

# NEWSLETTER

## MERRY CHRISTMAS



A VERY HAPPY CHRISTMAS  
TO ALL UPPER BANN  
MEMBERS

U3A

DECEMBER

2016

\*

CHRISTMAS  
EDITION



## UPPER BANN U3A CHRISTMAS NEWSLETTER 2016

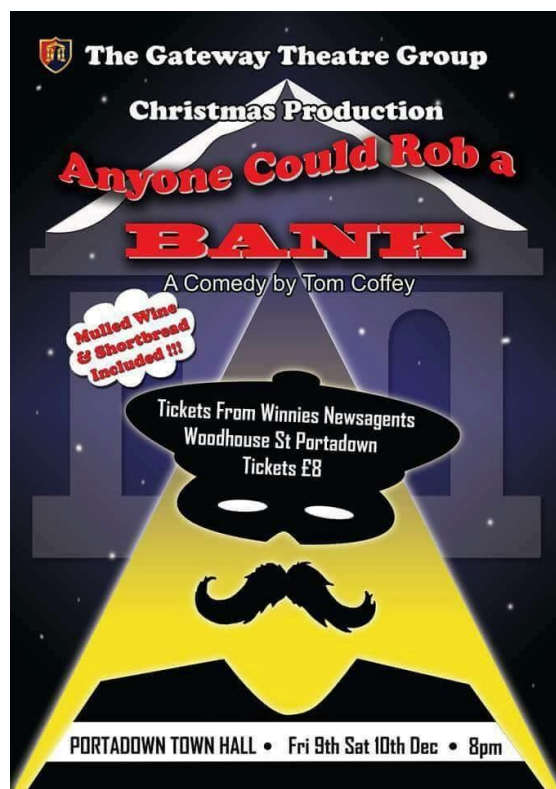
### Christmas Lunch Reminder

The Upper Bann annual Christmas Lunch will take place in Portadown Golf Club on Wednesday 7th December at 12.30. The cost of the lunch is £20 but as there is a £5 subsidy you will pay £15. This covers the meal and music by Chris Blair.

It is important, members planning to attend the meal advise Norma of their menu choices. For full details on menu and paying see the email sent to you by Ruth on 1st November.

A very **MERRY** Christmas Lunch!

### Theatre News





Cultra to Holywood - wee buns for the Strident Strollers

## The Strident Stroller 2016 November - December Calendar

Strolls planned until the end of 2016 include:

**29th November:** Hillsborough Park

**6th December:** Scarva Towpath to facilitate us afterwards going to nearby Buller's Christmas Craft Fayre where complimentary tea and coffee are available. N.B. Donations to Marie Curie will be much appreciated.

**13th December:** Craigavon Lakes

**20th December:** Gosford Forest Park with a subsequent visit to Alexanders in Markethill

**27th December:** Clare Glen



Pat spotted curlews, oyster catchers and turn stones.



The Coffee Yard in Holywood provided ideal respite after a brisk coastal stroll



### **NATURE GROUP - MOUNT STEWART**

A group of ten from the Nature Group enjoyed a beautiful day at Mount Stewart. The weather was kind to us and many of the trees had retained their lovely autumnal colours and were looking quite spectacular. The lake was beautifully calm with graceful swans floating by, all against a stunning background. The morning was nicely rounded off by a very tasty lunch in the cafeteria and an opportunity to look at the goods on offer in the shop. Another visit in spring/summer is almost certainly on the cards.

*Future outings:* The outing scheduled for 7 December is cancelled because of the Christmas lunch. A New Year ramble is planned for Wednesday 4 January around Lurgan Park. Look out for details after Christmas.



**LOUGHSHORE TRAIL** This photo was taken on a cycle along the Loughshore Trail to Carrickfergus on 22nd November, a 23 mile round-trip from Belfast.

Mike's Bikers are having Christmas lunch in Lisburn on December 13th after having cycled from Belfast along the Lagan tow-path. Hopefully they will be able to cycle back to Portadown!



## A walk with Bob



The picture above was taken on a Monday's 'Walk with Bob' along the Moira towpath. As you can see the water was disgusting looking but the Heron didn't seem to mind. (supplied by Adele Henderson)

## Nature Group



A small portion of the thousands of starlings who spend the night under the Albert Bridge. A group of seven keen U3Aers enjoyed this special event on a beautiful calm evening in early November. (Pat Flowerday/Diane Caesar)

# NEWS



**Have you been the victim of a scam?**

Dear All

The Commissioner's office is currently looking at the issue of scams and are looking for case studies to demonstrate the wide variety and the impact that scams can have on older people. Do you know of anyone within the group who may be willing to speak about their experience, anonymised if needed?

Kind Regards

Christy Hunter  
Communications and Engagement  
Assistant Commissioner for Older  
People for Northern Ireland

t. 90 890899  
e. [Christy.Hunter@copni.org](mailto:Christy.Hunter@copni.org)  
w: [www.copni.org](http://www.copni.org)



**NORTHERN IRELAND U3As**

20th - 21st JUNE

Greenmount College Antrim



***Please mark these dates  
in your diaries.***

There will be guest speakers and 2 days of “learning” in what is truly a first class location, a college specialising in horticulture with a walled garden and nature trail. There is accommodation on site with lots of single en-suite bedrooms.

In the meantime, your ideas for topics and offers of topic leaders would be welcomed.

Suggestions to date include Art, Astronomy, Current Affairs, Cooking, Drama, Gardening, Tai-chi, Wine tasting and more.

Email your suggestions to [summer2017ni@gmail.com](mailto:summer2017ni@gmail.com)

Visit <http://u3ani.info>

**MALE VOLUNTEERS REQUIRED**

*The following letter was received from a student attending Queen's University Belfast*

I am a PhD student based in the School of Nursing in Queen's University Belfast. To help in research I am trying to recruit a group of men over the age of 60 who have never had cancer. We plan to study the psychological impact of prostate cancer. Those volunteering would be the control group and help us understand and interpret the results of the prostate cancer patients we have already recruited. It would involve filling out a postal survey 4 times over a period of 9 months about physical and psychological wellbeing

The support of your organisation would be highlighted in the final PhD write up and any publications that come from the project. A summary of findings would also be circulated once all the data is collected and analysed.

Looking forward to hearing from you

Kind regards

If you would like to assist with this research either telephone Eimear 9097 2684 or Email: [eruanemcateer01@qub.ac.uk](mailto:eruanemcateer01@qub.ac.uk)