

SCARBOROUGH U3A

Registered Charity No 1101581

The University of the Third Age

Newsletter: AUTUMN 2014

Issue No 30



Margaret Ward with The Patchwork and Quilting Group

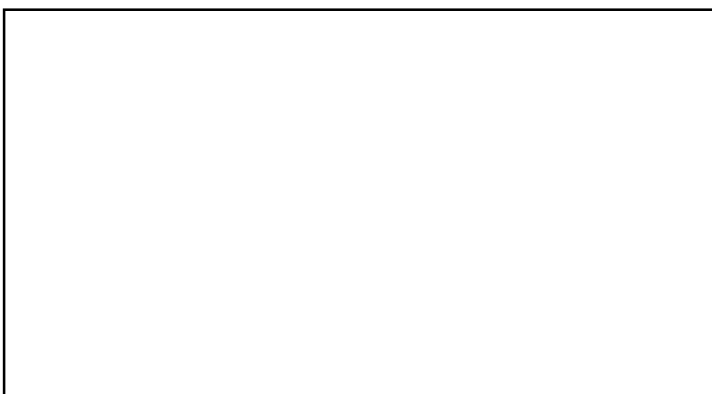
See Page 8 for details

We would love to hear from you, especially news from your groups. Please email articles to:

Email- leeu3a@yahoo.co.uk

Or by post to:

The Beck
Edge Dell
Scarborough
YO12 4LL



COMMITTEE MEMBERS 2014-2015

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hazelskidd@uwclub.net

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Refreshment Organiser

Dorothy Berry - ☎ 374873
dotmar24@btinternet.com

Newsletter Editor

Lee Ure - ☎ 658749
leeu3a@yahoo.co.uk

Sue Petyt and Malcolm Maloney are shadowing Terry and Ann Green with a view to taking over the roles next year.

(See the Chair's Report, page 6, for details).

Note from the Editor

Welcome back to a new academic year and a special welcome to our new members.

Thanks to the continued support from contributors, I am once again able to produce an interesting and informative newsletter.

There have been some new courses this year and it would be wonderful for members of these groups to give us some feedback, as well as having news from members of established groups for inclusion in future newsletters. There is an exciting proposal on page 9 and already our 'Shadow' Group Liaison Officer is thinking about courses next year; page 10. On the back page is a preliminary note regarding our special Anniversary Year and details are to be found on page 11 about the annual Walking Holiday, so there is lots going on.

Remember, the newsletter is an excellent forum to share experiences, express views and have a voice in our U3A. I always look forward to hearing from you.

Lee Ure

FUND-RAISING

Chris Found's Walking Group tackled *The Blue Man Walk* in May this year and raised a total of £563.40 for The MacMillan Cancer Charity. There are several photos from the walk to be found in the newsletter.

Many thanks to all who contributed.

URGENT PLEA

Unfortunately, Isobel Laskey has had to resign from teaching her multi-media art class (C59 Thursday pm at Combe Hay).

The class is very enthusiastic and will continue as a group for the present. However, most of the members are beginners and we need to find a replacement leader as quickly as possible. If you can help, or if you can suggest anyone who might be able to do so, please contact me ASAP on 377818.

Thank you.

Ann Green

MINUTES OF SCARBOROUGH U3A ANNUAL GENERAL MEETING AT FMH AT 10.30 a.m. ON MONDAY 7th APRIL 2014

APOLOGIES were received from June Blakemore, Barbara Cooper, Daphne Davenport, Barbara and Charles George, Henry Lunn, Hildegard Smart.

Dennis Shaw (Chairman) opened the meeting welcoming everyone. There were 68 members present.

MINUTES OF THE AGM HELD AT FMH ON MONDAY 8th APRIL 2013:

These were approved and signed.

MATTERS ARISING: None.

CHAIRMAN'S REPORT:

Dennis said that our membership has stabilised at around 500 with the number of courses having reached 81 in the past year. He thanked all course members and co-ordinators for their dedication, hard work and enthusiasm throughout the year.

Dennis reported that Hazel Kidd who has been responsible for organising the excellent Monday morning meetings for the past 3 years was standing down. She has been understudied this last year by Elaine Bentley. Elaine has already arranged a full programme for our next session which promises to be equally varied and interesting. Dennis thanked both these ladies and also members who had given presentations on Mondays.

Special mention was made of the annual Arts and Crafts exhibition which Dennis described as an excellent showpiece of the artistic talents of so many members and their Course leaders.

Thanks were then given to Dorothy Berry and all the volunteers who had helped to serve refreshments saying that these meetings "require substance other than that intellectual to lubricate social interactions!"

Members were reminded of other activities which had been available during the past year and the relevant organisers were thanked:

Hazel Kidd for the Spring lunch held at the Red Lea Hotel last April

Lis Stenhouse for the outing to Coxwold last May and the December visit to the beautifully restored Georgian theatre in Richmond

Sheila Hawkswell and *Gwen Jennings* for garden visits

Julie Poole and *Sheila Hawkswell* for taking care of the monthly book stall

Dennis announced that after 4 years as Chairman he was standing down. He acknowledged the expertise and support he had received from the Committee during that time.

He thanked all the Committee members and said that he could not have managed without them. He promised his full support to Hazel Kidd, who is to fill his post, wished her every success. He was sure she would do a splendid job. Finally, he thanked all members for their encouragement, support and valued constructive criticism during his term of office.

TREASURER'S REPORT:

Referring to the financial statement, which everyone present had access to, John Kidd said that our financial situation was a little better than he had forecast. This was largely due to the savings made on postage and he thanked everyone who had helped by delivering mailings by hand. In addition the profit from the sale of refreshments had been more than expected and some saving had been made by the cancellation of room hire on a few occasions due to illness.

However, expenditure was £800 more than last year. This was mainly due to the increases in room hire. The Committee felt the need to increase our annual subscription from £30 to £33. This was proposed by Andrea Jarmy, seconded by Sue Brook and accepted unanimously.

John went on to say that he was aware that other U3As have different means of income and explained why ours is structured as it is. He said that he needs to have money in hand in order to pay bills in advance. However, should the need arise to increase subscriptions in the next year or two, its collection could possibly be organised on a termly or monthly payment.

As the result of his article in the recent Newsletter he has received various suggestions as to how we might increase our income:

- a) raising subscriptions to £40, and
- b) asking members who enjoy classes in hired rooms to consider making a voluntary contribution towards the cost.

Although these are suggestions which might be considered later, at present he felt that some fund-raising events were the best option since these would increase social interaction. He will write to Group leaders suggesting that they might encourage their members to organise such events. If 50 groups each raised £20, it would bring in £1,000. One member is already planning a coffee morning for April 16th.

Another idea being considered is the organisation of a 'One Hundred Club.'

John said any further suggestions would be most welcome.

He said that the Committee proposed increasing the cost of refreshments at all U3A meetings to £1. A show of hands approved this suggestion.

A member asked if subscriptions could be paid by direct bank transfer. John replied although seemingly a good idea it would be complicated to set up at the present time but will be implemented in the future.

Doreen Gridley suggested holding coffee mornings during the summer and John said this was an excellent idea that could be considered.

APPOINTMENT OF ACCOUNTANT:

John proposed that Rayner and Co. (Chartered Certified Accountants) be re-appointed again next year to audit our accounts. This was seconded by Sue Brook and carried unanimously.

ELECTION OF COMMITTEE MEMBERS:

Dennis reported that Elaine was standing down and thanked her for her contributions and the exciting Monday morning programme she has planned for next year. Sue Petyt was willing to serve on the Committee, and her offer was accepted. As the rest of the Committee members were willing to stand again for re-election Andrea Jarmy proposed they be elected *en bloc*. This was seconded by Sue Brook and the motion was carried unanimously. Dennis said that there was still one vacancy on the Committee and anyone interested should speak to a Committee member.

PROPOSALS SUBMITTED BY MEMBERS:

There were none.

ANY OTHER BUSINESS:

Hazel Kidd gave a vote of thanks to Dennis saying that he was supportive, kind, chaired enjoyable committee meetings, and she was grateful for the example set by him. She added that she was looking forward to filling his post since ours was a wonderful U3A with very good spirit.

Dorothy Berry thanked everyone who had assisted her in the kitchen especially those who had already signed up for our next session.

There being no further business Dennis reminded everyone that our next term will commence on MONDAY 22nd SEPTEMBER and declared the meeting closed at 11.07a.m.

Marion Cooper
(Hon. Secretary)

VACANCIES

There are places still available on the following Courses:

C02 Crochet & Knitting; **C04** Stump Work; **C08** Poetry for Pleasure; **C12** Italian;

C17 Movement to Music; **C19** Card Making; **C21** Tennis, Snooker etc.; **C22** Earthenware and Porcelain;

C23 French; **C24** Painting; **C25** Human Biology; **C27** Music Appreciation; **C31** Internet B; **C33** Café Lunch;

C37 Creative Writing; **C38** & **C39** Art Cornucopia; **C42** Brontes; **C47** American Poetry;

C50 History of WW1; **C52** Drama & Performance; **C54** Latin; **C56** German; **C63** Keep Fit to Music; **C65** Rambling; **C66** Astronomy;

C68 Literature Discussion; **C70** Walking; **C74** Strollers; **C75** Theatre Visits; **C78** Sunday Lunch; **C79** Meditation; **C80** & **C81** Introduction to Computing (2:00pm); **C82** Health & Wellbeing;

C84 Magic of the Musicals C from Oct 2nd – see **C55** for description.

It is recommended that, if a Course that you particularly want is full this year, you join one or two that are not full and add your name to the Waiting List for your desired place as soon as it becomes available.

IT CLINIC

For a trial period (to find out if there is a demand) there will be an IT Clinic after the talk on the last Monday of each month (same day as the book sale).

U3A members with IT skills will be on hand to help with queries such as setting up new software and 'how do I do that?' questions. Bring your laptop or tablet along and your problems could be solved. There are no guarantees but our members will do their best to help. There will be no charge, but donations to U3A funds will be gratefully accepted.

Any members with good IT skills who would like to come along and be part of the team will also be very welcome.

Sue Petyt & Chris Gray



Course Leaders

If you have any expenses to claim, please send them to our treasurer, John Kidd, at:

Garden Flat
37 Esplanade Gardens
Scarborough
YO12 2AW

Email: johnk1966@gmail.com



Chairman's Notes

After the summer months of generally good weather our academic year is well underway and hopefully everyone is enjoying their particular courses. A special greeting to all new members to our U3A and I hope you are feeling welcomed and at home.

Once again, the AGM was very well attended (full report pages 3-5). Dennis Shaw chaired the meeting for the last time. As a newcomer to Scarborough U3A and quite quickly joining the committee as Monday Programme Organiser, I was very grateful for his kind and relaxed approach at meetings. My thanks go to him for four years of enjoyable participation and I hope to use his example in my time as Chair.

The committee has welcomed Sue Petyt and Malcolm Maloney. Sue has shadowed Terry Green, our membership secretary during the very busy summer months, and will be assuming full responsibility in the role from next April. Similarly, Malcolm has worked with Ann Green as Group Liaison Officer and will take over fully next Spring. Ann and Terry have fulfilled these essential roles for our U3A for the past nine years and I feel that we owe them a huge debt of gratitude. Sue and Malcolm have the full support of the committee and we are confident there will be a smooth handover next year.

Elaine Bentley has chosen to leave the committee but we thank her for arranging an interesting programme of speakers for our Monday morning meetings during this academic year. I am happy to say that Dennis Shaw will be taking over this role and continuing his service on the committee.

In April, members Chris Webster and Chrissie Overy organised a very successful coffee morning/open house at their home and kindly gave the proceeds to Scarborough U3A. Our grateful thanks to them for their donation of £300; the catering was superb and I know that all those who attended enjoyed the hospitality and opportunity for socialising with friends.

On the theme of fund raising, our Treasurer is encouraging groups to consider ways of increasing our funds so that our subscriptions can be held as reasonable as possible in spite of ever increasing costs like room hire and postage. There is no requirement for every group to do something, but as the saying goes 'Every Little Helps'.

In addition to the quarterly national magazine 'Third Age Matters', we try to keep our membership informed of all that U3A offers, nationally, in the Yorkshire and Humberside Region, and our own branch which can now be found on Facebook and Twitter. If you thirst for even more knowledge, log on and explore.

Hazel Kidd

Extend Exercise To Music

Leader: Susan Pynn

Thursday weekly am: Wreyfield Church.

Chair exercises to music which are designed to keep you active and improve your quality of life. Benefits include improvements in balance and agility, movement and mobility, posture and co-ordination, fun and laughter. The exercises are suitable for those with age-related conditions and Sue is trained in teaching exercise to music to older adults and people with disabilities.



News From the Groups

Drama & Performance

Course Leader:
Lee Ure

Weekly: Thursday,
10.00 QMC



Picture: Andrea Jarmy

When I started this course I had little idea of what the end result might be, nor could I anticipate how many members would wish to join and whether they would be like-minded participants. I tentatively began on a fortnightly basis and carefully prepared my first workshop.

I need not have worried. The group swiftly established itself as fun-loving and playful and after Christmas, with great enthusiasm, we embarked on weekly sessions and worked towards a devised piece which was performed after the AGM in The Friends' Meeting House.

Calling themselves 'The Scrambled Heads', due to the fact, they tell me, that is what happens to them with some of the games we play, they performed *A Book By Its Cover* to a very appreciative audience.

They performed brilliantly and told a story, through characters which they had developed themselves, with both humour and pathos. The story questioned how we perceive people by their appearance and also explored the complexities of personalities and social conventions. It also included an insert of a radio play which had been cleverly written by one of the members, Joan Harkness.

We are now half way through the autumn term and beginning to consider bringing some different characters to life to create another story. I have no idea what is going to emerge from the ensemble, but I do know it will be worth seeing next spring.

Lee Ure

Scarborough's newest Drama Group "The Scrambled Heads" was about to give its debut performance at U3A's A.G.M. Excited at the prospect of my 15 minutes of fame I eagerly went round to my friend, Ann's, house as she had kindly offered me a lift to the Friends' Meeting House.

As I rounded the corner I was greeted with a loud blaring of a car horn which appeared to be coming from Ann's drive. The reason for this cacophony soon became obvious as a large removal van was completely blocking the drive and it was impossible to get the car out.

After what seemed like an eternity a man pushing a large fridge freezer on a sack barrow appeared.

"Please will you move your van?" pleaded Ann
"This is an emergency and I'm very late."

The man uttered a few choice words and made it obvious that he was not going to be rushed.

"It will only take a few minutes " he added and at the pace of a snail began to lower the lifting device at the rear of the van.

By now Ann, who was dressed in costume ready for her role of Vicar, began to lose her temper.

"Flash your dog collar," I chipped in trying to be helpful, whereupon she casually opened her coat revealing her Vicar's robes!

At this point the man's mate arrived and Ann once more appealed for the van to be moved reiterating that she had a real emergency and was already late. On seeing her dog collar this man jumped to attention.

"Certainly darling," he replied and quickly leapt into his cab and started the engine whilst his surprised mate, who by this time was precariously balanced in mid air with the fridge on the lifting device, filled the air with a few choice epithets unworthy of a vicar's ears!!!

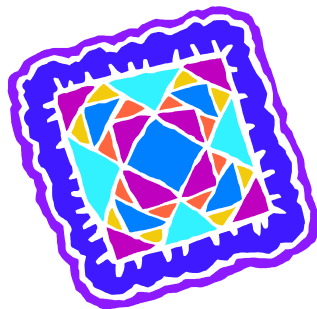
Valerie Gorbert

Patchwork & Quilting Group

Leader: Margaret Ward

Weekly: Wednesday,
10:00 FMH

The Scarborough U3A Patchwork and Quilting group have used their newly acquired skills to make a beautiful quilt which raised £250 at an auction for Help For Heroes.



The group meet on a Wednesday morning at the Friends Meeting House, Scarborough, to learn new techniques and share together their love of patchwork and quilting. Some members of the group have enjoyed visiting local patchwork and quilting exhibitions at Scarborough, Whitby and Harrogate, researching new ideas and finding fabric for their 'stash'! Autumn is upon us and as the nights draw in we can spend more time on quilting and textile projects. It is such a lovely group and I am constantly amazed at how creative and talented the ladies are, as evidenced by the variety of items produced for the U3A Art and Craft Exhibition.

It is such a privilege to lead the group. The quilters hope to continue raising money and are already working towards donating a quilt to St. Catherine's Hospice.

Margaret Ward

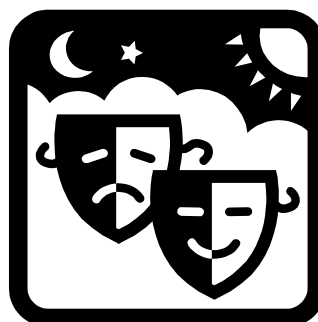
The Scarborough U3A Theatre Group

Leader: Lis Stenhouse

Frequency: TBA SJT

We had a great start to our season with Alan Ayckbourn's new play *Roundelay*. We all enjoyed it enormously; it is so clever and intriguing to write five playlets involving eight actors, with linking stories and scenarios spilling over into each other, giving us a different slant of the characters, depending on the scene and the order in which they were presented to us. There was sadness, farce, pathos and comedy, gentle humour and thought-provoking situations. We are indeed lucky to have Sir Alan still writing for the SJT.

The annual treat of the Northern Broadsides' visit, this time presenting a rumbustious production of Oliver Goldsmith's most famous comedy, *She Stoops to Conquer*, maintained the company's reputation. The costumes and wigs would not have been out of place in a pantomime and the music as ever was a great bonus.



We see in the programme, that Barrie Rutter, directed by Jonathon Miller, will be giving us *King Lear* next year - surely a definite date for the diary.

Lis Stenhouse

Here are a couple of photos of the Sunday lunch group at the Falcon Inn last week. Everyone enjoyed a beautiful meal and were looking forward to the next one in October.



U3A Mindfulness Course

I had read some articles in the press about 'Mindfulness' or MBSR and how it had been approved by 'NICE' and was being used in hospitals, so I was very interested to see it being advertised as an option for U3A members.

The benefits from the practice of Mindfulness can help with health in many ways; the lowering of blood pressure, pain management, decrease in stress levels, higher awareness and lots more.

We were lucky in having two teachers; Pauline, who led the MBSR teachings and Trish, who gave us simple helpful Yoga exercises.

The course has been enlightening. I was surprised that most of us work on autopilot a lot of the time, driving the car, doing things automatically without really being 'aware', even when walking, as we found out during this exercise!

We did a 'Body Scan' on our first session; this entailed lying down with a blanket (Pauline brought a stash plus mats) and we closed our eyes and mentally scanned our own bodies from toe to head. I confess I fell asleep on the first session!



Stilling the mind from all of its 'chatter' is very calming and energising. To quote Pauline's letter of introduction before the course;

*'Mindfulness means paying attention in a particular way.....
On purpose
In the moment
And without judgement'*

Jon Kabat Zinn

Joyce I'Anson

Proposed U3A Coffee Morning

I am proposing to set up a Coffee Morning to be held on the last Monday in each month April to August inclusive just for a chat and sociability. All profits made to go towards the U3A funds. All are welcome. It is **not** just for ladies as Bill, my husband, will also be present and would much appreciate having some male company. The suggested charge would be £2 for tea/coffee and biscuits/cake.



I am more than happy to co-ordinate the coffee mornings and hold them at my home off Burniston Road, near The Ivanhoe Pub and Doreen Gridley has also offered to host them from her house in Scalby but it would be lovely if one or two other U3A members would be willing to use their home, particularly if they live somewhere other than the north side of town as it would mean that members who live in other parts of Scarborough would not always have a distance to travel.

I would welcome offers of house use, your advice and any views you have regarding how the coffee mornings could be run. Any cakes, buns which anyone wishes to make and donate would be greatly appreciated. All monies raised would help keep membership fees down and the coffee mornings will lighten the summer months.

If you have any ideas, offers of help please contact Jenny Lythgoe on 01723 379889 or email jennylythgoe@btinternet.com

Jenny Lythgoe



A leap of faith on
The Blue Man
Walk

Picture: Alex Ure

Planning for next year



I am looking at the range of courses we may offer in 2015 – 16. Clearly I will do all I can to ensure that existing popular groups are able to continue successfully. In one or two cases we will have to plan succession of leadership.

I am also looking at ideas for new groups. Iain Hale and I are interested in exploring starting a model making group. We would like to scope how this could be done with interested members at a brief meeting at Westborough Methodist Church Café at 1pm on 20th November. If you are unable to attend but would be interested in joining a model makers group please contact Ian on 01723 864111 or myself.

I am also interested in exploring the possibility of a cycling group. If you would be interested in participating please contact me by phone or email. If there is sufficient interest I will include it in the programme.

Iain Hale has raised the possibility of offering DIY advice sessions. He should like to know how many members would be interested in participating or making use of such sessions.

I am very interested to know what other ideas Scarborough U3A members have for new or revised groups for next year. I should love hear from you and would be happy to support their development. I understand that a number of members who play musical instruments had in the past considered forming a U3A ensemble. I should like to hear from any current members who are interested in pursuing the idea.'

My phone number is 01723 353584 and my email is malcolm_maloney@msn.com

Malcolm Maloney.
Group Liaison

Scarborough U3A Newsletter

Have you any suggestions for articles to be included in our newsletter? Any views you would like to express or even debates you would like to open? Email or drop Lee a line. Address on the front page.

A CATASTROPHE

(With apologies to all poets, past, present and future!)

After our meeting one Monday morn,
I encountered a member, so very forlorn.
I'd gone to the "ladies" to powder my nose
When out of a cubicle there arose
A cry of "HELP! I'm locked in here!"

To which I replied: "Please have no fear,
We'll get you out. So fear ye not!"
And off I ran and help I got.



With Terry, Dennis and our able 'Chair'
I returned, and together (now let's be fair)
We rattled that door and did our best.

Our strength and wits were all put to the test.
Then our warden, Ann Turner, came to look
And said; "Don't worry, by hook or by crook
We'll get you out." Off she went, returned in a wink

With almost all but the kitchen sink!
A ladder, a hammer screwdrivers and more
But nothing would budge that old toilet door.

Next on the scene, a man, oh so bright
Who ripped off his jacket and scaled the height,
Climbed over the top of the wall, full of beans
He distinctly resembled a lad in his teens!
Once inside the loo he tackled the lock
Removed it with strength, and not suffering from shock

Emerged the poor member, having come to no harm.
She was cool, collected and remarkably calm.
And now you are wondering who 'saved the day',
The hero of course, was Christopher Gray.

Marion Cooper



The Blue Man Walkers

Picture: Alex Ure

WALKING AND SIGHT SEEING HOLIDAY

Derwent Bank, Derwent Water, Keswick, Cumbria



MONDAY APRIL 20th - FRIDAY APRIL 24th 2015

Approximate cost: MAXIMUM £300 depending on number in the party.

4 nights full board, includes your choice of packed lunch

Members travel in own cars sharing fuel costs

Go to www.hfholidays.co.uk to see the Hotel and find out about the local area and the Lake District.

To reserve a room, single, no supplement, double or twin please email deefound@btinternet.com or phone 882343

**Single rooms are still available as HF have given us more single rooms for this year.
Book ASAP, for all rooms, to avoid disappointment.**

A non refundable deposit of £75 is to be paid ASAP

Final balance due 8 weeks before Holiday date.

Please make cheques for £75 for the deposit made payable to:-

Scarborough U3A Social and Holiday account, and send to

Mr John Kidd. Garden Flat, 39 Esplanade Gardens, Scarborough YO11 2AW

The Blue Man Walk

The walk starts at Reasty Bank Top Car Park and ends in Allerston via forest roads, earth tracks and coniferous forest. There are some steep climbs and we encountered a few boggy bits, however the company was grand and we shared some splendid views over the North Yorkshire Moors.



I also have to admit that we did not quite end up at the official end of the walk but a slight diversion brought us out at Ebberston instead.

Dates for your Diary

Spring term starts:
Monday, 5th January, 2015

Spring term ends:
Friday 27th March 2015

Art & Craft Exhibition:
Monday 23rd March, 2015

PRELIMINARY NOTICE:

OUR U3A'S 30th ANNIVERSARY

To celebrate this we are organising

An **AFTERNOON TEA** with entertainment



To be held in the Farndale Room
At The Palm Court Hotel

On **TUESDAY 12th MAY 2015**
£12.95

More information later but please make a note of the date

This event will take the place of the Annual Spring Lunch.

U3A Equipment and Resources

I have an out-of-date list of the equipment and resources our U3A has acquired over the years. I wish to update this list so that we know what we have and, importantly, where it is located to make it available to those who could use it. So, I would be grateful if you would all, but in particular present and past course leaders, wrack your brains and also look in your cupboards, garages, etc. and contact me if you have or know the whereabouts of any such U3A materials. I can be contacted by 'phone (866191) or e-mail (dennis.shaw@live.co.uk).

Dennis Shaw



U3A Scarborough Joins Social Networking

U3A Scarborough now have a Facebook page and a Twitter Account so if you use either of these social media sites, why not 'like' or 'follow'? If you don't use Facebook or Twitter, why not give them a try?

On Facebook search for U3A Scarborough and 'like' the page. This is an 'open' group which means that anyone can look at the information on the page, and anyone can 'like' the page, post (write) information and be notified if anything is posted (written) on the page. This means that although we want to use it to advertise U3A Scarborough and we want people to see the page, a certain amount of care must be taken as to what is posted. Details about courses will be posted, but not the time and place as we want new members to contact us via the Membership Secretary and not just turn up at a course.

Never put personal information on the page (addresses, telephone numbers or email addresses) and if you want to post photos (which would be great) then don't tag them with names unless you have asked the person first and they are happy for you to do this.

If you do want to contact another Facebook member with sensitive information there is a private messaging system which allows just two people to pass messages without posting them for everyone to see.

On Twitter search for U3AScarborough and 'follow' then anything by U3AScarborough will appear in your Twitter feed. You can also communicate with U3AScarborough by using @U3AScarborough when you Tweet and your comment will also appear in the feed.

The same applies as with Facebook though, just think before you tweet and don't disclose any sensitive information. As with Facebook, there is a private messaging system which you can use if you need to.



Sue Petyt