



Newsletter June – August 2012

A Message from the Chairman

This last term has been overshadowed by the sudden and unexpected death of our Treasurer Jeremy Clare. He was deeply and enthusiastically involved in all our doings and will be greatly missed. We are grateful to Roger Salmon for his agreeing to take on the Treasurer's role at short notice. His appointment has been confirmed by Council and will in the first instance continue until the AGM in March.

We are attempting something new this year in the form of a publicity drive to spread the word about U3AC and to recruit more members. There will be a stall in the Grafton Centre on Sunday 1st July and two Open Days at Bridge Street on 6th and 7th July. You will hopefully see Cambridge flooded with our brilliantly designed posters for which we have to thank Colin Whitworth and Christine Townrow. Thanks also to the teams of members who have offered their services to assist at these events.

After that comes our 30th anniversary Garden Party in the Fellows' Garden at St John's on Sunday 15th July at 6.15 pm. There are still some tickets available, so please make sure you get yours before they sell out.

On 14th June we held the annual summer party for tutors at Scotsdales. More thanks to the volunteer caterers and bar staff. I am sorry not to have been able to stay beyond the first 40 minutes or so but had to get to Corpus for the dinner celebrating the end of Ian Nimmo-Smith's mayoralty. Ian's wife Margaret is one of four members who are opening their gardens this year for garden parties. Let us just hope that they may be spared the worst of this year's weather. The new mayor, Sheila Stuart, is keenly interested in U3AC which she promises to join as soon as she becomes eligible.

Charles Bonney, Chairman

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Messages from members of Council

Courses Report

Congratulations to our Tutors, another academic year has been successfully completed with very few hitches. Courses were well attended during the year and a large degree of satisfaction was displayed by members with their course allocations. The number of courses held at Bridge Street was increased in line with our policy of reducing costs for hired premises. Extra new classes were added to the final term and have received high levels of attendance.

A large number of shorter courses are available to members in our Summer Programme, showcasing the variety of courses that the U3AC offers. Members are entitled in the first instance to apply for 3 courses and may be permitted additional places should space allow. The programme can be viewed on the U3AC website or emailed/collected from the Office upon request.

Tutor applications to run classes next year came in slowly, but finally reached values equal to this year. A few minor changes have been introduced to the main Programme in order to clarify facts. Hopefully the forthcoming publicity campaign will not only provide more members, but also more Tutors and extra course variety.

The last AGM and Council elections provided three extra members to re-structure the Courses Sub-Committee. The group deals with all matters related to courses and welcomes comments and suggestions from both Tutors and members.

Finally all that remains is to wish everyone a good holiday and a return with renewed vigour to the next academic year.

Carlos de la Riva
Director of Studies - Courses

Lectures Report

Final details of the Wednesday Lectures for the Autumn Term are still being sorted out but confirmed topics include *The Politics of Papal Burial in Mediaeval Rome*, *Sustainable Materials: with both eyes open*, *Henry Morris and the Village College Movement*, *Cicely Saunders and the Hospice Movement*, *Cambridge in the Knowledge Economy* and *The Evolution of the English Language*.

Three Norah Boyce Science Lectures are planned for the Autumn Term with *Cambridgeshire Wildlife: Past, Present and Future*, *The Magic of Movement: A Bird's Eye View* and *The Resilient Brain: Cognition and Ageing* as topics. Norah Boyce lectures take place on Tuesdays in the early evening.

Peter Woodsford
Director of Studies – Lectures

Research Opportunities at U3AC

Participation in research can be a very enjoyable and stimulating activity. It is also a core activity of the U3AC. So, we are keen to encourage you to get involved in research! Is there an interesting topic that you would like to research? Or are you interested to join a research project started by another U3AC member? Do you need advice and guidance on selecting a research question or on how to do research? If so, then the U3AC Research Committee is here to help. There are many topics and activities that lend themselves to the strengths of U3AC members and their interests. You do not need to be an experienced researcher or have research skills. The U3AC can draw upon the intelligence and interests of its many members!

If you are interested in research or have an idea for a research project, please contact the Research Committee via the U3AC Office. You can email us at office@u3ac.org.uk or telephone us at 01223 321587, or leave/send a note to the Office!

Ray Adams (Secretary, Research Committee) and Chris Davis.

Administrator's Report

When Clem Messenger came to the end of her period of service as Administrator and Secretary it was decided to divide the work between John House as Secretary and myself as Administrator. My particular role includes responsibility for employees and volunteers, events for the entertainment of members and tutors, as well as the co-ordination of arrangements for meetings of new members. Since taking up post in March these particular duties have proved an absolute delight.

All the office staff work smoothly together as a team and support each other well. We now have a paid member of staff on duty whenever classes are being held in the building and this has proved to be of great benefit to everyone. Our volunteer receptionists can now concentrate on being 'the face of the U3A in Cambridge' and have the time to chat to members and visitors making them feel really welcome.

Without tutors there would be no U3AC and so an event was held in the David Rayner Building at Scotsdales Garden Centre on 14th June to thank them in particular for all they do for us. The refreshments were organised by our catering committee and the fine fare provided was very much appreciated by everyone.

This year four garden parties have been hosted for members. They give great pleasure to those who attend although it is hard work for those opening their gardens so we are most grateful to them.

I look forward to the coming months with relish.

**Delia Suffling
Administrator**

Obituaries

Jeremy Clare

7th May 1944 – 4th May 2012

Jeremy was born in Aylesbury where his father was stationed at a nearby RAF base. He went to High Wycombe Royal Grammar School and then to Rutherford College of Technology where he met his future wife Chris. After graduating, Jeremy became a Human Factors Consultant and worked at Ealing Catering College, British Aerospace, Cambridge University, Scicon and finally Cambridge Consultants. He worked on all sorts of things during his career, largely related to vision, perception and psychology. He also carried out a lot of voluntary work and lecturing, which included working with The Conservation Corps in his early life, University College London and later the Young Enterprise programme in sixth form colleges.

Jeremy joined the U3AC in 2002 and quickly moved to the ranks of tutor, leading courses on Bird watching (his lifelong passion), Computing and more recently he established a Terry Pratchett Book Group. In 2008 Jeremy was elected to Council and in 2010 he became the organisation's Treasurer. Jeremy was instrumental in project managing the move to 27-28 Bridge Street and worked hard to insure this happened smoothly from taking rubbish to the tip to liaising with the Property Managers to establish a good working relationship. During an exceptionally busy autumn 2010, Jeremy managed to persuade his daughter to work for the U3AC on a temporary basis until the January. We are lucky enough to still have Gemma working for the organisation and she continues to manage the premises.

Anthony Evans

10th August 1926 - 5th January 2012

Tony was born in Worcestershire, but moved to Cambridge aged 3 when his parents came to run Chesterton Workhouse. He went to the Cambridgeshire High School (Hills Road Sixth Form College), where he was head boy and after National Service in the Army studied History at Trinity Hall. He took up his first teaching post at a boarding Grammar School in Thame, where he had housemaster duties as well as his teaching. He met his wife Pat and married in 1957 and lived in a flat in Thame. He applied for a teaching post in The Grammar School for Boys, Cambridge and was appointed Senior History Master. He and Pat lived in Beaumont Road with their daughter Penny and son Jeremy. In 1971 Tony wrote a history of the school when it celebrated its centenary, later it became Netherhall School, a comprehensive and Tony became Deputy Head. Tony handled all the ensuing changes into a mixed sex school; in addition to all these duties over the years he produced and directed a number of stage productions for the school. At the age of 60 he retired, but for Tony this meant throwing his energy into several activities. He and Pat were early members of The University of The Third Age in Cambridge, where he participated wholeheartedly in its activities, running courses on The History of Cambridge and the University and Looking at Buildings. In 1994 he became the first holder of the newly combined offices of Administrator and Secretary, and many will remember his enthusiastic commitment to this demanding role, to which he devoted a great deal of time, energy, and wisdom for five years. He was also a volunteer for The Samaritans, doing regular spells of duty including overnight sessions and taking part in sponsored events.

ARTA 05: Looking at Art (spring term)

Tutor: Lindsay Millington

Day and time: Wednesday 10.00 - 12.00

Venue: U3AC, Room 4

Length of course: 1 term

Number of places: 12

Start date: 16 January

Do you enjoy exhibitions and galleries but feel you need more language and background knowledge to interpret and discuss what you see there?

This is an introductory course for those who are new to the study of art history. Looking at examples of Western European painting, sculpture and architecture up to the end of the nineteenth century, including classical art, religious and civic works, landscape and portraits, the course will introduce you to:

- **visual analysis** and the use of formal terms such as composition, perspective, viewpoint and tone to describe and analyse works of art;
- **interpreting signs and symbols** and other artistic strategies that contribute to meaning;
- **understanding how writers, institutions and social context** have helped shape ideas about what is 'beautiful' or 'great art' - and how such ideas can change.

There will be opportunities to practise these approaches, both in class and on supplementary guided visits to relevant galleries in the Fitzwilliam Museum (dates to be confirmed - will probably be on selected Wednesday afternoons).

Classes/Events/Trips

The Bronowski Group: Summer 2012

The Group will meet every Saturday morning from June 30th to September 15th at 27-28 Bridge Street. (10.30 coffee, start 11.00, finish 13.00 approx). The continuing theme for this year is the unrealised nature of Language as evidence for human nature. "Language has not happened yet" in terms of a globalisation that is increasingly confused and uncertain. Language happening, via an escalating interconnectivity in communications, would be a 3rd state: following speech and writing, conceptuality. All members welcome, no need to apply.

Swimming at the Leys Pool

We have applied for swimming for the first 5 weeks of the U3AC Summer Holiday. If you are interested and not already a swimming member, please contact the organiser, Greg Wren via the Office.

Help with Research on the Care of Older People.

When someone needs personal care there has to be an assessment, either for specific elements of care or for a budget they decide on or manage themselves. There are many providers - local authorities, charitable trusts and private companies, as well as care by family members and neighbours. You pay more or less according to your means. This can be complicated, and can be affected by many factors such as council budgets and the way providers are organised. The rules made by each Council are changing fast.

To find out how assessments are influenced by external factors like these, the U3AC research group looking into the care of older people has begun to contact and listen to people receiving or giving care, or who are or have been professionals in this area. What worked well? Where were there problems? All discussions are in strict confidence, but we hope to summarize them in a report that will be published, within U3AC or more widely. We hope this will be useful to U3AC members who have to navigate the system, as well as being of wider interest.

If you are able to help, and to arrange a one to one meeting, please contact the project co-ordinator, Dick Wilson, via the Office.

Summer Holiday Programme of Courses

Details of courses available to members during the summer holiday period: 2nd July – 28th September is available now. A paper programme is available to collect from the Office, a downloadable programme is available from the website or members can request a copy to be emailed to them.

Discounts for members

An up-to-date list is available from the Office or on the website.

Next Council Meeting

Friday 5th October

If you leave one or more of your courses because it/they failed to meet your expectations, we would find it helpful to know your reasons so that we can consider making changes when planning future courses.

(Feedback can be sent anonymously if wished)

Gift Aid

HMRC have altered the wording for Gift Aid declarations. In order for U3AC to continue claiming relief for members who have previously signed a declaration, we must inform you of the new wording. All declarations completed in future will include this amended wording.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

DEATHS

We were sorry to hear of the deaths of:-

*Ann Robinson in April
Nigel Wainwright in April
Gavin Clark in April
Jo Skinner in April
Joan Woollard in April
Ronald Speirs in May
Jeremy Clare in May
Christophe Grillet in May
Leonia Ridler in May*

Administrative Information

Annual Subscription – a reminder

The annual subscription of £63 is **the fee to become a member of the organisation; it is not a payment for courses**. Membership entitles you to apply for up to 6 courses, attend the Wednesday lectures and Norah Boyce science lectures (space permitting) and the opportunity to apply for various visits that are arranged throughout the year.

If you apply for only ONE course and that course has a limited number of places we cannot guarantee you a place on that course, so it is advisable to provide an alternative.

Annual subscription payments

The following payment methods can now be used:

Cheque – payable to U3A Cambridge

Cash – when paid in person at the Office

Bank Transfer (BACS Payment) – contact the Office for our bank account details. When making a transfer, please ensure that you reference any membership numbers that the payment covers.

Additional Fees for Courses

Payment for the additional fees for courses is requested at the time of application. In the event of a place not being allocated the monies will be refunded in full.

Closing date for Applications/Allocations to Courses

We would like to receive your application for classes by 1 August. A letter giving details of which courses you have been allocated will be sent out with your membership card and newsletter at the end of August. This newsletter will include the list of Wednesday Lectures, Norah Boyce Science Lectures and the Autumn term programme for the Film Group.

Discretionary Fund

A Discretionary Fund is available for members who would find it difficult to pay the full annual subscription. To qualify for the reduced subscription of £10, members should be in receipt of either: pension credit, income support, incapacity benefit, employment and support allowance or job seekers allowance. Contact the Office on application with evidence of entitlement.

Personal Details

In line with Data Protection guidelines the U3AC Office does not disclose addresses (home or email) or telephone numbers to any enquirers. However, some classes, particularly leisure groups, like to have a list of members' names, addresses and telephone numbers circulated for use within the group to assist with car sharing etc. If you do **not** wish your name to be included on any such list, please make this clear on your application form.

Disability Assistance

It is important that U3AC Office staff are aware of members who may need assistance in the event of an emergency evacuation from Bridge Street. Please could you indicate on your membership application form if you require help. You will then be contacted before the Autumn term to ensure that we are fully aware of what help you need.

Members should be aware that no staff are present on Saturdays to assist with evacuation in the event of an emergency.

Change of Address & Telephone Number

It would be very helpful if members could inform the Office of any change of home address, or email address, and especially any new telephone number. If we do not have a record of your telephone number there will be a question mark on your personalised application form. Please fill in your telephone details as we occasionally have to make contact with last minute cancellations or alterations.

Other Organisations

Caring work for U3AC members

U3AC members will be familiar with the increasing need for care services to help people remain in their own homes, leading independent lives. One local company is caring for people in a way that meets what its clients want, often doing simple things such as chatting over a cup of tea, a bit of housework or shopping, taking people out to places of interest or to appointments. Many visits are spent pursuing hobbies or reminiscing, preparing a meal or sorting out day-to-day correspondence.

Home Instead offers a full range of care and companionship service to clients in and around Cambridge. The company has grown in its two year life in Cambridge and that growth is set to continue, as the company's unique approach to tailoring care to client's needs swells demand for the company's services.

Local owner, Mike Francis, explains "We have a number of part time Caregivers doing excellent work and we need more. Our approach means that we need people of all skills and backgrounds to visit our clients in their own home. Our current Caregivers have histories as diverse as a University Librarian, executives of large PLC's, retired police, physiotherapists and those who raised a family and learnt about life through good old fashioned unpaid roles. We aim to help people lead independent lives and that means we need people from all walks of life to match up with our clients and help them stay in their own homes."

The company is seeking employees in the area who are able to offer regular part time hours, weekdays and at weekends. Full training is given and there is no bar to age or background. Car drivers are preferred and all Caregivers undertake a CRB check.

Mike continues: "I am appealing to anyone who wants to look into some rewarding part time work to give us a call and come in for a chat. We arrange our visits around our clients' and Caregivers' availability, so we are an option for someone who is looking to fill regular time slots around other activities."

Home Instead is rapidly building a reputation as one of the UK's leading at home care providers. The service is tailored to the needs of individual clients and ranges from companionship, meal preparation, light housekeeping, post-discharge care, medication reminders, shopping and errands to personal care. The service is available 24 hours a day, seven days a week.

To contact Mike Francis at Home Instead Senior Care call the team in Cambridge on 01480 495834 or for more information visit www.homeinstead.co.uk/cambridge

Cultural and Social Activities Committee

1. Information may be obtained from:

- ❖ the printed bulletin from 27-28 Bridge Street
- ❖ the website: www.u3ac.org.uk
- ❖ email: office@u3ac.org.uk

2. Application forms can be obtained in the following ways:

- ❖ from the display area at 27-28 Bridge Street
- ❖ at the Wednesday lecture
- ❖ by sending a stamped addressed envelope to the Office with the name of the event in the top left hand corner.
- ❖ for a fee of £7 annually (payable in September) members will be sent forms as soon as they are available
- ❖ by email from the Office upon request

NB: when sending forms to the organiser you **must** clearly mark the back of the envelope "U3AC" with the name of the trip. Forms are usually available about 4 weeks before the outing. A draw is held, if necessary, about 2 weeks later in order to make it fair for everyone. **All forms must be sent directly to the organiser with a stamped addressed envelope.**

It is important that forms are filled in correctly especially the section at the bottom re: a contact number for emergency purposes as this is a legal requirement.

Please bring your acceptance slips with you as confirmation of the acceptance of your booking, to avoid any misunderstandings.

3. The following events have now been arranged

Wednesday 26th September **Cambridge Sculpture trail walk 10 am – 11.30 am, forms available from 1st August**

As our previous modern sculpture trailwalks have proved to be so popular, we have persuaded the 3 inaugurators to lead another different one for us! This time the trail will take us through several colleges as well as the city centre, enabling us to look closely at some exciting pieces of sculpture and to learn about the sculptors themselves.

Organiser: Janet Rallison.

Monday 1st October **Wrest Park, Silsoe, Luton, forms available from 1st August**

Organiser: Clem Messenger.

Early November **Tour of the Bank of England TBC**

Tuesday 11th December **'Xmas Special' – a regular feature, forms available November. Trip to South Kensington.**

Organiser: Mary Elbourne.

Thursday 31st January 2013 **Matthew Bourne's Sleeping Beauty, Milton Keynes Theatre, forms available September**

Organiser: Janet Rallison.

4. Members are reminded that places on a visit can only be offered to a friend who is **not** a member if there is no waiting list for a trip. Arrangements must be made through one of the organisers.
5. Activities are publicised in Bridge Street and also at the Wednesday Lectures. The Chairman is Clem Messenger.
6. We shall be using the **Trumpington** and **Madingley Road Park and Rides** regularly as our 2 pick-up points, except on Sundays, when we shall also be using Bateman Street and Northampton Street.