

IN TOUCH MAY 2024

Dear all,

Welcome to May's edition of In Touch, nearly half way through the year with still lots going on within our groups and the monthly meetings.

The Third Age trust our 'parent' organisation has started a newsletter called "u3a friends" and is an initiative to bring together stories and interests from across the u3a movement. Do have a look, it could inspire the starting of new activities within our u3a.

To receive this free newsletter you need to sign in with your email address at [u3a - u3a Friends](#)

Roger Laidler
Chairman

u3a

Shaftesbury and Gillingham

Forthcoming Events

Thurs 2 May

Peter Gill

**The Wit and Songs of Noel
Coward**

Thurs 6 June

Colin Divall

**Who Built the Victorian Railways
and Did They Get it Right?**

Copies of this newsletter can be found

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.

2 May – Peter Gill **The Wit and Songs of Noel Coward**

Born in 1899, Coward was an actor, composer, director, producer, and in later life painter – and he excelled at them all. He said of himself “I am an enormously talented man, and there is no point in denying it”. This is a reminder of that talent and some of the wonderful songs and wit of the ‘Master’ including A Bar on the Piccola Marina, Don’t Let’s Be Beastly To The Germans, Mrs Worthington, There Are Bad Times Just Around the Corner and Mad Dogs & Englishmen.

Peter lives in Ross-on-Wye, Herefordshire. He has been writing and producing for the theatre stage for the last 25 years. He is also an experienced piano/vocalist and spends much of his work life touring the country in a variety of theatre shows. We welcome him back to speak to us by popular demand after his talk last year on Private Godfrey.

6 June - Colin Divall BSC, MSc, PhD, FRHistS **Who Built the Victorian Railways and Did They Get it Right?**

The great Victorian engineers like the Stephensons, Locke and Brunel get much of the credit for Britain's railways, but as the world's first 'big business' many other kinds of minds were involved in planning, promoting, constructing, operating and regulating the network. In this talk I argue that our fascination with the engineers echoes that found in the latter half of the 19th Century, which in turn was partly a reaction to the messy reality of railway politics. While the railways were central to many aspects of Victorian society, the network was not as good as it could have been, and the reasons for this might provide insights for railway policy today.

Colin Divall, professor emeritus of railway studies at the University of York, was head of the Institute of Railway Studies & Transport History for 19 years from its founding jointly with the National Railway Museum in 1995. He now splits his time between research on the history of rural transport in the West Country and campaigning for better facilities for walkers and cyclists in and around his now home town of Bridport and largely failing to build an accurate model of Wimborne station as it was in 1960 when he lived in that town.

Group News

Knitting and Craft

Knitting group met but unfortunately quite a few were unable to make it this time, nevertheless a wonderful piece of colour work purchased 50 years ago and brought in by Pam to show us, was very interesting. Made with beautiful 100% wool the condition was still absolutely perfect.



Our other member Elizabeth had a project on the go and she was making crochet roses all different styles and so pretty. Another skill with Elizabeth is her ability to create small figures with her knitting and for her latest work she has made a young boy cycling up Gold Hill. This has created quite a following on the internet, so much so that the Shaftesbury Radio rang her up to interview her!



To your left is a wonderful example of crochet work carried out by Elizabeth Hazelwood - done as a postbox topper for a little cheer as we were learning our new norm after the pandemic.

Some finished embroidery on show next month and hoping for a new embroiderer to join the group.

Until next month
Irene Gordon

new Canasta

An opportunity for anyone who would like to learn how to play canasta. Barbara Watkinson and Penny Tyler will be teaching the game at a special session from 10.00am till 1.00pm on 25th April, in the committee room at the New Remembrance Hall, Charlton. We are hopeful that this will allow us to set up another canasta group, for which we already have a volunteer to provide a venue. Whilst numbers aren't restricted, Barbara and Penny will need to know who many to expect for refreshments. If you would like to take advantage of this opportunity, please let me know.

Barbara Hurst

Garden Visits



Our garden visit to Yew Farm 8th April this month was a great success I think and hosted by Louise and Fergus Dowding who were available to us all for the whole visit and we were able to talk to them about plants design etc.

The garden was dominated by the most amazing topiary interspersed with the most interesting plants and unusual planting. I hope the photos give everybody some idea what a special garden this was.



Our next visit 13th May is to Chantry Farm in Marnhull. It is the first time of opening for the owners Ivan and Sue Shankman and I shall be mailing details for everybody later in the month.

Irene Gordon

RUG

I have set up a new group called RUG (Really Useful Group), consisting of volunteers willing to pitch in whenever an extra pair of hands is necessary. There is no obligation involved - members can choose when and how they help out - and there will be no meetings. If you would like to be added to our list of volunteers, please let me know.

The reason I'm raising RUG now is that Shaftesbury & Gillingham u3a will be participating in an event called 'What's Great in SP8' on Saturday 18 May promoting who we are and what we offer. We need a few more people to man the stall throughout the day. It will take place at the Riversmeet Leisure Centre in Gillingham from 10.00am till 4.00pm. If you could manage just an hour that would be incredibly helpful.

Barbara Hurst

new

Are you interested in pottery?

Inspired by man's use of natural materials, I am interested in setting up a group focusing on pottery. My initial thoughts are to research the history of clay usage and ceramics at some meetings and to visit local art studios and galleries for others. We may even find opportunities to make pots ourselves, or to participate in art experience days. These are just my initial thoughts and I'm very open to other suggestions.



At this point, I'm trying to find out whether there is enough interest to set up this group. The meetings will possibly take place in the committee room at the New Remembrance Hall, Charlton, on Thursday mornings.

If you think this is something you'd be interested in, please contact me.

Barbara Castle

bcastle42@outlook.com

01747828043.

new

Would you like to try Croquet?

The Secretary of Tisbury Croquet Club contact me to ask whether our members would be interested in finding out about this game of strategy and skill. As she pointed out, there are obvious health benefits: fresh air, gentle exercise and social contact, particularly suited to our demographic. The club is offering to arrange a visit so that our members can give it a try, with all the equipment provided, if there is enough interest. If that is something you would like to try, please let me know:



Barbara Hurst

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01747 825646

new

Writing for Pleasure

Have you sometimes wanted to write your life story, describe your garden, reminisce for your family, start or finish writing that great novel, publish what you have already written? If so and you don't know how to go about it, I may be able to help.

If there is enough interest, I could revive the old 'Writing for Pleasure' group. Most convenient for me would be to hold a monthly meeting on the second or fourth Monday morning in the month, starting at 10.30am on Zoom.

Do not be afraid of the technology, I will send you a link via email and all you have to do is press a couple of buttons. Firstly though, you would need to send me what you have written as a Microsoft Word document via email. I can then share it with the group on screen.

It doesn't matter if you have never written anything before, the only qualification is a wish to write and a willingness to share and discuss what you and others have done. No pressure, just an enjoyable experience, whether you're a beginner or an expert.

If you're interested you can get in touch via Barbara Hurst, or directly with me at peterrolfe@talktalk.net or 07732179986.

Peter Rolfe



Are you aware that National u3a offers free online talks and demonstrations

u3a members can join a wide range of online talks, workshops and courses for free with their membership!

Most of these opportunities are presented by members themselves; sharing their knowledge or skills with others across the movement. We also have a wide range of talks on offer from well-known speakers and organisations.

All of these events can be booked below via Eventbrite. At the time of booking, please ensure that you can attend and if you later find that you're unable to, please cancel your place through Eventbrite to avoid others missing out unnecessarily. All events are for u3a members only

Our online events are hosted on Zoom. We have some 'How to Guides' for using Zoom if you are unfamiliar with the platform. Don't forget u3a also runs many projects, initiatives and competitions available for all members to get involved in too.

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

There's quite a variety on offer and it's very easy to sign up.

NB: A note from Barbara Castle

may I just take this opportunity to highly recommend if access to a computer and not attending monthly meetings is not always possible I can totally recommend the various talks and activities that are on offer via eventbrite.

So far I've attended art classes, a talk about my brain and Hollywood laughter yoga..

Many differing hour long chances to be involved in other activities not always possible in your locality .please urge others to give these "talks" a try you will surprise yourselves.

Other Groups / items for interest

Volunteers Required

IMB are looking for volunteers near Shaftsbury and Gillingham.

The role is for members of the independent monitoring boards (IMB) who monitor prisons for fair and humane treatment. The role often attracts those who are retired or semi-retired and still looking to develop their skills, make social connections and help impact their communities. Which is why I am reaching out to multiple u3a branches in the surrounding area as I believe this lines up well with the demographics that the u3a tends to attract.

Do you want to obtain skills in a new and interesting way? Are you searching for ways to meet new people and fill your time? Maybe you're looking for ways to increase your confidence or develop your skillset and gain experience?

If so, then you could join our team of ordinary people doing an extraordinary role: independent monitors in prisons and immigration detention. All our members are unpaid public appointees, appointed by Ministers.

So why join? As one member says: "It could be the most rewarding thing you have ever done."

Volunteers are required to commit to an average of 3-4 visits a month, checking on conditions, talking to those who are detained and monitoring how they are treated.

We are looking for people who have the following qualities

- integrity and honesty
- ability to analyse situations and make decisions
- commitment to equality, diversity and inclusion

Training and support will be provided during the 12-month induction period. Although this is an unpaid role, we pay travel and subsistence expenses, childcare/carer costs.

If you are interested, then book onto our next virtual open evening to find out more. Alternatively, please visit www.imb.org.uk to apply.

For further information please email imbrecruitment@justice.gov.uk or sophie.anscombe@justice.gov.uk

Sophie Anscombe

Regional Prison Support Lead | West Midlands, South West and South Central | The Independent Monitoring Boards | Ministry of Justice

T: 07720158445

www.imb.org.uk

Film – Vindication Swim

I wanted to tell you about the film 'Vindication Swim' which your u3a members might be interested in. Capt. David Morgan, your local Falklands war fighter pilot, features in the film as he piloted the Bi-Plane at Compton Abbas, which was filmed locally to you too.

WI members in Sussex helped the young director by being extras on the film. It is screening at the Westlands Cinema Yeovil from 29th April. The protagonist of the film Mercedes Gleitze was an incredible and iconic woman of the past, arguably the most famous open water swimmer of her time. She was a trailblazer both in the UK and the world, who then all but disappeared from history. There are very few known women of history in the public domain, which should be addressed and Mercedes should be one that stands out and this film will help, now people have a chance to see it.

Trailer https://www.youtube.com/watch?v=mV_OW82cN64

Swim England, inducted Gleitze into their Hall of fame on IWD, partly in response to this film, see link: <https://www.swimming.org/swimengland/mercedes-gleitze-hall-fame-induction/>
Yeovil Westlands <https://westlandseyovil.co.uk/whats-on/screenings/vindication-swim/9544/#schedules>

Full Cinema List <https://linktr.ee/vindicationswimfilm>

If you have any questions please let me know but do spread the word.

Simon Hasler

simon.hasler@relsah.co.uk>.

Shaftesbury Abbey Museum & Gardens Spring Lecture 'The Medieval Garden – use and delight, romance and religion' Wednesday 22 May – 7.30pm

We are delighted to welcome Caroline Holmes, an international lecturer, author and consultant designer, to give a richly illustrated lecture on the history, beauty and symbolism of the Medieval Garden.

As a garden historian she researches ancient, modern and contemporary gardens. Academic but not dry, informative and entertaining, her lectures explore people, plants and places delving into the myriad ways they have historically shaped their landscapes.

Academic tutor and Course Director for the University of Cambridge ICE, lecturer for The Arts Society, she has spoken or researched on every continent except Antarctica and has received awards for her writing and broadcasting www.horti-history.com

Apart from contemporary prose and poetry, medieval illuminated manuscripts and tapestries are important reference sources for medieval gardens and their plants. We explore their use and evolution in the period 410–1485: from monastic enclosure to royal hunting park and the desire for an earthly paradise both as a Christian and romantic metaphor. We chart the development of simple, monastic, self-sufficient food, medicinal and sacristan plots into elaborate ecclesiastical palace and abbey gardens not forgetting the heavily defended castles with their survival crops and manors with walled gardens relishing the wafting scents from plantings below status rooms. Shaftesbury Arts Centre www.shaftesburyartscentre.org.uk
Box office 01747 854321

SCMS Supporters and Music Lovers,

I am so happy to tell you that I have finally managed to relaunch the Shaftesbury Chamber Music Series. We are starting out small - with three upcoming concerts - but if they are well attended and the finances break even then you can expect to see the series back in full swing in 2025. Please tell your friends, spread the word, let me know of anyone who would like to be added to the mailing list and let's make high quality live music happen regularly in Shaftesbury.

Ruth Rogers

Saturday 15 June 2024 at 6pm

- Mozart Piano Quartet K478
- Schumann Piano Quintet opus 44
- Dvorak Piano Quintet opus 81

Viv McLean, piano

Ruth Rogers, violin

Kate Comberti, violin

Sally Beamish, viola

Sebastian Comberti, cello

This group of award winning performers (including the world famous composer Sally Beamish) get together to perform some of the most wonderful chamber music works ever written - this is a concert not to be missed!

<https://www.ticketsource.co.uk/booking/t-zzdgrvz>

Saturday 21 September 2024 at 6pm

- Beethoven Cello Sonata in G minor, opus 5
- Elgar Violin Sonata, opus 82
- Brahms Piano Trio no. 1 in B major, opus 8

Gemma Rosefield, cello

Simon Callaghan, piano

Ruth Rogers, violin

The Strad described Gemma Rosefield as “a mesmerising musical treasure”

“Callaghan makes the case... with flair and conviction.” The Sunday Times Musical Opinion wrote about Ruth Rogers -

“music flows as a natural consequence of innermost understanding.”

<https://www.ticketsource.co.uk/booking/t-gjkvorp>

TRADING STANDARDS

Animal allergens in vegan and plant-based food

The Food Standards Agency is running a campaign to advise people with milk, egg, fish or shellfish allergies, or those who care for people with these types of allergies, to always check the label on vegan and plant-based food as it may not be safe to eat.

Foods marked as vegan or plant-based are not guaranteed to be free from products of animal origin, and therefore could still contain allergenic ingredients. This is because a vegan label is not a food safety label so risks remain of cross-contamination in manufacturing and production processes that might mean vegan or plant-based food is not safe for some people to eat.

Q: Do you know the difference between a 'free-from' and 'vegan' label?

A: A 'free-from' label guarantees the product doesn't contain the named allergen. To use this label, food businesses must follow strict processes to ensure the allergen isn't present.

However, these rules don't apply to vegan or plant-based products, which means there could be a chance of cross-contamination with allergens such as milk, eggs, fish or shellfish.

Q: Do you have an allergy to milk, eggs, fish, or shellfish? Do you eat vegan food to help manage your allergies?

A: Vegan food isn't always safe for people with these allergies because of potential cross-contamination during manufacturing and preparation processes.

For peace of mind that ingredients such as milk, eggs, fish, or shellfish aren't present in vegan food or plant-based food through cross-contamination, always check for precautionary allergen labels such as a 'may contain' statement. This will help prevent an allergic reaction.

The Food Standards Agency advises - Never assume vegan or plant-based food is safe for people with certain allergies. Don't take the risk. Always read the label.

More information can be found on the Food Standards Agency's website where you can read in more detail about vegan food and allergens, cross-contamination and precautionary allergen labelling for vegan food, and steps to take to keep safe. Visit <https://www.food.gov.uk/safety-hygiene/vegan-food-and-allergens>



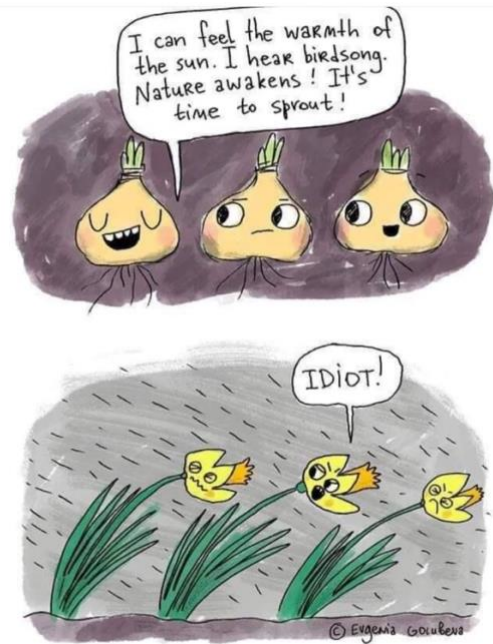
Andrew West

Deborah Preece

Jill Wing

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

and finally.....



The adult version of head, shoulder, knees and toes

= Wallet, glasses, keys and phone!

Q: What do you get when you cross a mountain lion with a black bear.

A: Killed!

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	Michael Pittman	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 Wed in the month 10-12.30pm	Janet Fenton	click here
Philosophy	Monthly Tuesday pm	Chris Spencer	click here
Poetry & Play Reading	1st Thursday – pm	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
<p>In Touch is published by Shaftesbury and Gillingham u3a (SGu3a) Registered Charity No 11078452 Editor - Anita Keogh keoghanita@gmail.com 01747 828818</p>			