

Newsletter 187
November 2025

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The Open Meeting will take place on
Wednesday 5th November from 2pm – 4pm
at Chesterfield Football Club
(SMH Group Stadium)

The Lead Orthopaedic Consultants,
Mr Gyorgy Lovasz and Mr Ference Toth,
from Barlborough Hospital,
will talk about hip and knee replacements.

There will also be information about the
Outpatient Pathway
Everyone welcome!

Your Committee and Key Volunteers 2025–2026:

Chair: Alan Cornwell, 07500 406539, chair@chesterfieldu3a.org.uk

Vice Chair: VACANT

Treasurer: Irene Trevis, 07434 042215,

treasurer@chesterfieldu3a.org.uk

Business Secretary: Irene Wilkinson, 01246 234924

secretary@chesterfieldu3a.org.uk

Minutes Secretary: Ian Hardy, 07811 642464,

minutessecretary@chesterfieldu3a.org.uk

Other Committee Members:

Volunteer coordinator: Sue Atherton, 01246 229469,

volunteercoord@chesterfieldu3a.org.uk

Nicola Hoskin–Stone, 01246 275807, nicolahoskinstone@gmail.com

Sue Davies, 07967 035784, suekercher@hotmail.co.uk

Judy Stone, 07968 133564, judy.stone1@btinternet.com

New-member Supporter: Valerie Myers, 07928 327876,

newmembersupport@chesterfieldu3a.org.uk

Assistant Treasurer: Richard Turley, 07811 305886,

assistanttreasurer@chesterfieldu3a.org.uk

Joint Groups Facilitator: Jane Machin,

groupfacilitator@chesterfieldu3a.org.uk

Key Volunteers:

Membership Secretary: Kathryn Lambert,

684 Chatsworth Road, Chesterfield S40 3NU,

membershipsecretary@chesterfieldu3a.org.uk

Assistant Membership Secretary: Richard Turley, 07811 305886

Beacon Administrator: Jean Jefferies, 01246 276161,

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Assistant Beacon Administrator: Cynthia Parrott,

beacon.admin@chesterfieldu3a.org.uk

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facebookmoderator@chesterfieldu3a.org.uk

Joint Groups facilitator: Brian Heathcote,

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webmaster@chesterfieldu3a.org.uk

u3a BUSINESS

COPY DATE FOR NEWSLETTER 188 JANUARY

Please send all items for the Newsletter to Jeanne Clark by email or post to the address above, as soon as possible and by **8th December** at the latest. The editor will acknowledge receipt, edit, and abridge as necessary and her decision on inclusion, content and format is final.

DECEMBER e-BULLETIN

Coordinators with new information which they want to pass on to their members, or details of activities or events which are coming up, should send the details to Jeanne Clark by **23rd November**.

NEW MEMBERS

A very warm welcome to our new members:

Stefan Perry, Anthony Snowdon, Carol Woodley, Tim Ford, Susan Partridge, Theo Webster, Kristina Ashley, Mairi Drennan, Roy Oades, Elaine Collett, Fiona and Ann Green, Julie and Jonathan Cooper, Helen Skinner, Su Bridger, Wendy Layton, Ruth and Andrew Vinson, Margaret Chinnery, Peter Contardi,

Kathleen Crampton, Margaret Spooner, Samantha McGrady, David Gratton, and Peter English.

Kathryn Lambert, Membership Secretary,
membershipsecretary@chesterfieldu3a.org.uk

VIEW FROM THE CHAIR

For most people, the holiday season is now behind us and u3a business swings back into focus.

The Group Coordinators' meetings on 24th September and 16th October were well attended, and we had lots of favourable feedback. Congratulations to Jane Machin and Brian Heathcote for organising the two events.

There are three things I would like to bring to your attention this month.

Power of Attorney and Wills and their Execution

Mike Poole will be giving a presentation on Friday 14th November at 2pm in room 2, St Thomas' Church, Brampton, Chesterfield.

This is an opportunity for audience participation where we can all learn from each other. If it raises an idea you want to explore further, you should raise it with your own professional advisers afterwards. There is space in the room for a few more members, so please let me know as soon as possible if you would like to attend.

Expertise within Chesterfield u3a

I have now started a gradual release of batches of emails to our members asking them to inform us of their areas of expertise. The body of the email is shown below. I can't stress how really important it is to the smooth running of your u3a that the committee has access to this knowledge. It's not just experience in the "professions" that we want to

hear about. Our members have a lifetime of knowledge to share, so, please don't be shy in replying as your experience is important to us. Every reply will be taken seriously.

Expertise within Chesterfield u3a

Dear

With over 850 members, there's a lot of experience within our organisation that we fail to harness. Your committee has some experienced members, but we are by no means the "font of all knowledge".

When people join our organisation, we ask for details of name, address, phone number and email address only. As a result, we don't know what expertise is held within our membership. Chesterfield u3a is a self-help organisation led by a committee of volunteers, so it is vital that we have a pool of people that we can consult from time to time when our joint expertise does not match the subject we are working on.

We would really like to know about your expertise either during your professional life or current pastimes. This can include such areas as IT, legal expertise and marketing and presentations for example.

If you could reply to this email detailing areas in which you have expertise, but not limited to those suggestions quoted above, we would be very grateful as it helps your committee to provide the best service we can for your organisation.

Kind regards,

Alan Cornwell

Chair

Please note that replying to this email is purely voluntary, but your participation is really appreciated.

In Case of Emergency Form

None of us knows when we might need help. You could be at an event like the Open Meeting or an interest group in someone's house. Imagine, you are suddenly taken ill. No one knows which relative to contact or what your medical history is. If you have this information with you, the fact that the emergency services have immediate access could save your life!

Please go to our website

Under Latest Notices, click on Additions to the website.

Then click on In Case of Emergency form and complete it.

Always carry it with you.

Some mobile phones also allow medical details to be added.

Go to Settings.

Then click on Safety and Emergency and complete your details.

Just a couple of minutes of your time is all it takes.

Alan Cornwell, chair@chesterfieldu3a.org.uk

OTHER u3a MATTERS

u3a NATIONAL EVENTS ON OUR WEBSITE

There is now a page on the website that gives a link to the National online zoom events.

<https://chesterfield.u3asite.uk/forthcoming-national-u3a-events/>

MEMBERSHIP, GIFT AID, AND NEWSLETTER

The cost-of-living crisis is affecting us all, including our u3a. Next year what we spend on our members is likely to exceed what we receive from them in subscriptions and Gift Aid.

The Executive Committee has unanimously resolved not to increase subscriptions this year to cover this deficit, but to utilise some of the accumulated fund accrued in the past. Individual membership therefore remains at £14, whilst joint membership remains at £28.

To minimise the deficit, members are encouraged to take the following actions:

- Eligible members should claim Gift Aid on their subscriptions, as it contributes over £2,000 to our income.
- Members currently having a paper copy of the newsletter posted to them should consider changing to reading the online colour version.

Irene Trevis

IN CASE OF EMERGENCY FORM FOR MEMBERS

If you had an accident or health problem during a u3a event or group activity, then it could be vital to provide emergency services with information about your allergies or medical conditions. It would also be important to be able to inform a relative or friend about the incident, for which we would need the contact details for that person.

An easy way to achieve this is to fill in an *In Case of Emergency* form and to have it with you at all u3a events or activities (or, indeed, everywhere you go). The form has recently been revised so that, even if you have completed one in the past, it would be a good idea to put your information on a new form.

The form is included on pages 11/12 of this newsletter, or a copy can be downloaded from the Organisation page of our website.

Plus, if your phone has the facility to access emergency information without using a password or pin or biometric identification, ensure you have at least one *In Case of Emergency* (ICE) contact on your phone (sometimes they are labelled *Next of Kin* contacts). You could also include, in the appropriate location, medical information which may be relevant in an emergency (e.g. blood group, medication used, allergies, health conditions).

The health and safety of our members is very important; the simple acts of filling in the form and bringing it with you could be critical to your own wellbeing in an emergency and make it easier for those trying to help you.

WE URGE YOU TO DO IT NOW

Irene Wilkinson

Business Secretary Secretary@chesterfieldu3a.org.uk

On behalf of Chesterfield u3a committee

RENEWALS FOR 2026

The renewal fees for 2026 are £14 for individual membership and £28 for joint membership, respectively.

You can renew from 22nd October.

We would like as many of you as possible to renew using PayPal/Credit card/Debit card via the **Chesterfield u3a Members Portal** using this link:

<https://u3abeacon.org.uk/u3aportal.php?u3a=257&sc=MEZJ>

and printing off your own membership cards.

If you need help, please contact the Beacon Administrator whose contact details are on page 2 of the newsletter.

Alternative methods are available.

Alternative Renewal option 1: Paperless using link

<https://forms.office.com/r/OJnAqtC2XR> to our online form.

Payment may be made by bank transfer, or by cheque.

If you need help, please contact the Assistant Membership Secretary – contact details are on page 2 of the newsletter.

Alternative Renewal option 2: Paper renewal with Bank transfer or Cheque. If you need help, please contact the Membership Secretary – contact details are on page 2 of the newsletter.

CHEQUE PAYMENT: Cheques to be made payable to **Chesterfield U3A with no alterations!!** with your membership number(s) on the back of the cheque. **Please do not send cash.**

Please send your completed form and/or cheque to the Membership secretary, at the address on page 2 of the newsletter

BANK TRANSFER: Transfer to: **Chesterfield U3A**

Sort code: **30-91-93**, Account No: **00507200** at the TSB, with your membership number(s) as the transfer reference.

If you need help, please contact the Assistant Membership Secretary – contact details are on page 2 of the newsletter.

MEMBERSHIP CARDS will be emailed to you once your 2026 renewal has been processed. Printed membership cards can only be obtained by sending a **stamped addressed envelope** to the Membership Secretary.

GIFT AID: Thank you to the increasing number of members who currently Gift Aid their subscriptions; it is a valuable source of extra income for our u3a. We would encourage any members who are eligible to gift aid their membership subscriptions to consider it and tick the gift aid box, if they have not already done so in the past.

Kathryn Lambert, Membership Secretary
Richard Turley, Assistant Membership Secretary

EVENTS

There will be a **Coffee Morning** on
Wednesday 3rd December
from **10.15am – 11.45am**



in **Spire Parish Rooms on Church Way**.
There is a sign saying **The Saints Parish Centre**. It is in St Mary's Gate, and the entrance is down the left-hand side.
Everyone is welcome to attend.

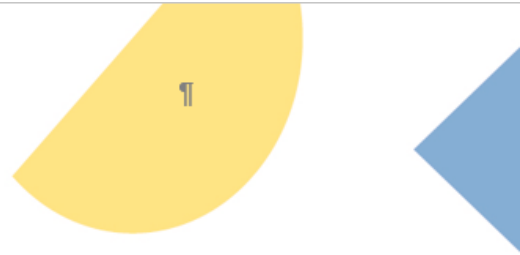
POSSIBLE NEW GROUP

The Coordinator of the Wine Group, Pamela Boulton, has mentioned to me that there is maybe the potential for a second group. From time to time, members ask her about joining, but the present group is full. There is not a waiting list as such, as no one has actually asked for this.

Pamela has kindly told me that she would be very happy to help get a new group up and running.

So, any members who are interested, please contact me in the first instance, and I will do my best to move this forward.

Jane Machin, Joint Groups Facilitator



In Case of Emergency form

If you had a significant accident or health problem during a u3a event or group activity, then it could be vital to provide emergency services with information about your allergies or medical conditions. It would also be important to be able to inform a relative or friend about the incident, for which we would need the contact details for that person.

You are therefore asked to do two things:

1. Fill in the form overleaf and bring it with you to all u3a events and activities, easily accessible in your coat, bag or backpack (taking it with you everywhere you go would be a good idea); if you go on a walk or outdoor trip then it needs to be in a plastic bag or waterproof case.
2. *If your phone has the facility to access emergency information without using a password or pin*, then ensure you have at least one *In Case of Emergency* (ICE) contact on your phone and also enter medical information which may be relevant in an emergency (e.g. blood group, medication used, allergies, health conditions).

Chesterfield u3a ***In Case of Emergency*** form 2025 version

Your Full Name: _____

Date of Birth: _____

Home Address: _____

Postcode: _____

Emergency Contact Name: _____

Relationship to you: _____

Mobile Number: _____

Important medical information which may be relevant in an emergency (e.g. blood group, medication used, allergies, health conditions):

WHAT THE GROUPS ARE UP TO

GARDEN APPRECIATION GROUPS 1 and 2

Our talks now take place in the Ragged School on Markham Road at 2 pm on the 3rd Thursday of each month, and any u3a member can attend or anyone who would like to join. Please use the front door opposite Costa.

The entry is £4 including free raffle.

December 11th (Please note this is the 2nd Thursday)

We have James Elson who will ask the question: *Can perennial vegetables save the planet?* The talk is about vegetables, crops and microbial fermentation.

Irene Trevis, treasurer@chesterfieldu3a.org.uk

GERMAN CONVERSATION GROUP

We are looking for one or two new members to come and speak German with us. We meet on the first and third Monday in the month from 2 to 4 p.m.

We chat and read a wide range of articles, mostly with a German connection. If you are interested, please ring me.

Lois Gent, 01246 851795

HANDICRAFT GROUP

The group has been very busy creating decorations for the Christmas Tree Festival being held in the Crooked Spire. The theme for our tree this year is 'Cosy Christmas' and the decorations are Christmas jumpers, hats, mittens, stockings, etc.

The festival takes place from Saturday 16th November until Sunday 1st December. It is quite a sight to see the church

filled with so many Christmas trees, so do go and have a look if you can.

We have welcomed several new members to our group recently.

Sue Hart

RUMMIKUB GROUP 2

We meet from 10am – 12 noon every other Tuesday at Loundsley Green Community Centre.

The next dates will be:

11th and 25th November, 9th and 6th January, fortnightly thereafter.

Lesley

SCIENCE GROUP

The Science group welcomes new members; we meet on the **first Thursday** in each month, unless otherwise stated, from **2 – 4pm.** at St Thomas' Church, Brampton. Members are asked to pay £3 per session to cover hall hire and refreshments.

Thursday 4th December: Paul Munkenbeck will reveal "Secrets of Snowflakes". (Mince pie session.)

Thursday 8th January: TBA (maybe a New Year lunch out?)
Please note this is not the first Thursday in the month.

David Hart, hartdavid056@gmail.com

UPWORDS

The next meetings are:

12th and 26th November,
10th and 31st December,
and 14th and 28th January.

Tony Clark, tony.clark1@btinternet.com

WILDFLOWER GROUP

The group has had a successful programme of 8 walks this summer, with every walk taking place. Although we enjoyed our ambles in the sunshine, the extended hot weather meant that some plants ceased and died off flowering earlier than usual.

After 15 years as the Group Coordinator, I have decided that this year is my last year in the role. If anyone is interested in taking over from me, just get in touch. It's not an onerous role, and what could be more wonderful on a sunny summer morning than walking through a meadow of wildflowers and learning about them.

Irene Wilkinson, 01246 234924

WALKING GROUPS

WALKING GROUP D (TUESDAY)

These walks are usually of 5 to 7 miles. We set out **promptly** at 10am and all walks include a coffee stop and a lunch stop (bring your own). New walkers are always made welcome.

Easy walks have no or short steep climbs and descents and are up to about 5 miles long. They may include long but gentle climbs and descents. **Moderate** walks will be up to 7 miles long and may have several climbs, descents and stiles. **Hard** walks will be 7 miles or a little longer and will have steep, long or awkward climbs or descents.

The named leader will decide if the weather is suitable for the walk. If you are in any doubt, please ring them.

4th Nov: GR249782 S32 2HE Park on road near Grindleford Church for Rough Wood, Greenwood Farm, Coppice Wood: Dave M and Sue G 07999 306996, 5.5 miles Easy

11th Nov: GR281721 DE45 1PQ CP near Robin Hood (free for NT members) for Robin Hood Plantation, Gibbet Wood, Hunting Tower: Mick and Valerie 07415 025326, 07854 509129, 6 miles Moderate

18th Nov: GR215768 S32 5AD Hawkshead CP (free) in Eyam opp museum for Mompesson's Well, Sir William Hill Road and Gotherage Plantation: Richard 07775 420306, 4.5 miles Moderate

25th Nov: GR256744 S32 3XA Layby in front of Curbar Primary School for Carver Bridge, Gorsebank Lane, Baslow, Bubnell: Mel 07875 156869, 5 miles Easy

2nd Dec: GR255777 S11 7TZ Haywood CP (free for NT members) for Curbar Edge, Froggatt Edge, Grindleford: Andy 01246 277292, 6 miles Easy/Moderate

9th Dec: GR356732 S41 8XF Holmebrook Valley top CP for Barlow: Harry 07436 014418, 5 miles Easy

16th Dec: GR464638 S44 5QJ Hardwick Hall main CP for Oak Walk and Millers Pond: Joyce and David 07926 547112, 5 miles Easy

23rd Dec: NO WALK

30th Dec: NO WALK

Joyce Hart 07926 547112 and Peter Smalley 07527 995776

WALKING GROUP B (Thursdays)

We start promptly at 10am. Please arrive in good time to be suited and booted for 10am. On walks of over 6.5 miles, a drink for a coffee stop and a packed lunch should be carried. These walks are shown with TL after the distance. On shorter walks there will be a stop for coffee (which you should carry) and a pub or café lunch may be arranged at the end.

Easy walks involve a total ascent of less than 500 feet (150m), Moderate walks have between 500 and 1000 feet (305m) and Harder walks have over 1000 feet. Grid Reference for starting points are shown. Any problems, give me a call or text.

Walks can be changed/cancelled for a number of reasons. Emails will be sent to all members of the group to advise. Therefore, if you are thinking of joining us for the first time, give me a call or drop me an email so that I can advise you of any changes and look out for you.

6th Nov: GR323666 Layby on Cullumbell Lane with its junction with Alicehead Road: Peasunhurst Lane, Shooters Lea Farm, Uppertown; Joy: 5.3 miles Moderate

13th Nov: GR275628 DE4 2EQ Whitworth Centre CP (pay) Darley Dale: Hall Wood, Sydnop Hall, Ladygrove mill ponds; Cliff: 6 miles Moderate

20th Nov: Ashover Parish Hall CP: Eastwood Grange, The Fabrick, Goss Hall, Overton Hall, Fallgate; Geoff and Mary: 5 miles Moderate 800 ft ascent

27th Nov: SK260829 Burbage Bridge: Higger Tor, Surprise View, Burbage Brook and the Sheffield Country Walk; Bob: 5 miles Moderate 650 ft ascent

4th Dec: GR233546, 53.088857 1.6525047 Wirksworth Dale; Brassington: Brassington, Raintor Rocks, Harbro Rocks; Carole: 6.5 miles Moderate 702 ft ascent

11th Dec: GR194644 Moor Lane CP: Calling Low Farm and Lathkill Dale; Andrew: 5.5 miles Moderate 564 ft ascent

18th Dec: Hardwick Top CP: North Lodge and Ault Hucknall; Ron: 5.2 miles Moderate 516 ft ascent

25th Dec: NO WALK

1st Jan: NO WALK

Carole Grew, 07739 383772, carole.grew64@gmail.com

STROLLERS (Saturdays)

Our walks take place fortnightly and will be on the following Saturdays:

8th and 22nd November, and 6th and 20th December.

We do our best to avoid stiles and steep slopes and walk for a maximum of 3 miles. Emails detailing venues and how to get there are sent out to members regularly. You must be booted and ready to leave for the walk at 10.45am. Members often organise pub/café lunches at the end on an informal basis which you may join if you choose. If a walk is to be cancelled in advance, we send out an email to members the evening before if possible, suggesting an alternative coffee meeting place. If weather conditions are very poor on the morning of the walk it would be advisable to contact the coordinators or walk leaders to ask if the walk is going ahead before you set out. Again, a coffee alternative may be suggested. **Anyone wishing to join the group should contact the coordinators beforehand for details of the next walk.**

**Sue and Brian Taylor, 07532 160324,
sue_taylor@live.com**

VOLUNTEERS NEEDED

Urgent Call for Volunteers to Support Families in Chesterfield

Thanks to funding from the National Lottery, Home-Start has recently launched a much-needed volunteer programme to support local families who are struggling.

We have already received a high number of referrals, and the need is growing daily. To meet this demand, we urgently need more volunteers.

Home-Start trains and supports volunteers to be matched with families. Just a few hours a week of friendly, non-judgemental support can make an enormous difference to parents and children who may be facing challenges such as post-partum depression, isolation, financial strain, or raising children with complex needs.

Volunteers come from all walks of life – parents, grandparents, working professionals, retirees, and anyone who can commit just two to three hours a week. No formal qualifications are required – just kindness, empathy, and the willingness to walk alongside a family.

Please contact Charlotte if you are interested, or know someone who might be: Admin@homestarthighpeak.org.uk

ANSWERS TO SEPTEMBER PUZZLE.

Traveller	Item	City	No of nights
ALAN	BLUE HOLDALL	MADRID	4
DEVANSH	GREY HOLDALL	AMSTERDAM	7
JOHN	GREY SUITCASE	MILAN	3
KATHY	BROWN SUITCASE	STOCKHOLM	6
SARAH	GREEN RUCKSACK	BERLIN	5

MIST
HAZE

Labyrinth

Belonging to me

Masculine

Herb plant

Unit of distance

RING
PULL

Medication

Crank

Bird part

Untamed

Boy's name

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time. The clues are not in order.

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