

Upper Bann USA

October 2017

www.upperbannusa.com



MONTHLY GET-TOGETHER

A disappointingly small number of members attended the first Monthly Get-together of the season. Two members of the Sensory Support Group, Louise Mallon and Ray Maxwell, gave a very interesting talk on the support available for those with a sensory disability. If you are deaf, hard of hearing, have difficulties with Tinnitus or are visually impaired don't despair, help is available in the form of the 'Floating Support Team'. They offer support to people who have significant sight and/or hearing problems. Services on offer range from advice on housing issues e.g. grants and repairs, to advice on home and community safety. Information is also available on technology which helps deal with the issues. If you have difficulties with your hearing you can self refer by phoning 02837412421, provided you have been wearing your hearing aid for a minimum of three months.

Next month our very own Felicity Rowland will entertain us! This is a Get-together we do not want to miss!!

The monthly get-together is on the third Tuesday of the month in Lurgan Town Hall (upstairs) at 2.00 pm

U3A VISIT BELLAGHY

A TRIP TO THE HOMETLAND OF POET LAUREATE, SEAMUS HEANEY

On a lovely sunny Monday, (perhaps that's the day summer happened) the U3A Poetry Group visited the Seamus Heaney Centre. The centre celebrates the life of Bellaghy's locally born and raised Nobel Poet Laureate, Seamus Heaney.

The displays are laid out over two floors and they describe the people and places that influenced Heaney. Each significant event is illustrated by one of his poems, read by the man himself.

The great man is buried in the church yard at the opposite end of the town and we took the time to pay our respects at his simple and dignified grave.

'I rhyme to see myself, to set the darkness echoing.'

The poetry group meet on the first Monday of the month in the HUB in Craigavon from 2.00 pm - 4.00 pm. Maureen McLaughlin is the group convener and we always welcome new members. Please feel free to join us if you are interested in poetry and the craic is great too.

Eilish McNickle (report and photograph)



NATURE GROUP

(Report and photograph by Pat Flowerday)

On the wettest day of the week, Wednesday 20th, five suitably attired souls boarded a Bangor-bound train and alighted at Helen's Bay. Happily it wasn't raining as we set off from the station through a delightful wood - Chimera Wood (pronounced shim-er-a) - with beech mast, dead branches, fallen leaves and fungus. This brought us to the coastal path and into Crawfordsburn Country Park. Soft rain began to fall as we made our way to the Information Centre. Here we looked at a range of fascinating exhibits aimed at promoting a better understanding of our fragile environment.

Interesting as this was, the aromas emanating from the cafeteria reminded us that several hours had passed since breakfast. We were soon tucking into delicious burgers and paninis. So absorbed were we that we hadn't noticed the 'soft' rain had turned to heavy downpour. We waited a while for it to abate, but, alas, it did the opposite. It was no consolation to learn that our recent bout of topsy turvy weather was caused by a 'positive North Atlantic oscillation'!

After a short walk to the river, we made our way to the coastal path again for a briskish walk in the now pouring rain to Carnalea. Gulls and eider duck were all that we could make out on the water while the shoreline held the occasional curlew, redshank and oystercatcher. The walk was much further than it appeared on the map! Finally we arrived at the station, dripping wet and in good time. Thankfully our waterproofs lived up to their name. We were dry underneath. The train journey home was dry, warm and relaxing. We all agreed that, despite the weather, it had been a thoroughly enjoyable day.

Watch out for details of the Nature Group's next trip. The date is 11th October, the venue is Island Hill in Strangford Lough, the main attraction, the newly arrived Brent Geese.





Tom keeps calm under pressure.

Bridge

The Bridge Club continues to grow with forty plus members attending weekly. Tom has his work cut out for him, trying to encourage those who have been attending for some time to improve their game whilst at the same time working with beginners. Who said Tom can't multi-task?

Strident Strollers (by Pat Flowerday)

The Strident Strollers continues to be popular, with new faces joining each week. September walks included Craigavon Lakes, People's Park Portadown, Loughgall Country park and Oxford Island.

On our recent stroll in Loughgall, because Teresa wasn't there to lead and keep us in order, we strayed from our usual route to try the Orchard Trail. It proved to be tougher, hillier and longer. We exceeded our normal one hour walk by about 20 minutes. What's more there wasn't an orchard to be seen! That is until we reached the walled garden with a sign outside informing us of the Bramley Apple Walk. Too late! We were gasping for our coffee and scones.

Arriving late back at the park's little cafe, we were delighted to find Teresa and Jim already there heating and buttering scones and making the coffee. The cafe's machine had broken down so it was a case of 'do it yourself'. Homemade jam - crabapple jelly and red gooseberry - topped the scones nicely. The chat and laughter flowed freely and plans made for the next few walks.

Our destination on Tuesday 3 October is Hollywood. We will take the train to Cultra and walk back to Hollywood. Details of train times will be emailed nearer the date.

Yoga

Despite the fact a second yoga class has been created by Wendy, names remain on the waiting list, demonstrating the popularity of this activity

Are you interested in an activity not currently on offer? If so why not contact Tom thomasy04@me.com

Talking Newspaper



Can you help?

We're always looking for volunteers to help us out. So why not get involved today!

[Find out more](#)

www.atnni.org.uk

The Craigavon Talking Newspaper is in great need of volunteers. Editors can work on Thursday afternoon, preparing the papers for recording later. Each volunteer need only commit to one Thursday afternoon a month. If you could help please contact Patricia McGuinness tel.no.38330336 or 07866762762.



Boardgames

A small select group of members meet every Thursday morning in Portadown Golf Club at 10.00 am where chess and boardgames are played. it would be lovely to welcome new members to this group. Previous experience playing board games is not necessary. Just come along and you will be taught the rules. In no time at all you will become as expert as the rest of the group. Jean will welcome you on behalf of the group. We look forward to seeing you soon.