



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

September 2020

Chair's Chatter:

Well, this is my last Chairs Chatter! Thank you all for making the last 3 years memorable with lots of laughter, friendship and fun. I couldn't have done it without you! Special thanks go to Alan Bailey for all his help with the technical side that I don't know how to do; to Pauline Bailey for being membership secretary when there wasn't anyone else; to Lynne Franklin for putting me right when I got it wrong; to John Cousens who was a great support: to all the committee for their confidence in me. We had fun even though it was hard work at times.

I must also thank all the Group Leaders who manage their groups with such ease and also the helpers at the meetings – where would we be without you. You turn up every month and man desks, make tea, sell books and a hundred other things that no one realises. You are appreciated so much.

I wish Helen Hicks all the best and this is her page from now on.....

For the last time.



Sylvia

Sylvia Dale
Chair

A message from Helen is below.

As the prospective chairperson for Ise Valley U3A I'd like to introduce myself.

I moved from Kent to Kettering in 2013.

The only people I knew here were my daughter & her husband. I was working in the NHS where everyone was friendly & I was very busy. As I enjoy walking I joined The Ramblers to get to know the area and meet others. Walking has been my main pastime during the recent lockdown.

When I took early retirement 2 years ago I knew I had to make new friends & fill up my time. Retired friends elsewhere were U3A members so I looked up the local groups and contacted both Ise Valley & Kettering. The first meeting was Ise Valley, where I was met at the door, shown around & introduced to others. I can't remember who I met, who the speaker was or much else about that meeting but the warm welcome sticks in my memory.

I gradually got to know more members and joined the committee as a general helper. I have a daughter living 130 miles away who has 2 young sons. I was visiting them once a month so didn't feel I could do too much more.

However, the constitution prevents Sylvia from being chairperson for more than 3 years consecutively. Without a chairperson there can be no U3A and nobody volunteered to take on the role. I haven't been a member for very long but I really appreciate the warmth and variety offered to a relative newcomer to the area. I would really miss this & would like it to continue to welcome others in the future.

I discussed the situation with Sylvia who offered to help & guide me in the role.

Many others have also offered help, support and expertise for which I am very grateful. With all this I will do the best I can as chairperson.

It's been a difficult year so far and I'm sure there are more challenging times ahead. Who knows if or when we'll ever be able to hold monthly meetings again but the committee will do all we can to keep the Ise Valley U3A going in as many ways as possible. We have some ideas but would welcome input from everyone as to what you want in the coming months.

Helen Hicks



Swimming Group

Today 24th August the swimming group decided to have a coffee morning in the garden, socially distancing and obeying all the COVID-19 rules laid down by the government.

It was great to catch up with members we have been unable to see since the lockdown in March although unfortunately not all the members were present due to holidays and other pressing engagements, nevertheless we all had plenty to talk about, especially to discuss when we can swim again safely. I have been in touch with Kettering Baths and it seems nothing can be arranged until mid-September when hopefully all the refurbishment will be completed and the rules regarding swimming will be made plain. Until then we may continue to hold coffee mornings in gardens (weather permitting) and putting the world to rights.

Isabel Collins.



Ten Pin Bowling

Sadly, we will not be able to resume our Ten Pin bowling. The Bowling Alley will open in September with alternative lanes being used and balls and surfaces being cleaned for each game. Masks will need to be worn but games can only be played by family groups, so that rules us out for the time being. As soon as things change, I will let everyone know.

Dai Johnson

September Quiz – all clues refer to holidays and summer time. Answers next month.

- 1 Gentle wind
- 2 Frozen top of the milk
- 3 Azure heaven
- 4 BBBBBBBBBBBBBBBBBBBB
- 5 A star hood
- 6 Aqua battles
- 7 Mad putting
- 8 Choose little Nicholas
- 9 Nautical excursion
- 10 A warm hand gesture
- 11 Honest earth
- 12 Make her look
- 13 Evil lady on the beach
- 14 Hook plus a pool tool
- 15 Say hello to his Majesty
- 16 Seat on a vessel
- 17 Pretend agony
- 18 24 hours dedicated to God
- 19 Overcooked by a star
- 20 Members of the formicidae family
- 21 Hot labour
- 22 The clue is too difficult "So some quit" (anag)
- 23 To drag how old you are
- 24 Plea for information
- 25 Gone passed the docking place
- 26 Silence without war
- 27 This personal trainer will get you there
- 28 Does this mean the clock goes backwards
- 29 Reside and journey on a ship
- 30 Go by Shanks' pony
- 31 Sounds like an entrance for a manual labourer
- 32 DATELINED SPANKER (anag)

Last Month's READ IT results

Thank you, I now know at least 50 members read the newsletter. The winning name – picked out of a hat by Helen Hicks our new Chair – was David Penn. He eventually got his prize after I delivered it to his neighbour by mistake! We can all have bad days and I misread the number of his house!

Sylvia

Answers to last month's food and drink quiz.

- 1 Wine
- 2 Hotdogs
- 3 Ritz
- 4 Chips
- 5 Raspberry
- 6 Popcorn
- 7 Spinach
- 8 Beetroot
- 9 Gingernuts
- 10 Steak
- 11 Toad in the hole
- 12 Chop Suey
- 13 Muscles/mussels
- 14 Crumble
- 15 Stew
- 16 Potatoes
- 17 French Stick
- 18 Prunes
- 19 Bangers and mash
- 20 Carrot
- 21 Parsley
- 22 Sandwich
- 23 Edam
- 24 Baked Alaska
- 25 Shortbread
- 26 Lemon Drizzle
- 27 Fairy Cake
- 28 Bacon
- 29 Coffee
- 30 Dr Pepper
- 31 Cereal
- 32 Cauliflower

How to make new friends during lockdown!!!



Message from Sonia Lloyd, Membership Secretary.

A lot of members have sent their renewals without stamped addressed envelopes. We aren't having meetings at the moment so would you please arrange to collect your membership cards by phoning Sonia on 01536 660709. Thank you.

Short Walks

It just felt to be the right time to think about starting the walks again. Although we have been walking daily, if only to give Teddy a walk. We missed the company and wondered if others had too. We sent a message out to meet up at Sywell Country Park, on Thursday. Seven of us met up with ideal walking weather, it was cool and dry. Everyone looked fit and well and with lots to catch up on we strolled off. Sywell wasn't too busy but they have done a couple of different things like extending the walk by ten minutes at the end of the lake and this year they have used cows to keep the edges of the lake clear. Good idea but Teddy wasn't too keen - too big for him. Very nice to chat to everyone and to hear their news. Soon we were sitting down with a drink. Then time for home. We all agreed it was good and we look forward to the next time. Watch this space!

Wanda, Bob and Teddy

Coffee Mornings

We arranged to hold our coffee mornings at the Stirrup Cup, Barton Seagrave as they have a large garden. It has been great seeing everyone and the hour has sped past. Unfortunately, they have had two staff go down with Covid and although they weren't there while we were, we felt it safest to cancel our mornings for the time being. We are looking for somewhere with a large garden where we can meet safely again.

Sylvia

Mrs Dale's Diary

We have had a traumatic week. It was a bit windy on Tuesday, and at 8pm a very large branch from our neighbour's willow tree decided to visit our garden! That was when the fun started. Our neighbour is a tenant and when I visited the Letting Agent's the following morning, they weren't particularly bothered but agreed to tell the Landlord. The Landlord said that as the branch hadn't damaged his house then it wasn't his responsibility!!! What bit about YOUR TREE didn't he understand? See photo below.

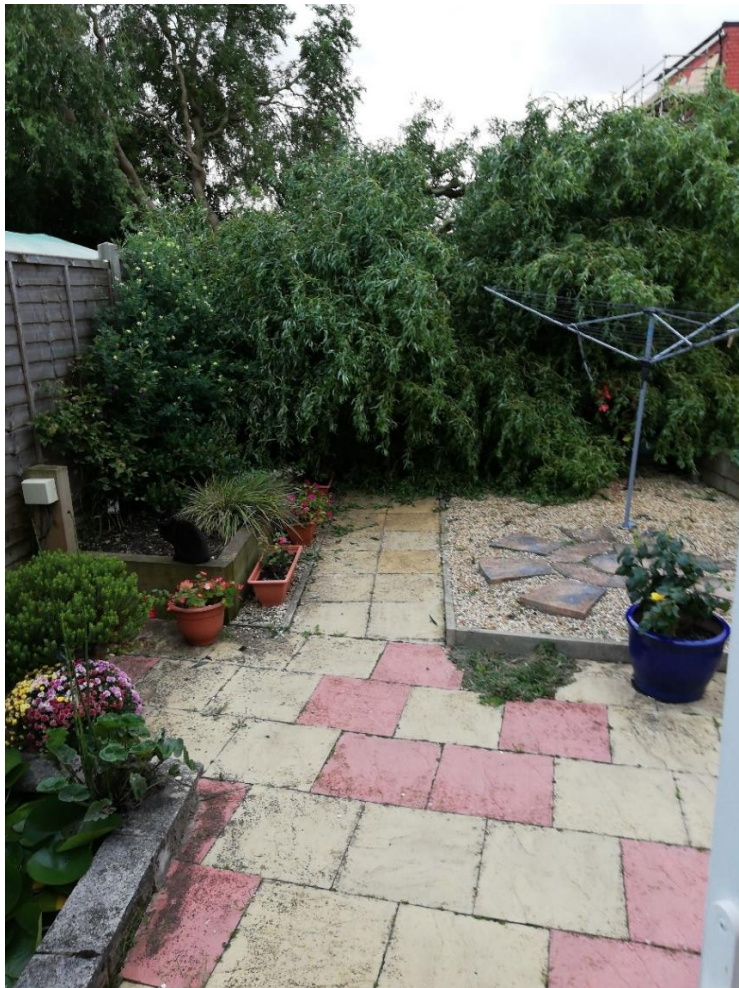
My son-in-law then took a day off work eldest grandson (passing through Kettering) came to help, 2nd eldest grandson was on days off and youngest who is still on school holidays came round and between them – granddaughter looked after great grandchildren! – they got it down. What would we have done without them I don't know. Tree surgeons were very busy with other trees down so we would have been lucky to get one to us. Neighbour has now arranged for the rest of the tree to be removed before any more damage could be done. He had been telling the landlord for 2 years that the tree needed to be removed as it was at least 30 feet high and much too big for a small garden.

On Saturday, eldest grandson appeared on Sky News explaining why his wedding – which should have been Bank Holiday Saturday, was being delayed. I have seen more of him this week than I have for ages so I'm not complaining!

Before



After





Northamptonshire
Clinical Commissioning Group

NORTHAMPTONSHIRE CARERS

With 1 in 4 of us being an unpaid Carer at some time in our lives, Northamptonshire Carers are here to support you in the Ise Valley area. As a Carer you may be providing support to someone of any age who carers for a relative, friend or neighbour who has a disability, long-term physical or mental health condition or other additional needs.

We are a non-profit organisation and we have the following support groups running in your area:-

- Kettering Evening Support Group
- North Northants Male Carers Support Group
- Kettering Carers Café Drop-in, (for Carers and the Cared for)
- Kettering & Corby Parent Carers Support Group

Due to the Covid19 pandemic we have had to adapt our services from our usual face to face meet-ups. Instead, phone calls, What's App groups and Zoom 'coffee & chat' sessions have become part of our everyday lives. Do also watch our Facebook page for countywide events such as our Carers fishing group, choir and ukulele groups, and dementia friendly choir.

In addition we have our regular Support Line offering a listening ear and signposting service, a Carers sitting service for regular respite and our Wellbeing workshops.

Promoting wellbeing for all Carers, they can relax at a nearby leisure facility, use the gym, swimming pool or simply join a class. To access these for the first time a Carers Assessment is needed along with a comprehensive support plan which we can help you compile. Just call the office to register with Northamptonshire Carers.

Our Breathing Space project is for people with COPD (Chronic Obstructive Pulmonary Disease) and their unpaid Carers. It is an opportunity to find friendship, exercise, fun activities and individual clinical advice. Groups nearby are based in Corby and Raunds.

Caring for someone else can be stressful, isolating and sometimes financially difficult, but it also brings great satisfaction and reward. We are here to help you with that journey, so for more information about our services and what we have to offer, please contact us:-

General enquiries 01933 677837 Support Line 01933 677907

Website www.northamptonshire-carers.org



[#itcouldbemeoryou](https://twitter.com/itcouldbemeoryou)

Northamptonshire Carers, 123 Midland Rd, Wellingborough, NN8 1LU

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Painting for Pleasure	Tessa Bellamy	07854 864632	Mind Centre	Weekly	10-12
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd Monday	2pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483398	Home	Monday after main meeting	2-4pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Weekly	2-4pm
Knit and Natter	Sylvia Dale	01536 411865	Members home	fortnightly	2-4pm
Mahjong/Scrabble	Linda Law	01536 659091	B.S Village Hall	2 & 4 th	2-4pm
Play Reading	Rosalind Bridges	01536 741466	Varies	1 st Monday	2-4pm
Swimming	Isabel Collins	01536 520971	K. Swimming Pool	Weekly termtime	9-9.45
Maths for Fun	Chris Crick	07490 591224	Home	2 & 4 th	10-12
Recorder Group	Mary Cooper Sue Hartley	01536 420336 01536 357676	Central Methodist Church School Lane, Kettering	2 nd & 4 th	2.30-3.30
Yoga Group	Annette	01536 513234	St Andrews Church Rooms	Weekly termtime	11.15-12.45
Tuesday					
Walking (medium)	John Sumpter	01536 722198	Varies	Last Tuesday	10am
Ukelele group	Alan Bailey	01933 350147	Home	Fortnightly	10am
Travel	G. Hardwick	01536 481203	Member's home	3 rd	2pm
Camera Club beginners	Julie Bates	01536 745538	Home	2 nd	2pm
Computer Club	Alan Bailey	01933 350147	Members home	Fortnightly	10-12
Wednesday					
Keep Fit	Katie Reynolds		BL Civic Centre	Weekly	9.45-10.30
Country Dancing	Janice Angles	07768 169490	St Andrews Hall	2 nd & 4 th	10.45
Discussion Group	Linda Miller	01536 483773	Home	1 st	2pm
Gardening Club	Chris Ditre S Tecklenberg	01536 723145 01832 733419	Varies	1 st	10am
Thursday					
Short Walks	Wanda Moffatt	01536 659236	Varies	3 rd	10 am
Music Appreciation	Ken Bridges	01536 741455	Home	Varies	2-4pm
Spanish	G Hardwick	01536 481203	Hertford C Centre	1 st & 3 rd	2-4pm
Friday					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Jill Dee	01536 514054	Fuller Church	Fortnightly	10am
Ten Pin Bowling	Dai Johnson	01536 483398	Thunder Bowl	Friday after meeting	10 am

Trips

Day trips June Mason 01536 726654

Timings at the Eden Centre

Main meeting – 2nd Wednesday of the month at the Eden Centre

Doors open – 1.15

Chair's Chatter – 1.55

Speaker – 2.05

Raffle – 3pm

Finish – 3.15

To all members

If you are aware of anything affecting one of our members such as an important birthday, anniversary or illness and feel that a card from the U3A would be appropriate please contact Lynne on 01536 618001



Newsletter Editor:

Please send contributions by 5pm, 30th of the month to sylviadale@live.co.uk If you can get them to us earlier that would be appreciated as the newsletter fills up and it is often a job to get the last contributions in.



Webmaster

Alan Bailey

01933 350147

Safeguarding Officer

Bob Moffatt

01536 659236



Committee – 2020 - 2021

Chairperson	Helen Hicks	01536 529408
Vice Chair & newsletter editor	Sylvia Dale	01536 411865
Treasurer	Tony Reed	01536 481733
Treasurer	Tessa Bellamy	07854 884632
Secretary	Lindsey Cole	01536 515689
Membership Secretary	Sonia Lloyd	01536 660709
Groups Co-ordinator	Jill Burgess	01536 515045
Speaker Secretary	Julie Bates	01536 725538
General Duties & raffle	Linda Miller	01536 483773
General Duties	Rosalind Bridges	01536 741455
General Duties	Lynne Franklin	01536 618001

