

30<sup>th</sup> November 2017

Please find attached the Prospectus for Term 2. (Please note that it is a first draft so there may be some errors or courses still to be added)

#### U3A Christmas Concert

The Annual Christmas Concert will take place this year on Wednesday, 6<sup>th</sup> December from 12.15pm – 1.30pm.

Hot mulled wine and mince pies will be available for everyone after the concert. This is always a well-supported event and we look forward to seeing a big crowd again this year!

We have fabulous performances lined up from the Folk Club members, the Ukulele Group, Joe Deery (Soloist) and of course the U3A Choir with their Conductor Jim Goodman.

We will be fully in the mood for Christmas by the time the mince pies are served! All welcome to come along.

Thanks in advance to all those members who have agreed to perform and also to those who have agreed to help out on the day.

Concert will start at 12.15 pm to accommodate the big number of you who attend the Local History session and also want to attend the concert. The Zumba that day will also be at an earlier time of 10-11am to give us time to set up the hall.

#### Massive Thanks

Massive Thanks to you all for the fantastic response to our recent appeals.

The Appeal for the warm clothes for Syria was absolutely phenomenal with bags and bags of warm clothes donated.

We also have had a great response for the 'Your Derry Christmas Fairy' for local children & teenagers with lots of donations of PJs and underwear and other goodies.

The Food Bank appeal continues up until 6<sup>th</sup> December so there is still time if you want to donate to this.

You have been so generous. Thank you.

#### Defibrillator Appeal

The response from members to support our fundraising appeal for funds for a Defibrillator in the building was outstanding! Mervyn organised a great Aerobics Sing-a-long and it was brilliant fun last Saturday. He put such a huge amount of work into the event and we had a great crowd turn up on the day. A huge number of people who couldn't make it were very generous in their sponsorship of others so thank you all sincerely for your efforts and input. We have raised over £2,800 to date with some money still coming in.

Well done everyone – such a great response. Here's hoping we never have to use it!!

### Wednesday Bridge

Huge thanks to the organisers of the Wednesday afternoon Bridge group (especially Margaret & Joyce) for all their hard work and effort in running the Christmas Party & Fundraiser this week. They raised £588 for U3A Funds. There will not be any Competition Bridge held next Wednesday afternoon on 6<sup>th</sup> December 2017.

### Malcolm Muir Memorial Cup

Congratulations to Reg North & Jack Gillen for winning the Malcolm Muir Memorial Cup which was played for on Wednesday 22<sup>nd</sup> November. We were delighted to see such a great turnout for this competition.

### Preparation for the New Year – Date for your diary.

Julie Brown, our Yoga & Mindfulness Tutor has very kindly offered to do a New Year Preparation Day on Saturday 6<sup>th</sup> January 2018. It will be a session of very gentle movement, breath work and relaxation to gently prepare us for the New Year. The morning will start at 10am and finish up at 1pm with a light lunch of Hilda's (Julie's mum) special soup and biscuits. Entry is £20 and all monies raised will go towards the Defibrillator fundraiser.

### Christmas Cakes & Breads by Laurent/Christmas French Evening

Last week I had advertised that Laurent Pirone our French Chef here in U3A Foyle was going to sell some Cakes and Bread to U3A Members for the Christmas holidays.

Unfortunately Laurent has to be readmitted for foot surgery this week and so will not be able to do the baking this year. The joint event planned with Karen Prigent for 14<sup>th</sup> December is also cancelled.

We wish him all the best in his recovery.

### Walking Group B

On Monday, 4<sup>th</sup> December the Group will meet at Victoria Hall, Culmore at 2pm. You can park in the carpark beside the hall.

### Zumba

Zumba on Wednesday will be at an earlier time of 10-11am to give us time to set up the hall and to ensure you get all the classes you paid for in before Christmas. Thanks.

### Short Walks

There won't be a walk on Monday 4<sup>th</sup> December. It's Christmas lunch time! Walks will resume Monday 11<sup>th</sup> and the venue will be advised in next week's email.

### Local History

Richard Doherty will take the next Local History Lecture on 6<sup>th</sup> December 2017 at 11am. The topic will be the Siege of 1689.

#### January 2018 Courses

A number of classes are finishing up next week and this is a reminder that I need to know before Christmas if we will have enough people to be able to run certain courses in the New Year.

Most Classes will be starting the week of 8<sup>th</sup> January but start dates will be delayed if we don't have full cohorts – especially for the NWRC Classes (Spanish, Art, Computer & Martina's French classes).

If you wish to continue – or to join - classes after Christmas please call into the office anytime and book and pay for your place.

Remember to tell your kids, grandkids or friends if they don't know what to get you for Christmas they can get you a place on a U3A Class in 2018!

#### Sam Burnside's 'By Brackfield Bawn'

Many thanks to Sam Burnside who has donated a copy of his new book 'By Brackfield Bawn' to the U3A Foyle Library.

#### Genealogy Group

The new Genealogy Group will meet on Wednesday 6<sup>th</sup> December at 2.30pm in the IT Suite. All welcome to come along – we are still assessing our plans on how the group will work to suit the members.

#### Spanish Party

The Spanish Christmas Party is on next Thursday 7<sup>th</sup> December at 5.30pm start.

I know Laura had said you were going to start a bit later but the French Cookery Class next week is cancelled so the kitchen is now free from 5.30pm.

Hope you have a great night.

#### U3A Hillwalking Group

Monday 11<sup>th</sup> December is the next date for the Hillwalkers to meet. This is earlier in the month than usual. Meet at U3A at 9.50am for a 10am departure. They are going to Portstewart – coastal path, beach and some sandhills and rough ground. Walk is about 6-7 miles long. Please bring packed lunch, hot & cold drinks, wear warm waterproof clothing and walking boots. For further info call Wendy on 71345434 or Patricia on 71348484.

## OUTSIDE U3A

### Age Friendly

Age Friendly communities support people to age safely, enjoy good health and participate fully in their communities.

Derry City & Strabane Age Friendly have developed a strategy and action plan to highlight how changes can be made locally to make the area more Age Friendly.

Mighty Oaks are a group of older people from the Derry City & Strabane District area who support Age Friendly by informing service providers how to make their services more Age Friendly. If this is something that you would like to be part of, have time to meet once a month and the passion to discuss and act upon issues affecting older people then we would love to hear from you.

Get in touch with Joanne at Derry Healthy Cities telephone 028 7161 1384 or email [Joanne@dhcni.com](mailto:Joanne@dhcni.com)

### Resilience and Forgiveness event

There will be a Resilience Monday December 4th 2017 10am til 12

Venue: Holywell DiverseCity Community Partnership 8-14 Bishop

St. Derry-Londonderry

With Maureen Wilkinson, Shannon Wilkinson, Seamus Farrell and Archdeacon Robert Miller.

*A non-judgemental exploration of possibilities.* To book a place please contact Eamonn Baker at [eamonnbaker@thejunction-ni.org](mailto:eamonnbaker@thejunction-ni.org) or phone 02871 261941

### St Columb's Cathedral Choral Music for Advent & Christmas

Thursday 7<sup>th</sup> December – 12.30pm Foyle College & 1.15pm Nazareth House PS

Thursday 14<sup>th</sup> December – 12.30pm Thornhill College & 1.15pm Ebrington PS

*Saturday 9<sup>th</sup> December – 12.30pm U3A Choir & 1.15pm Cantabile (Foyle Alumni) – COME ALONG AND HEAR THE U3A CHOIR IN CATHEDRAL WITH SPECTACULAR ACOUSTICS.*

Saturday 16<sup>th</sup> December – 12.30pm Thornhill Alumni Choir & 1.15pm Cathedral Ensemble

### Foyle Opera

Carols by Candlelight – the Chorus of the Foyle Opera and players from the Orchestra of Foyle Opera will perform at the Glassworks on Sunday 3<sup>rd</sup> December at 8pm. Book at Culturlann on 71264132 or at [www.culturlann-doire.ie](http://www.culturlann-doire.ie)

### An Evening with Maureen Hegarty

Joe Cauley presents an evening of music and song with Maureen Hegarty & Friends in The Playhouse on Saturday, 16<sup>th</sup> December 2017 at 8pm. Friends include Eamon Friel, Eamon Hutchinson, Declan Carlin, Ursula McHugh & Deirdre Doherty, Tommy & Madeline McCully, Declan Hegarty & Trevor Burnside. Tickets priced at £8 each and are available from the Box office on 71268027.

### Research Studies

Dr Geraldine Horigan is conducting 2 new Research Studies and is inviting U3A Members or their families or friends to participate.

The first is an MS Research Study which aims to better our understanding of the genomic and biological factors that contribute to Multiple Sclerosis.

The second is a Study for those living with Crohns, Colitis or IBS.

For more details and information about the Research Study please contact Michelle Friel on 02871 611249 or email [GMlstudy@c-tric.com](mailto:GMlstudy@c-tric.com)

### Winter Loneliness Project

Older People North West (AGE Concern) are asking people to join our dinner table to talk about loneliness this winter. Older People North West (AGE Concern) in partnership with the Neighbourhood Health Improvement Project in the Waterside are launching a project to explore the causes and solutions to loneliness this winter.

A third of older people in Northern Ireland tell us they are lonely. Loneliness is a growing problem, in a modern society that spreads people further and further from their family roots and compels people more and more to interact with technology rather than real people. The frantic pace of life, and of Christmas especially, coupled with the darkness of winter, make one ripe for loneliness. The facts on loneliness are very worrying, particularly given that loneliness is said to be as life-threatening to older people as obesity and poverty.

Hope is not lost! This project entitled 'Natter on a Platter' invites people to attend a series of free dinners in AGE Concern's Malvern House at 5pm on Wednesdays 29<sup>th</sup> November, 10<sup>th</sup> January, 14<sup>th</sup> February and the 14<sup>th</sup> March 2018. We are looking for people aged 60 and over to join the conversation. Whether you are lonely yourself, know someone who is lonely or want to help end loneliness in our society, we want you

at our table. For more information on the project or to register your interest please contact us on 71347478 or [development@olderpeoplenorthwest.org](mailto:development@olderpeoplenorthwest.org)

#### Gear Up- Easy Introduction to riding your bike off-road

A certificated and subsidised 'Gearing Up' bike course starts Sat 2nd December 2-5pm as an introduction to skills for cycling off-road on trails. The Gearing Up course is certified by Cycling Ireland and run by local adventure company Far and Wild. It starts at St Columb's Park House and runs every second Saturday from Sat 2nd Dec to 24 March.

*Kindly supported by the Active Travel Awards- bikes and helmets are supplied.*

Contact Far and Wild on [hello@farandwild.co.uk](mailto:hello@farandwild.co.uk) or [+447775911198](tel:+447775911198)/ via WhatsApp to register or for information.

#### Scams in NI

The office of the Commissioner for Older People NI is involved in a Scamwise partnership with the PSNI and other bodies aiming to raise awareness of scams in NI. Scamwise are seeking to speak to an older person who has been the victim of a holiday scam and would like to share their story with the media in order to show the real impact that this type of crime can have. The identity of anyone wishing to share their story can be protected if they wish to remain anonymous.

If you would like to share your story or would like more information then please contact me via email or by telephone on 02890 890 892. Alternatively you can write to me at Equality House, 7-9 Shaftesbury Square, Belfast, BT2 7DP. To read more about the partnership please visit <https://www.nidirect.gov.uk/campaigns/scamwiseni>

The PSNI, Northern Ireland Trading Standards and local Financial Institutions have identified an increase in financial phone scams which can be intimidating, threatening and forceful in their nature, often pushing for immediate online payments or for the victim to make a payment via their bank branch. Be informed and DO NOT fall for a scam. More information and advice is available to view at:

<http://www.belfastcentre.com/information-from-scamwise-ni>

#### The Barber of Merville

A Cabaret of Comedy, Songs and Drama by Ronan Carr in Echo Echo Studios, Magazine Street on Friday 1<sup>st</sup> December and Saturday 2<sup>nd</sup> December at 8pm. Tickets priced at Carols in the Courtyard

Holywell Trust is holding a Christmas Carol event in the Garden of Reflection on the evening of 8<sup>th</sup> December at 6-7.30pm with Chapel Road Primary School, Holy Family Primary School and Encore Choir. It would be great if you could let us know that you are coming along by calling 028 7126 1941 or email [hello@holywelltrust.com](mailto:hello@holywelltrust.com)

#### Mayoral Invitation - Day of Reflection

The Mayor Councillor Maoliosa McHugh invites you to attend 'A Day of Reflection' in

memory of all those who have lost their lives as a result of war and conflict, from within the City and District on Friday 8<sup>th</sup> December 2017 at 1pm in Guildhall Square. RSVP by Friday 1<sup>st</sup> December 2017 to [mayor@derrystabane.com](mailto:mayor@derrystabane.com) or 028 7137 6508.

#### BrexitLawNI Townhall Event at Magee

On December 7th, from 1pm -2.30pm there will be a meeting in the Great Hall, Magee Campus. If you wish to attend please

RSVP: <https://getinvited.to/rory-oconnell-1471271248/brexit-townhall/>

How will Brexit affect you? What are your priorities? Brexit will affect Northern Ireland more so than anywhere else: how should we shape a Brexit suited to our particular circumstances?

This Townhall will gather evidence about Brexit and consider possible solutions, as part of the BrexitLawNI project. Brexit has an impact on the Border and cross-border migration on the island of Ireland; it has implications for North South relations and the peace process; and exit from the European Union will also have repercussions for socioeconomic rights, equality and broader human rights protections.

Researchers from the BrexitLawNI project will discuss the background and outline some of the key issues and concerns. Views from the audience will be invited on all these and there will be an opportunity to identify possible solutions. We welcome all participants potentially affected by Brexit, including public representatives, civil society, trade unions, workers, migrants, and employers.

This is a collaborative ESRC-funded research project between the Law Schools of Queen's University Belfast and Ulster University and the region's leading human rights organisation, the Committee on the Administration of Justice (CAJ). The project will examine the constitutional, conflict transformation, human rights and equality consequences of Brexit and specifically six themes: the peace process, North/South relations, the border and free movement, xenophobia and racism, socioeconomic rights, human rights and equality.

For more on the BrexitLawNI project visit: <https://brexitlawni.org/> or follow @BrexitLawNI on twitter or like on facebook.

Regards,

Christine

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