

Email: info@lisburnu3a.org

Website: www.lisburnu3a.org



Learn, laugh, live

Charitable Status No NI103276

A WORKING DOG

Cooper will be 13 on 7th Sept, 2020; he is a Red Cockapoo. He started as a therapy dog when he was 5, with Saint John’s Ambulance in Canada. He and his owner, Tammy, had to take a two day course involving an assessment of dog and owner, and learning all the regulations and rules. Cooper had to go through little obstacles to see if he had a good temperament for the job, and at the same time they evaluated Tammy, ensuring she had full control of him in any given situation. On successful completion, Cooper and Tammy were assigned to a long term care home in Thorold, Ontario and a rehabilitation hospital in St. Catharines, Ontario.

They would be booked to enter these facilities once or twice a week for 1 to 2 hours at a time. They entered each room and asked the occupants if they felt up to a visit. If they did, Cooper would sit on the bed or beside them; they would pet him and love him. He was in his glory and the occupants were happy in that moment despite their pain or ailments. Cooper has never been an average dog; at the playground, Tammy would put him on a baby swing, which he loved. If she went on the slide, Cooper would follow right behind her, climbing up the ladder and going down the slide! He is starting to slow down now, losing a bit of his hearing and vision, but he's still a happy dog, retired and living at home on Vancouver Island with Tammy and her husband Guy, son London, two cats and some chickens.

Cooper Easton



In a Christmas Parade, with Tammy & Guy Jellis



Cooper's uniform 17 July 2020

Lisburn U3A Committee

HELP AND SUPPORT

If you or any LU3A member you know is in difficulty during this time of social distancing, please contact any of the Committee. We will do our best to provide support and helpful information. Email the Chair or Secretary.

U3A High Streets Research Project

Joan Bryson

An email about this nationwide study, to be carried out by U3A, was circulated to members on 6th August. Volunteers will walk along shopping streets writing down details of each shop and taking photographs. Some other U3As in NI are organising groups to take part. I have registered as a volunteer – is anyone interested in joining me?

Communications

ITEMS FOR MEETINGS

Anyone with news for the full LU3A membership should phone or email the Chair, Secretary or Editor with your items so they may be distributed to all.

See email addresses on this line below:



info@lisburnu3a.org

editorlu3a@gmail.com

membership6543@gmail.com

ALL MEMBERS

On Thurs. 27th August at 2pm, Trevor McKinney will give a talk entitled A history of Ulster Scots lasting about 30mins. This will be an experimental meeting via Zoom for the membership. We hope you will join us. Please contact info@lisburnu3a.org.

Thanks to David Mann, Des Donnelly and Lesley Kirk for their submissions!

PLEASE send us your stories, photos and goings on in your daily lives.

info@lisburnu3a.org

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Hello Everyone!

FLOWER ARRANGING – The Florets have re-branded to the **FLORAL ART CLASS, led by Sally Stanfield**. For the last two newsletters your Editor has shown the Group Leader for this group incorrectly. The Fringe and Genealogy Groups are led by Sally Cunningham. Luckily the contact sheet has been correct. This newsletter has that error sorted.



This month we are featuring pieces relating to **ACCESSIBILITY** – whether for a minor impairment or a bigger disability it can be an issue. National U3A is working to ensure all members are supported. Have a look at the [U3A Plus site](#) mentioned on page two. We have a piece by David Mann on the challenges he’s faced, and a piece on what accessibility means.

There’s a **new Group Leader and Committee Contact List update** this month. Please remember to save it, or print it!

U3A Websites

www.u3a.org.uk

U3A Plus

<https://plus.u3a.org.uk/>

The site aims to help, support and advise U3As to ensure that all members can access the meetings and activities regardless of impairment or disability. There are pages specific to:

- Mobility
- Sight
- Hearing
- Dementia

U3A Websites

www.u3a.org.uk

Third Age Trust

The Third Age Trust which is the parent body of U3As in the UK. Trust U3A is an online U3A community launched in April 2020 to meet the continued demand to become a member of the U3A movement while face to face contact is limited. This "virtual" U3A, which is entirely online, offers a number of groups you can join. Go to: <https://u3asites.org.uk/trustu3a/home>

LEFT-HANDERS DAY

August 13th

If, like your Newsletter Editor, you were born left-handed, over the years you will have suffered many frustrations: scissors, vegetable peelers, smudged homework, confusing instructions, I could go on and on... Here are some interesting facts about lefties for Left-Handers Day found in this BBC article: <https://www.bbc.co.uk/newsround/53739189>

YOU ARE NOT ALONE

LESLEY KIRK



On one of the Strollers' walks this month, along the tow path from the Island centre to Lambeg, we met this man wearing a bright orange t-shirt. He gave us a cheery smile and stopped for a chat about his walks for charity. He had us all enthralled as he told us of his aim to walk 3000 miles to spread the word about Lifeline, a local mental health charity which offers a crisis response helpline for people in despair or distress. He isn't raising money as he walks, rather his objective is to encourage more people in despair to reach out for help.

He has about 16 regular routes, although lockdown meant he had to keep local for many weeks. He has been walking since January

and is now over half way to his target.

He asked us to take his photo and send it to as many people as possible. He really is inspiring, so if you come across him on one of his 16 routes, say hello, take his photo and spread the word.

It may save someone's life.



<https://www.lifelinehelpline.info/page/lifeline-campaign.html>

MESSAGE FROM COLOUR SUPPLEMENT EDITOR

Cynthia Kelly

In the last few months since lockdown I think you will agree that the supplement has been much more varied and interesting. Lack of U3A and other activities meant that life was very different and I received a great variety of pictures of local scenes and items of local interest.

I'm hoping that the supplement in the future will be a mixture of our activities and other things of general interest and that you will be looking out for things that are a bit special, different or unusual which could be included. It is important that all photos are clear and well-focused.

And please note my new email address for LU3A Photo Submissions:

photosuplu3a@gmail.com



I have been a member of Lisburn U3A for nine years, ever since retiring at the age of 65. I needed to find ways of keeping body and brain active! I have generally received a warm welcome. My book group has always been prepared to change a selected title if I can't get hold of it in an accessible format at a reasonable price. The ramblers were, until recently, happy to offer a guiding elbow and a description of tricky stretches of ground. The East Antrim canoeing group have made sure I knew what I was doing by sending me verbal, rather than diagrammatic descriptions of the various paddling strokes.

Over 20% of the Northern Ireland population has a disability of one sort or another, and the percentage is higher for older age groups. Thus, while I may be the only person attending Lisburn U3A meetings and events sporting a white cane, I cannot imagine that I am the only one with poor sight. If I am, then we are woefully unrepresentative of the community we aim to serve. The same goes for other disabilities such as hearing or mobility. While I have had my disability all my life, a greater number of people will start to lose sight, hearing or mobility later in life, and could far too easily drop out of U3A activities as time goes by, if we do not make sure that any barriers are removed.

So what barriers do I face? I have not got super senses, and I am not especially good at recognising voices – and can't read name badges, however close I lean in! I can't catch the Chair's eye, so might barge in when it is not my turn to ask a question. And, of course, I don't drive.

However, please do not assume that any activity is impossible. There are often ways around apparent barriers. If you want to take up a particular activity or join a particular group, go ahead and sign up, and talk to the convener about any particular needs you may have. Similarly, don't just drop out of something you've already been enjoying.

If you are a convener and someone wants to join (or drop out of) your group, discuss the best solutions with the individual, starting with the assumption that inclusion is just a simple solution away. If someone is gradually losing sight or hearing, for example, they may be quite depressed about this and might imagine that there is no way for them to continue with a particular activity. Consulting another person with a similar disability, or asking a specialist voluntary agency such as RNIB or Action on Hearing Loss, they may well provide some answers.

You can also get lots of ideas and ask for specific advice from the U3A national website:

<https://plus.u3a.org.uk/>, U3A Plus was set up a few years ago to explore ways of ensuring that people with disabilities were not excluded from our activities. This group has recently joined others to form **U3A Diversity and Inclusion**, looking also at other types of possible exclusion such as ethnicity or sexual orientation. Their web pages are due to be updated, but you should always be able to find them by looking for "diversity and inclusion" or accessibility on the national site.

Let's not define anybody by their sight, hearing, mobility or cognitive ability. That's not who they are!

A POEM

Des Donnelly

I wrote this poem back in April, at the height of the lockdown.



SAMEDAYS

Today is a Same-day, the same as yesterday,
as will be tomorrow and the next day.
No daily deadlines, just daily headlines
of deaths, infections and safety guidelines.



This virus has been a spanner in the works,
a shocking bouleversé in our midst
destroying the lives of millions of folks,
Donald Trump called it a Democratic hoax.

No kids throwing ball in the basketball hoop,
a neighbour walks three dogs around the loop,
one black, one brown, the other grey,
same time, same dogs, another groundhog day.

Empty roads and streets, empty days and diaries,
no goals or schedules or calendar entries.
Cancellations, postponements, and deferrals,
muted birthdays, weddings, wakes and funerals.

There's no need to visit church on Sundays,
We've virtual services from Guadalajara to Galway.
No swimming, Pilates, Yoga or Tai Chi,
working out with Joe Wickes and two cans of chickpeas.

Adjusting our mind-sets and expectations,
planting gooseberries, pansies and carnations,
posting jokes and stories and illustrations,
winging their way from every nation.

And to avoid isolation and disconnect,
writing lists of names to phone, write or text,
Using Instagram, WhatsApp and Snapchat
to shoot the bull and chew the fat.

Trawling through YouTube for ages and ages,
reliving famous events, concerts and speeches.
Finding favourite songs and comedians of note,
WC Fields, Tommy Cooper, Dame Edna and Bob Hope.

Listening to Classic FM and watching TV,
gazing out the window, but nothing to see.
Desert Island Discs, is my new reality,
a captive castaway from society, that's me.

People singing to each other from tower blocks,
the virus, an apolitical apocalypse.
It really feels like the earth's stopped spinning,
but every cloud does have a silver lining.

No vapour trails score the sapphire blue sky,
thousands of planes standing idly by,
Instead a pink moon rises, to fill the eye,
and stars reappear in Wuhan and Mumbai.

The choking smog has lifted and cleared the air,
a nightingale sings again in Berkeley Square.
Exhaust fumes disappear from the Marylebone Road.
the canals in Venice are dolphins' new abode.

There's a gangland truce in the city of Cape Town,
The Houthi declared a ceasefire in beleaguered
Yemen,
the mortars have been silenced in Palestine,
and a cock was heard crowing in Jerusalem.

They reckon by Christmas, there'll be a baby boom,
two pandas, Ying Ying and Lee Lee, in Hong Kong,
after ten years of trying, have finally mated,
and scans show the baby's the size of a ferret.

Someday the virus will surely come to an end,
and you'll stop having to be your own best friend,
and our lives will adjust to a new normality.
Lessons learned? We'll just have to wait and see!

15/4/20
Des Donnelly



ANTIQUES	BOOK GROUP 1	BOOK GROUP 2
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Jacqui Townsley

AVA Antique, Collectors & Jewellery Fair **Mon 31st Aug** at Killyhevlin Hotel in Enniskillen. **Open 11 - 5 admission £2.** Art, Furniture, Jewellery, Silver, Oriental items, Advertising, Books & Records, Curios, Glass and lots more. Face coverings to be worn and Covid rules adhered to.



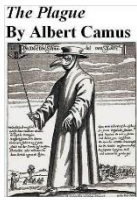
If you are thinking of attending, please check with venue before you leave as events can be cancelled at short notice due to Covid 19 pandemic.

Jeanette Chambers

We again held our meeting in August out-of-doors as the weather was good and we were a small group. The book we had read was "The Dutch House" by Ann Patchett which was enjoyed by all. The book covered quite a few areas medicine, architecture, law and how careers seem to run in families so there was a lively discussion. We are now reading, or in my case listening to, as I am trying out an audio book, "Where the Crawdads Sing" by Delia Owens. I don't know if it is memories of parents reading to you as you fell asleep but I have fallen asleep twice listening to this book. Please don't take this as any reflection on the tale as I will let you know what we thought of it after our next meeting **Thurs 3rd Sept** at Hilary Preston's.

Joan Bryson

We continue to be active with much lively discussion via Zoom. It looks like we will be using this format for some time including for our next meeting on **Tues, 29th Sept at 10.30 am.** The suggestion that we should read a 'Pandemic Classic', originally intended as an attempt at black humour, has come to pass. So our book is 'The Plague' by Albert Camus. In the 1940s a deadly epidemic occurs in an Algerian city. The novel features dedicated medical personnel, slow to react authorities, volunteers, lockdowns and separations, plus criminal exploitation of the situation. Does this sound familiar?



DINING OUT	LET'S GO!	LU3A SINGERS
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Norma Patterson

Our lockdown escapees enjoyed our visit to pizzarellys on 13th August!! Lots of food was eaten and copious amounts of lemonade was imbibed!! Our next visit is on **17th September at 6.45 for 7pm.** Price to be confirmed.




Gail Pollock

Due to the on-going situation there will be no outings for a while yet. However, spikes and further lockdowns willing, it may be possible to organise the odd visit with limited numbers, no car sharing, etc. in outdoor venues. Here's a few photos from a possible venue: <https://www.seafordgardens.com/explore/tropical-butterfly-house/> This year European Heritage Open Days will be virtual on 7-13 Sept – keep an eye on Love Heritage post on Facebook: <https://www.facebook.com/ehodni/>

Jacqui Townsley

Singing in a choir is:
 Cheaper than therapy...
 Healthier than drinking...
 More fun than working out!
 Don't just take my word for it – come and join us when we're back together again!

Watch  this space...
 In the meantime, keep well...
 ...and keep singing!!



JACQUI'S TEASERS	FLORAL ART CLASS
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Jacqui Townsley

Last Month's Teasers

☐ **A White Glove Sale** is a term given to an auction in which every single lot is successfully sold – a rare occasion indeed! It possibly derives from the phrase "the white glove treatment" (i.e. special) whilst also referring to the gloves used to handle and exhibit work at the auction.

☐ **The PDSA Dickin Medal**, awarded to the Duke of Normandy cock pigeon for his role in the D-Day landings in Normandy, **sold at auction for £27,280.**





Jacqui Townsley

This month's Teasers

☐ In antique speak, **what is a bob?**
 (Clue: it's not a hairstyle!)




☐ The earliest surviving Monopoly board, made in 1933, sold at auction some years ago – **sold for how much?**



Sally Stanfield

The Flower Group met at Dobbies on Mon, 17th August. Everyone looked well and ideas were flowing. After a very productive meeting, we have made a few changes, enabling us to have more scope and combine a little craft with the flowers. We will now be known as the **FLORAL ART CLASS**, meeting from **10.30 -12.30 on the 1st Thurs of each month.** All being well, we will resume as soon as we get the go ahead from the centre, and are hoping this will be **3rd Sept.** If not, we will then arrange another day at Dobbies. Minutes of the meeting and equipment needed for the next class will be sent out by email.



1. STROLLERS	CROCHET	PAINTING
<p style="text-align: right;">Mary Hine, Heather Martin</p> <p>Our strollers are continuing as before weather permitting. If any one wishes to join us please get in touch. Details of the walks are being sent to participants via email or WhatsApp.</p> 	<p style="text-align: right;">Jean Ryan</p> <p>We've been meeting in Wallace Park most weeks and plan to continue with outdoor meetings as long as the weather allows. WhatsApp is still invaluable for keeping in touch. Our group blanket project is progressing well, with several blankets assembled and finished. In addition members have been busy crocheting and knitting various other items and finding this a good way of easing some of the stresses of the pandemic.</p>	<p style="text-align: right;">Tommy Yarr</p> <p>I hope all the painting group members and their families are well. Owing to the current uncertainty I cannot foresee the group resuming in September. I hope we will be able to get back again at some stage, perhaps in January. Stay safe.</p> 
2. SAT RAMBLERS	THEATRE / CONCERT	
<p style="text-align: right;">Gil Colvin</p> <p>Five Saturday Ramblers members had a lovely walk from Hazelbank along the shores of Belfast Lough in the sunshine last Saturday. Our next Saturday walk will be on 19th September. Anyone new wishing to join us should contact Gil by email.</p> 	<p style="text-align: right;">Jacqui Townsley. Reah Browne</p> <p>Grand Opera House The disruption caused by Covid-19 has had a significant impact both on the restoration work at the Grand Opera House that started in January, and on show tours that were due to visit theatres across the UK and Ireland. As a result of this, the Grand Opera House and its partners have regrettably had to postpone four productions to late 2021 and 2022: Goldilocks and the Three Bears, MAMMA MIA!, The Nutcracker, and The Curious Incident of the Dog in the Night-Time. They are writing to customers who have booked tickets for these shows, setting out the process for exchanging tickets or requesting a refund. Due to the large volume of bookings that now need to be changed, customers are requested to only contact them via this process, and not to phone the box office directly. It is hoped to put these four rescheduled shows back on general sale in September.</p> <p>Dublin Fringe Festival have announced their programme for this year - Dublin Fringe Festival 2020: Pilot Light Edition from 5 – 20 September. Tickets are on sale but places limited – find out more information at: https://lyrictheatre.co.uk/dublin-fringe-festival/</p>	

ACCESSIBILITY

Accessibility means different things to different people. The meaning is complex, it is neither true nor false. It can only be measured in relation to specifics. Something can be accessible to one person and inaccessible to another. So you could say that accessibility depends on the situation.

Accessibility can be affected by many things, but generally we think of sight and hearing ranges, and physical ability, which varies with differences in mobility, dexterity, strength and levels of pain. We can also all experience temporary disabilities caused by illness or injury. We experience situational disabilities such as not being able to hear well due to being in a noisy room or not being able to see well due to bright sunlight.

There are many tools in use to assist with accessibility: glasses to correct vision, hearing aids to improve hearing, wheelchairs and walking sticks to increase mobility. This is also true online. Browsers provide settings to increase font size and colours so people can make text more legible. Screen magnifiers allows us to make interfaces even bigger. Screen readers convert text to audio to enable people who can't see to hear content instead. Speech recognition software allows people to operate a computer without the use of their hands.

U3A Insurance dictates what Lisburn U3A may do with regards to members and accessibility. For instance, a member may bring their carer with them to meetings and the carer will not be charged admission; the carer would be covered by U3A insurance UNLESS THEY ARE PAID CARERS. To be clear, paid carers will not be covered by U3A insurance. If you require a carer to take part in a group activity, you should bring the carer with you, again for insurance reasons. **Please check with the Executive Committee if you have any questions or concerns. Email: chairlu3a@hotmail.com or info@lisburnu3a.org.**