A letter from your Chairman

What is an Annual General Meeting?

An Annual General Meeting, commonly referred to as an AGM, is a formal meeting which is held once a year. In the case of the Ise Valley U3A it replaces the normal July meeting. It is a legal requirement for voluntary organizations and is good practice for charities to have an AGM to act as a review of the year and deal with issues such as the election of committee/board members and reviewing the annual accounts.

Although it is a formal meeting, it can also be a good opportunity to communicate with members and if you have ideas which may help with groups, meetings, and anything else you would like to discuss then this is probably the first place where it can be introduced.

As has been reported earlier, most of the committee have agreed to continue. However, due to unforeseen circumstances we now need to appoint a new Treasurer. Tony Reed, our current Treasurer, has decided to stand down after many years of excellent service. Sorry that this is short notice, but if anybody feels up to the task and is willing to take this on, please speak to a member of the committee before the meeting, although this will be mentioned during the proceedings.

We are also looking for someone to assist the Speaker Secretary and a new Newsletter Editor. All help will be given to anybody willing to take on these roles.

Finally, two reminders. Some Renewal Forms are still awaiting collection and completion and secondly, tickets for our Quiz Evening, which will take place on Thursday 22nd September, are on sale today. Family and friends are welcome.

Apology: The newsletter for last month, June, carried the title 131 May 2016. Of course it should have read 132 June 2016. Did anybody notice?
The usual request from the Editor - Without your input the magazine dies!

It is time now to find a new Newsletter Editor. All help will be given so please, if you would like to have a go at this contact me by phone, email or in person. Mary Howarth

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The slimming group, which has continued to meet on Tuesday mornings at Wendy's house, 31 Anderson Drive, 930-1030am, is now on holiday! We have decided to have a break during the summer weeks, and re-convene on the first Tuesday in September.

We have had a very successful year so far, with the group exchanging ideas and gaining much help and support from each other. Since January we have in total lost 31 pounds between us (in weight!)

Meetings consist of a weigh-in, a cup of coffee, a chat and a lot of laughs. The secret is in the help and support we give each other.

Cost 50p to attend. New members would be welcome in the Autumn - see Wendy or phone (510870)

Wendy Islip.

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Mah-Jong and Scrabble Group

We had our inaugural meeting on June 27 and we all said we had thoroughly enjoyed it. This was surprising because though we all know and love Scrabble, we played nothing but Mah-Jong for the whole afternoon, and half of us had had no idea how to play at all, and most of the rest were rusty with thirty years of rust. But, thanks to Linda Law, we learnt!

The eight of us sat round the one table and worked as pairs while Linda talked us through each move and we all learnt and laughed by sharing. It was useful that she had belonged to a Mah-Jong Group in her previous town AND from them she had acquired the Official U3A Rules. (Since there are many sets of rules that can be followed, we had felt it might be useful if we all followed the one set, and it certainly was.) We are looking forward to next time, and, who knows, we might then even set up a second table for Scrabble at the same time.

Margaret Hopkins

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Craft Group

Spirelli is a simple technique to do a decoration on a greetings card. One can buy shaped cards in packets, and it is good to choose complimentary colours for the design, gold on red or silver on blue to wind a thread round a shape to make a pattern. We did this several times and made cards for any occasion. Look out for our display at the next meeting. Our next craft morning will be 27th July and we will be making a necklace using material and beads.

Angela Deans
Travel Group

Six members of the travel group went on a road trip around the villages of North Villages stopping for coffee and lunch. Thanks to John for planning and organising an excellent trip.

In July we will have celebrated with our strawberry tea. Travel group takes place on the first Tuesday of the month at 2pm. We celebrate holidays in the UK and abroad and follow up with lots of chatter and refreshments.

Geraldine Hardwick

Music Appreciation

The meeting was held this time for Ted and Enid at Ron and Carlene’s. The theme was Dance Music although we did allow ourselves to deviate from the theme at times. We started off with Nat Gonella, Setting the World on fire among other things,

Brahms Hungarian Dances, got us going, followed by Flamenco from Spain, then Abba with The Dancing Queen and other requests, more seriously The Bartered Bride by Smetana, next The Waltz from The Merry Widow, followed by The Thunder and Lightening Polka,

Benny Goodman provided a lighter side, then two dance movements from Symphony Fantastico, with lots more in between we finished up with Strauss Blue Danube Waltz.

A most entertaining afternoon with the usual break for chat and refreshments.

Carlene Lee

Camera Group

At June’s meeting there were some interesting and very satisfactory results from Steve's teaching on creating a 'colour pop'.

We then went on to have a session on taking photos of clouds, and I expect there will be some good examples next month after the extreme weather conditions we are experiencing at the moment.

Our next meeting is on July 18th at 3, St. Mary’s Road when Geraldine will lead at session on taking photos of mini-beasts. If members can bring some examples, please do.

Jenny Goddard

Thursday 22nd September 2016
at
Kettering Athletic Club
7.30pm

Tickets £8 to include fish, chicken or sausage and chips.

Teams of 6 or less. Bar available.

We had a great time last year, with excellent food, cooked fresh on the premises. Tickets will be available at the July, August and September meetings.
Kettering U3A Walking Group

This group meets on the 1st Wednesday of the month for a walk average 5 miles. For details of the next walk contact David Hamilton on 01536 518900

Gardening Group

At our recent meeting we spent a pleasant morning discussing lawn care. We found it helpful to exchange ideas of ways to improve our lawns and some very practical suggestions were made. Amongst other things we learned of new products which help to feed the lawn and also electrical tools which can make the work of caring for your lawn easier.

At our next meeting we will deal with taking cuttings.

It is a very friendly group and any new members would be made welcome.

Mavis Bennett

Short Walking Group

Picnic Lunch 27th July
East Carlton Park

Some members put their names down at the last meeting, but it would be good if a few more members joined us.

We all take some food and then share it. The list will be out at the July AGM.

Julie Bates

---ooo0ooo---

Trips & Theatre Visits

Grimthorpe Castle and Gardens. Aug 23rd.
£23.00.

The tickets/receipts will be available for collection at the July meeting. Still one or two members to pay. Start time will be on the ticket.

---ooo0ooo---

Christmas Shopping at Westfield Centre near Olympic Village. Thurs Nov 24th.

Names will be taken at the September meeting for anyone interested.

---ooo0ooo---

Day Trip to Cotswolds/Stratford-upon-Avon

I am sure that all members who came on this trip enjoyed their day. We were taken on the scenic route to Moreton-in-March where we all had a coffee/tea break and a good look around the market which had a variety of goods. We stayed for one and a half hours.

We then made our way to Stratford-upon-Avon and the sun shone most of the time. Members had lunch or shopping or to the Butterfly Park, or just enjoyed sitting by the river.

We arrived home at 6.30pm

Julie and Jessie

---ooo0ooo---

If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother and the teacher.

A. P. J. Abdul Kalam

---ooo0ooo---

Q: What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?

A: All were invented by a woman
June 2016 Quiz Answers

1. The News
2. Top Gear
3. Watchdog
4. Antiques Roadshow
5. Eggheads
6. X-Ray
7. The Weakest Link
8. The Bill
9. Desperate Housewives
10. ER
11. Waterloo Road
12. Relocation, Relocation
13. A Touch of Frost
14. Ready, Steady, Cook
15. Teletubbies
16. Deal or No Deal
17. Songs of Praise
18. Cash in the Attic
19. Neighbours
20. QI
21. Not Going Out
22. Family Fortunes
23. Heroes
24. Countdown
25. TV Burp
26. Men Behaving Badly
27. Panorama
28. Gardner's World
29. Last of the Summer Wine

Senior Citizens are the nation's leading carriers of AIDS!

HEARING AIDS
BAND AIDS
ROLL AIDS
WALKING AIDS
MEDICAL AIDS
GOVERNMENT AIDS
MOST OF ALL,
MONETARY AIDS TO THEIR KIDS!
Not forgetting HIV (Hair is Vanishing)

July 2016 Quiz

Flags

1. Ironically, which symbol found on a now defunct flag means translated, 'conducive to well-being'? Eight letters
2. What is the only country in the world with a flag consisting of just one colour? (Clue, if needed: green)
3. On which country's flag would one find 'Allahu Akbar' written eleven times?
4. What kind of tree graces the flag of Lebanon?
5. Which flag is three feet?
6. Which animal would one find on each of the following countries flags?
   a. Bhutan
   b. Dominica
   c. Mexico
   d. Peru
   e. Sri Lanka
7. On which African country's flag would one find a Kalashnikov assault rifle?
8. Coat of arms excluded, name the five 'UEFA countries' with blue and white flags.
9. Which country's flag, the oldest existing flag in the world, apparently fell out of the heavens during a battle on 15th June, 1219?
10. The following is a description of a famous movie scene. Name the film:-

   Our hero picks up a flag off the street that has just fallen off the back of a lorry. As he waves it at the vanishing lorry, a group of angry protesters falls in behind him and the police mistake him for their leader. Although totally innocent our hero is arrested
<table>
<thead>
<tr>
<th>Day/Group</th>
<th>Leader</th>
<th>Telephone</th>
<th>Venue</th>
<th>Frequency</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Mah Jong/Scrabble</td>
<td>Margaret Hopkins</td>
<td>01536 516724</td>
<td>Home</td>
<td>2nd &amp; 4th Monday</td>
<td>10.30am-12.30pm</td>
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<tr>
<td>Camera Club</td>
<td>Jenny Goddard/Pat Johnson</td>
<td>01536 482972</td>
<td>01536 483398</td>
<td>Always Monday following the monthly meeting</td>
<td>2.00pm – 4.00pm</td>
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<tr>
<td>Swimming</td>
<td>Isabel Collins</td>
<td>01536 520971</td>
<td>Kettering Swimming Pool</td>
<td>Every Monday in term time</td>
<td>9.00am – 9.45am</td>
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<tr>
<td>Book Club</td>
<td>Margaret Turnbull</td>
<td>01536 511139</td>
<td>Varies</td>
<td>3rd Monday</td>
<td>2.00pm</td>
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<tr>
<td>Discussion Group</td>
<td>Linda Miller</td>
<td>01536 483773</td>
<td>Home</td>
<td>3rd Monday</td>
<td>2.00pm-4.00pm</td>
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<tr>
<td>Canasta</td>
<td>Margaret Hall/Patricia Stokes</td>
<td>01536 512215</td>
<td>Kettering Bridge Club</td>
<td>Every Monday</td>
<td>2.00pm-4.00pm</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td>Travel</td>
<td>Geraldine Hardwick</td>
<td>01536 481203</td>
<td>Varies</td>
<td>1st Tuesday</td>
<td>2.00pm</td>
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<tr>
<td>Walking (Medium)</td>
<td>Bill Joyce</td>
<td>01536 724337</td>
<td>Varies</td>
<td>Last Tuesday</td>
<td>10.00am</td>
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<tr>
<td>Computer Club</td>
<td>Alan Bailey</td>
<td>01933 350147</td>
<td>Asda Training Room</td>
<td>Fortnightly</td>
<td>10.00am-12.00pm</td>
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<tr>
<td>Slimming Club</td>
<td>Wendy Islip</td>
<td>01536 510870</td>
<td>Home</td>
<td>Weekly</td>
<td>9.30am –10.30am</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>Lunch Club</td>
<td>Margaret Hall/Patricia Stokes</td>
<td>01536 512215</td>
<td>Varies</td>
<td>3rd Wednesday</td>
<td>12.45pm</td>
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<tr>
<td>Short Walks</td>
<td>Julie Bates</td>
<td>01536 725538</td>
<td>Varies</td>
<td>4th Wednesday Time varies</td>
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<tr>
<td>Country Dancing</td>
<td>Janice Angles</td>
<td>07768169490</td>
<td>St. Andrews Hall</td>
<td>2nd &amp; 4th Wed</td>
<td>10.30am–2.00pm</td>
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<td>Music Appreciation</td>
<td>Ted Faulkner</td>
<td>01536 745878</td>
<td>Home</td>
<td>Last Wednesday</td>
<td>2.00pm – 4.00pm</td>
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<td>Craft</td>
<td>Angela Deans</td>
<td>01536 484187</td>
<td>Home</td>
<td>4th Wednesday</td>
<td>10.00am</td>
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<tr>
<td>Gardening</td>
<td>Chris Ditri/Sandra Tecklenberg</td>
<td>01536 723145</td>
<td>Varies</td>
<td>1st Wednesday</td>
<td></td>
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<tr>
<td>Thursday</td>
<td></td>
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<tr>
<td>Thrapston Art Group 1</td>
<td>Carlene Lee</td>
<td>01536 742523</td>
<td>154 Oundle Road</td>
<td>1st &amp; 3rd Thurs</td>
<td>10.30am–12.30</td>
</tr>
<tr>
<td>Thrapston Art Group 2</td>
<td>John Brewer</td>
<td>01536 481700</td>
<td>154 Oundle Road</td>
<td>1st &amp; 3rd Thurs</td>
<td>2.30pm – 4.30pm</td>
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<tr>
<td>Spanish</td>
<td>Mary Howarth</td>
<td>01536 722029</td>
<td>Asda Training Room</td>
<td>1st &amp; 3rd Thurs</td>
<td>2.00pm – 4.00pm</td>
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<tr>
<td>Friday</td>
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<tr>
<td>Singing for Pleasure</td>
<td>Jill Dee</td>
<td>01536 514054</td>
<td>Fuller Church</td>
<td>Fortnightly</td>
<td>10.00am-11.30am</td>
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<tr>
<td>Ballroom Dancing</td>
<td>Valerie Hunter</td>
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<td>Mash Dance Studios</td>
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<td>12.45pm-1.30pm</td>
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<tr>
<td>Making Music</td>
<td>Alan Bailey</td>
<td>01933 350147</td>
<td>Home</td>
<td>Weekly</td>
<td>2.00pm – 4.00pm</td>
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<tr>
<td>Ten pin bowling</td>
<td>Dai Johnson</td>
<td>01536483398</td>
<td>Thunder Bowl, Kettering</td>
<td>Always Friday following monthly meeting</td>
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<tr>
<td>Sunday</td>
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<tr>
<td>Sunday Lunch</td>
<td>Shula Wright</td>
<td>01536 411952</td>
<td>Various</td>
<td>Last Sunday</td>
<td>Varies</td>
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</tbody>
</table>

**DAYS ARRANGED BY GROUP**

- **Day Trips**: Julie Bates 01536 725538 & Jessie Mills 01536 722421
- **Theatre Visits**: Joyce Williams 01536 482566 & Jean Issitt 01536 513218
- **iPad Group**: Michael Collins 01536 520971 arranged after each meeting
- **History Group**: Geraldine Hardwick 01536 481203 arranged after each meeting
- **Basic Life Support**: Mick Coleman 01536 503534 date and time to be arranged
General Information

Forthcoming Meetings  (Note: Doors open at 1:30pm.) From January 2016 at The Eden Centre

August 10th  Out to Play in Kettering  Ian Addis
September 14th  Kick and Frills; the Story of the French Can-Can  David Price

To all members

If you are aware of anything affecting one of our members such as an important birthday, anniversary or illness and feel that a card from the U3A would be appropriate please contact Lynne on 01536 618001

Plea from the Editor

Please post copy to M Howarth, 59 Beaufort Drive, Barton Seagrave, Kettering NN15 6SF to reach me by the end of the month.  (01536 722029)  If you would prefer emailing then my address is mryhowarth@aol.com

Committee – 2015-16

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact Number</th>
</tr>
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<tbody>
<tr>
<td>Chairman</td>
<td>Alan Bailey</td>
<td>01933 350147</td>
</tr>
<tr>
<td>Vice Chair &amp; Speaker Secretary</td>
<td>Valerie Walker</td>
<td>01536 511838</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Tony Reed</td>
<td>01536 481733</td>
</tr>
<tr>
<td>Secretary</td>
<td>Lynne Franklin</td>
<td>01536 618001</td>
</tr>
<tr>
<td>Membership Secretary</td>
<td>Sylvia Dale</td>
<td>01933 680668</td>
</tr>
<tr>
<td>Groups Co-ordinator</td>
<td>Harry Wells</td>
<td>01933 314808</td>
</tr>
<tr>
<td>Assistant Groups Co-ordinator</td>
<td>Pat Johnson</td>
<td>01536 483398</td>
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<tr>
<td>Newsletter Editor</td>
<td>Mary Howarth</td>
<td>01536 722029</td>
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<tr>
<td>Webmaster</td>
<td>Alan Bailey</td>
<td>01933 350147</td>
</tr>
<tr>
<td>General Duties</td>
<td>Christine Begg</td>
<td>01536 514083</td>
</tr>
<tr>
<td>General Duties/Meet &amp; Greet</td>
<td>John Cousens</td>
<td>01933 664602</td>
</tr>
<tr>
<td>General Duties</td>
<td>Pauline Bailey</td>
<td>01933 350147</td>
</tr>
</tbody>
</table>

It was accepted practice in Babylon 4,000 years ago that for a month after the wedding the bride’s father would supply his son-in-law with all the mead he could drink.

Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.
## Ise Valley U3A Income and Expenditure A/c: year ending 31st May 2016

<table>
<thead>
<tr>
<th>INCOME</th>
<th>2016</th>
<th>2015</th>
<th>EXPENDITURE</th>
<th>2016</th>
<th>2015</th>
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<tr>
<td>Membership + visitors</td>
<td>3666</td>
<td>3620</td>
<td>Sundry expenses</td>
<td>1827.27</td>
<td>1757.8</td>
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<td>Raffle</td>
<td>351.8</td>
<td>559.5</td>
<td>Speakers</td>
<td>634.8</td>
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<td>Books/Diaries</td>
<td>59</td>
<td>278.35</td>
<td>Hire of Hall &amp; rooms</td>
<td>1369.98</td>
<td>1309</td>
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<td>Xmas Party/10 Year</td>
<td>1098</td>
<td>1561</td>
<td>Printing / Stationary</td>
<td>278.22</td>
<td>605.13</td>
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<td></td>
<td></td>
<td>Diaries</td>
<td>80</td>
<td>80</td>
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<td>Xmas/AGM/10 Year</td>
<td>1889.01</td>
<td>1071.38</td>
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<td>Equipment</td>
<td>50</td>
<td>733.32</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>5174.8</td>
<td>6018.85</td>
<td><strong>TOTAL</strong></td>
<td>6129.28</td>
<td>6082.63</td>
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### FINANCIAL SUMMARY FOR THE YEAR TO 31 MAY 2016

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<th>No. 1 A/c Balance at 31/5/16</th>
<th>2090.61</th>
<th>No. 2 A/c Balance at 31/05/15</th>
<th>1479.70</th>
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<tr>
<td>Less Un-cleared cheques</td>
<td>(509.01)</td>
<td>Plus income not cleared</td>
<td>(78.5)</td>
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<tr>
<td>No. 1 A/c Balance brought forward</td>
<td>1660.1</td>
<td>No. 2 A/c Balance brought forward</td>
<td>1479.70</td>
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<tr>
<td>Secretaries’ floats</td>
<td>35.58</td>
<td>Raffle Float</td>
<td>35</td>
</tr>
<tr>
<td>Treasure A. Reed</td>
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Deficit for the year £954.48

I have examined these accounts and records provided by Ise Valley U3A and confirm that to the best of my knowledge the above statements are materially correct.

Alan Deans, Independent Examiner. Signature:

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1. This includes £389 Gift Aid

2. This figure includes £899.50 Capitation Charge by the Third Age Trust and £493.33 for the National Magazine = £1398.83