and Cosmology. Then joining the craft group, which meets throughout the year - as does the weaving group, where I learned to use a peg loom - I was **79!**

You *can* teach an old dog new tricks! And you make a lot of friends in the process!

Peter from Ilkley has written: Ilkley and District u3a is wonderful. Great for making new friends who share similar interests. Groups and local activities every day of the week. Lower Wharfedale is alive with u3a activity.

Volunteer musicians required for Dementia Wellbeing Cafe. They are looking for all types of musical entertainers who would be willing to play free of charge or at a much-reduced rate so they can keep their group going. The sessions are 1st & 3rd Tuesdays of every month 1pm – 4pm, and they're only looking for music for a small section of this time to suit the volunteer.

Email marketing@clarkefoley.org.uk if you can help.

Latest national newsletter from Third Age Trust can be read [on this link.](#)

Are you an online novice? Take a look at this notice from Burley Library. It might be just what you need to boost your confidence.

Also help available at Clarke Foley for those having trouble with smart phone technology. [See this link.](#)

GET ONLINE with
WORTH CONNECTING



Join a group at
Burley in Wharfedale Library

(for people over the age of 55)

Tuesdays 2:00 until 3:30 pm

Six week beginners course starts 5th September

Learn how to get connected to the internet and be able to find information, connect with family and friends and access services in a convenient way.

If you, or someone you know, want to be able to use a digital device, our free course 'Getting started with a tablet or iPad' could help.

Bring your own device or we can let you use one of ours to get you started.



For more information and to book your place on this FREE course contact Becky Fazackerley at Worth Connecting

01274 449660 or email
info@worthconnecting.org