

November 2017

AGM 6th November with speaker

The 2017 annual general meeting will be held on 6th November in Sandbach Town Hall. The November members' meeting will follow immediately afterwards with Derek Poulson giving a talk entitled "Not what you say but the way that you say it".

Quiz 8th November

This is a reminder that you have until Friday 27th October to book your place in the autumn quiz in St Mary's Church Hall on 8th November at 7pm for a 7:30 start.

If you require further information, call Bill Dowell on 01270 766763 or vjdafd@aol.com

Geoff Miller

Sylvia and family would like to thank everyone for their kind wishes, cards and flowers following the sad loss of Geoff Miller.

Donations at the funeral raised an amazing £485 for The MS Society, so thank you to everyone who contributed.

Circle Dancing

The first session will be on Thursday November 2nd from 1.30 till 3.0pm in the Wesley Centre. This is an extra session, a taster, and anyone who thinks they would like to try this activity will be most welcome, as well as the members who have already signed up. We will be dancing to music from Greece, Israel, Eastern Europe and other countries. Circle Dancing is a very enjoyable social activity, anyone can join in, no partner needed. It's also good for co-ordination and memory. Most people find they can enjoy the dancing straight away, no experience needed.

To contact Sandbach U3A

Phone: 0844 58 60670 (Calls cost 5p/min. Leave a short message and we will ring you back)

Email: enquiries@sandbachu3a.org.uk

Newsletter items should be sent to newsfeed@sandbachu3a.org.uk or by text message to 07929 599026 by the end of the third week of each month.

Walking Holiday in the Austrian Tyrol

The Intermediate walking group has arranged, through Regent Travel, a walking holiday in Austria next September. If you fancy a walking holiday and are not a member of the Intermediate walking group, you can now join this holiday which starts on Saturday 22 September 2018 and ends on the 29th. [Click here](#) to see the full description of the holiday.

iPad Course Starts on 14th November 2017

The course to introduce members to the basics of the Android tablet has finished and the iPad course will start on 14th November. If you have NOT received a welcome email from Kevin Dean and you would like to find out what your iPad can do, send a message to ipad@sandbachu3a.org.uk. Apply soon; there are only a few spaces left.

Dementia Initiative

Sandbach Partnership working with other organisations wishes to make Sandbach a Dementia Friendly Town and has invited interested parties to attend an inaugural meeting in Sandbach Masonic Lodge at 6.30pm on Monday 13th November 2017.

This is what they say about their initiative:

“Many towns across the country are now exploring what they need to do to make their communities dementia friendly.

A dementia friendly town can be described as: A town or village where people with dementia are understood, respected and supported, and confident they can contribute to community life. In a dementia-friendly community people will be aware of and understand dementia, and people with dementia will feel included and involved, and have choice and control over their day to day lives.”

All are welcome

For further information contact Sandbach Partnership on 01270 752124 or sue.brereton@sandbachpartnership.co.uk

Changes to the Newsletter

Apart from the new logo which appears at the top of this newsletter for the first time, there will be further changes described below in a message from your new editor:

Our monthly newsletter is seen an important means of maintaining regular contact with members but, we recognise the need to improve our communication with members and are planning some changes. Starting in December, the monthly issue will become a Diary Update, providing dates and events that you need to be aware of on a frequent basis. The newsletter will become a quarterly issue encompassing wider subject matter and items of interest.

The first issue of the revised newsletter is planned for January 2018 and will include articles about U3A group activities, events and happenings, photographs - a group outing, concert or theatre trip, Rusty Rider goes carbon fibre, bowlers raise money for charity etc. It really is up to you, the members, to send in whatever you have that you think might be of interest to others so that we can make the most of your newsletter, be it humorous, insightful, serious or spectacular. Also, as you may well imagine, the collective life experience within our membership amounts to thousands of years and if you have a particular memory or experience that you would like to share and can condense it down to no more than 150 words, we should be delighted to hear from you and will endeavour to include it in one of our issues.

We look forward to building the newsletter into something that will be eagerly anticipated and thank you for your support.

John Roome.

Please send all newsletter items to: newsfeed@sandbachu3a.org.uk