

# AINTREE U3A

## Newsletter July 2014

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Our meeting on 1<sup>st</sup> June saw 66 members attending. Ian Roxburgh welcomed everyone including new members and visitors before proceeding to go through a list of forthcoming events.

Our speaker this month was Dr Ged Corcoran, a former consultant in palliative care, who had worked in Fazakerley Hospital as well as Woodlands Hospice. He talked about end of life care, what it entailed and the need for the family to be involved, how the `Liverpool Pathway` in ethical care has become the plan that all try to follow. Despite the seriousness of the topic it was a very interesting and informative afternoon.

### Art Active      Leader Eddie Caldwell

The Art Active Group, took part in the Aintree Health Festival in June, and successfully exhibited 17 of our paintings and artwork to show the advances we have made in the previous 12 months. There was a lot of interest and comments made by visitors to the Festival; we can be well pleased with our efforts. A showcase of the talents we have in Art Active and U3A. Our next meetings are on 8<sup>th</sup> July and 27<sup>th</sup> July with a summer break in August, re-convening on 9<sup>th</sup> September. Thanks to all our artists for a successful and most enjoyable 16 months painting. – Eddie Caldwell.

### Bridge for Beginners      Leader Jane Jones

Bridge continues every Monday at 2.00pm, with new members joining our Group.

### Craft Group      Leaders Lesley Darley & Kim Davies

The Craft Group will meet on Monday 7<sup>th</sup> July at 1.30pm but will be as usual 2.00pm on Monday 21<sup>st</sup> July. The Group hope to make necklaces. Just a reminder – there is a Bead Fair at Haydock Park on the 27<sup>th</sup> July.

### Golf Group      Leaders Ian Roxburgh 474 6665 & Alf Whittle

The Golf Group are up-and-running and getting really keen but most are friends and relatives of Ian`s! We need more members to make it truly U3A! Why not give it a go and get professional advice, enjoy fresh air and exercise with friends. Meet on a Wednesday 2.00pm at Mossock Hall Golf Club. Please contact Ian for information.

### Tea & Talk

This is a mid-month meeting, on the 3<sup>rd</sup> Tuesday of the month. There is no speaker or leader where discussions and chats (or gripes) can take place over a cup of tea or coffee. This could lead to other activities or meetings.

### Out & About Group      Leader Margaret Eastwood

Due to the interest in the tour of the Liverpool Dry Docks there is another one, for the afternoon of Wednesday 9<sup>th</sup> July. All those interested have been notified.

It is hoped to have a date and details of a tour of the Bootle Fire Station at our August meeting. This will probably take place either in August or September. Also, on 25<sup>th</sup> September we hope to have a visit, in conjunction with the Walking Group, to Ellesmere Port Boat Museum.

### Spanish Group      Leaders Bill & Edna Thomason

Meet at Bill & Edna`s home on the Friday 4<sup>th</sup> and 18<sup>th</sup> July for revision and improve your Spanish conversation. There will be no meetings in August. Feliz vacaciones.

### Walking Group      Leader Tony Byrne

The next walk on the 10<sup>th</sup> July will be at New Brighton; on the 24<sup>th</sup> July the walk will be at Southport. Meet as usual at Old Roan station at 9.50am. Tony has also planned a walk at Grasmere, Lake District on the 21<sup>st</sup> August.

We require some assistance during this period as we need to fit in our holidays and would appreciate if some members of the Group would lead while we are away.

**Gardening** Some members very kindly donated a lot of time and effort to improve the landscape around the centre while it was being refurbished. The garden and boxes with their plants are looking fantastic and have brightened the place enormously. Many thanks for their sterling work. Perhaps they should form a Gardening group. If you have an interest and would like to join, please contact Pat Carroll on 07790 515 744. For any other new group please contact Pat to get started.

All activities taken with the U3A are at your own risk. You are responsible for taking enough care.

*\*All meetings to be held at Oriel Drive Centre unless otherwise stated.*

*\*Please check the notice board for group information and visits; also our website aintreeu3a. A note from Neil Foley, our Web Editor: - "When the web site is being edited, I have to temporarily close off public access. If members try to access during this period they will be asked for a Google password. Members should ignore this and try later when the site will become public again."*

## Bits & Pieces

\*Aintree Health Festival was a great success. The sun shone, there was a joyous air as various groups took part and joined in the spirit of the event; we had demonstrations, massages, health advice and of course plenty of tea and cake from U3A. Thanks to all who took part; £250 was given to Woodlands Hospice.

\*We will have a hosted `Cheese & Wine` evening by The Liverpool Cheese Company at 7.30pm on Tuesday 29th July. Bring your own wine and glasses, cost £6.00 a head, if you have not had your ticket see Sylvia.

\*Tony Byrne has organised a walk at Grasmere. There is room for a few who are not in the Walking Group. The cost will be £10 a head for the coach and it will be possible for some people to be dropped off at Bowness if they prefer not to go on the walk.

\* The trip to St Helen`s `World of Glass` on Thursday 16<sup>th</sup> October will need to be discussed as public transport to get there is very difficult. Could you please let Margaret or Liz know your feelings about car-sharing. The cost will be £14.99 and will include coffee, lunch and two tours - one in the morning, the other in the afternoon.

\* Can we please have volunteers for the tea rota; the list is on the board. We are a non-sexist group – men are also welcome to volunteer.

\* Pauline Chase has organised a visit to Liverpool Library in August; details will be available at the next meeting.

\*It is hoped to have a Tai Chi group up & running very soon. Those members who have signed up will be notified.

\*If anyone knows of any member who is unwell please speak to the U3A visiting team, Margaret Eastwood, Pat Bannon or Barbara Rowlands.

\* Our little Library Corner is getting more & more books. Please bring your used books and feel free to borrow any.

\*Aintree Pharmacy, Molyneux Way, now has a `Foot Health Clinic` treating foot related problems as well general chiropody. Call in or phone Tracey Ellis-Rimmer on 07752 111 886 for an appointment.

\*Woodlands Hospice has a `Summer Fayre` on Sunday 20<sup>th</sup> July 12.00-4.00pm at Croxteth Hall, Croxteth Park.

\*If you have any relevant information for the newsletter please contact Iona James or Liz Wilson.

**Next meeting Tuesday 5<sup>th</sup> August 2-4 pm**

The speaker will be Gordon Bartley; "Welsh Rarebits, pictorial presentation of North Wales, Portmeirion and Anglesey"

## Diary date

Our next meeting will be 2<sup>nd</sup> September, theme `Nostalgia`. Age Concern will also attend to give advice.