



# U3A FOYLE NEWS

U3A Foyle Pascal McDonald House, Gransha Park, L'Derry BT47 6TG  
Tel: 7186 0123 E-mail: u3a.foyle@btinternet.com Web: www.u3afoyle.org



Exploratory Investigations begin onsite for SNI Project

## A Letter from the Chair

Dear Member,  
Welcome to the Christmas edition of the U3A Foyle News. I hope you will be able to attend some of the social functions we have planned in the next few weeks. Our social dances, movie nights and social lunches are good fun and a great opportunity to meet other members so make it a New Year resolution to sign up in the New Year and come along. A Carol Service and sing-along has been planned for Wednesday, 16th December at 10am. The choir from Oakgrove Integrated School will perform for us and then a sing-along led by Joan Henderson, Margaret Cradden & Ben McGonigle will follow. Warm mince pies will be

available for all the singers! This is always a lovely start to the festive period so please do come along and join in the fun. Tickets for the New Year's Eve party are now available in the office at £10 each. This year we are delighted to have the lively Paul Breslin band so be prepared to dance the New Year in! If you'd like to help with the preparations for the New Year's Eve party please see Christine in the office.

Lastly I want to wish all of you a very Merry Christmas and a very Happy New Year.  
See you all in 2010

*Helen McNicholl*  
Chairperson

### MEMBERS MEETING

The Members meeting, which always takes place on the third Wednesday of each month, will be replaced this month by the Carol Service & Sing-along. All members are invited to come along and start the festive celebrations with a song!  
*Wednesday, 16th December @ 10am in Pascal McDonald House*

### CALL FOR VOLUNTEERS

We are always eager to have more members volunteer in some capacity within the organisation. There are spaces on the Board, the Fundraising committee and the office and kitchen teams will always welcome more assistance so if you could offer a few hours a week please see Christine or any member of the Board.

### GIFT AID

We wish to thank all of those members who have already signed the Gift Aid forms. If you pay tax and have not yet signed one of the forms please see Doreen in the main office and sign up for Gift Aid. If you pay tax, we are able to reclaim money back from the taxman at no cost to you. Thanks are due to Edgar Walker and Doreen Bolton for all their hard work.

### CHRISTMAS HOLIDAYS

Pascal McDonald House will close at 12noon on Tuesday, 22nd December and will reopen again on Monday, 4th January at 9am.

### VISIT TO OTHER U3A

Earlier this year Bangor U3A visited U3A Foyle and on 8th December our Badminton Group made the return trip up to Bangor for a game and a social lunch.

### THERAPISTS

The Health Monitoring suite is open every day now for a variety of treatments. Mervyn is available for cranial massage and one-on-one treatments on Wednesdays; Reflexology & Body Massage can be booked on Monday, Tuesdays, Thursdays and Fridays with Ciara or Rachael; and Breedge is available for the Foot clinic on Thursdays. Book in the office.



### COMPUTER CLASSES:

New *computer classes* will start in the first week of February for all levels. Please contact the animator Hilton Robinson via the office for more details.

### ART CLASSES:

A new 10 week session for *Beginners in Oils/Acrylics* will run on a Wednesday afternoon from 1pm -3pm. Contact the animator Catherine Wright via the office for more details.

The Art Club will continue to meet on a Tuesday afternoon in the Art Room.

### HOBBY & INTEREST GROUPS

The new Hobby Groups introduced in September and October have been a great success.

The *Silk Painting, Card making* and *Beauty Therapy* classes were full up and we have been asked to offer them again in the New Year. If you would like to try something new then this could be the class for you! Please sign your name on the Interest Sheets in the Office to book your place.

There is interest in forming a *Chess Group*. Please leave your name in the office if you wish to join up.

### LANGUAGES:

The *Italian* group have finished another successful session of classes and club. They completed a six-week Conversation & Language class and then enjoyed a four-week club which included an Italian movie and a cookery demo of antipasto. Congratulations to Pat Williams for all her hard work in organising the club.

*Spanish*: On 23rd September 2009, 28 members of the various Spanish classes in U3A Foyle headed

for 7 days to Southern Spain to sample the delights of Spanish architecture and culture as well as the opportunity to practice our Spanish on the unsuspecting local population.

Our visit took in some fabulous sights including the Alhambra in Granada, the Mosque in Cordoba, a local olive grove in Jaen, and the Arab baths and other historical sites in Baeza and Ubeda.

A wonderful time was had by all and it felt like we had been away for three weeks instead of just one. Our thanks are due in great measure to our Spanish teacher *Laura Pozo Rodriguez* who had devised such a fantastic itinerary, and also to *Keith Dougherty* who assisted in the financial organisation of the trip.

### New Year's Eve Party

Whilst the organising of the New Year's Eve Party is well underway, we are always looking for volunteers to assist in the food preparation or setting up the building on the night. Please do get involved if you can.

### LOOKING AFTER YOUR HEALTH:

Our two recent health projects - Working with the Local Pharmacist & The Expert Patient Group/Living with a Long Term Condition were very successful. We will run the Long Term Condition Programme again after Christmas. If you are interested, please sign up in the office.

A participant in the Long Term Condition course writes: "I really enjoyed this course and got a lot out of it. The relaxation techniques and other advice about long term illnesses was brilliant. It was informal and friendly." A report from a participant on the Pharmacy course "This course was very informative. There was advice on Swine Flu, explanations on drugs, their benefits and side effects and Abbi's nutrition talk was very worthwhile."

### TRANSFORMATION PROJECT UPDATE

The Transformation Project Team continue to work hard on this project and are still hoping to see building work commence in the next year if all plans are approved by SNI. Preliminary investigations of the site have been completed - top marks to all who noticed the JCB digger digging to the side of Pascal McDonald House!

Our architects have developed five options to go to SNI for Economic Appraisal before we proceed. The most probable option is Option E which is displayed on the first Noticeboard in Pascal McDonald House. The Project team would appreciate comments and feedback from all members. This new Active Living Centre will be an integral part of U3A Foyle and it is essential that we, the members, get the building we want. Please leave comments with Christine or any Board Member.

We reissue a call to all members interested in this project - whether on the sports side, the development side or in the building planning stages to get involved and contact any board member.

### ARTS SUITE UPDATE

The Arts Advisory Committee submitted a funding proposal to the Arts Council to renovate our Art Room. This was submitted in July 2009 and whilst we hoped to hear back from Arts Council by November we are still waiting. We will continue to keep you up to date on all developments.

### CAMERA CLUB

Congratulations to the camera club who have produced a fabulous 2010 calendar - get your copy in the main office now for only £5!

**WISHING ALL OUR MEMBERS A VERY HAPPY CHRISTMAS & EVERY BEST WISH FOR 2010**

