



## It's nearly Spring!

It's the time of year to get out and about more, and you might be thinking about joining a new group. There's lots of information on new groups on page 3. But a group you might not have thought about joining is one that I belong to. It's very lively, interesting, great fun and all the best people are in it! Which group is that, you are wondering? Well it's the one called the Committee!

But I really think the word committee should be banned. Something we did at work. To us it is just another group that we joined - the one that keeps our u3a going.

We meet once a month at South Lawn Hotel, over tea and biscuits. As members of the group arrive there is always a lot of catching up, as we actually enjoy seeing each other! As Chair it is my job to make sure we discuss things that matter and plan activities over coming months. And like all things u3a it has to be fun. We start by checking how we have progressed our previous plans. I usually update people on what's going on nationally in the u3a movement. The Treasurer tells us how the money is going and how much we can spend. The Membership Secretary tells us how many new members have joined and we plan events to welcome them. We discuss the website and the Newsletter, and our Speaker Secretary tells us about future Speakers she's found.

Groups are the lifeblood of our u3a, so we have the Groups' Support Team who look after them. They keep us informed about new groups and any ideas for workshops. Social Events are very important, so we spend time discussing plans. We talk about arrangements for the next monthly meeting.

Of course, like all charities we need to have policies and procedures in place, but we keep this from dominating our meetings. We have a member of the group reviewing them regularly and suggesting any changes.

The only conflict arises over who gets the chocolate biscuits, and jokes are allowed in the meeting, especially by the Chair!

Finally, we talk about how we keep the organising group fresh with new ideas and members. Having some continuity in the group is very important but change and new input can stop us from becoming stale. Fancy joining? Why not get in touch and come along and try us out? We'll save you a chocolate biscuit!

John Whitley Committee Group Contact - alias the Chair!

Dates for your  
Diary

Monthly  
Meetings at 2pm

Tuesday  
March 5th  
Lawrence Before  
& After Arabia

Tuesday April  
2nd  
Muppets  
Magical Musical  
Moments

Tuesday  
March 26th  
1-2pm  
1 hour session  
An opportunity  
to join a new  
group

All in the The  
Bridge, Milford  
on Sea's  
Community  
Centre.

### March - Lawrence : Before & After Arabia

The Legend of Lawrence of Arabia is well documented in books and film, but what of his life before and after the Desert War?. Described as one of the most influential Englishmen of the 20th Century – but he wasn't English! There are many myths, but the truth is far more fascinating. A man of many lives...

#### Speaker - Colin van Geffen

After spending thirty years in the production industry, Colin is now a self-employed artist/illustrator. He also presents illustrated talks. Colin has spoken to us before. This time his talk is on T.E. Lawrence.

### April - Muppets Magical Musical Moments.

Chris presents some of the great musical moments from the five series of The Muppet Show. The musical contributions were played by some of Britain's top musicians. Who were they? Relive some extremely funny clips with Archive footage from Chris' own collection.

#### Chris Walker

Chris was a professional clarinet player with The London City Stompers and other famous jazz bands. He moved to Hampshire in 1969 and since then has worked with most local jazz personalities. In 1987 Chris was musical director for an historic BBC Songs of Praise from The Maltings in Farnham. Between 1980 and 2007, he has produced a series of music and information-based jazz programmes for BBC Local radio across the South. Chris has co-ordinated Jazz Themes for P&O cruises including on board the Canberra, Oriana, Aurora and Artemis.

## New Groups!

We have had interest in a number of new groups starting recently. We are providing a one hour session for anyone interested in joining one of the new groups to come and sign up and discuss next steps.

Interested? Come along on

**Tuesday 26 March at 1pm**

**The Bridge Community Centre in the Main Hall.**

**Please do not arrive any earlier than 1 pm as you won't be able to get in!**

This is for all members to attend, especially if you have signed up to be a member of one of these potential new groups. The new groups are:

**Backgammon**

**Badminton (racquet sports)**

**Board Games**

**Canasta 3**

**German**

**Historical Topics 2**

**Italian for fun**

**Psychology**

**Rummikub**

**Sewing & Craft**

**Strollers**

**Theatre Trips**

**Wine Appreciation 3**

We look forward to seeing you on the day but if you have any questions before then, please do get in touch.

Thanks. Lynn, Hilary & Liz Groups Support Team

## More Christmas Photos!

The Happy Wanderers Christmas Get Together



The Mahjong Group had a jolly lunch in the Smugglers in January



## Kurling Evening



Wendy sets a new MoS u3a record!

Our first big social event of the year was a great success! 48 of our members rolled, pushed, or occasionally threw four stones on wheels across the floor towards a target mat, with varying degrees of success, but always with fun! We managed to fit in two rounds of play, a fish & chip supper, and two mind-stretching quizzes. After a tense play-off, Shirley Leonard won the trophy, and runner-up was Wendy Swann, who also scored a U3A record high of 25 in one round. With three ladies tying for third place, this was the night of Woman Power!

Huge and grateful thanks to Hilary, who organised all the catering, and new member Maria, who helped her at the event. And many thanks to all who came and contributed to a brilliant evening!

Frances & Terry, January 2024



Terry presenting Shirley with the MoS u3a New Age Kurling Trophy



Wendy receiving her prize

## And here are some of the lovely comments we received about the Kurling Evening

*Thank you for a really exciting evening. No need to travel to Scotland or even Switzerland here was Kurling at its very best in the Community Centre Milford. Not only that but we had fish and chips. Full marks have to go to Frances and Terry for making it so enjoyable.*  
Sue

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*We had a super, fun time last evening Kurling, eating & quizzing! Every thing beautifully organised by Frances and Terry. There was a lot of noise as we cheered the competitors on, while they pushed /shoved the pucks (that looked a bit like small flattened 'Henry Vacs.') towards the numbered circles. It did not matter how wobbly some of us are, Terry made certain that we could all join in, whilst Frances kept score and pushed the pucks back ready for the next possible Champ. Fish and chips were excellent, and the table top quizzes kept our 'little grey cells' well occupied! So a very good time was had by all. A big thank you to everyone involved for all their hard work to give us such a GREAT Milford U3A event. Penny Senior. 😊😊*

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## News from the Groups



**The Table Tennis Group** are now meeting every Wednesday afternoon. We have 2 tables and mostly play doubles. All abilities are very welcome to join us and we have space for new members. You don't have to commit to playing every week. See the website/ timetable for further details.

### Birdwatching Group

Douglas Marcuse is planning a birdwatching walk in March, but dates not yet decided. So Bird watchers - keep an eye out for dates being offered. Liz Christian, the Group Contact will send out the date to those on the group list. If you are interested in joining the Group, please contact Liz via the website.



**The Wildflower Group** has no limit on members and would welcome anyone with an interest in the many wildflowers to be found in the Milford area. Contact Wendy Thomas via the website.



Wild Garlic. Don't ever plant in your garden! It's rampant all over Milford. Just coming into flower now. Can be used for culinary purposes



Winter heliotrope



The curiously named weasel's snout, spotted by Mary Wheatley

**Art Appreciation Group 3** currently has six members, so we would very much welcome anyone interested in joining us.

The group started in 2016 and has had many successful years, but now with the passage of time, only has three of the initial members and we are looking for some new and fresh ideas and enthusiasm. We have covered many topics over a wide range of art and artists, which can be seen as a link on the group's web page. We meet on the 4th Monday morning at 10 am at the Beach House for up to two hours. If interested, please contact Chris Chaundy, email: [chrischaundy27@hotmail.co.uk](mailto:chrischaundy27@hotmail.co.uk)

### Out and about

**The 'How Things Work' Group** had a fantastic trip to London to see how the old London Underground station at Piccadilly Circus (Hidden London tour) was used during the 2nd World War and then enjoyed a fantastic private tour around the London Transport Museum at Covent Garden.



## Staying Safe



In January, the Local Explorers Group Contact Nigel Swann invited **Community First Responders**, John Blessing and Andy Bouch, who volunteer through the South



Derek gets to grips with CPR!

Central Ambulance Service for an interactive training session in how to administer CPR when it is urgently required, and how to use a defibrillator. It was a very thorough and thought provoking demonstration.

**If your group would like to arrange a session you can contact the local First Responders: [john.blessing@sca-charity.org.uk](mailto:john.blessing@sca-charity.org.uk) It's good to do this in a small group so you can all participate.**

## Have we got your details right?

Did you know that you can check your personal details online? All you need is your membership number, which is on the email we sent you with the Newsletter. This is what it looks like.

Member Record			
Member	< Whitley, Jenny >	Member No 3	Current
Joined	01/04/2012	Next renewal	01/04/2024
		updated automatically upon renewal,	Last payment BACS

[Click here to view your personal data](#)

Click on this link to the website and it explains what to do. It really helps the Membership Secretary if we all check our details are correct.



## Community News



### Milford on Sea Volunteer Drivers - MVD



#### **Do you have problems with getting to medical appointments?**

If you live locally, and need help getting to appointments at hospitals, surgeries, opticians, dentists and any wellbeing events, our friendly volunteer drivers are here to help.

The drivers are reimbursed at a rate 50p per mile. You will be told how much the journey will cost in advance and pay it to the driver.

**The telephone number for contacting us is 01590 641700**

Leave a message with your name, phone number and appointment details, and we will ring you back. Please try to give as much notice as you can.

#### **MVD is run entirely by dedicated volunteers**

If you, or anybody you know, would like to volunteer, we would love to hear from you. See the flyers below for details.

**We are particularly looking for one or two more Coordinators who arrange the journeys (see below). The hours are very flexible and are undertaken from your own home. If you'd like to know more you can ring Jenny or John Whitley on 01590 644039 or email [milford.drivers@gmail.com](mailto:milford.drivers@gmail.com)**

*The scheme is part of Milford on Sea Charitable Trust (registered charity no 1172750) and is affiliated to the Hampshire Good Neighbours Network. We are supported by grants and donations.*

Milford on Sea Charitable Trust  
Registered Charity no. 1172750

**Have you the 'drive' to be a volunteer driver for your community?**

If you have a car, some free time and want to help others, then you could be just the person we are looking for!

**we would love to hear from you!**




We are seeking new volunteer drivers to take local residents to medical appointments.

Our service is a lifeline for those who don't have access to transport and may be less mobile.

This is a very rewarding volunteer role. The hours are flexible and expenses are paid to cover the cost of journeys.

Training and support are provided.

**If you could be that person, get in touch :**  
[milford.drivers@gmail.com](mailto:milford.drivers@gmail.com)  
or visit our website for more info.

[www.milfordonseacharitabletrust.com](http://www.milfordonseacharitabletrust.com)

Milford on Sea Charitable Trust  
Registered Charity No. 1172750

**JOIN OUR TEAM**

**Can you volunteer your organisational skills to support your community?**

We are looking for friendly, empathetic people who want to make a real difference in their community!




We're recruiting additional volunteer coordinators to join our friendly team arranging journeys for local residents to medical appointments.

Our service is a lifeline for those without access to transport and may be less mobile.

We are looking for individuals that are comfortable with conversing by telephone and using a computer. The time is flexible and can be as little as a few hours a month. Training and support are provided.

**If you could be that person, get in touch :**  
[milford.drivers@gmail.com](mailto:milford.drivers@gmail.com)  
or visit our website for more info.

**Fill out an application form today!**  
[www.milfordonseacharitabletrust.com](http://www.milfordonseacharitabletrust.com)



**Milford Music**  
Second & Fourth Thursday of every month  
2.00 - 3.30 at Milford on Sea Community Centre

This inclusive community music group is open to anyone who likes to sing, or just sit and listen to the music. We particularly welcome people affected by dementia or any other conditions, with a family member or carer. Join us for an enjoyable and relaxing afternoon.

**Memory Afternoons**  
First & Third Thursday afternoon of every month  
2.00-3.30 at Milford on Sea Community Centre

Memory Afternoons at the Community Centre welcome anyone who is caring at home for a relative or friend, either with or without the person they care for. There are be games and reminiscence activities.

When a person experiences memory issues, they and their families are likely to want to find out what help is available. Jan is our Coordinator for the village and surrounding area. She is very experienced in working with people affected by dementia, and will be able to signpost to relevant local services and support, as well as being a sympathetic ear. Just come along.

Jenny Whitley on [charity@whitleyonsea.net](mailto:charity@whitleyonsea.net)  
Or contact the Community Centre

Community Centre Milford on Sea

The Milford on Sea Charitable Trust is a Registered Charity no 1172750

**Do you know anyone affected by dementia or other conditions who would benefit from these activities? Please let them know!**



Please send articles and photos for the next Newsletter to [jenny@whitleyonsea.net](mailto:jenny@whitleyonsea.net) or [milfordonseau3a@gmail.com](mailto:milfordonseau3a@gmail.com)  
[www.u3asites.org.uk/milfordonseacharitabletrust.com](http://www.u3asites.org.uk/milfordonseacharitabletrust.com)