

IN TOUCH MARCH 2024

Dear all,

Spring has arrived early again this year and with the daylight hours increasing daily we are all looking forward to a successful year for all our families and organisations that we are part of, particularly sgu3a.

Later this month we shall be having a get-together with group leaders, in particular to thank them for all the work they do, organising and running their groups. Groups are the fundamental core of u3a and as unpaid participants, the leaders ensure that we provide such a wide variety of subjects for all members. The number and variety increase regularly and Barbara is always happy to talk to anybody who has an idea for starting a new group.

We do have a small amount of money available to help start-ups, so if you have a spark of an idea please do discuss with Barbara or any other committee member.

Roger Laidler
Chairman

u3a

**Shaftesbury and
Gillingham**

Forthcoming Event

Thurs 7 March

**Mark Sullivan – ‘Yeomen of the
King’s Bodyguard or How I Get To
Wear Red Tights 8 Times A Year’**

Thurs 4 April

**Paul Barwick – ‘The Life and Crimes
of Double Agent Zigzag’**

**In Touch is published by Shaftesbury
and Gillingham u3a (SGu3a)**

Registered Charity No 11078452

Editor - Anita Keogh

keoghanita@gmail.com

01747 828818

**Copies of this newsletter can be
found on our website**

<https://u3asites.org.uk/sgu3a/>

Next u3a Talks

Monthly open meetings are held on the first Thursday of the month at The New Remembrance Hall, Charlton, Shaftesbury, Dorset, SP7 0PL – opening at 10.00am for 10.30am start. A small charge of £2 per person is made, to cover the cost of speakers and refreshments.

Open meetings provide an opportunity to have a coffee, socialise and to enjoy presentations from invited speakers. Non-members are welcome to attend one open meeting, free of charge, to sample what is on offer.

Details of speakers for the coming year can be found on our website; the next two are shown below.

7 March – Mark Sullivan – ‘Yeomen of the King’s Bodyguard or How I Get To Wear A Year’

Mark will present a brief history of its creation in 1485 by Henry VII, the difference between the Yeomen from The Tower of London and Yeomen of the King’s Guard, a history of uniform and his duties for the Queen’s funeral and the King’s Coronation.

Mark served in the regular Army in Intelligence and whilst in the Reserves lectured on Sports Sciences at a University in York. He joined the Bodyguard in 2011 and has been involved in the full variety of duties that this entails.

4 April – Paul Barwick – ‘The Life and Crimes of Double Agent Zigzag’

Eddie Chapman hated authority and from an early age was in trouble with the law. After being imprisoned for burglary in Jersey he offered himself to the Germans as a German agent. However he became a double agent after turning himself in to MI5. A true story of British espionage history.

Paul is a retired Police Officer with a career background in the national security arena. He has worked with partner agencies in the field of national security and counter terrorism.

Group News

Lunch Club

The u3a Lunch Club has visited a wide range of venues throughout the area in its two years, including pubs, restaurants and cafes, all recommended by members. Not



only have we enjoyed some marvellous food and hospitality, but we've had a lot of fun and made new friends.



We're a very welcoming group, from different walks of life and we meet on the fourth Friday of each month. Most recently, we returned to The Grosvenor Arms in Hindon for a delicious lunch in lively and entertaining company.

If you think this is something you would enjoy, why not contact the group leader, Ros Ham, either to join or to find out more: rosalind.ham@talk21.com Telephone: 07751 968977

Ros Ham

Canasta

New u3a member Pam Hooker is keen to learn how to play canasta and is offering to host a new group at her home if enough people are interested. Perhaps you, too, would like to learn. Perhaps you would be willing to teach the game. Alternatively, perhaps you would just like to play, or play more often. If you at all interested in a third canasta group, please contact Barbara Hurst: barbara@pbhurst.com. Telephone: 01747 825646

French for Fun

The French for Fun 1 group has started the New Year in good form. We have moved on to the Intermediate book of short stories in French. In the last couple of meetings we have discussed environmental matters and learned how to tell a French motor mechanic what is wrong with our broken down car !

Ron Beard

Shared Interests

As the days get longer and hopefully the weather improves, perhaps you have thoughts on places you might like to visit or new things you'd like to try. If you join the Shared Interests group, we can find you like-minded people to do those things with; it's much more fun to have company for outings. As a group member, you will know what others are doing and join in if you want to. Ride-sharing is encouraged and members have been very generous in offering lifts, so this is a great way for non-drivers to enjoy things they might otherwise miss out on.

To join the group, contact Barbara Hurst 01747 825646 or barbara@pbhurst.com

Knitting and Craft

The group met for the first time since before Xmas and what a lovely get-together it was just lovely to see everybody and with new finished projects which were as usual inspiring. It's lovely we all agreed that after knitting for years on one's own, it's fun to share a few hours every month, to talk about project or problems when learning something new and maybe to share knitting patterns.

First finished project was a very pretty shawl in a lavender colour not sure what wool was used but very soft and lovely to wear. I myself, at last, had finished a project which is a winter jumper for a man who works outside in the garden a lot on cold winter days. The wool comprised of Alpaca and sheep wool, which is very soft with a halo and tends to pill but is very warm and cosy.



Our next meeting will be on Tuesday 12th March at my house, at 2 pm. For new members here is my address: Godwins Orchard, Kington Magna, SP8 5EW
Irene Gordon

Other groups / items for interest

Citizens Advice Central Dorset

Citizens Advice Central Dorset are looking for new trustees to join its charity trustee board. Our organisation is focussed on providing information and advice to people in local communities to help solve the problems they face in these challenging times. We are in the frontline of supporting people with the cost of living crisis and more people than ever need our support. We work across the central Dorset area covering Gillingham, Sherborne, Blandford, Dorchester and Weymouth and Portland. We are a local charity but with the benefit of being part of the influential national organisation, Citizens Advice. Working with our Chief Officer and other staff, our trustees shape strategy and give direction.

Our board of trustees come from a variety of backgrounds who all have the passion and dedication to make a positive difference for people, who need help and advice on a wide range of matters, in our community. Current opportunities within the Trustee board are:

- Chair
- Treasurer
- Lead for Information Technology development
- Lead for Marketing and Communications

We welcome people from all backgrounds with a range of skills and experience as training will be provided. Trustee roles are voluntary, unpaid appointments, although reasonable travel expenses will be paid. Each role provides you with a great deal of experience and satisfaction, the opportunity to develop your skills and use your expertise and knowledge. If you are interested in finding out more about becoming a trustee for Citizens Advice

Please contact me for further information. Thanks in anticipation for your help
Tracy McGregor <tracy.mcgregor@centralca.org.uk>,
Chair of People sub committee, Citizens Advice Central Dorset

Promoting u3a

We are steadily re-building our membership after a dramatic drop due to the pandemic and our newest committee member, Anne Jefferies, is taking the lead in advertising and promotion, to facilitate recruitment. She has designed a new poster encouraging people to join u3a and would welcome some help finding places to get it displayed. If you have suggestions for possible locations, especially if you have access to notice boards at village halls, churches or shops, please contact Anne: aejefferies@btinternet.com. Telephone: 01747 863425

Swimming

I received this message and think Stuart's proposal may be of interest to some of you who would appreciate the kind of swimming opportunity he's offering.

Hello, I am writing to you on behalf of the Friends of Shaftesbury Swimming. We are a group of local swimmers who have been working with the Town Council to develop and improve the Shaftesbury Lido, and to get public access to the pool at Coombe House. We are currently looking at plans for the 2024 summer season at the Lido, which is heated to 29 degrees during the main season. We have noted that in past years there has been a choice between lane swimming and family fun sessions, but nothing much for adults who are less confident swimmers or don't want to be splashed by children. We are therefore trying to gauge potential interest in having a few gentler sessions aimed primarily at more elderly swimmers. We seem to remember that there was a U3A group that previously used the Coombe House pool, when it was St Mary's. We are now talking primarily about the Lido in the summer. Is this something that U3A would be interested in and make use of, if it could be made available? Thank you. Regards, Stuart Edwards on behalf of the Friends of Shaftesbury Swimming.

If you would be interested, please let me know and I'll let Stuart know.

Barbara Hurst

01747 825646

barbara@pbhurst.com

Buying a New Mobile Telephone

Before you buy a new mobile phone, first consider what you will use it for. There's no sense in buying a very expensive I-phone or Android if you only want to perform a few basic functions, and these more sophisticated phones can be challenging to operate. So, before you rush into buying a phone that is wrong for you, go to a specialist phone shop and ask for information about Doro products. These devices are designed specially to meet the needs of people who want simplicity, and are much less expensive.

Trading Standards

Burning Solid Fuel

Harmful levels of air pollution can damage people's health and reduce their quality of life. We can all be affected by this, but some, especially children, older people, and those with respiratory problems, can be affected most.

The Air Quality (Domestic Solid Fuels Standards) (England) Regulations 2020 brought in rules to protect health and the environment by restricting the sale of wet wood, which when burnt, produces more tiny particles than seasoned or dry wood. These particles are so tiny that they can enter the bloodstream which can potentially cause serious health issues for those most susceptible to them.

Today wood fuel can only be sold in volumes of less than 2 cubic metres if it is certified as 'Ready to Burn'. Certification confirms wood has a moisture content of 20% or less. It applies to both firewood and wood briquettes sold in single retail bags, or supplied as a bulk delivery in loose volumes. Traders are also required to store the wood in a way to prevent it being sold to customers damaged or wet.

As a consumer, look for the 'Ready to Burn' red flame certification mark when buying firewood for immediate use and for manufactured solid fuels. If you are buying wood in volumes over 2 cubic metres, you will need to have adequate space to store and season the firewood until it has no more than 20% moisture content.

In addition, having your chimney swept and appliance serviced regularly is also an important part of making sure you and your family are safe, burning fuel efficiently, and protecting the environment. Why not use a Buy With Confidence trader to check this for you?

Buy With Confidence traders are Trading Standards approved to ensure that they operate in a legal, honest and fair way. Search for a Buy With Confidence trader near you at buywithconfidence.gov.uk or by phoning the Citizens Advice consumer helpline on 0808 223 1133.



A very warm welcome to all our new members who joined in February

Helen & Robin Berry
Sue Boddington
Ruth Drewett
Roger & Rosemary Hunt
Bill & Anita McCarthy
Margaret Mellor
Jenny Smith
John Sommers
Andrew West

and finally.....



Group	Date	Leader	Website
Art Appreciation	2nd Monday 2-3.30pm	Barbara Hurst	click here
Canasta	1st and 3rd Monday – pm	Hazel Baker	click here
Canasta	2nd & 4th Wednesday p.m.	Barbara Watkinson	click here
Celtic World	4th Monday – am	Denise Sims	click here
Churches/Places of Worship	To be Arranged 4 visits per year	Barbara Hurst	click here
Cosmology	2nd Monday – am	Denise Sims	click here
Digital Photography	3rd Thursday – am	Andy Newton	click here
Embroidery	3rd Wednesday – pm	Lesley Frost	click here
French for Fun 1	Tuesday/fortnightly – am	Ron Beard	click here
French for Fun 2	Wednesday /fortnightly-pm	Chris Stotesbury	click here
Garden Interest	2nd Monday – am	Irene Gordon	click here
Genealogy	4th Monday – pm	Liz Greenway	click here
German Conversation	Wednesday /fortnightly-pm	Robert Light	click here
International Folk Dancing	2nd Tuesday -pm	Barbara Robson	click here
International History	3rd Wednesday-am	Richard Sims	click here
Italian for Beginners	Tues 10.00-11.30am weekly	Alison Rigby	click here
Knitting/Crafts	2nd Tuesday – pm	Irene Gordon	click here
Languages of Planet Earth	3rd Friday – 2.00pm	Denise Sims	click here
Literature	1st & 3rd Monday-am on Zoom	Peter Rolfe	click here
Lunch Club	4th Friday in the month	Ros Ham	click here
Mahjong	2nd & 4th Friday – 2pm	Marion Pace	click here
Music for Pleasure	2nd & 4th Thursday – pm	Eileen Haddleton	click here
Natural History	2nd & 4th Wednesday 10.30-12pm	Janet Fenton	click here
Philosophy	Monthly Tuesday pm	Chris Spencer	click here
Poetry & Play Reading	1st Thursday – pm	Audrey Cross Janet Botterill	click here
Reading Group	1st Friday 11am -12pm	Barbara Hurst	click here
Scrabble	Weekly Friday – am	Jill Page	click here
Shared Interests	Varied	Barbara Hurst	click here
Spite & Malice	3rd Monday – pm	Sue Walker	click here
Table Tennis	Weekly Thursday 2pm	Elizabeth Lewer Chris Stotesbury	click here
Walking Group	1st Tuesday – am	Barbara Robson	click here