

u3a

learn, laugh, live

Welcome to

ISE VALLEY u3a

New Members Pack

Welcome to Ise Valley u3a, Kettering, Northamptonshire

On behalf of the committee, members and myself, welcome to the Ise Valley U3A.

Since its conception over 25 years ago, the national U3A is the fastest growing organisation specifically designed for the retired and senior members of our society, and membership has many benefits, first and foremost the potential to make many new friends.

The U3A used to be called The University of the Third Age, but 'University' might seem rather a grand title, but it can and does cover a wide variety of activities and interest groups. There are the more academic activities such as musical appreciation, art and craft, board and card games plus physical activities such as swimming and walking. Then there are the outings, not forgetting the regular lunch dates and coffee mornings. The complete list of our current activities is included in this pack though, unfortunately, some of the groups are full. The choice is yours - you may join as many or as few as you like. If you have a particular interest or hobby that is not already being accommodated, why not start a group of your own (Please! – you do NOT have to be an expert). We can give you lots of help and support to do this.

Our new logo is: Learn, Laugh, Live! What more do you need?

Then there is the regular monthly meeting, which takes place on the 2nd Wednesday of the month in the Eden Open Church (doors open at 1:30pm), when we have a variety of excellent speakers, a chance to chat, have a cup of tea, and examine information from all the interest groups which are displayed in the halls. Don't forget the raffle!

Your subscription covers Monthly Meetings, membership of Groups (which may at their discretion make additional charges to cover running expenses), and affiliation fee to the national Third Age Trust.

We look forward to welcoming you as a member, and we hope you enjoy your time with us.

Jill Burgess
Chairperson

Aims and Principles of the u3a

The Universities of the Third Age (u3as) in the United Kingdom are autonomous, self-help organisations run by the voluntary efforts of their members.

The aims of Ise Valley u3a are:-

- To encourage and enable older people no longer in full-time paid employment to help each other to share their knowledge, skills, interests and experience.
- To celebrate the capabilities and potential of older people and their value to society.

Programmes.

- We offer learning activities which reflect members' wishes and which aim to satisfy the widest possible range of interests: educational, cultural, recreational, physical and social.
- We make use of new technologies as they become available.

Purpose, Styles and Methods of Learning.

- Our approach to learning is – learning for pleasure.
- There is no accreditation or validation and there are no assessments or qualifications to be gained.

Funding.

- We are funded in the main by the subscriptions of our members.

Association.

- We collaborate and share expertise and facilities with other u3a's in Northamptonshire.



If you are a tax payer, can you please also tick the Gift Aid box on the Membership Application. This will allow us to claim money from the Revenue for every £1 that you pay and helps the u3a keep subscriptions lower for all of our members.

The web site

Our Ise Valley u3a Newsletter is provided at the monthly meetings or it can be read or downloaded from our website at www.isevalleyu3akettering.org.uk. On the website you can find the latest Newsletter and details of the Committee as well as information about our Group Activities. The Newsletter contains details of all our activity groups and contact names and phone numbers. Or you can email leaders via the website.

Committee 2021-2022

Position	Name	Contact
Chairperson	<u>Jill Burgess</u>	01536 515045
Vice Chair & Newsletter Editor	<u>Sylvia Dale</u>	01536 411865
Treasurers	<u>Tony Reed & Tessa Bellamy</u>	01536 481733 07854864632
Secretary		
Groups Co-ordinator		
Membership Secretary	<u>Sylvia Dale</u>	01536 411865
Speaker Secretary	<u>Julie Bates</u>	01536 725538
Trip Co-ordinator	<u>Norma Reilly</u>	07783 692666
General Duties	<u>Lynne Franklin</u>	01536 618001
General Duties	<u>Mike Reilly</u>	07783 692666
	<u>Not on committee</u>	
Webmaster & Tech Officer	<u>Alan Bailey</u>	01933 350147
Safeguarding Officer	<u>Bob Moffatt</u>	01536 659236
.

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Painting for Pleasure	Tessa Bellamy	07854 864632	Mind Centre	Weekly	10-12
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd Monday	2pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483398	Home	Monday after main meeting	2-4pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Weekly	2-4pm
Knit and Natter	Sylvia Dale	01536 411865	Members home	fortnightly	2-4pm
Mahjong/Scrabble	Linda Law	01536 659091	B.S Village Hall	2 & 4 th	2-4pm
Play Reading	Rosalind Bridges	01536 741466	Varies	1 st Monday	2-4pm
Recorder Group	Mary Cooper Sue Hartley	01536 420336 01536 357676	Central Methodist Church School Lane, Kettering	2 nd & 4 th	2.30-3.30
Tuesday					
Computer Club	Alan Bailey	01933 350147	Members home	Fortnightly	10-12
Ukelele group	Alan Bailey	01933 350147	Home	Fortnightly	10am
Travel Group	G. Hardwick	01536 481203	Member's home	3 rd	2pm
Camera Club beginners	Julie Bates	01536 745538	Members home	2 nd	2pm
Wednesday					
Gardening Club	Chris Ditri & S.Tecklenberg	01536 723145 01832 733419	Varies	1 st	10am
Music Appreciation	Rosalind Bridges	01536 741455	Home	Varies	2-4pm
Thursday					
Spanish	G Hardwick	01536 481203	St Andrews Church Hall	1 st & 3 rd	2-4pm
Short Walks	Wanda Moffatt	01536 659236	Varies	3 rd	10am
Ten pin bowling	Dai Johnson	01536 483398	Thunder Bowl	Thursday after main meeting	12 midday
Coffee Morning	Sylvia Dale	01536 411865	Stirrup Cup	Weekly	10 am
Friday					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Linda Harris	01536 628940	St John's Church Hall	Fortnightly	10am