



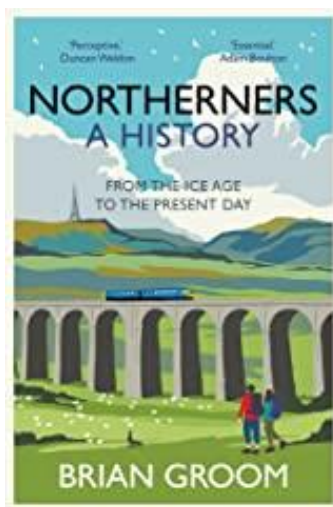
Social Meeting: 10 a.m., Friday, 17th February, Elm Bank Conference Centre M30 9BA

Speaker: Frank Vigon: *The Sixties: a decade of decadence*

***** Please note, the payment towards meeting costs is £2pp *****

The meeting will start with our AGM so please be in your seats by 10.15

Last month's meeting



116 members and visitors enjoyed a fascinating talk from author, Brian Groom. He covered Northerners – defined as anyone who thinks of themselves as a Northerner – from Alan the dinosaur (see York Museum) to the present day via the various waves of migration that have shaped this part of the world that is our home.

Have you booked your place at the **Annual lunch, Friday 3rd March** at Monton Sports/Cricket Club?

£32 for a 3 course meal plus tea/coffee and top entertainment.

Please return the booking form at the end of this newsletter by 17th February (copies will also be available at the Social morning)

Great news on the membership front!

Numbers are up 20% over the last year and one of the places this is reflected in is the increasing traffic on our website. Nearly 10,000 visits in 2022 and nearly 70,000 page views were record figures by some distance. We think this is due to a number of factors including the end of lockdowns, the committee actively engaging with the council and voluntary organisations across Salford, posting hundreds of flyers around the city (thank you for your help with that) and our move onto social media. Speaking of which....

Quiz question: who has the largest Twitter following in the world? Well not us obviously, but we have just reached the milestone of 100 followers! Not bad for a 9-month old Twitter baby like us. Our followers include the likes of The National u3a, Age UK, Paul Dennett (Salford Mayor), Brian Groom (our January speaker) and Visit Salford (who have over 10k followers). If you are on Twitter, please follow us (and of course our Facebook page too) and like/share our posts. It really does help to grow awareness of the u3a across Salford. (Quiz answer: Barack Obama)

(thanks to Andy Scutt for this update)

Also at February's meeting

Come along and find out what trips are planned for this year

Social Secretary, Janet Ball, will be announcing a day trip in June and a weekend away in September.

She'll take names and payments for the June trip at the meeting, so bring your cheque book.

Bookings and payments for the September break will be taken in May.

Groups update

www.salfordu3a.com/groups

Fancy something new?

Patchwork Possibilities Workshop

Wednesday, 29th March from 10 – 2



(please bring a sandwich lunch)
The workshop will suit beginners and those who have some experience but would like to extend their knowledge of patchwork techniques. The class will be limited to 8 members: other dates can be arranged, if there is interest.

Contact: Florence McCarthy: 07891 102291

florence_mccarthy@hotmail.com

The address and equipment list will be sent to those interested.



The **Gardening Group** programme for the year is now on the [website](#) – a mix of discussions and some very interesting outings.

Contact: Sheila Thomas

The **German Improvers Group** is now underway. It's for members with some prior knowledge of the language with the emphasis likely to be on simple conversation topics. They meet at Eccles Gateway on alternate Thursday afternoons.



Contact: Linda Page

Theatre 2 group members are going to see



Taking Sides at
Farnworth Little Theatre
Monday 13th March at 7.30pm
tickets £8, and

Titanic at The Lowry

Wednesday 5th July matinee at 2pm
tickets £33 (front stalls).

New members are very welcome to join the group for these performances.

The next planning meeting is Monday 27th February when convenor, **Stephen Sowden**, will be collecting payment and confirming prices for *Titanic*, and the group will be looking at other options for the next few months.



How about a Saturday morning stroll and chat? The **Strollers** group enjoyed Blackleach and Ashton's Field on their last outing. Next up is Swinton Greenway.

These are easy-going, sociable walks, exploring Salford, linked to public transport and ending with tea/coffee and more chat.

Contact: Denise Dickens

An update on the **Wine appreciation** group from Brian Shorten



The group began 2023 with a Christmassy feel; sherry, white port, Vin Santo Torboli, and Taylor's vintage port, accompanied by salted Marconi almonds, Christmas cake, stollen, cheese, and mince pies, courtesy of Ros, Estelle, Linda and James.

The accompaniments very welcome as the wines were very powerful - Taylor's port is 20%!

Once again, glad we came by public transport! Thanks to all for their contributions, Estelle for organisation, and Chris for arranging/purchasing the wine, and his wine knowledge.

Group contact: Estelle Louw

Interested in Wine appreciation?

The existing group is at capacity but we're aware there is continuing interest and are happy to bring people together to start a second one.

If you're interested, please let us know. It could be a smaller, more localised group, meeting in members' homes.



More from Brian Shorten
(thanks Brian), this time on the
[Ukelele group](#)

A music quiz

What do All my loving, Stand by me, You are my sunshine, and Folsom Prison have in common? Members of the ukulele group will recognise these songs as part of their current playlist.

Our playing sessions are great fun, and playing ukulele can become addictive! If you would like to join in the fun - whether an experienced player or beginner - you can get details from Brian Shorten.

~~~~~



Pat Powrie, celebrity-spotting on her walk in Worsley, got this photo with Daniel Brocklebank – he has a varied acting career and is currently playing Billy, the vicar in Coronation Street.



**Do you have any photos with celebrities? We'd love to see them, or hear your stories of encounters with the stars, past and present.**

~~~~~

There are plenty of volunteering opportunities in Salford u3a but if you have spare time ...

Do you enjoy driving and are looking to volunteer? [Transport for Sick Children](#) is a children's charity that covers all of Greater Manchester. Our volunteer drivers use their own cars to take accompanied children with no other means of transport to hospital and clinic appointments. Could you be one of our amazing network of volunteer drivers? All we ask is that you have a caring attitude, your own car and some spare time. The role is flexible and child car seats and monthly expenses are provided. If you're interested or would like more information about the charity just call Marie-Anne or Laura on 0161 443 4122 or email to@transportforsickchildren.org.

Interested in helping research and influencing local services?

From Caroline Allport, Engagement and Development Officer with GM Integrated Care Board (NHS)

Approximately 1 in 6 people living in GM are waiting for an appointment or treatment to take place in hospital. The NHS in GM would like to hear your experience of waiting for a hospital appointment or treatment, to ensure they support people in the best way possible. They would like your views on whether accessing your care in a different way or place would be helpful. If you have views on this, please complete this online [survey](#).

~~~~~

**Katie Moran, a PhD student at University of Manchester** is studying how brains change as we age. She is looking for participants aged 40-65 who could spare a couple of hours to have an MRI scan, followed by some cognitive testing. Compensation will be offered. For more information, contact [katie.moran@manchester.ac.uk](mailto:katie.moran@manchester.ac.uk)

~~~~~

Dr Eve Blezard, attended one of our meetings last year.

The University of Salford is now looking for research participants aged 55 and over for a project investigating the impact of the pandemic on how older people can remain socially connected in the places where they live. The research is trying to understand how places can become more age-friendly to support people's (re)connections over the coming months and years.

Stage 1: an interview in your home at a convenient time, asking how family, friends and local organisations and services support you, whether you have opportunities to socialise and your thoughts about local services and facilities.

Stage 2 (optional): a walk around your neighbourhood, discussing where you like to go and what you enjoy in your neighbourhood.

Participants are reimbursed for their time. Further information or to arrange an interview: Dr Eve Blezard: 07890 439502 or E.Blezard3@salford.ac.uk

SALFORD U3A ANNUAL LUNCH 2023

The Annual Lunch will take place on Friday 3rd March 2023
12.30 pm for 1.00 pm
at Monton Sports/Cricket Club Welbeck Road Monton Eccles M30 9EH

To reserve a place for the lunch, please return the completed form, **by Friday 17th February** together with the full amount of **£32** per person. Cheques to be made payable to **Salford u3a**



I/we wish to reserve a place(s) at the Annual Lunch and enclose **£32 per person**.

Name(s) (**CAPITALS** please) _____

Phone (Home) _____ (Mobile) _____

email _____

MENU - PLEASE TICK YOUR CHOICE

- Starters:**
- | | |
|---|--------------------------|
| Honey roast parsnip & Davidstow cheddar soup, with parsnip crisps (V) | <input type="checkbox"/> |
| Classic chicken Caesar salad, fresh parmesan, garlic croutons & truffle oil | <input type="checkbox"/> |
| Fresh salmon & seafood mousse, with apple 'chilli' slaw | <input type="checkbox"/> |
| All served with a selection of Artisan Breads and Butter | |

* * * * *

- Mains:**
- | | |
|--|--------------------------|
| Seared Chicken Breast whole grain mustard, & cream sauce | <input type="checkbox"/> |
| Slow cooked Feather blade of Beef, in a rich wine sauce with mushrooms, baby onions & smoked bacon | <input type="checkbox"/> |
| Pan fried Seabass with ginger, spring onion & pimento | <input type="checkbox"/> |
| Roasted Mediterranean vegetarian tart & pesto dressing, rocket & Balsamic glaze | <input type="checkbox"/> |

All served with chefs' vegetables and potatoes

* * * * *

- Dessert:**
- | | |
|--|--------------------------|
| Baked New York cheesecake, fruit compote & raspberry coulis | <input type="checkbox"/> |
| Warm individual sticky toffee pudding, butterscotch sauce & crème anglaise | <input type="checkbox"/> |
| Rich chocolate ganache, crème Chantilly, cocoa & hazelnut wafer | <input type="checkbox"/> |
| Trio of fine Cheeses, Fig & Apple Chutney, Grapes, Crackers and Celery | <input type="checkbox"/> |

* * * * *

Tea & Coffee served with Chocolate mints

PLEASE COMPLETE AND RETURN THE FORM BY FRIDAY 17th February

To: Janet and Ken Ball 65 Broadway Irlam Manchester M44 6DQ
email: kandjmball74@hotmail.com or phone 07743 562550
(or hand in at the u3a Friday social meeting in January or February)